

Senior Menus

Brownfield Senior Citizens Center, Nov. 19-23

Monday - Beef taco bake, Spanish rice, cauliflower, tossed salad with dressing, country apple crisp, low-fat milk

Tuesday - Baked chicken and dumplings, whole wheat rolls, margarine, tossed salad with dressing, winter fruit cup, low-fat milk

Wednesday - Vegetable beef stew, cornbread, margarine, tossed salad with dressing, orange-pineapple cup, diet pumpkin custard, low-fat milk

Thursday - Closed for Thanksgiving

Friday - Closed for Thanksgiving

Weather Whys

Q: What causes cold fronts?

A: The simple explanation is that the leading edge of a cold air mass is moving into an area previously occupied by a warmer air mass, says Brent McRoberts of Texas A&M University. "The air mass behind the cold front is noticeably colder and it pushes out the warmer air," McRoberts explains. "As a cold front moves into an area, the heavier, colder air lifts the warmer, lighter air upward. If the warm air is humid enough, water vapor in it will condense and rain can occur. A greater contrast in temperatures between the two air masses will lead to stronger upward motion, which is why strong cold fronts often trigger thunderstorms."

Q: How fast can the temperature drop when a cold front arrives?

A: Sometimes amazingly fast, McRoberts adds. It is not uncommon for the temperature to drop 15 degrees or more in just one hour after a cold front arrives. "There are some incredible stories about temperature changes, with one in particular that stands out" he adds. "On Jan. 22, 1943, the town of Spearfish, SD was sitting on the edge of an arctic air mass and recorded a temperature of -4 degrees at 7:30 in the morning. Within two minutes, the thermometer shot up to 45 degrees because of strong 'Chinook' winds descending down a nearby mountain peak. By 9 a.m. the temperature was up to 54 degrees, but as the winds died down and the cold air mass settled in, the temperature fell to -4 degrees within 27 minutes, a 58-degree temperature drop that is still believed to be a record."

TxDOT offers Thanksgiving travel tips

Travel resources, website help make traveling safe and efficient

AUSTIN - Heading to grandma's house this Thanksgiving? Results of a reader survey from Texas Highways - the state's official travel magazine - show 48 percent of Texans said, "yes." Among those, 92 percent said they will be traveling by car on Texas roadways, which is why the Texas Department of Transportation wants to remind drivers to obey all traffic laws when driving.

"Historically, the busiest travel days are the day before and the Sunday following Thanksgiving," said John Barton, TxDOT deputy executive director. "Thanksgiving is a time to be spent with family and friends, so we want to make sure Texans get to where they need to be safely."

In 2011, there were 848 serious injuries and 26 deaths from traffic crashes that occurred during the Thanksgiving holiday reporting period. In an effort to reduce the number of traffic fatalities this year, TxDOT is asking drivers to follow a few simple rules of the road:

- Pay attention.
- Buckle seatbelts.
- Put phone away.
- Left lane for passing only.
- Never drink and drive.
- Obey all traffic laws.

Hazardous weather can also cause problems for drivers. Motorists can reduce their risk by knowing some winter weather driving

tips and practicing a few road safety habits, such as planning ahead, and being aware of alerts and advisories in your area. Winter road preparedness includes the following:

- Ensure your vehicle is properly maintained.
- Stay tuned to local news, road closures, changing conditions and weather alerts.
- Check online highway conditions information at DriveTexas™ (www.DriveTexas.org).

DriveTexas™ is mobile friendly and a great tool that offers real-time road conditions, traffic and weather feeds. Travelers can also call TxDOT's highway conditions line at (800) 452-9292 for routing and trip-planning information.

And if grandma's not sure she wants to host the family dinner this year, TxDOT encourages travelers to pick up the latest edition of Texas Highways magazine where you can always find your next destination. Visit www.texashighways.com for more information.

At Interim HealthCare, we're celebrating National Home Care and Hospice Month 2012.



This November we honor and thank everyone who provides care and support to those who choose to remain in the comfort of their own homes.

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 Brownfield, Texas

Fuente del Cielo
 614 W Tate
 Brownfield, Texas

BAPTIST
Bethel Baptist
 806 E Hill St
 Pastor - Tony Bishop

First Baptist Church
 301 West Moorhead
 Meadow, Texas

First Baptist Church
 Wellman, Texas

Friendship Primitive
 Corner of Hill & C
 Brownfield, Texas
 Pastor - 637-3793

Greater New Hope
 1406 North 6th St
 Brownfield, Texas

New Life House of Praise
 703 North 6th Street
 Brownfield, Texas

Nueva Jerusalem (Bilingual)
 1002 E Broadway
 Brownfield, Texas

Primera Iglesia Bautista
 5th & Hill Streets
 Brownfield, Texas
 Pastor - Plutarco Garcia

BAPTIST - Southern
Calvary Baptist Church
 402 West Broadway
 Brownfield, Texas

Challis Baptist Church
 5 Miles North on Lubbock Hwy
 Brownfield, Texas

BAPTIST - Southern
Faith Chapel Baptist
 1120 W Powell Street
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First Baptist Church
 219 West Main
 Brownfield, Texas

Immanuel Baptist Church
 North B & Felt Street
 Brownfield, Texas

Templo Bautista Betel
 905 South 5th St
 Brownfield, Texas

CATHOLIC
St Anthony's
 1902 Levelland Hwy.
 Brownfield, Texas

CHURCH OF CHRIST
Brownfield Church of Christ
 502 Lubbock Road
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Church of Christ
 1600 East Hester
 Brownfield, Texas

