

Prevent Hypothermia

The body can suffer from hypothermia (loss of body warmth in the body's core) at temperatures above freezing. Inner organs can begin to lose warmth before we are aware of it. Small children, the elderly, unusually slender people, dieters, and alcoholics are especially vulnerable. Activities that tend to put people at risk include: hiking, climbing, hunting, fishing, bicycling, jogging, boating and swimming.

To prevent hypothermia you should:

1. Eat properly. Extremely thin people don't have the insulation that fat cells provide, and their bodies contain less fat to convert into heat. If exposure is expected to be prolonged, carry a high calorie snack.
2. Drink extra fluids before outdoor activities and take a hot beverage with you.
3. Avoid alcohol which dilates blood vessels, bringing a flow of blood to the skin - away from inner organs thus lowering the body temperature.
4. Know side-effects of drugs. Anti-depressants, blood pressure drugs, and some heart medication influence the way the body responds to temperature change.
5. Wear suitable clothes. Layered, light, loose clothing is recommended. A thin outer shell, loose multiple layers to trap warm air between the layers. These layers can be shed if the weather condition changes. A hat and scarf are a must since up to 1/3 of a body's heat loss is from the head and neck. Waterproof mittens are needed for the hands. Waterproof, loose fitting shoes and thick woolen socks or multi-layers of socks for feet. Loose fitting underwear and windproof outerwear for the groin area.
6. Stay dry. --Outer garment should be water repellent.

If you do get wet, stay out of the wind. Shivering and frequent urination are signs of lowered inner body temperature. They both indicate the need for more clothing or warm liquids. Other symptoms of moderate hypothermia include: Bewilderment, clumsiness and a negative attitude. Profound hypothermia is recognized by the cessation of shivering and loss of consciousness. An unconscious victim of hypothermia should be rushed to the hospital immediately.

By: Phyllis Smith

ANSWER: Can You Identify this Photo?

Photo Identification: The photo was taken in 1968 during the construction of Thompson Hall. This photo of the rotunda area in Thompson Hall may also be seen in the current *Wilkes Magazine* on channel 4 TV.



Wilkes Remembers



Mary Houston

Wilkes Community College honored the memory of Mrs. Mary Houston on Oct. 18, 1990, with a memorial service in the school library. Mrs. Houston died on Oct. 11, 1990 at age 60. She was librarian at WCC from 1974 to 1989. She was also the first instructor for the college's adult high school diploma program. She taught in the program in various churches, schools and at Abitibi-Price and Ronda Furniture Co. for eight years.

Before working at WCC, she was teacher at Mulberry Elementary School and Lansing Elementary School in Lansing. Prior to that she worked as a librarian at Cloudland High School in Roan Mountain, TN.

Mrs. Houston will be missed by all faculty, students, and staff.

Win With Peace and Justice Words

Thus spoke Mastiff, King of the Canines:
Dissenters of the creature world, arise!

Engage the human enemy in the battle for verbal superiority.

Condemn! Criticize! Crush!
Our foes are everywhere. And if we cannot eliminate their power, we will eventually eliminate them.

First, however, provide the climate for opposition. Howl your theme of peace and justice. Over and over and once more again display your banners of peace and justice.

Remember that term — *peace*. It is your most powerful word.

And stamp *justice* into your brain. Then, keep hammering away with every phrase you possess for peace and justice, justice and peace.

Never mind about the means of achieving peace. That's not important.

And don't get involved in a dialogue about the whys and hows of justice. That's not our purpose.

Forget about ignorance, poverty, and disease...no need to mention animal abuses...steer clear of equality of the opportunity...and don't get involved with individual dignity and freedom and all the magic crud about ethics and religion.

That's all past history. Now it's our turn.

But we need help; we need funds to carry the war of words to the human enemy; we must have the support of creatures who think we're fighting for them.

So get the suckers on our side and we'll have it made.

We can do it! Just keep feeding them *peace* and *justice* words.

Eating words has never given me indigestion.

—Winston Churchill

Like Mark Harmon, Ron Howard, and Tony Pena, You Can Spread "Points of Light" to a Thousand Places, and Have a Star-Spangled Christmas

(Christmas, Fl) "Mail Call!" ... those two words are music to the ears of just about every one who wears our country's uniform. Remember the eager anticipation when Radar or Klinger passed out the mail on M★A★S★H? Americans from coast to coast joined together last year in a program with that name ("Mail Call!") and had themselves a Star-Spangled Christmas while they spread "points of light" to a thousand places. Christmas was thus made just a little better for more than 150,000 of our servicemen and women, many of them young people away from home for the first time.

"Mail Call!" combines greetings from thousands of members, resorting all the cards and letters into more than 1,000 bundles, which are then sent priority mail to units and locations in more than 40 states as well as every corner of the globe (some participants have received responses from every continent). The twin goals are to include mail from many people and places in each outgoing bundle, while spreading each person's greetings as widely as possible. While the number of units and ships receiving mail increased yet again last year, the highlight was our ability to quickly send almost 15,000 cards to America's men and women who fought in Panama in "Operation Just Cause" during Christmas.

A letter from the commander of an airborne unit stated, "...Mail Call was a real morale booster and a pleasant surprise to us all. It made us proud to be Americans, knowing so many stood behind us as we fought in Panama."

