

Parents learn healthy cooking tips



County agent Mary Collier lists some healthy-cooking tips. Collier was Thursday's featured speaker at the monthly meeting of the Brownfield ISD Parental Engagement Committee.

A few simple substitutions can make almost any recipe much more nutritious, a group of Brownfield ISD parents and faculty learned Thursday morning.

Mary Collier, Terry County agent for family and consumer sciences and February's guest speaker for the monthly meeting of the BISD Parental Engagement Committee, explained, though, that not all ingredients can make perfect substitutions.

"When you start altering a recipe, you'll need to be careful," she said in the BISD administration building board room.

For example, replacing the entire amount of sugar called for in a recipe with artificial sweetener such as Splenda could result in bitter-tasting cookies that would not brown evenly. Instead, she recommending replacing only about half the sugar.

Applesauce can make a great substitute for oil or butter in a cake recipe, she added.

Collier also encouraged the group of a half-dozen or so parents in her audience to have sit-down dinners with their families every night if they were not doing so already.

"If you sit down at the table with your family, you're going have a better, more nutritional family meal, and you're also going to be building a better family," she said. "The tradition that you put in is as important as the food that you put in."

Directed by BISD community liaison Mercie Martin, the Parental Engagement Committee meets the third Thursday morning of each month to discuss education-related topics. While Collier was the featured speaker for Thursday's meeting, other presenters speak on a variety of issues. Past topics have included healthy eating and how to prepare high school students for college.

"The more involved you are with your children's education, the better they will be," Martin said. "...It involves our children and our community, and we can make it better if we all get involved."

Attendance varies at each of the Parental Engagement Program meetings, but all parents with children in any of BISD's six campuses are welcome to stop by.

For more information, call Martin at 637-2591 or simply attend the next meeting, scheduled for March 21.



Terry County Farm Bureau celebrated food connection week by donating along with United Supermarket to the Meals on Wheels and Ardeth Swain Food Box. Farm Bureau donated \$350 and United donated \$300 dollars to these worthy causes. Local agency manager Rickey Dunn and board members Matt Hogue and Walter King rounded up the items requested by the charities.



Bethany Flores was recently named February's Senior Girl of the Month for the local chapter of the American Association of University Women. Bethany, the daughter of Albert and Maria Flores of Meadow, is a national gold medalist in Family, Community and Career Leaders of America and participates in several other extra-curricular activities and sports and is a high achiever academically. She is shown accepting the honor with AAUW sponsor and Brownfield High School counselor Lori Pharis.



Air Force Airman Colton G. Barclay graduated from basic military training at Lackland Air Force Base in San Antonio. The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills. Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force. Barclay is the son of Sherryll Barclay of Meadow, and grandson of Sandra Barclay of Lockney. He is a 2012 graduate of Meadow High School.

NOW OFFERING BLUE CROSS BLUE SHIELD
FREE Quote Comparison
 I can probably \$ave you
\$\$ on your auto\$.

FARM BUREAU INSURANCE	Life Health Homes	Auto Crop LT Care	Annuities Equipment Estate
---------------------------------	-------------------	-------------------	----------------------------

637-2504 549-6265
Leon Pope, Agent

Bridal Selections
 Jacque De Long & Brad Yowell
 Kryst'n Beal & Tyler King • Lyndi Roden & Derek Young
 Jacey Dorsett & Chano Soliz
NELSON PHARMACY
 805 Tahoka Rd 637-3533

The Brownfield Chamber of Commerce
ANNUAL BANQUET AWARDS CEREMONY

FEATURED SPEAKER
Scott O'Grady

Scott O'Grady is a former USAF Captain and former United States Air Force fighter pilot who gained prominence after he ejected over Bosnia when his F-16C was shot down by a Bosnian Serb SA-6 on June 2, 1995, while he was patrolling the no-fly zone.

Mr. O'Grady relied on his survival training and equipment to elude capture for six days until he was rescued just after midnight on June 8th from the hilly, Serb-held countryside not far from Banja Luka.

Thursday February 28 6:30 PM
BHS Commons

We will also be recognizing the
 Citizen of the Year & Business Leader of the Year

Tickets \$30 each
 AVAILABLE AT Brownfield Chamber

Atmos Energy • BE Implement • Lonestar State Bank • United Paul's Water Well Service • Sonic Drive In • Stanley Ford

SUCCESS
 At the corner of
MARKETING AVE
BROWNFIELD

Marketing Workshop Series

First Friday of each Month
 Brownfield City Hall
 11:45 AM until 1:00 PM

FREE • LUNCH PROVIDED

MARKETING: The 3Ms: Marketing, Message and Media	Friday, March 1
<i>RSVP to 637-4060 by Wednesday, Feb. 27</i>	
ADVERTISING: The Who, What, Where, When, Why of Advertising	Friday, April 5
PUBLIC RELATIONS: Putting your best face forward – for free!	Friday, May 3
SOCIAL MEDIA: How can your business benefit from Social Media?	Friday, June 7

Sponsored by Texas A&M AgriLife Extension, Workforce Solutions South Plains and BIDCorp