West Tate Church of Christ
 220 West Tate St
 Brownfield, Texas

CHURCH OF GOD
The Crossing
 110 West Hill Street
 Brownfield, Texas

Church of God of Prophecy
 902 Old Lamesa Rd
 Brownfield, Texas

Maranatha
 402 South 3rd & Cardwell
 Brownfield, Texas

CHRISTIAN
First Christian Church
 1501 Tahoka Rd
 Brownfield, Texas

Asamblea Apostolica de la Fe en Cristo Jesus
 404 East Lanny Ave.
 Brownfield, Texas

EPISCOPAL
Church of the Good Shepherd
 304 Lanny Ave
 Brownfield, Texas

FOURSQUARE
Living Water
 601 Lubbock Rd
 Brownfield, Texas

METHODIST
First United Methodist
 1004 E Broadway St
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First United Methodist
 604 3rd St
 Meadow, Texas

NAZARENE
Nazarene Mission
 221 South 2nd
 Brownfield, Texas

NON-DENOMINATIONAL
Abundant Harvest
 410 West Broadway
 Brownfield, Texas

Alpha & Omega Church
 201 East Hill St
 Brownfield, Texas

Faith 2 Faith
 408 W Main St
 Brownfield, Texas
 Pastors - Pete & Christy Lucio

Greater Vision Church
 905 South 8th Street
 Brownfield, Texas

Ministerio Luz y Verdad
 104 E Reppto St
 Brownfield, Texas

PENTECOSTAL
Light House For The Lost
 1614 Levelland Hwy
 Brownfield, Texas

United Pentecostal Church
 1501 E Tate Street
 Brownfield, Texas

United in Christ New Vision
 210 W. Reppto,
 Brownfield, Texas

Give Thanks

By Daphne Delay

"Brothers and sisters, we ask you to show your appreciation for those leaders who work among you and instruct you. We ask you to love them and think very highly of them because of the work they are doing. Live in peace with each other. We encourage you, brothers and sisters, to instruct those who are not living right, cheer up those who are discouraged, help the weak, and be patient with everyone. Make sure that no one ever pays back one wrong with another wrong. Instead, always try to do what is good for each other and everyone else. Always be joyful. Never stop praying. Whatever happens, give thanks, because it is God's will in Christ Jesus that you do this. Don't put out the Spirit's fire. Don't despise what God has revealed. Instead,

test everything. Hold on to what is good. Keep away from every kind of evil" (1 Thessalonians 5:12-22, God's Word Translation).

I've heard a lot of "Thanksgiving" messages, but I must confess that I think this one is the best! I know Pilgrims had not yet enjoyed a feast with the Indians at the time Paul wrote these words, but they ring true during this season nonetheless. And honestly, this is an exhortation for Believers all year long—not just during the 3rd or 4th week of November.

Paul said, "Whatever happens, give thanks, because it is God's will in Christ Jesus that you do this." It doesn't sound like he's making a suggestion; instead, he said, "...this is the will of God in Christ Jesus for you" (NKJV).

The God's Word Translation said, "Whatever happens, give thanks..." Most other translations say, "In everything give thanks..." It's interesting, but the word everything really does mean just that. It means all the time, for whatever or whoever. It also literally means daily. I suppose

the saying could apply here: Is your cup half full or half empty?

I'll be the first to admit that it's not easy to be happy everyday about everything that comes your way. But God didn't say we had to be happy about everything. He simply said, "...give thanks..." In other words, no matter what comes our way, it is the will of God in Christ Jesus for you and I to be thankful, not necessarily happy.

Another thing to note is when Paul said, "Whatever happens, give thanks..." he used a Greek word here which means to be grateful, to express gratitude, (and I love this one) especially to say grace at a meal. This is most interesting because we know Paul didn't have a clue about the American holiday called "Thanksgiving" when he spoke these words to the Thessalonians. Yet, we find a common thread between Paul's words and the true meaning of this time of year because the Pilgrims often celebrated days of thanksgiving as part of their

Christian religion.

Before the feast, which held in 1621 to celebrate their first successful harvest, the Pilgrims often held days of prayer, not feasting, to celebrate and give thanks to God. Could it be that they were following Paul's instructions to the church?

I think, most likely, yes.

And why not? They were devout Christians who had left their homeland to find religious freedom. They were determined to worship God freely without political influence. It is reported they declared the day they docked their boats on the shores of America as an annual day of thanksgiving. As soon as their feet touched the land, they had a Thanksgiving Service to express their gratitude to God. The Pilgrims had suffered a rough journey on the sea and many more trials still lay ahead of them, but they knew it was most important to stop and give thanks.

They must have viewed their cup as half-full.

Paul said, "Rejoice always, pray without ceasing, in everything give thanks; for this is the will of God in Christ Jesus for you" (1 Thessalonians 5:16-18). I heard a teaching on the word "rejoice" one time that I have never forgotten. It literally means, "Remember Redemption!" In other words, our redemption is the pardon and forgiveness we received for our sins at salvation, therefore, rejoice means remember this!

And what a reason to rejoice! To "...pray without ceasing..." reminds us to have continual fellowship with God. Prayer is simply communication with God and communication is the simple act of talking and listening. So to pray without ceasing isn't hard: you are either doing the talking or you are doing the listening.

So our instruction is this: "Rejoice [remember redemption] always, pray [talk and listen to God] without ceasing, and whatever happens [see your cup half-full and] give thanks because it is God's will in Christ Jesus that you do this."

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