And from a 4-H group leader: "What an experience! Especially exciting were replies received from servicemen and women involved in 'Operation Just Cause' in Panama. Letters were read at school during discussions of world events. 'Knowing someone who was there made all the difference!'"

Niagara County Community College (sponsored by the Veterans Association) of Sanborn, New York, was the #1 college nationwide in last year's Christmas Mail Call. North Carolina leader was Pfeiffer College (coordinated by Rob Enloe, Student Government President), Mischeimer, #4 nationally. Also taking part: Mark Harmon, a student at the South Side Area School District in Hookstown, Pennsylvania; Ron Howard, a 7th Grader at West View Middle School in Morristown, Tennessee; and Tony Pena, a participant with Amvets Auxiliary Post #22 in Dallas, Texas. Founded and directed by a former Pentagon staffer, "Mail Call!" has always been a grassroots, membership supported program which has not depended upon celebrities, politicians, or commercial sponsorship.

To learn how you or your campus group can take part in this exciting program and help spread "points of light" to a thousand places while helping yourself to a Star-Spangled Christmas, send a stamp (please do not send a self-addressed envelope, just the stamp, as an envelope would require \$.45 postage) to "Mail Call!" — Box 817 — Christmas, Fl 32709, and mention how you learned of this program. Thank you!

Steps to Effective Textbook Study

(from *PSYCHOLOGY, An Introduction-Third Edition*)

by: Benjamin B. Lahey

The SQ3R Method -- 5 steps in effective study.

S: Survey. Look ahead at the content of the text before you begin to read.

Q: Question. Ask yourself questions about the material you are reading before and as you read.

R: Read. Read through the material in a normal way.

R: Recite the new information that you are learning, out loud or silently to yourself at least three times.

R: Review. Go over the material that you have learned several times before test time. The goal of reviewing is to overlearn the material.

The SQ3R method can improve your ability to learn information from textbooks. Several other strategies may help you make even more efficient use of your study time.

1. When you study, really study. Don't fool yourself into thinking that you are studying when you are not really making an effort to concentrate on the material.

2. Study in one Place and ONLY Study THERE---This helps associate that place only with effective studying. Choose a spot free from distractions, and do nothing in that spot but STUDY!!!

3. Space out your Study time--- Studying new information once a day for several days results in better recall than does cramming.

4. Use Mnemonic Devices. (Methods) for storing memories so they are easy to recall.)

A. Acronyms. In memorizing lists

combine the first letter of each word in the list to form an acronym. For example, the 4 stages of alcoholism, which are Prealcoholic, Prodromal, Crucial, and Chronic, can be memorized using the acronym PPCC. Acronyms are even more useful if they form a real word. Arranging the first letter of a list of words into a meaningful sentence helps spark recall of the list.

B. The Keyword Method--Use a meaningful word to associate the word you are trying to learn. For example, in memorizing the Spanish vocabulary, such as the word "Charco" (puddle) think of an English word that sounds like the Spanish word "charcoal". Now form a mental image of the English sound alike word and the actual English translation (a bag of charcoal sitting in a puddle.)

C. Method of Loci. Items in a list are mentally placed in a series of logically connected places.

Try some of these hints for better learning and memory. If you are interested in learning more about study skills, these three books might prove helpful.

Annis, L.F. (1983). *Study techniques*. Dubuque, Ia: Wm. C. Brown Publishers.

Deese, J., & Deese, E.K. (1979). *How to Study* (3rd ed.) New York: McGraw-Hill.

Langan, J. (1978). *Reading and study skills*. New York: McGraw-Hill.

—Phyllis Smith

Answers to Puzzles

Answers: KNOWN BY THEIR NICKNAMES

1--g (Bernardt). 2--l (Joan of Arc). 3-- i(Martha Jane Burke). 4--a (Mrs. Rutherford B. Hayes). 5--m (Macy Mallon). 6--b (Clara Barton). 7--k (Mary Pickford). 8--d (Jenny Lind). 9--c (Anna Mary Moses). 10--h (Elizabeth I). 11--f (Maureen Connolly). 12--e (Florence Nightingale). 13--j (Helen of Troy).

Answers: SOUNDS LIKE...

1--h, prints (prince). 2--o, sticks (Styx). 3--k, wry (rye). 4--s, gored (gourd). 5--y, weigh (wait). 6--a, chaste (chased). 7--m, maul (mall). 8--d, breaks (brakes). 9--v, thyme (time). 10--q, sealing (ceiling). 11--u, links (lynx). 12--z, dough (doe). 13--x, rained (reigned). 14--f, carats (carrots). 19--b, tiers (tears). 20--i, write (right). 21--p, queue (cue). 22--e, him (hymn). 23--n, ate (eight). 24--t, rose (rows). 25--r, slay (sleigh). 26--w, hare (hair).

Score: Give yourself 1 point for each correct answer. 23-26 is tops; 19-22 is very good; 15-18 passes; below 15, ouch!

Quote from middle son, a student at WCC. "The first child gets the most, the middle child does the most, the last child gets away with the most."

—Phillip Glass

Sorrow looks back, worry looks around, faith looks up.

—Quoted in *Guidepost Magazine*

PEANUTS®

By Charles M. Schulz



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THE COUGAR CRY

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