

Precautions Insure A Safe Holiday

Reflections of colored lights bounce off the sparkling ornaments that hang from the tree. All is well with the world, and you feel safe and secure.

And you will be safe if you take a few precautions before you sit back and enjoy the holidays.

Every year fires and severe electric shocks from holiday decorations end the season abruptly for thousands of Americans. Sports and recreation equipment and toys -- great holiday gifts -- also increase the injury toll if they are not selected and used with care.

The following accidents were taken from the files of the U.S. Consumer Product Safety Commission. The names are fictitious, the facts are true.

Malfunctioning Christmas tree lights threw off sparks that ignited the presents and carpets underneath the tree in the Fisher home. Lorraine tried to put out the fire, but it spread rapidly through two floors of her apartment building, causing \$250,000 in damage. Some residents had to jump off their balconies to escape the smoke and fire.

Six-month-old Jack fell onto his toy truck. The metal prongs on the truck penetrated his skull and had to be removed at a hospital emergency room. He was hospitalized for two days.

Thirteen-year-old Peter Daly was permanently paralyzed from his waist down when he fell off his skateboard after it hit a rise in the sidewalk.

To help you prevent such accidents and keep your holiday season joyful, the U.S. Consumer Product Safety Commission offers these safety suggestions.

Trees

A dry tree is a fire hazard, so

before you buy a cut tree, check it for freshness. The needles on a fresh tree will bend; needles on a dry tree feel brittle and break or fall off when you try to bend them. When you bring your tree home, cut the butt end off diagonally one or two inches from the bottom. The diagonal cut allows more water to be absorbed into the tree. Make sure the tree is held securely in a sturdy tree stand. Fill the tree stand with enough water to completely cover the cut line and check it every day to make sure there is plenty of water in it.

Set your tree up away from the fireplace, heat vents, and other heat sources. And make sure it is not in a heavy traffic area where someone could knock it over or fall into it.

Lights and decorations

Before you put the tree lights on, check the strings for frayed or exposed wiring, loose connections, and broken or cracked sockets. Throw out or carefully repair any damaged sets. Replace burned out bulbs before you put the strings on the tree, so you don't have to stretch to some hard-to-reach place later. Be careful not to overload extension cords and wall sockets.

Never decorate metal trees with electric lights. This could present a severe shock hazard. Instead, use a colored spotlight to light up the tree.

When you put on the ornaments, remember to place the delicate glass ornaments high on the tree, out of the reach of children and pets. And don't use lighted candles to decorate your tree; they can easily start a fire.

For outdoor lighting, make sure the lights are designed and clearly

marked for outdoor use. As with the indoor tree lights, check the strings carefully before you set them up outside. Always turn off and unplug your holiday lights, inside and outside, when you leave the house or go to bed.

The Consumer Product Safety Commission has put together a checklist for toys and recreational equipment for your convenience.

Toys

Keep the child's age, interests, and skill level in mind, especially when you buy toys for pre-schoolers.

--Look for well-constructed toys. --Make sure there are not sharp edges or points on the toys.

--Check for small, loosely attached parts -- including buttons -- that can be pulled off and swallowed.

--Avoid toys that produce excessive noise that can damage hearing and propelled objects that can injure eyes.

--Electrical toys with heating elements should only be bought for children over 8 years of age.

--Remember that adult supervision can prevent accidents.

Sports and recreation equipment

--Select equipment that is right for the age, size and interest of the person. A child could lose control, for instance, of too large a bicycle that he is supposed to "grow into." --Look for well-built equipment. --Buy protective gear for competitive sports.

Skateboards

--Look for a well-constructed skateboard.

--Make sure both the wheels and trucks (connects wheel and boards) are properly secured. They should be checked regularly during use.

--Beginners should practice the basics before trying tricky maneuvers.

--Never skateboard in the street or around cars.

--Wear tennis shoes, long pants and a long-sleeve shirt. Even better, dress like serious skateboarders do: elbow pads, knee pads, heavy gloves and helmet.

