

Sandra Hensley Marries Matthew Eric Hollifield

Sandra Elaine Hensley and Matthew Eric Hollifield were married on Saturday, December 15, at 7 p.m. in the Mount Sheba Baptist Church in Weaverville. The Rev. Charles Rogers, and the Rev. Warren Williams officiated.

The bride is the daughter of the Rev. and Mrs. James Hensley of Marshall. Her father gave her in marriage.

The bridegroom is the son of Mr. and Mrs. Aulger W. Hollifield of Mars Hill. His father was the best man.

Teresa Griffin of Marshall was the maid of honor.

Sheila Capps of Marshall, Angie Williams of Weaverville, Sherry Hunter of Mars Hill and Diana Taylor of Raleigh were bridesmaids.

Nichole Rice and Jerry Rice were junior attendants.

Tony Rice of Marshall, cousin of the bride, Chris Wilde of Mars Hill, Allen Hunter of Mars Hill and Doug Taylor of Raleigh were ushers.

A reception followed the ceremony.

The bride, a 1984 graduate of Madison High School is presently attending Asheville-Buncombe Technical College.

The bridegroom is a 1982 graduate of Madison High School and is employed by Ferguson Enterprises, Inc.

The couple will reside in Mars Hill.



MRS. MATTHEW HOLLIFIELD
...the former Sandra Elaine Hensley

To Your Health

Guard Against Hypothermia

By REBECCA ELLER
Community Programs Coordinator
Hot Springs Health Program

The chilling air of winter brings many health hazards with it. Cold weather increases the risk of heart attacks, asthma, and broken bones due to falls. One of the greatest hazards of cold weather, however, is accidental hypothermia, a condition marked by an abnormally low body temperature. The elderly are particularly susceptible to hypothermia, although infants and individuals who spent a lot of time outdoors are also at risk.

According to Louis Schroeder, M.D., a physician at the Marshall-Walnut Medical Center, hypothermia is a serious condition which can result in death if not detected and treated properly.

"People don't really 'freeze to death'. They in fact die of the low body temperature which affects the heart and other vital organs, even at temperatures well above the freezing level," says Dr. Schroeder.

Low body temperatures can permanently damage vital organs and can often lead to problems with the kidney, liver and pancreas. Hypothermia can also worsen pre-existing conditions such as heart disease and diabetes. In some cases, hypothermia can result in brain damage. The most severe complication is ventricular fibrillation, a form of irregular heartbeat which leads quickly to death if untreated.

Persons who are at the greatest risk of developing hypothermia are often those who cannot afford to adequately heat their homes. These peo-

ple often turn down the heat to conserve fuel. This practice can lead to eventual lowering of the internal body temperature. "Those whose temperature regulation is defective are also at risk," Schroeder says. "They are often unaware of the cold, causing them to neglect the precautions necessary to retain body heat."

Various medications may increase the risk of accidental hypothermia, particularly certain medications prescribed for nausea and anxiety. According to Dr. Schroeder, certain medical conditions can also increase one's vulnerability. These include hypothyroidism, stroke and other neurological conditions that cause paralysis and reduce the body's heat production; illnesses that limit activity such as arthritis and Parkinson's disease; and any other condition that impairs the normal constriction of blood vessels, such as coronary thrombosis and hardening of the arteries.

People who have infections or recent injuries and individuals exposed to damp, wet conditions in cold weather such as hunters and construction workers are also vulnerable.

A variety of clues can signal the onset of accidental hypothermia. In the first stage, the individual will normally begin shivering uncontrollably. Beyond this stage, he or she may become drowsy or have slurred speech or difficulty controlling fine movements. Eventually, hypothermia will lead to coordination difficulties; confusion and disorientation; an irregular, and slowed heartbeat; shallow and very long breathing and trembling on one side

of the body or in one arm or leg. Keep in mind that the victim may not feel cold, even though the internal body temperature is low. If you suspect someone has hypothermia, take their temperature. If the victim's temperature is too low to register on a standard thermometer (below 95 degrees Fahrenheit), they should be taken to a physician immediately.

The greatest guard against accidental hypothermia is to stay warm. Elderly people should consider keeping their homes heated at 70 degrees, and certainly no lower than 65 degrees. They should also avoid prolonged exposure to the cold, wearing sweaters and thick socks indoors if necessary to help hold in body heat. Extra blankets at night are also recommended.

