

BRONTE SCHOOL NEWS

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.

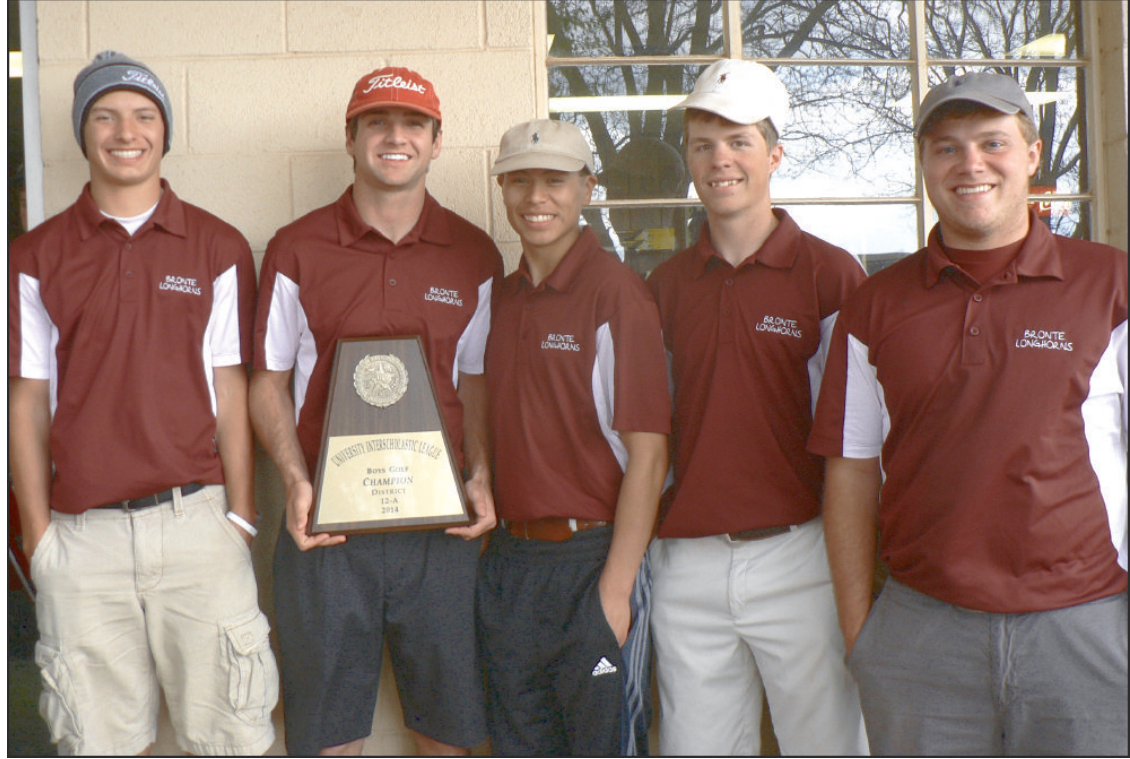
Check Out
Coke County
Library

The Coke County Library has four robots on display this week. The Head Start children and their dads worked together to complete these creations - and they are really creative.

Made totally from recycled items, the robots are obviously robots, but they are each unique. Amazing what kids and dads can do as a team. Robots are also on display at City Hall.

New recreational authors are coming in daily. Patterson, Daily, Coben and MacComber have already hit the streets. Browsing at the library can break the same-ole, same-ole habit. Just like the robots, books may all look alike, but they are each unique.

Library hours are Tuesdays, 8-12; Wednesdays, 8-4; Thursdays, 1-5; Fridays, 8-12. Call 453-2495 for information.