The following safety tips are for specific winter sports equipment:

Ski equipment

--Equipment must be properly fitted, adjusted and maintained.

The beginner should rely on a reputable ski shop for fit and adjustment.

--The ski boot should fit well into the binding. To avoid a mismatch, take the boots along when you purchase bindings at a ski shop.

Sleds, toboggans, and snow disks

--Check for sturdy construction.

--Look for secure handholds.

--Avoid equipment with sharp, jagged edges and protruding rivets.

--Look for an energy-absorbing pad for the seat of toboggans.

--Check sleds for easy steering without jamming.

The holiday season should be a happy time for everyone. Don't let yours be spoiled by an unfortunate accident. Buy carefully, use properly, and enjoy the warm memories of a safe holiday.



Too frequent bathing is one of the common causes of dry itchy skin during the winter, especially in older persons. Other factors include overheated living and working quarters with low humidity, cold wind, and excessive use of soap and detergents. Daily sponge baths with tub baths or showers once or twice a week usually are adequate to keep the skin clean and odor-free -- or a quick daily shower, limiting the use of soap to underarms, genital and foot areas. Use warm instead of hot water when the skin is excessively dry and itchy. Apply a lubricating lotion after bathing and before bedtime.

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INMATE'S ART SHOW -- Art work by McCain inmate Don Perkins will be on display at the Hoke County Library on Main Street here in Raeford until Dec. 31. The paintings cover a variety of subjects, including the sunflowers shown above. All of the work is for sale. Perkins uses the money he makes from his paintings to invest in more art supplies. The paintings range in price from \$4 to \$22.



PASTORAL SCENE -- This is one of the paintings by McCain inmate Don Perkins now on display at the Hoke County Library through Dec. 31. Perkins took up painting to pass his hours of confinement at McCain, where he is serving a sentence for being an accessory after the fact to arson. The paintings are for sale. He spends the money on more art supplies. About \$15 is the most he charges for a painting.

Camp For Troubled Children Opens Next Month Near Candor

North Carolina's children with behavioral problems, or those that may have come in conflict with the law, now have a brand new treatment program to turn to for help.

Dr. Sarah T. Morrow, Secretary of the N.C. Department of Human Resources, signed a \$2.9 million contract this month initiating a Therapeutic Wilderness Camping System to help these children overcome their problems. The money was appropriated by the 1977 Session of the General Assembly.

Under the auspices of the Department of Human Resources, the contract will provide year-around residential camp treatment facilities for boys 8 through 15 years old. Plans are being made to provide such a program for girls in the near future.

A total of four camps, one in each of the Department's regions, will be opened during the next 18

months. Each camp will serve 50 children.

The first of these camps, located near Hendersonville, is already open and accepting children from the western region of the state. A second camp near Candor is under construction and will open in early 1978. This camp will serve children from the south central region. The other two camps will open during fiscal year 1978-79.

The Department of Human Resources has contracted with the Eckerd Foundation, Clearwater, Florida, as a provider of camp services, to develop, staff, and operate the camps.

A non-profit organization, the Eckerd Foundation has successfully operated Therapeutic Wilderness Camps in Florida over the past ten years.

Eckerd Wilderness Educational System of North Carolina, Inc., a support and advisory group comprised of representatives of the Eckerd Foundation and citizens of

North Carolina, has been chartered to raise, receive and disburse funds from private sources to provide capital funds for camp construction and future expansion of the camping system.

Dr. Morrow said that all agencies that have responsibility for children with behavioral problems will have access to the program on an equal basis. She stressed that Therapeutic Wilderness Camping is a multi-agency program.

Prospective client-campers may be referred by any public or private children's services professional or private psychiatrist. The referral is made to the Department's Therapeutic Wilderness Camp System Regional Screening and Referral Committee in the region of the state where the child lives.

