

SAFETY.....Because We Care.....

S U N S T R O K E: can result from too much sun and heat. Watch for a red, dry face, high temperature, slow and noisy breathing and possible unconsciousness. Get the victim into the shade, on his or her back with the head raised slightly. Clothes should be loosened and alcohol or lukewarm water should be used to sponge off the victim. Sips of a mild salt solution will help. A doctor should be called.

H E A T E X H A U S T I O N: can result if you are overly active in extreme heat. Watch for a pale facial complexion, cold and clammy skin, heavy perspiration and shallow breathing. Again, get the victim in the shade on his or her back only this time, keep the head slightly lowered. Loosen clothing, offer sips of a mild salt solution and get medical help.

\*\*\*

#### WHAT'S IN THE POT?

Blueberry Salad (submitted by Jean Rumsey)

- 2 small pkgs. grape jello
- 2 cups boiling water
- 1 can crushed pineapple (with juice)
- 1 can blueberry pie filling (large)

Mix all ingredients. Pour in oblong dish. Chill until set.

Topping:

- 1 8-oz. pkg. cream cheese
- 1 cup sour cream
- 1/2 cup white sugar
- 1/2 tsp. vanilla
- 1/2 cup pecans

Blend ingredients for topping together. Mix well. Spread over salad and sprinkle nuts on top.

\*\*\*

#### FRIENDSHIP:

Friendship is a priceless gift that cannot be bought or sold  
But its value is far greater than a mountain made of gold.  
For gold is cold and lifeless; it can neither see nor hear  
And in the time of trouble, it is powerless to cheer.  
It has no ears to listen, no heart to understand  
It cannot bring you comfort, or reach a helping hand.  
So when you ask God for a gift, be thankful if he sends  
Not diamonds, pearls or riches, but the love of real true friends.

(submitted by Ollie Wood)