



Health Wise: 'Master of memory' classes offered

by Kristin DeLong,
County Extension Agent
Henderson County

The following individuals are proudly serving the United States of America in the Armed Forces. The Chandler, Brownsboro, Moore Station, Murchison and Lake Palestine communities are proud of you! For those who are serving overseas, we await your safe return.

If you know of someone in the military, whose primary residence is in the Brownsboro School District, please let us know so we can recognize them on this list.

- Paul Avritt
- John Bass
- Brian Bailey
- Ryan Barnes
- Jeremy Becton
- Casey Berry
- Roger Berry
- Ben Bevans
- Justin Brown
- Donald Burk
- Joshua Cason
- Steven Ren Cates
- Robert (Mikey) Clary
- Aaron Clover
- Morgan Clover
- Casie L. Coplan
- Danny Cowart
- Jeff Crosby
- Andy Dalton
- Jessica Delaney
- Doug Dickerson
- Mike Dunklin
- Brandon Edwards
- Joshua Fowler
- Matthew Fowler
- Gregory Geske
- Greg Giger
- Donnie Goines
- Nicholas Gould
- Josh Grant
- Edmond Hargrave
- Jayandra Hare
- John (Duce) Harber III
- James Michael Hendrix
- Cedric Herring
- Daniel Herron
- Detro Hightower
- Nathan D. Huff
- John Charles Hunter
- Don Inbody
- Matt Irwin
- Michael Isbell, Jr.
- Ryan Steven Jackson
- Joshua Johnson
- Scott Joiner
- Eric Jones
- Daniel Kidd
- Jesse Kidd
- Lucas Killmeyer
- David Klaus
- Richard Lafayette
- Sam Laymance
- Robert Leed
- Christy Loper
- Sean Lynch
- Jerry Mayse
- Andrew McIntosh
- Tim McMurtray
- Jason Meador
- Chris Munch
- Beau Nation
- Anthony Neeland
- Adam Newell
- Sarah Oliver
- Patrick Ormiston
- Douglas Owen
- Robert Payne
- Jordan L. Parker
- Chad Peyton
- Zach Peyton
- Joseph Pearson
- Jamie Rainwater
- Nicholas Robran
- Ashley Rogers
- Matthew Seda
- Angus Smith
- Cory Smith
- Luke Smith
- Michael Spencer
- Jared Staggs
- Christopher Stanton
- Emitt Swafford
- Whitney E. Sykes
- Joe Taylor
- Timothy Taylor
- Jacob Thomas
- Sean Thompson
- Deanna Thornton
- Jim Tippen, Jr.
- Jerry Tucker
- Chad Vickers
- Clay Wade
- Tim Wagner
- Christopher Wagoner
- Joe Wangler
- Randy Watson
- James Weaver
- Jacob Welch
- Shawn Werchan
- Marc Westbrooks
- Josh Wheeler
- T.J. Wilkerson
- Jamie Willard
- Lelia Williams
- Timothy Williams
- Teresa Wilson

Many people believe that memory loss and aging go hand-in-hand: as a person gets older his or her memory begins to fail. Not true! Texas Cooperative Extension will begin offering "Master of Memory," a six-lesson class series that will help you understand how your memory works and what may affect your memory. Medical conditions, medications, diet and exercise, among other things, may all play a role in how your memory works. "Master of Memory" will also help you identify and use strategies to improve your memory function. Join the classes beginning Tuesday, August 14th at 12:00 p.m. at the Henderson County Senior Citizens Center for Master of Memory. Included is a description of each of the lessons to be taught so you'll know just what you're in for.

Lesson 1
Your memory is only as good as the information that your brain takes in -- if you don't learn it to begin with, you will never remember it. In the first lesson of the "Master of Memory" series, you will explore how your brain takes in new information and processes it. You will dis-

cover that there are several different ways to learn new things and may be surprised at how you yourself learn new information.

Lesson 2
Whether you make a shopping list for the grocery store or make a memo to remember how to spell "success," you are employing a strategy to help your memory. Memory strategies are very healthy and should be used anytime you are uncertain about your ability to remember. In the second lesson of the "Master of Memory" series, you will learn different memory strategies and see which one or which combination fits you best. You will see that with a little effort to employ a memory strategy, you may be able to remember like never before.

Lesson 3
Food: you cannot live without it. Did you know that what you eat may play a role in your memory function? Things like salt, fat and cholesterol, as well as water intake, may affect how well your brain works and how well you are able to remember information. In the third lesson of the "Master of Memory" series, you will learn how different foods and nutrients may affect your brain's function and your abil-

ity to remember.

Lesson 4
Older adults take more than 40 percent of prescribed medications in the United States. Would it surprise you to know that your prescription and over-the-counter medications may be affecting your memory? Whether memory decline is a direct effect of the medication or a side effect is unimportant -- what is important is that you know how to recognize it and what to do about it. In the fourth lesson of the "Master of Memory" series, you will learn what types of medications may affect your memory and when to talk to your health provider. You will also learn about so-called "memory drugs" that advertise memory improvement if they are taken.

