

BLACKVILLE COMMUNITY NEWSLETTER



March 2016
Issue 100

**"Savor the Flavor of Eating Right."
2016 Theme**

National Nutrition Month®, held annually in March, focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. How, when and where we eat are just as important as what we eat. Making sure to enjoy the sights, sounds, memories and interactions associated with eating are essential to developing an overall healthy eating plan. focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

- Discover new and exciting tastes while trimming fat and sodium from your cooking.
- Take time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences food can add to your life
- Return to the basics of healthy eating by adopting a healthy lifestyle focused on consuming fewer calories, making informed food choices and getting daily exercise.
- Snacks can be a fun and valuable part of a person's healthful eating plan – but they can also add unneeded calories, sugar, sodium and fat. Offer smart snacking ideas that help everyone.
- Eating right is essential to keeping your body running at its best.

Grain - This is the food group that we should eat most often. It includes healthy foods like cereal, rice and pasta. We should eat between six and eleven servings from this group every day. Bread products provide us with carbohydrates which give us energy.

Fruits and vegetables - give us fiber and important vitamins and minerals. We should eat at least three servings of fruit and three to five servings of vegetables every day. Because they are low in fat and calories, fruits and vegetables are a healthy snack between meals

Dairy - We should have two to four servings from the dairy food group every day. This is the best source of calcium which we need to make our bones strong.

Meat and Protein - We should eat two to three servings a day of the foods in this group. This food group includes poultry, fish, meat, dry beans, eggs and nuts. The foods from this group give us proteins, iron and zinc.

Fats, Oils and Sweets - Fats, oils and sweets provide hardly any nutrition for the body so we should eat very little from this food group.

Internet info



WERE YOU A PATIENT??

Southern Palmetto Hospital Williston Family Practice Blackville Medical Center

Medical/Patient Records are available and can be requested to be transferred to you, your physician, or another practice. Some charges may apply. Office hours Monday-Friday, 8:00am until 4:30pm. Call **803 541-4373** for details.

Blackville Community Development Corporation

5K Walk/Run – Saturday, March 26, 2016 -8:00am
Crystal Jennings Memorial Track
Registration 7:30am
Entry fee \$10.00 or \$20.00 with Tee shirt

And THEN

OLD SCHOOLPLAYERS BASKETBALL GAME
Ages 35 to 65 – Male and Female
BHHS Gymnasium – 11:00am
Both events Call 803 284-0735 additional details

WATER is GREAT!!!

It helps keep us cool and lubricates our joints. Water helps regulate our organs and keeps our skin flawless. We need water. No, but like really, we NEED water. You can go up to a hundred hours without it before your body starts to freak out and in extreme conditions such as grueling temperatures it is even less time. After that point, it is all downhill for another 3 days (if you're lucky).

HAPPY EASTER!!

MEETINGS

- **March 3**, Blackville Community Development Corporation, Town Hall, 6:00pm
- **March 7**, Civic Club, Edwards Heating and Cooling, 7:00pm
- **March 7**, Music and Arts Festival, Russell's Pizza, 6:00pm
- **March 8**, Neighborhood Watch, Tabernacle Baptist Church, 6:00pm
- **March 8**, Barnwell County Council, Agriculture Building, 6:00pm
- **March 14**, Blackville-Hilda Board of Education, District #19 Office, 7:00pm
- **March 21**, Town Council Meeting, Council Chambers, 6:30pm
- **March 24**, Blackville Downtown Development Corporation, Russell's Pizza, 6:00pm
- **March 28**, Barnwell-Blackville NAACP, Masonic Hall, Barnwell, 7:00pm

HAPPY BIRTHDAY

- **March 2**, Clary Ella Odom
- **March 5**, Steve McCormack
- **March 5**, Sa'Nya Smalls
- **March 6**, Alfado Hagood
- **March 6**, Dr. Teresa Pope
- **March 6**, Thomas Thigpen
- **March 7**, Rev. Dr. Herman L. Wallace
- **March 10**, Kierra Fordham
- **March 11**, Shaawne Barnes
- **March 15**, Neveah Jackson
- **March 15**, Raven Woods
- **March 15**, Daron William
- **March 16**, Jack Johnson
- **March 18**, Shirley Kirkland
- **March 18**, Marion Clark
- **March 18**, Felicia Matheney
- **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
- **March 30**, Carroll James

DAYLIGHT SAVING TIME
MARCH 13, 2016 -2:00AM

CLOCKS SPRING FORWARD HAPPY ANNIVERSARY

March 22, Phillip and Mattie Felder
March 25, Mark and Everdell Daniels
March 31, Dwayne and Barbara Black

LIBRARY NEWS

Pre-School Story Time
March 8 and 22, – 11:00am and 12 noon

SCHOOL NEWS

SPRING BREAK

March 28 - April 1, 2016

March 19, Step Show- BHHS Gymnasium

March 24 - Report cards

MES

March 17 - PTSO/SIC @ 5:30pm

Sixth Grade Parent Night – 6:15pm

BHJH – BHHS

March 8 - PTSO/SIC @ 4:30pm

COMING SOON!!

“Taste of Blackville”

APRIL 16, 2016 - 10:00am – 4:00pm

Contact Mrs. Creech - 803 284-2259

Vendor applications at Enterprise Bank

“TOGETHER SISTERS”

BLACK AND RED BALL

Blackville Community Center

Saturday, March 5, 2016 – 8:00pm-11:00pm

Contact **“Together Sisters”** members or call 803

671-2013

EASTER EGG HUNT

Easter Eggs, Candy, Drinks, Fun

March 26, 2016 – 3:00pm

Moloney Field

“NEWSLETTER” CONTACT INFORMATION: blackville@bellsouth.net or vtalston@bellsouth.net Published by Town of Blackville and Blackville Community Development Corporation. Visit us online
Town of Blackville is an Equal Opportunity Employer