

Poster Contest Winners Named

The Hoke County Soil and Water Conservation District held its first annual Conservation Poster Contest during February.

All Hoke County students of the Fourth, Fifth and Sixth Grades were eligible to enter. Cash prizes were awarded.

The winners were:
First place -- Leslie Adams, of Mrs. Darlene Clark's Fourth Grade class at South Hoke School. Miss Adams is the daughter of Mr. and Mrs. George Adams of Raeford.
First runnerup -- Gina Kinlaw, Mrs. Clark's class, daughter of Mr.

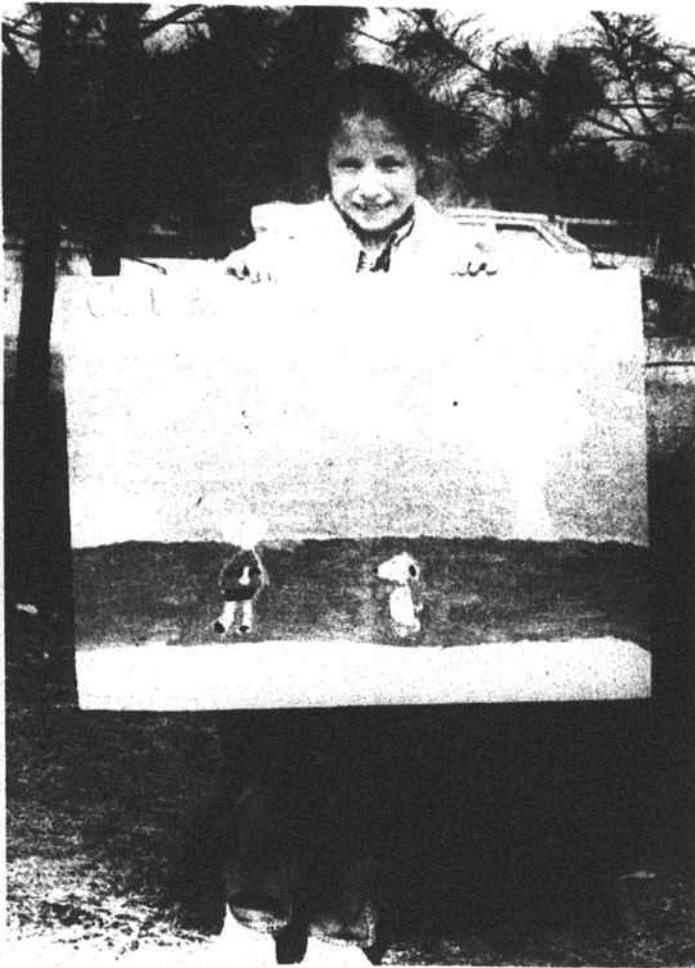
and Mrs. Glenn Stone of Raeford.
Second runnerup -- Kimberly Potter, in Mrs. Marilyn Semones's Fourth Grade class at Scurlock School, daughter of Mr. and Mrs.

James Potter of Marston.

The contest winners will be entered in area competition this month.



Winner Leslie Adams with her first-place poster.



Gina Kinlaw with her first runner-up winner.



Kimberly Potter, second runnerup. [Photos by Sam Warren].

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Family Health

By CLAY WILLIAMS
A service of the
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Many a life has been saved because one member of a Family decided it wise to learn about first aid. As Dr. Robert G. Townsend, Jr., a Raeford family physician, pointed out, simple first aid treatment applied in an emergency situation, many times can mean the difference between survival and tragic death.

Probably one of the sternest tests of a parent's ability to view an emergency objectively is when a member of the family is bleeding profusely. Dr. Townsend suggests that many times it will appear that a patient is losing more blood than he actually is. He said if the wound is oozing, chances are only a vein or capillaries are involved. But if the blood is spurting an artery is usually cut. In any event make a compress of the cleanest material available and press firmly directly over the wound.

If bleeding is severe, elevate the wound if it does not cause pain or aggravate the injury. Wash minor cuts with soap and warm water. For nosebleed, keep the patient quiet and seated with head tilted forward. Press the nose with your fingers just above the nostrils and apply a cold compress. If bleeding continues, contact a physician.

Dr. Townsend admits that a person choking can present a scary scene to family members. He explained that if the patient can not speak, the airway is probably blocked. Position the patient so his head is at chest level, get behind the patient, place the thumb side of your fist just above the navel and below the rib cage, grasp fist with your other hand and press inward and upward with quick thrusts. Repeat the procedure until the object is dislodged and then get medical help.

The family physician cautioned that a person suffering a convulsion should not be restrained. Remove any hard or sharp objects from the area and loosen clothing around the neck. Do not put a hard object between the teeth. When the convulsion stops, turn the patient onto his side, maintain body temperature and allow the patient to rest. It is generally presumed that poisonings occur most frequently among children, but actually the biggest toll is in the 25 to 44 age group. Anyhow, it is the third leading cause of death in the home. Dr. Townsend said if the patient is awake and not convulsing, give him one glass of water to dilute the poison. Call a poison control center (1-800-672-1697 in this area), emergency room, or your physician next. Induce vomiting only on the advice of your physician. Some poisons can do as much damage coming up as going down. By all means, try to determine where the poison came from and save the container.

If a person faints in your presence, turn him on his back, tilt the head back and elevate the feet if there are no signs of injury. Check for emergency medical identification. Anyone who has merely fainted will regain consciousness shortly -- usually no longer than 10 minutes. Keep the patient quiet and lying down until recovery is complete. If the patient does not soon regain consciousness, seek medical help. If you are in the presence of a person who feels faint, have him lie or sit down and lower his head between his knees.

Wash wounds made by an animal bite with soap under running water and then get the patient to a physician or a hospital emergency room. If the animal belongs to your family, have him checked for rabies by a veterinarian. If the animal belongs to someone else, notify the owner and the dog warden or the veterinarian. An animal that bites a person should be quarantined until the state of its health is assured.

Dr. Townsend said it is a good idea to maintain a first aid kit in the home -- sufficiently stocked to handle simple emergencies. He said you will probably be surprised how handy it will become -- especially when you consider how many accidents occur each year in the average home.

"If one cannot enjoy reading a book over and over again, there is no use in reading it at all." Wilde

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