

Register now for Table Talk: meals with meaning

Chesterfield County families can register now for Table Talk: Meals With Meaning at sites.google.com/a/ccpsnet.net/spring-2015-table-talk/home. Table Talk is free, but space is limited so families are encouraged to register as soon as possible.

This is the fourth time that Chesterfield County Public Schools has presented Table Talk, a free program that offers families the strategies and connections needed to thrive in a hectic world. Every Table Talk includes a meal for families to enjoy together, information sessions to help parents find the solutions they seek, homework help and activities for students and transportation for families who need it. It's all free, thanks to a partnership with Haley Automotive Group. A Nook tablet and smaller door prizes will be given away each night.

Table Talk is concentrating on health and wellness topics this spring, with each session taking place 6 to 8 p.m. at Manchester Middle School, 7401 Hull Street Rd.:

• **April 21 will focus on family health**, specifically looking at sub-

stance abuse, split families, how character counts, resilient kids and time management. Registration for April 21 ends April 17.

• **April 30 will cover academic health**, with sessions on fuss-free mornings, special education, test-taking strategies and homework help, different pathways to graduation and using technology to enhance learning. Registration for April 30 ends April 27.

• **May 5 will focus on home health**, offering information about identity theft, social media, home safety and keeping medications safe. Registration for May 5 ends May 1.

• **May 14 will cover personal health**, with sessions on stress management, sleep, easy and healthy meals and personalized exercise plans. Registration for May 14 ends May 11.

Call 748-1781 if you have questions about Table Talk: Meals With Meaning.

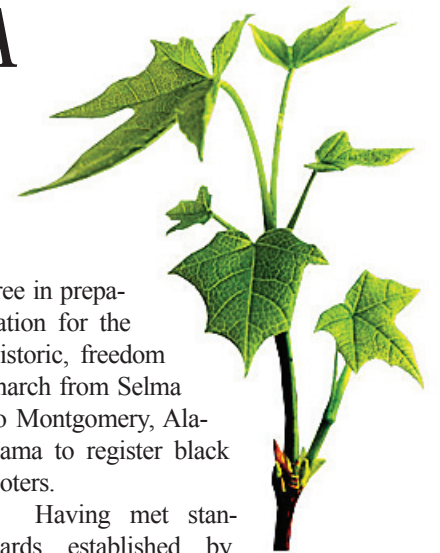
VSU designated Tree Campus USA

Not only can Virginia State University urban forestry extension associate Joel Koci see the forest in despite of the trees, but he is bent on dispelling the myth that trees are a nuisance. He wants to make it crystal clear to students and citizens alike the vital, useful role trees play as a natural community resource.

Trees are beneficial to the environment because they provide shade and wind protection, clean the air, prevent soil erosion and waterway pollution, and reduce storm water runoff, Koci asserts. Trees also provide habitats for benign insects, he adds.

Urban forestry, Koci explains, is associated with the planning, planting and maintenance of woody plants to promote a sustainable environment. At VSU, the program's aim is to increase urban forestry awareness among students, staff and citizens in surrounding communities through service projects.

On April 24, in celebration of Arbor Day, Koci will plant a Sycamore tree at 2 p.m. on Martin Luther King Boulevard on campus. Koci said the tree will pay homage to Dr. Martin Luther King Jr. and others who gathered in 1965 beneath a Sycamore



tree in preparation for the historic, freedom march from Selma to Montgomery, Alabama to register black voters.

Having met standards established by the national Arbor Day Foundation, VSU has been distinguished by the organization as a member of its Tree Campus USA which helps colleges and universities establish and maintain healthy community forests. A non-profit conservation and educational organization headquartered in Lincoln, Nebraska, the Arbor Day Foundation's mission is to inspire people to plant, nurture and celebrate trees.

For more information on VSU's urban forestry initiative, contact Koci at (804) 524-5758 or email jlloci@vsu.edu.

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