Lesson 5
Alzheimer's disease is a diagnosis that no one wants to

receive. In many cases, memory problems are attributed to Alzheimer's disease or some other form of dementia when they are actually a result of some other illness. In the fifth lesson of the "Master of Memory" series, you will learn about medical conditions that may affect your memory but are partially or completely reversible. This lesson will also discuss how grief, depression, stress, lack of sleep and other disorders may affect your ability to learn and remember things.

Lesson 6
Exercise is important to keep your body healthy but it is also important for your mind. The brain needs exercises and challenges so that it can remain active and keep up with your daily life. In the sixth and final lesson of the "Master of Memory" series, you will learn how exercise

benefits your body and mind. You will also review all the main points that were highlighted in the first five lessons. For those who have attended the previous sessions, a graduation ceremony will be held so that you may receive your "Master of Memory."

Important Dates
* Master of Memory Lessons 1 and 2 will start on Tuesday, August 14th at 12:00 p.m. at the Henderson County Senior Citizens Center.

* Plan to attend the Senior Health Fair sponsored in part by Home Instead, Cardiorespiratory Home Systems, Inc. and Texas Cooperative Extension on Saturday, Sept. 8th. The event will kick off at 10:00 a.m. at the First United Methodist Church in Mabank. Call Sharon Strickland at 903-880-5025 to sign up for the Blood Drive or to be a guest in the Mobile Mammography Unit.

New CBACC Member



PLAQUE PRESENTATION- Jackson Hewitt Tax Service, 522 Hwy 31 E. Chandler. Branch manager is Steve Alexander, of Chandler. Jackson Hewitt has been opened since 1/07 in Chandler, with current hours of Wednesday 10am-6pm and by appointment all other days. During tax season, Jan to April, operating hours are 10am-6pm Mon. - Sat. Services include: Tax preparation, Financial Services, and Tax consultation. Jackson Hewitt is owned by Hooten Financial Services of Emory. Photo from left to right: Joe Selman chamber board member, Steve Alexander, Cresha Foster chamber board member and Jeff Smiley chamber Chairman of the Board.

Elvis Allen appointed head of Historical Commission goal setting

by Sibyl Creasey

The regular meeting of the Van Zandt County Historical Commission was held on Tuesday, July 17, 2007, at the commission office in the courthouse annex in Canton. Chairman Dr. Rollin Slinger presided over the meeting attended by Lawrence Greer, Ruth Abbott, Mable Cook, Dorothy Wright, Karen Asher, Lynn Kitchens, Elvis Allen, Cheryl Vaughn and Sibyl Creasey.

Commission member Cheryl Vaughn who has been appointed as courthouse liaison and designate reported that she is currently working very closely with County Judge Rhita Koches on certain elements of county courthouse restorations. Both are working with the state as far as courthouse restoration guidelines are concerned. Certain items have to be accomplished before grant eligibility can be achieved.

Elvis Allen was appointed to head a committee to investigate and recommend a

set of future goals for the commission. These will be brought before the commission for discussion at a later date. He also reported on the progress of three cemeteries that state historical designations have been applied for. These are Mt. Pisgah, Union Grove and Wade-Boxley cemeteries.

Those wishing to have their family or community cemetery be designated historic by the state in preparation for a state approved historic marker should contact the Van Zandt County Historical Commission. The state only accepts applications for historic designations and historic markers from county historic commissions.

The next historic commission meeting will be on Tuesday, August 21, at 1 p.m. at the commission office in the courthouse annex in Canton. For further information on commission activities, contact Rollin Slinger at 903-567-6657.

Military News

Dairyel McCloud

Air Force Airman Dairyel C. McCloud has graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

During the six weeks of training, the airman studied the Air Force mission, organization, and military customs and courtesies; performed drill and ceremony marches, and received physical training, rifle marksmanship, field training exercises, and special training in human relations.

In addition, airmen who complete basic training earn credits toward an associate degree through the Community College of the Air Force.

McCloud is the daughter of Willie A. McCloud of Chandler. The airman is a 2005 graduate of Brownsboro High School.



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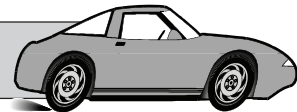
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Drive Thru opens at 6:00am daily!



Following weeks of preparation and hard work the Archery Arsenal and Bears' Pause is now open! You are welcome to come inside and have a cup of coffee or a soda while you enjoy our wireless internet. We also have muffins, cookies, cakes, danishes and cinnamon rolls. For the little ones who do not like coffee we have strawberry slush and Blue Bell Ice Cream.

After you relax and have your coffee you are welcome to use our inside archery range to practice your bow shooting. Opening shortly will be an outdoor pistol range. We are also in the process of ordering our weapons, archery equipment and ammunition. Inquire within for more details, the equipment should be arriving soon. Our drive-thru opens at 6:00am every day and our inside range opens at 10am. Come on down and see us.

Coming Soon...
Weapons, Archery Equipment & Ammo

To add a name to this list, or have a name taken off please call:
The Statesman at 903-852-7641 or e-mail us at: cbstatesman@earthlink.net