



February 2021 – Issue 160

FEBRUARY is AMERICAN HEART MONTH

Tidbits of Information

Take up a heart-healthy habit!

Staying active, eating healthy, and watching our weight are all important parts of maintaining a healthy cardiovascular system. Pick a new heart-healthy habit like jogging or substituting sodas with water and try to stick to it for a whole month.

Educate yourself!

Learn about the risk factors for heart disease, the ways you can prevent them, and the lifestyle choices that can help you stay healthy.

Get your cholesterol tested!

If you are worried you might be at risk for heart disease, ask your doctor to perform a simple cholesterol test to let you know if you are at risk and should make adjustments to your diet.

Heart attacks can be silent!

One in five heart attacks occurs without the person even knowing they had one.

Heart attacks affect women differently!

Women may experience different symptoms than men. These include pain in the back, arm, neck, or shoulder; nausea; fatigue; shortness of breath; and vomiting.

Young women are at higher risk than men!

Women under the age of 50 are twice as likely to die of a heart attack as men in the same age.

Another reason to hate Monday!

Heart attacks are more likely to occur on Monday mornings than other days of the week. Scientists attribute this to the disruption in our circadian rhythm over the weekend which leads

to increased blood pressure and other changes to the nervous system.

Diet soda raises heart attack risk!

If you drink one or more diet sodas a day, your chances of having a heart attack are 43% higher than those who drink regular soda or none at all.

Information obtained via internet.

BPSAA

BPSAA 5th Annual Hall of Fame nomination form is available upon request from February 1, 2021 – May 1, 2021. For more information, please email us at bvillepublicalumniassoc@gmail.com

Eligibility: *To be considered for the Hall of Fame, nominees must:*

- (1) Have at least 10 years of service with the Blackville Public Schools and/or Community.*
- (2) Have made significant contributions to the Blackville Public Schools and/or Community.*
- (3) Have attended any school that has merged with Blackville School District 19.*
- (4) Nomination form must be typed & submitted with a professional digital passport style photo.*

INDUCTION CEREMONY GALA

The 5th Annual Blackville Public Schools Alumni Association, Incorporated Hall of Fame Gala & Induction Ceremony will be held during Blackville-Hilda Homecoming weekend. Further information (TBA)

BLACK HISTORY MONTH

February 1, 2021 – February 28, 2021
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TOWN HALL CLOSED

February 15, 2021

HAPPY VALENTINE'S DAY

February 14, 2021

MEETINGS

- **February 1**, Blackville Music and Arts, BDDA Office, Sol Blatt Avenue, 7:00pm
- **February 4**, Blackville Community Development Corporation. Virtual
- **February 8**, BHHS District #19, Board of Education Office, 5:30pm
- **February 9**, Barnwell County Council, SCAC Building, 54 Irving Street, Barnwell, 6:00pm
- **February 16**, Town Council, Town Hall/CC, 6:30pm (Tuesday)
- **February 22**, Barnwell-Blackville NAACP, Barnwell Masonic Lodge, Calhoun St., 7:00pm
- **February 25**, Blackville Downtown Development Association, BDDA Office, Sol Blatt Avenue, 6:00pm

FEBRUARY BIRTHDAYS

February 1, Nia Ford
February 1, Jabarius Johnson
February 7, Carl Peeples
February 7, JaQuez Williams
February 7, Chris Matheney
February 7, Linda Dowling
February 8, Frenchie Smalls
February 9, Latoya Simpson
February 11, Deidra Fisher
February 13, Darrian Lorenzo Taylor
February 17, Sheqilah Alvin
February 18, Mary Salley
February 21, Jada Smalls
February 21, John Alvin
February 22, Larae Robinson
February 24, Dennis Pernel
February 26, Willie Felder
February 26, Doris Beard
February 28, Rose Johnson-Raysor

HAPPY ANNIVERSARY

February 14, Rev. & Mrs. Floyd Hughes, Sr.
February 26, Mr. & Mrs. Wayne Beard

LIBRARY NEWS

Contact Miss Lil – (803) 284-2295

SCHOOL NEWS

February 1, End of 1st Semester
February 5, Report Cards issued
February 15, President's day (No School)

FYI

01) When parking on a thoroughfare with a **CURB**, if there is not a curb you should not be parking at that location, the right front and right rear wheels should be within eighteen (18 inches) to the curb and parallel thereto. You are not allowed to be parked in such a way as that you are facing traffic when parked, if your left wheels are closest to the curb you are not legally parked, every attempt should be taken to ensure you are facing the direction in which traffic moves.

02) You are not allowed to park on a sidewalk or between a sidewalk and the roadway.

03) Its unlawful for anyone to be parked at or in space specifically designated for handicapped persons without proper authorization to do so, i.e., handicap placard or tag. Anyone in violation of this **"MUST BE FINED"**. The fine currently is one thousand dollars (\$1000.00).

04) When parking at a convenience store or place of business you are to park in a spot that is marked for parking your vehicle. You are not allowed to park in front of the entrance way or anywhere that could interfere with the free movement of traffic.

05) When your vehicle is parked you are not allowed to leave it unattended, unless you have an approved transmission interlock system in place, i.e., push button start.

This is a partial list that I hope helps everyone out. Please remember that this is not a complete list of what is legal and illegal. If there is anything that I can assist you with please contact my office, the number is (803)-284-3444.

Ptl. Joe Tubbs

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