

BLACKVILLE COMMUNITY NEWSLETTER



March, 2013

Issue 63

ARE YOU EATING HEALTHY??

First, think about your reasons for healthier eating. Do you want to improve your health? Do you want to feel better? Are you trying to set an example for your kids?

Healthy eating starts with learning new ways to eat, such as adding more fresh fruits, vegetables, and whole grains and cutting back on foods that have a lot of fat, salt, and sugar.

Healthy eating will help you get the right balance of vitamins, minerals, and other nutrients. It will help you feel your best and have plenty of energy. It can help you handle stress better.

Build Healthy Eating Habits

- Eat a variety of vegetables, especially dark green, red, and orange vegetables (3 or more servings a day).
- Eat a variety of fruits (2 or more servings a day).
- Eat whole-grain, high-fiber breads and cereals (3 to 6 servings a day). Reduce or eliminate refined or processed carbohydrates; most of the grains in your diet should be whole grains.
- Drink fat-free or low-fat milk and eat low-fat dairy products.
- Choose from a variety of low-fat sources of protein — including eggs, beans, poultry (without skin), seafood, lean meats, unsalted nuts, seeds, and soy products. If you eat meat, eat white meat at least four times more often than red meat.
- Reduce intake of saturated fats and trans-fats (such as partially hydrogenated oil) as much as possible.
- Use vegetable oils (like olive or canola oil) instead of solid fats.
- Reduce daily intake of salt or sodium. Reduce to less than 1,500 mg. per day if you are older than 50, or have

hypertension, diabetes or chronic kidney disease.

- Restrict or eliminate "junk food" — foods that contain refined white flour, solid fats or trans fats, added sugars, and are high in sodium.
- Restrict or eliminate sodas and other sugar-added drinks that are high in calories and contain no nutrition.
- Keep foods safe: keep them cold or keep them hot; wash hands and preparation surfaces often.
- If you drink alcoholic beverages, do so in moderation. Drink only when it doesn't put you or anyone else at risk.

Healthy eating is not a diet. It means making changes you can live with and enjoy for the rest of your life.

Information obtained from Internet

COMMUNITY EVENTS

COMMUNITY PRAYER SERVICE

MARCH 6, 2013 – 7:00pm

MACEDONIA BAPTIST CHURCH

Everyone is invited – Info call 803 284-2123

BLACKVILLE COMMUNITY BI-ANNUAL

CHARITY 5K WALK

Saturday, March 23, 2013

8:30am – 10:00am

**Information contact Blackville Community
Development Corporation**

For details call 803 284-0735

ST. PATRICK'S DAY CELEBRATION

MARCH 16, 2013 – 5:30pm

BLACKVILLE COMMUNITY CENTER

For details call 803 284-3117

MEETINGS

- ^ **March 4**, Blackville Civic Club, Edwards Heating and Cooling, 7:00pm
- ^ **March 7**, Blackville Community Development Corporation, Town Hall, 6:30pm
- ^ **March 11**, Blackville-Hilda Board of Education, District #19 Office, 7:00pm
- ^ **March 12**, Barnwell County Council, agriculture Building, 6:00pm
- ^ **March 18**, Town Council Meeting, Community Center, 6:30pm
- ^ **March 25**, Barnwell-Blackville NAACP, Masonic Hall, Barnwell, 7:00pm
- ^ **March 28**, Blackville Downtown Development Corporation, Russell's Pizza, 6:00pm

LIBRARY NEWS

Winter Story Time

March 12th and March 26th - 10:30am

HAPPY ANNIVERSARY

Mattie and Phillip Felder, March 22
Dwayne and Barbara Black, March 31

SCHOOL NEWS

March 29, Teacher-in-Service,
Parent-Teacher (8:00am - 4:00pm)

March 4-8, National Beta Club Week
MES

March 21, Family Fitness Night, 6:00pm
BHJH

March 18, PTSO/SIC, 6:00pm
BHHS

March 1, Overnight Male Summit

March 18, PTSO/SIC, 6:30pm

APRIL 1-5, SPRING BREAK

DAYLIGHT SAVING TIME STARTS

MARCH 10, 2013 – 2:00AM

CLOCKS SPRING FORWARD

HAPPY BIRTHDAY

- March 2, Clary Ella Odom
- March 5, Steve McCormack
- March 5, Sa'Nya Smalls
- March 6, Dr. Teresa Pope
- March 7, Rev. Dr. Herman L. Wallace
- March 7, Lou Ella Donaldson
- March 10, Kierra Fordham
- March 11, Shaawne Barnes
- March 14, Helen Patterson
- March 15, Neveah Jackson
- March 15, Raven Woods
- March 15, Daron William
- March 16, Jack Johnson
- March 18, Marion Clark
- March 19, Solomon J.(Joe) Hagood
- March 20, Earthel Walker
- March 20, Tyreek Brown
- March 20, Amonya Smalls
- March 22, Harold Mayes
- March 22, Rodney Williams
- March 27, Barbara Black
- March 29, Willie J. Gloster

FYI

Mini-series on the **“BIBLE”**

March 3, on **HISTORY** Channel

ANNUAL EASTER EGG HUNT

March 30, 2013 - 3:00pm

Location to be announced

For details call 803 284-3238 or 671-2013

NEIGHBOR WATCH MEETING

March 12, 2013 – 6:00pm

Tabernacle Baptist Church

Published by the Town of Blackville and the Blackville Community Development Corporation. Contact information

vtalston@bellsouth.net and

townofblackville@bellsouth.com

