

# Senior Moments

## with Kathy Earley

February is American Heart Month. The American Heart Association and the National Heart, Lung, and Blood Institute have launched a new "Act in Time" campaign to increase people's awareness of heart attack and the importance of calling 9-1-1 immediately at the onset of heart attack symptoms.

Heart attack and stroke are life-and-death emergencies -- every second counts. If you see or have any of the listed symptoms, immediately call 9-1-1.

Not all these signs occur in every heart attack or stroke. Sometimes they go away and return. If some occur, get help fast!

Today heart attack and stroke victims can benefit from new medications and treatments unavailable to patients in years past. For example, clot-busting drugs can stop some heart

attacks and strokes in progress, reducing disability and saving lives.

But to be effective, these drugs must be given relatively quickly after heart attack or stroke symptoms first appear. So again, don't delay -- get help right away!

Coronary heart disease is the No. 1 cause of death in the United States. Stroke is the No. 3 cause of death in the United States and a leading cause of serious disability. That's why it is so important to reduce your risk factors, know the warning signs, and know how to respond quickly and properly if warning signs occur.

For more information, visit [www.americanheart.org](http://www.americanheart.org).

On another note, there will be a Veterans Benefits and Health Care Seminar on Saturday, Feb. 21, at the First Baptist Church in

Teague. This is an opportunity for Veterans and family members to learn more about your eligibility for Veterans benefits and medical services.

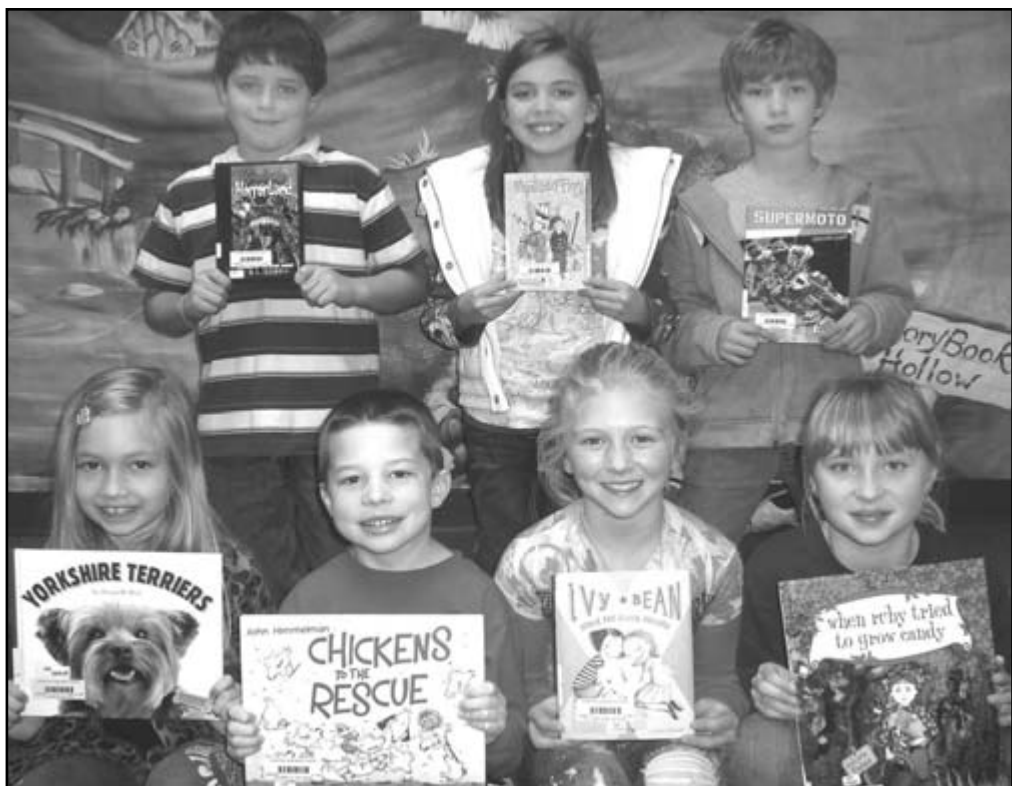
The event is being sponsored by the First Baptist Church and your local County Service Officers.

**Menus**  
Wednesday, Feb. 11 -- Chicken fried steak w white gravy, mashed potatoes, green beans, rolls and mixed fruit

Thursday, Feb. 12 -- Chicken and dumplings, mixed greens, copper pennies, bread and a brownie

Friday, Feb. 13 -- Pork roast with gravy, creamed potatoes, broccoli, bread and Valentine's Day cake

Monday, Feb. 16 -- Closed in observance of Presidents' Day  
Tuesday, Feb. 17 -- Crispy chicken sandwich, carrot-raisin salad, chips and banana pudding



FAIRFIELD ELEMENTARY STUDENTS participating in the Birthday Book club are: front l-r, Emi Bonner, Payton Hughes, Tanna Lide and Emily Knight; back, l-r, Clay Childs, Kacie Carroll and Sutton Bonner.

## Alumni group prepares for 10th reunion

In preparation for the eleventh annual Dogan Reunion, the executive board of the Dogan Alumni Association will meet at 10 a.m. on Saturday, Feb. 21, at the True Vine Doxa Center in Fairfield.

All chapter officers and committee chairpersons are asked to attend.

For more information, contact president Mary Proctor Malone at (817) 534-0706 or secretary Joyce Ransom Bennett at (713) 433-8050.