"Client-campers will be placed in a carefully supervised dynamic group experience led by trained counselors who are committed to helping them achieve their growth

potential. The program goal is to graduate campers so they may return to family and community. Specifically, the camper completing the program should have the ability to give and receive love; to re-enter the formal educational system; to be employed; to be a contributing citizen; to handle an average amount of stress; and have developed feelings of pride, self-esteem, self-worth and self-discipline," Dr. Morrow said.

Agencies in the south central region of the state are urged to make referrals now to the South Central Regional Screening and Referral Committee. The camp will be opening in February 1978. Children may be referred to any one of the following committee members throughout the year: James C. Queen, 19th Judicial District, Rowan County Courthouse, Salisbury, N.C. 28144, (704) 633-8333; Dr. Tony Mander, Child Mental Health Services, Davidson County Mental Health Center, 400 Randolph Street, Thomasville, N.C., 475-8184; David Zimmerman, Regional Division of Health Services, Suite 506, Wachovia Building, Fayetteville, N.C., 486-1191; Ms. Shanti Collins, c/o Samarkand Manor School, Eagle Springs, N.C. 27242, 974-4144; Ms. Mary Chisohm, DHR, Division of Social Services, South Central Regional Office, Wachovia Bank Bldg., Suite 604, 225 Green Street, Fayetteville, N.C. 28301, 486-1235; or Ms. Katherine Moore, Robeson County Resource Center, P.O. Box 1328, Lumberton, N.C. 28358, 738-9625.

Even 250 rolls of film hardly add to a photographer's gear the way 150 pounds of Finlay glass plates burdened Bob Moore on a trip to China in 1931. And instead of lighter, smaller 35-mm cameras and lenses, a bulky view camera, with plate holders, added another 50 pounds.

Face-setting photography is one of the Geographic's oldest trademarks, especially color photography. The pictures of Geographic photographers are frequent winners in major photography contests.

Gilbert H. Grosvenor, the young editor who set the magazine on a course of showing the world's people in their everyday lives, created a sensation in 1910 by publishing 24 pictures of China. They all had been hand-tinted before printing, for the day of practical color film had not yet arrived.

During following years, the National Geographic pioneered the use of color photographs with such processes as Lumiere Autochrome, Agfacolor, Finlay, and Dufay, most of them involving the use of heavy, cumbersome, fragile glass plates.

In 1925, Maynard Owen Williams and Jacob Gayer brought back the magazine's first natural color photos of Arctic regions.

Today, staff photographers may shoot an average of 250 rolls of 36-frame color film for a major National Geographic story that is illustrated with perhaps 30 pictures.

Illustrations Editor Tom Smith, whose picture editors choose the photographs for publication, says:

Early Days Of Color Magazine Photos Remembered At National Geographic

By Robert C. Radcliffe
National Geographic News

Just 40 years ago this year, a National Geographic photographer aimed a small camera at a cow -- and the world of magazines hasn't been the same since.

W. Robert Moore was shooting a story on Austria that summer in 1937, lugging around the big heavy view cameras and tripod that were standard artillery of most photographers of the day. But he also had loaded a small German camera -- they called them candid cameras then -- with the first of five rolls of a revolutionary new color film, 35-millimeter Eastman Kodachrome.

He had the small Leica with him one day when he heard clanking bells as he walked through a mountain gorge.

Cattle were being driven down from the high pastures after a summer of grazing, the lead cow garlanded with green pine twigs, ribbons, and flowers. It was an annual custom -- and a perfect picture for his story.

"I set off on a run to catch them, adjusting lens aperture and shutter speed as I ran. Then, leaping to a fence, I photographed them as they passed. My large camera would have been useless."

Within a few days he had shot all five rolls, capturing swirling folk dancers, majestic mountains, and costumed villagers. His story was illustrated with 19 of these pictures, "reproduced from natural-color film, little larger than postage stamps..." as one of the captions informed readers.

What happened next is remembered by Volkmar Kurt Wentzel,