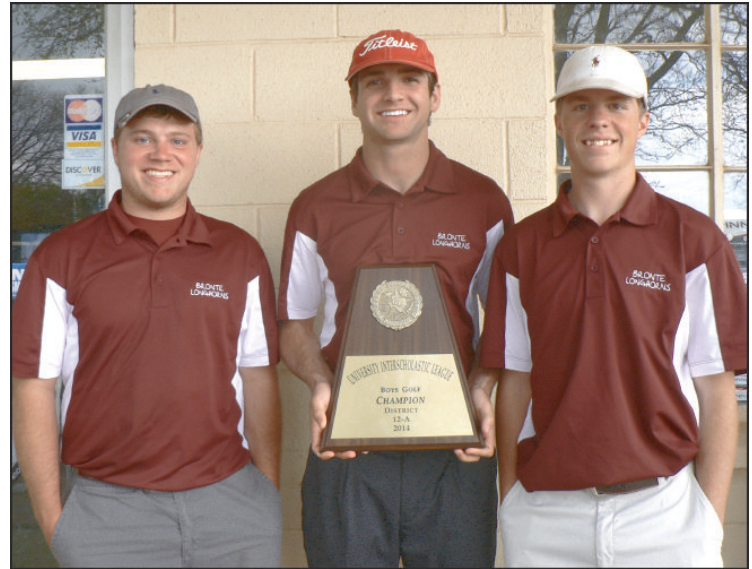


District Golf Champs! The Bronte Longhorn Varsity Golf Team won the District Championship by more than 100 strokes recently. The team members are (from left) Ean Ward, Ty Lee, Josh Puentez, Jared Scott, and Lance Burns. The Regional meet will be in Baird. Bronte Medalists were (from left) Lance Burns, 2nd place, Ty Lee, 1st place, and Jared Scott, 3rd place.

"As Easter and Passover are observed with family meals, they should be remembered for their religious significance, rather than food poisoning," said Bessie Berry, Manager of the U.S. Department of Agriculture's nationwide toll-free Meat and Poultry Hotline. "So we are urging folks to fight foodborne bacteria through a major food safety education program, 'Fight BAC.'™"

Berry explained that the "Fight BAC"™ campaign is a joint public and private partnership effort to help reduce the incidence of foodborne illness by educating the public about safe food handling practices. The four cornerstones of the campaign involve these four key food safety rules:

- Wash hands and food surfaces often,
- Avoid cross-contamination (spreading bacteria from raw to cooked foods),
- Cook foods to proper temperatures using a meat



thermometer to be sure, and
• Refrigerate perishable foods promptly (never leave out over two hours).

Ham

Fully cooked ready-to-eat hams may be heated to 140 degrees F at an oven temperature of 325 degrees F before serving. It also may be served cold. Fresh (raw) hams should be cooked to an internal temperature of 160 degrees F.

Eggs

Eggs should be cooked thoroughly. Since hard-cooked eggs are a favorite for Easter, special care should be taken.

Hard-cooked eggs should not be kept out of the refrigerator for more than 2 hours, so they should be hidden just before an Easter egg hunt, or just before the Passover Seder plate is ready to be set on the table.

Cold food can be arranged on platters ahead of time and served directly from the refrigerator.

Handling leftovers

All perishable foods should not stand at room temperature for more than 2 hours. Place leftovers in shallow containers, use within 3-4 days, or freeze. Thoroughly reheat leftovers to 165 degrees F.

School Menu

Breakfast

Monday, April 21

Breakfast pizza or cereal w/ toast, jelly, juice, fruit, milk

Tuesday, April 22

Pancake on stick or cereal w/ toast, jelly, juice, fruit, milk

Wednesday, April 23

Breakfast bagel or cereal w/ toast, jelly, juice, fruit, milk

Thursday, April 24

Sausage and biscuits or cereal w/ toast, jelly, juice, fruit, milk

Friday, April 25

French toast sticks or cereal w/ toast, jelly, juice, fruit, milk

Lunch

Monday, April 21

Pepperoni pizza, steamed broccoli, seasoned corn, fresh fruit, milk

Tuesday, April 22

Beefy queso, refried beans, garden salad, salsa, fruit, milk

Wednesday, April 23

Beef & bean burrito, carrot coins, cucumber dippers, orange smiles, milk

Thursday, April 24

Meaty macaroni, green beans, Texas toast, fruit, milk

Friday, April 25

Pizza dippers, vegetable dippers, corn, fruit, milk



Easter food safety tips

Millions of people celebrate Easter and Passover each year, and food is usually part of many family traditions. Don't let food poisoning ruin your holiday. Use these tips from the US Department of Agriculture.

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