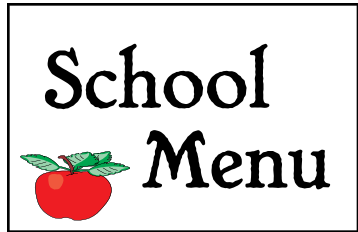


BLACKWELL SCHOOL NEWS

Blackwell students place at major livestock shows

Several Blackwell CISD students placed at two major livestock shows. Results are as follows.



Breakfast

Monday, April 9

Poptart or assorted cereal, juice, milk

Tuesday, April 10

Pancake on a stick or assorted cereal, juice, milk

Wednesday, April 11

Breakfast pizza or assorted cereal, juice, milk

Thursday, April 12

Biscuits/gravy, sausage, scrambled eggs or assorted cereal, juice, milk

Friday, April 13

Assorted muffins/gogurt or assorted cereal, juice, milk

Lunch

Monday, April 9

Hot dog/chili and cheese, oven fried potatoes, apple, orange smiles, sherbet cup, milk

Tuesday, April 10

Cheese enchiladas, refried beans, garden salad, cinnamon apples, milk

Wednesday, April 11

Philly steak sandwich, baked beans, pickle spears, baked chips, fresh fruit cup, milk

Thursday, April 12

Ultimate taco salad, seasoned corn, snowball salad, brownie, milk

Friday, April 13

Hamburgers, cheese, french fries, lettuce, tomatoes, pickles, fruit, milk

San Antonio Barrow
2nd) Brooklyn Harris - Heavy Hampshire;
7th) Jayden Jones - Heavy Cross

San Antonio Lamb
4th) Halee Sanderson - Heavy Medium Wool

San Antonio Cattle
Grand Longhorn Bull - Elizabeth Rozzlle

Reserve Junior Champion Heifer - Elizabeth Rozzlle

San Angelo Barrow
4th) Jordan Jones - Light Crossbred

San Angelo Gilt
3rd) Carli Powers - Medium Spot

San Angelo Lamb
9th) Halee Sanderson - Medium Finewool;

2nd) Halee Sanderson - Medium Crossbred

San Angelo Cattle
Grand Longhorn Bull - Elizabeth Rozzlle



Your 7 Step Survival Guide to a Healthier Easter

If you're like me you probably love chocolate, and the risk of indulging a little too much at Easter is always a possibility!

But, help is at hand! With my 7 step survival guide you can be sure this Easter holiday will be a healthy, happy family time without the added stress of piling on a few pounds.

#1 Choose smaller chocolate eggs

A 100g milk chocolate Easter egg contains over 500 calories. So, instead go for small, individually wrapped eggs. The act of unwrapping each egg will help you to eat less in one sitting.

If you can, go for dark chocolate eggs, which have the benefit of offering healthy antioxidants, as well as being lower in sugar, and having fewer calories. The added bonus is that you will also be satisfied with eating less.

#2 Give alternative gifts

Why not step out of the mould this Easter and give gifts that don't involve chocolate?

You could go for story-books or toys for children, gift cards, seasonal books or poems, baskets of fresh fruits, or bunches of flowers.

#3 Go for a healthy Easter menu

If you're in charge of cooking this year, here are a few healthier options for your Easter dinner:

- Serve lean meats and fish, such as roast chicken, beef, salmon, or trout.
- Go for healthier cooking

options such as grilling, poaching, or baking.

- Serve a vegetarian option such as grilled vegetable kebabs

- Go for a salad with lots of veggies added for extra color and nutrition.

- Bake your own themed cookies and cakes. Check out this post on healthy ingredient substitutions for more tips on how to make your recipes healthier.

- For nibbles, dried fruits, unsalted nuts, fresh fruit, homemade cookies, mini fruit muffins, and low fat frozen yogurt will go down a treat.

#4 Balance things up

The secret to enjoying a little chocolate over the Easter holidays is to make sure you eat carefully at other times.

If you feel you've indulged a bit too much, try to cut back on your meal portion sizes and snacking for a few days to get the calorie balance right.

Remember, a little bit of what you fancy does you good!! So, have a smaller portion of chocolate and don't allow yourself to feel guilty about it.

#5 Hold an Easter Egg Hunt

For many families Easter is simply about the chocolate eggs, but it can also be a wonderful opportunity to spend time with family and friends.

If you have younger children, you could arrange for

an Easter egg hunt. This will get everyone outside in the fresh air, and will help you burn off a few extra calories!

Go for non-chocolate prizes, such as brightly painted hard boiled eggs, or hollow plastic eggs filled with small gifts, such as toys, mini stationary, and money.

You could also hold an egg and spoon race and other appropriately themed events to make the day even more active and fun.

#6 Add a spring to your step!

Take advantage of the gorgeous spring weather and kick start your exercise regimen by going for brisk walks in the longer evenings.

Or, why not use the Easter break as an opportunity to give your home a good spring clean? Remember, vigorous household chores such as vacuuming, sweeping, or gardening can all contribute towards your daily exercise.

#7 Salvage leftover chocolate eggs

If your house is overflowing with chocolate after Easter, keep some back and use in your cooking throughout the year.

Happy Easter!



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