## Black History program set for Feb. 21

In honor of Black History Month, the E.E. Wheat Freestone County NAACP will hold a special program Saturday, Feb. 21, at Beulah Baptist Church in Wortham beginning at 6 p.m.

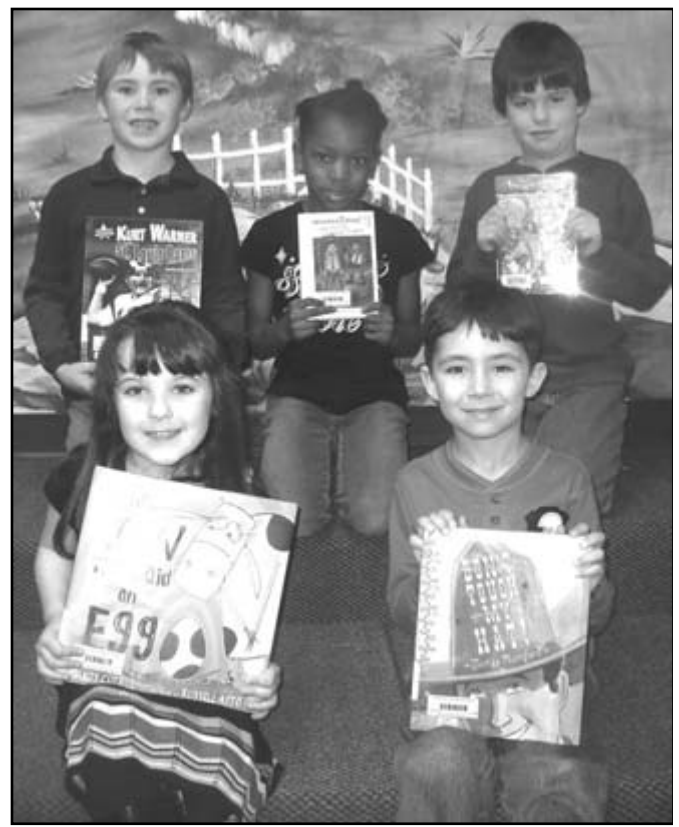
The organization marks a milestone as it celebrates its 100th anniversary on Thursday, Feb. 12.

## Navarro College names students to Dean's List

Navarro College recognized several students for their academic achievements during the Fall 2008 semester including Fairfield residents Tamara Brooks, Roxanne Coleman, Larissa Diaz, Ashley Gaitan and Brittany Simpson who were named to the Dean's List.

Students qualifying for the Dean's List must be enrolled in 15 or more class hours and maintain a minimum grade point average of 3.5 throughout the semester.

**Recorder Classifieds Get Results!**



ELEMENTARY STUDENTS WITH MARCH birthdays participating in the Birthday Book club are: front l-r, Lauren Cochran and Caden Fryer; back, l-r, Aaron Minze, Iesha Jenkins and Jack Latshaw.

## Obits

Cont. from p4-b

Loveta of Houston, Willette Rosson and wife Annette of Wesley Chapel, Selma Rosson of Wesley Chapel and Vera Dishong of Wesley Chapel.

Mr. Logsdon was pre-

ceded in death by his wife Patricia Logsdon; daughter, Elaine Logsdon; son, Jeffrey Logsdon; grandsons, Jeremy Logsdon and Jeffrey Minter.

Arrangements were made by Callaway-Allee Funeral Home of Crockett.

# School Menu

## Fairfield School Menu February 16-20

**Breakfast**  
Items served daily: Milk, fruit juice, cereal, graham crackers and small peanut butter and jelly Uncrustables.

Monday - (K-12) French toast sticks

Tuesday - (K-12) Breakfast pizza

Wednesday - (K-12) Sausage biscuit

Thursday - (K-12) Soft pretzel and sausage links

Friday - (K-12) Muffin and warm peaches

### Lunch

Items served daily:

Milk, fruit, chef salad and large peanut butter and jelly Uncrustables.

Monday - (K-12) Cheesy scrambled eggs, French toast sticks, sausage link and 100 percent fruit juice.

Tuesday - (K-12) Chicken spaghetti, green beans and garlic toast

Wednesday - (K-12) Personal round pizza and golden corn

Thursday - (K-12) Chicken nuggets, potatoes and gravy, and a whole wheat roll

Friday - (K-12) Hamburger on a whole wheat bun, lettuce, tomato, pickle, baked fries, and ice cream

## Dew School Menu February 16-20

**Breakfast**  
Monday - (K-8) Sausage biscuit  
Tuesday - (K-8) Blueberry muffin

Wednesday - (K-8) Scrambled eggs and toast

Thursday - (K-8) French toast

Friday - (K-8) Cinnamon roll and sausage

### Lunch

Monday - (K-8) Fish sandwich, baked beans, baked fries and apple sauce

Tuesday - (K-8) Chicken spaghetti, carrots, green peas, mandarin oranges and a roll

Wednesday - (K-8) Tacos, lettuce, tomato, pinto beans and pineapple chunks

Thursday - (K-8) Spaghetti and meat sauce, green beans, carrots and fruit cocktail

Friday - (K-8) Hamburger or cheeseburger on a whole wheat bun, lettuce, tomato, pickle, baked fries and ice cream

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**Thursday**  
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**Friday**  
Beef, Chicken or Bean Burrito • \$5.79

**Saturday**  
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**Sunday**  
Small Taco Salad • \$5.89

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