



Forsyth County award recipients for outstanding volunteer work are (left to right/front row) Steve Catron, Youth Volunteer; Jackie Govan, Administrator/Coordinator of Volunteers; Sunny Cram, Individual Community Volunteer Leader; (left to right/back row) Bertha Robbins, Senior Citizen Volunteer; Tom Pugh accepting for the American Red Cross Disaster Action Team, Forsyth County, Community Volunteer Organization; William A. Simmons accepting for the Pilot Mountain Association, Church/Religious Volunteer Group; Gregory Stewart accepting for the Central Labor Union, AFL-CIO, Business/Industry Volunteer Involvement; and the Governor and Mrs. James B. Hunt, Jr. Not pictured but attending the ceremony was Hubert Hill, Jr., Individual Service Volunteer. (Hill arrived too late to be included in the group picture but did receive his certificate.)

Healthwatch

Using Your Iron

Long before the electric iron was ever imagined, women heated heavy hand irons on top of a fire or over a stove top. If they were lucky, they could press an entire garment before having to reheat it.

Although the iron has certainly changed in appearance and effectiveness through the years, it still poses some hazards if not properly used.

The most common hazard is pulling and tripping on the cord. Many times irons are used in exposed traffic areas, thus the cord is more accessible to children.

Tripping over the cord or pulling on it might cause a hot iron to fall and result in a serious burn.

Another common accident is knocking over the iron. The resting bases on some

irons are more unstable than others, and a slight push will tip them over.

If the iron does tip over, it can spray hot water and cause serious burns.

How can these potential dangers be avoided?

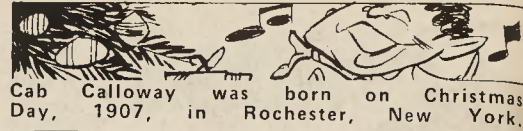
--Choose an iron that has a movable cord which can accommodate both a right-handed and left-handed user.

--Unplug a steam iron when filling it with water. You can get an electric shock if the water spills on the iron's live electrical components.

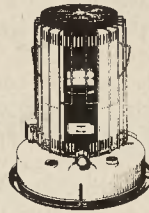
--After you have finished ironing, coil the cord and place the iron out of reach of children to cool.

--Remember to unplug the iron and place it out of reach of children even if you leave for only a few minutes.

--Use a sturdy ironing board and place it close to a wall and the outlet where it is plugged in.

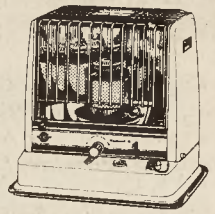


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Forsyth Residents Among Reward Recipients

By Beverly McCarthy
Staff Writer

Governor and Mrs. James B. Hunt were special guests at an Award's Ceremony held at the Village Green, located in Greensboro, North Carolina, last week. The ceremony was held in honor of several North Carolina residents who have rendered hours of dedication and service to the community as volunteers.

Awards were given in various divisions. They were the Individual Human Service Volunteer, Individual Community Volunteer Leader, Youth Volunteer, Senior Citizen Volunteer, Disabled Person Volunteer, Administrator/Coordinator of Volunteers, Church/Religious Volunteer Group, Community Volunteer Organization and Business/Industry Volunteer Involvement categories.

"Every year thousands of volunteers in communities, across North Carolina contribute millions of hours of time to worthwhile causes. They feed the hungry, care for the sick, raise thousands of dollars for hundreds of organizations, tutor in our schools, and perform hundreds of other tasks because they care," commented Hunt.

In the Business/Industry Volunteer Involvement category, Mr. J.P. Richardson, president of the Central Labor Union, accepted an award given to the union. The organization received the honor based on

the amount and quality of projects that the group had contributed to the community. Among the group's accomplishments was the planning of a playground for mentally-retarded children.

Mr. Hubert Hill, Jr., received honors for his service in the Individual Human Service Volunteer category. Hill's contributions to the community included the heading of a committee which coordinated a picnic for more than 150 people.

