



Issue 75

February 2014

FEBRUARY IS "HEART HEALTH MONTH"

American Heart Month is a month long celebration in the United States that happens every February. The "holiday" was established to urge Americans to recognize the nationwide problem of heart and blood vessel diseases and to support programs that solve the problem.

Risk factors that lead to heart disease:

- High blood pressure
- High cholesterol
- Diabetes
- Obesity
- Physical inactivity
- Tobacco use
- Family history

Good health habits to help prevent heart disease:

- Daily exercise
- Eating a balanced diet
- Maintaining a healthy weight
- Limiting sodium
- Avoiding tobacco
- Moderating alcohol consumption

To make women more aware of the danger of heart disease, the National Heart, Lung, and Blood Institute (NHLBI) sponsor a national campaign called **The Heart Truth**[®]. The campaign's goal is to give women the important message about their risk of heart disease. Since 2002, the "**Red Dress**[®]" is a symbol to remind women to take action to protect their heart.

National Wear Red Day is part of the promotion to make the "**Red Dress**[®]" a national symbol. Every year, on the first Friday in February, men and women across the country wear red (dress,

shirt, tie) or wear the **Red Dress pin** to promote awareness for heart education.

Heart attack symptoms in Women:

1. Chest pain or discomfort.
2. Pain in your arm(s), back, neck, or jaw
3. Stomach pain.
4. Shortness of breath, nausea, or lightheadedness
5. Sweating.
6. Fatigue.

Not everyone gets all of those symptoms. If you have chest discomfort, especially if you also have one or more of the other signs, call 911 immediately.

Information from Internet

BLACK HISTORY MONTH

Each year beginning on February 1, an entire month of events are planned nationwide honoring the history and contributions of African Americans.

The theme for Black History Month in 2014 is "Civil Rights in America" chronicling the important milestones by African-Americans and others in the battle for civil rights and equal treatment under the law.

150 years ago, on January 1, 1863, the **Emancipation Proclamation** set the United States on the path of ending slavery.

A century later, on August 27, 1963, hundreds of thousands of Americans, blacks and whites, joined the **March on Washington** to the memorial of Abraham Lincoln, the author of the Emancipation Proclamation, in pursuit of the ideal of equality of citizenship.

It was also on this occasion that Martin Luther King, Jr. gave his famous speech, "**I Have a Dream**"

Black History Month began in 1926 as part of an initiative by writer and educator Dr. Carter G. Woodson who launched **Negro History Week** in 1926.

Woodson proclaimed that Negro History Week should always occur in the second week of February —between the birthdays of Frederick Douglass and Abraham Lincoln.

Since 1976, every American president has proclaimed February as Black History Month. Today, other countries such as Canada and the United Kingdom also devote an entire month to celebrating black history.

The Web is a great place to find out more about that history — in poetry, literature, the arts, sciences, sports and entertainment — making Black History Month a time of fun, celebration, and learning:

Information from Internet

MEETINGS

- **February 6**, Community Development Corporation, Town Hall, 6:00pm
- **February 10**, BHHS District #19, Board of Education Office, 7:00pm
- **February 11**, Neighborhood Watch, Community Center, 7:00pm
- **February 11**, Barnwell County Council, Agriculture Building, 6:00pm
- **February 18**, Town Council, Community Center, 6:30pm
- **February 24**, Barnwell-Blackville NAACP, Macedonia Baptist Church, 7:00pm
- **February 27**, Blackville Downtown Development Corporation, Russell's Pizza, 6:00pm

FEBRUARY BIRTHDAYS

- ♥ **February 1**, Nia Ford
- ♥ **February 1**, Jabarius Johnson
- ♥ **February 5**, Nathaniel "Bo" Holman
- ♥ **February 7**, Carl Peeples
- ♥ **February 7**, JaQuez Williams
- ♥ **February 7**, Chris Matheney
- ♥ **February 7**, Linda Dowling
- ♥ **February 8**, Frenchie Smalls
- ♥ **February 11**, Deidra Fisher
- ♥ **February 16**, John Harrison
- ♥ **February 18**, Mary Salley
- ♥ **February 21**, Jada Smalls
- ♥ **February 24**, Dennis Pernell
- ♥ **February 26**, Willie Felder
- ♥ **February 26**, Johnell Copeland
- ♥ **February 26**, Doris Beard
- ♥ **February 28**, Rose Johnson-Raysor

HAPPY ANNIVERSARY

- ♥ **February 14**, Rev. Floyd & Mrs. Lillie Hughes
- ♥ **February 26**, Mr. Wayne & Mrs. Doris Beard

LIBRARY NEWS

Pre-school Story Time

February 11 and 25, 2014, 10:30am

FEBRUARY SCHOOL NEWS

- Feb 5, 2014** - 1/2 day for students
- Feb 10, 2014** - Board Meeting (7:00pm)
- Feb 14, 2014** - In-Service No School
- Feb 17, 2014** - Presidents Day - No School
- Feb 20, 2014** - Interim Reports

MES

- Feb 6, 2014** - King/Queen of Hearts@BHHS (6:00pm)
- Feb 13, 2014** - Valentine Day ball (6:00pm)
- Feb 20, 2014** - PTSO/SIC (5:30pm)
- Feb 20, 2014** - Math/Science Night (6:00pm)
- Feb 21, 2014** - Mother Daughter Banquet (6:00pm)
- Feb 27, 2014** - Black History Program (9:00am)

BHJH

- Feb 7, 2014** - Black History Program (9:35am)
- Feb 24, 2014** - PTSO/SIC (6:00pm)

BHHS

- Feb 21, 2014** - Black History Program (10:00am)
- Feb 24, 2014** - PTSO/SIC (6:30pm)

BLACKVILLE CIVIC CLUB'S ANNUAL WAFFLE SUPPER

February 3, 2014
Blackville-Hilda High School Cafeteria
6:00pm to 8:00pm
\$6.00 adults - children \$3.00
6 years old and under **FREE**

BIBLE STUDY

Macedonia Baptist Church

Wednesday's at NOON

HAPPY VALENTINE'S DAY

Published by the Town of Blackville and Blackville Community Development Corporation. Send information to: Blackville@bellsouth.net or vtalston@bellsouth.net add "Newsletter" in subject line. Visit our website: townofblackville.com