

is still singing about what it takes to keep us in good health. Processed foods are the enemy of healthy living. Local agriculture is

Longview's Historic Farmers Market in-tended to spend last Saturday selling the kind of edibles that lead to good health, but after opening at 8:00 a.m. it took just New Diana for more tomatoes. When he re-

ing State Representative David Simpson, waiting for his red, ripe crop.

Work.

He then pointed out how the Farmers
Market helps the community:

Your know the local farmers who are

Your know the local farmers who are bringing food to your table. You are buying local and thus keeping the dollars where they belong. He hopes that it will multiply by bring-ing farmers and non-farming citizens

Honorable Gregg County Judge Stoudt thinks this is a great concept for Longview's downtown. It brings local residents (and others) to the downtown for a wholesome purpose-fresh' fruits and vegetables. It is also a delightful social occasion in which people can re-connect with old friends or

ake new ones.

One of the Farmers' Market board offi



o major in government and vocal perfor-mance at UT-Tyler or UT-Austin.

easttexasreview.



ering at Texas A&M University

"It shows you hungry for real food," he said. The Go Texan Restaurant orgastate Depart-t of Agricul-

Danielle Heard is founder of Artemis in

ally grown food available locally despite exas being a leading agricultural state. She

"Each time one of my clients r



sion of educating and empowering people to take control of their health," she said. The opening of the Historic Longview Farmers' Market is the beginning of a move-ment to provide fresh, local and sustain-

able food to the people of Longview-a city whose people seriously need better quality tion to showcase their healthful produce along with other, non-edible wares, and sell directly to the community

The Texas Department of Agriculture eports that 98.5% of the state's farms and ranches are family-owned. Therefore the Farmers' Market will also support the local it was grown. The Historic rathlers man-ket is thus starting a movement to improve

market every day it is open.

The market's operating board needs volunteers to help operate this 501 c3 or-Help is needed to operate the presently the market is open only on Satur days the goal is to eventually have it open

visit www.historiclongviewfarmersmarket.com



KNOW WHAT?

That's why

KNOW THE RISK FACTORS.

ome risk factors are unavoidable: such as being male, having diableing over \$5, having a family history of stroke or heling Africar-lemician. Other isk factors can be controlled:

Qigaretie smoking (doubles the risk)

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- Plant nutrition

- Plant history

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- High chielecteral

- Excessive alcohol consumption

- Unrailation proteims Being overweight or obese
 High cholesterol

KNOW THE SIGNS.

If you know what to watch for, you can help get appropriate care for someone who may be having a shoke:

- Sudden numbness or weakness of face, arm or leg — especially on one

Sudden numbness or weakness of face, arm or leg — especially on caide of the body
 Sudden confusion or trouble speaking or understanding speech
 Sudden trouble seeing in one or both eyes
 Sudden trouble welking, dizziness or loss of balance or coordination
 Sudden trouble headache with no known cause

KNOW WHAT TO DO. Call 911 Immediately! A stroke means there is a blood clot or bleedi in the brain. The sooner a person receives medical attention, the less brain damage will occur and the better the chance for recovery.

KNOW WHERE TO GO.



**SUMMER 1** REGISTRATION

9 a.m. - 5 p.m. ■ Friday, June 4, 2010 Classes begin June 7.

Visit the class search link at my.uttyler.edu

