



*“We know
our doctor.
We know our
dentist. Do
you know
your
farmer?”*

Future Farmers of America Week Events

February 20th-25th launched Future Farmers of America (FFA) week at CGLA.

Agricultural Science teacher, Sophie Judson, partnered with the GetFit initiative to add a healthy living component. The two main events were the **Chopped competition** and **Agricultural Olympics**. CGLA Chopped was quite the success! We had five teams of girls participate. These teams were the Savage Cooks, The Master Mustangs, Lady Chefs, Mighty Mustangs, and Too Lit Cooks. Each team received a bag of mystery goods and was asked to create a dish, recipe, and food presentation in 45 minutes time. The creativity and teamwork were phenomenal! Some of the creations had names like the Mighty Egg Wrap, the Tortilla Tuesday Special, and the Master Breakfast Burrito. Too Lit Cooks made up of Ashleigh Chubbs, Avery Love, Taliyah Sanford, and Zenswayla Eberhardt took home first place and gift cards to **1885**!

The 2017 Agriculture Olympics challenged the ladies' physical fitness and to work as a team. The Agriculture Olympics included events such as the tire flip, wheel barrel race, cow tongue pass, blind man veggie pick-up, and other farming themed games. The top two teams will receive gift cards to **Tremont Tavern and The Feed!** Thank you to all the participants for celebrating FFA Week by cooking and sporting with us. Be on the lookout for more CGLA Chopped Shows coming soon.





Agriculture Olympics



DEA Radio Show: Women's Health

Shout out to **Skylar DeRight** from the **Cherokee Clinic** for being our special guest on the DEA CGLA Health Radio Segment this month!



Digital Dementia

Talk about some new vocabulary! The term *digital dementia* was not coined until 2012 by Manfred Spitzer. Spitzer used the term to describe how overuse of digital technology is resulting in the breakdown of cognitive abilities in a way that is more commonly seen in people who have suffered a head injury or psychiatric illness.

So what does all that actually mean? Well, thanks to Chattanooga State nursing students spending time with our wellness classes this week

we are more informed. Modern lifestyles are filled with smart phones and gaming devices that hinder a balanced development of the brain. Students discussed how we too often rely on technology for connectedness, simple math, personal value, basic information, and the list goes on.

So here is your CHALLENGE for this week: Pick ONE piece of technology that you use regularly {i.e. phone, television, gaming devise, or iPad} and give it up for 3 days! Let us know where you invest your time when you don't let technology eat it up 😊



Cooking Vibrantly

What to learn how to cook healthy? Talk to your CGLA cooking club members!

CGLA Culinary Club got to work last week and whipped up their first ever veggie style pasta zoodles with tomato sauce and ground turkey! Romana De Angelis, owner of Vibrant Meals, walked the girls through the process of spiralizing zucchinis and getting creative and adding your personal flavor to meat sauce. To say the students had a blast would be quite the understatement. Everyone enjoyed a portion of their creation with plenty to take home for sharing.



Upcoming Events:

Mobile Pantry Distribution: Wednesday, March 1st 3:00-4:30PM in Maintenance Building. Be sure to e-mail laurenhammond@cglonline.com to reserve your box of food by **February 22nd**.

CGLA Soccer Clinic: Thursday, March 9th 3:15PM-4:30PM: Come out to Brandy Herrera's, UTC Women's Soccer Player, third soccer clinic! All middle school and high school students interested in learning and growing in the game are welcome



CGLA Culinary Club March Meeting: Wednesday, March 15th: We have a special guest, Ms. Lisa Revenig coming to walk us through the ins and outs of baking! All members check your e-mail and remember to RSVP in order to reserve your slot. Only 14 spaces available. Be ready to leave CGLA at 3:15PM and have a parent pick you up at CGLA no later than 5:30PM.



Weekly Fitness Class Schedule



Monday, February 27th: Yoga

Taught by Roe Anderson // 3:30-4:30PM

Tuesday, February 28th: Core and Flexibility

Taught by Sydney and Will // 3:30-4:30PM

Thursday, March 2nd: Mustang Fitness

Taught by Lauren Hammond // 3:30-4:30 PM

Monday, March 6th: Hip Hop Dance

Taught by Morgan Cantu // 3:30-4:30PM

Tuesday, March 7th: Yoga

Taught by Roe Anderson // 3:30-4:30PM

Thursday, March 9th: Zumba

Taught by Ana Ortiz // 3:30-4:30PM

Community Partner Highlight:

This week we are highlighting **1885, The Feed, and Tremont Tavern**. Each of these local (delicious) restaurants donated 5 gift cards towards our Future Farmers of America week as prizes for our CGLA girls participating in Chopped and Ag Olympics. Looking for a healthy, local spot to take the family over the weekend? Check out some of the amazing grub at these three hot spots. For more info visit:

<http://www.feedtableandtavern.com> ;

<http://www.tremonttavern.com> ; <http://1885grill.com/menu/>