In the Administrator/Coordinator of Volunteers category, Ms. Jackie Govan received honors for her work with the Big Brother/Big Sisters program.

In the Community Volunteer Organization, The Forsyth County American Red Cross Disaster Action Teams received honors. This particular organization was recognized for the hours that it has rendered in aiding Forsyth County Residents who have been struck by disaster.

The Individual Community Volunteer Leader category brought honors to Mrs. G.D. Cram, Jr. Cram, an employee of Piedmont Aviation, spearheaded two successful food drives at the company.

The drives provided food for an estimated 850 people for two weeks.

Mrs. Bertha Robbins, an 84-year-old resident of Clemmons, N.C., received honors for her service in the Senior Citizen Volunteer category. Robbins, a resident of Blumenthal Home, takes an active role in the office procedures at the

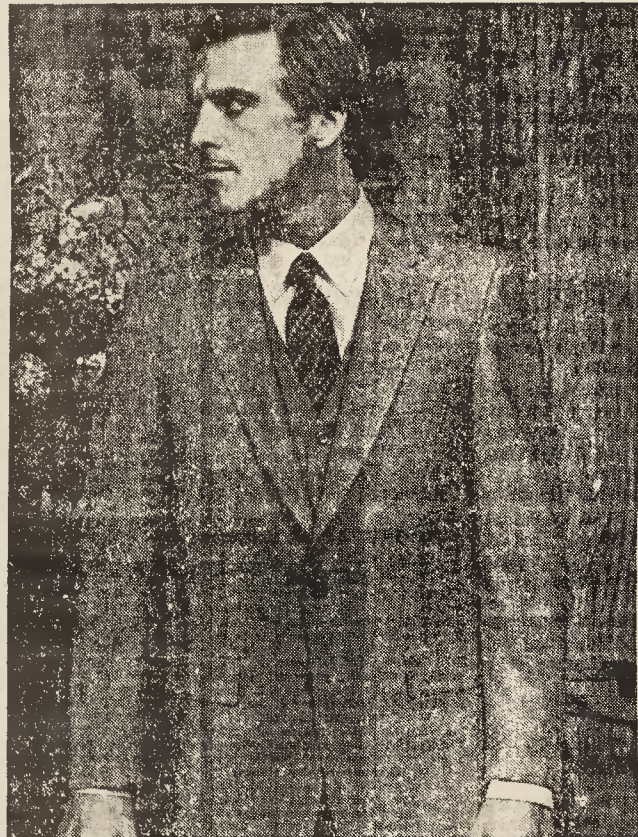
home. Steve Catron was honored in the Youth Volunteer Category. Catron rode a gas bicycle 11,000 miles without pay to promote the Forsyth County Mental Health Association. He also made 25 television appearances, and several radio interviews, while on the road to promote the association.

The Pilot Mountain Baptist Association received recognition in the Church/Religious Volunteer Group category for their work as volunteers to the Forsyth County Advance-

ment Center. The association has sponsored weekly services at the center for the past seven years.

The program included the participation of several governmental officials. They were Charles V. Petty, Executive Director, Governor's Office of Citizen Affairs, The Honorable Jim Melvin, Mayor of Greensboro, N.C., The Reverend Warner Durnell, Pastor of Dellabrook Presbyterian Church, and Anne N. Moore, Executive Director of the Volunteer Services Bureau of Durham, N.C.

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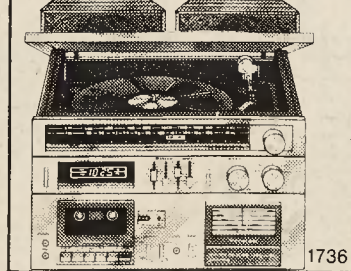
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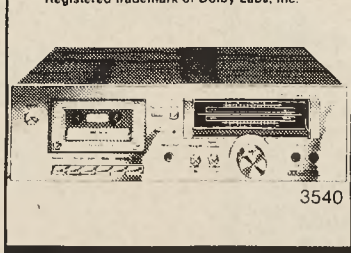
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