People who are taking medication to treat anxiety, depression, nervousness or nausea should ask their doctor whether the medication might affect their body temperature. When outdoors in cold weather, wear several layers of loose clothing, including a hat and scarf, and stay dry. Water can be your greatest enemy in the fight against cold weather.

If you suspect hypothermia, wrap the victim in a warm blanket, put him in a heated car and take him to an emergency medical center immediately. Do not give the victim any alcohol because alcohol will lead to further heat loss.

In severe cases of hypothermia, rapid rewarming can also be fatal, so the raising of the victim's body temperature must be done gradually and should be attempted only under the supervision of a physician.

Sharon Webb Is Named

Sharon Webb of Marshall has been appointed to a new position as a dental hygienist for Madison, Yancey and Mitchell Counties. Mrs. Webb will be based at the Madison County Health Dept. offices.

She will be providing dental education sessions and screening services as well as coordinating the fluoride mouthrinse programs being conducted in schools throughout the three counties.

Mrs. Webb is a graduate of Asheville-Buncombe Technical College with a degree in dental hygiene. She is married to Tony Webb and is the daughter of Mr. and Mrs. Ted Runnion of Marshall.

Seasons Greetings

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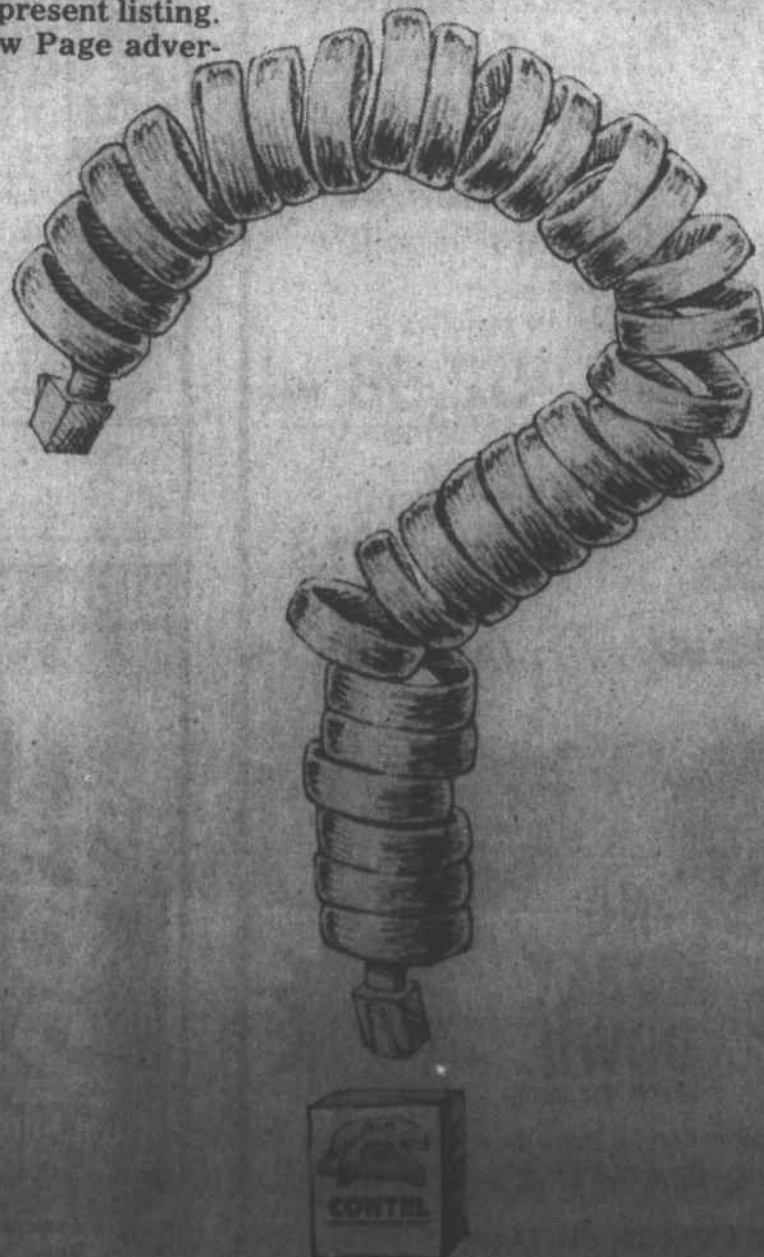
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