

## 20 Participate In Hoke 4-H Fashion Revue

Hoke County 4-H program held a 4-H Fashion Revue Thursday at the Lester Building.

Twenty youth constructed and modeled their garments in the revue.

The garments were judged on construction and fit, and winners were selected in three categories.

The winners were:  
Pre-Teen Division (9-11 year olds) -- Amy Parsons, first place; Tracy Riley, second place; Teresa Henley, third place.

Early Teens Division (12-13 year old) -- Julie Riley, first place; Kim Hawkins, second place; Elizabeth Pruitt, third place.

Senior Division (14 years and older) -- Pamela Barnes, first place; Sandy Lupo, second place; and Tammie Hendrix, third place.

Best model awards were given to Teresa Henley, Elizabeth Pruitt, and Tammie Hendrix.

Others received ribbons for their participation: Blue Ribbon quality - Jennifer Eanes and Cheryl Burns; and Red Ribbon quality - Michelle Burns, Kristen Kelton, Ann Mercer, Sandy Reis, Sharon Wilson, Teresa Kelton, Ronda Tatum, Barbara McNair, and Terri Riley.

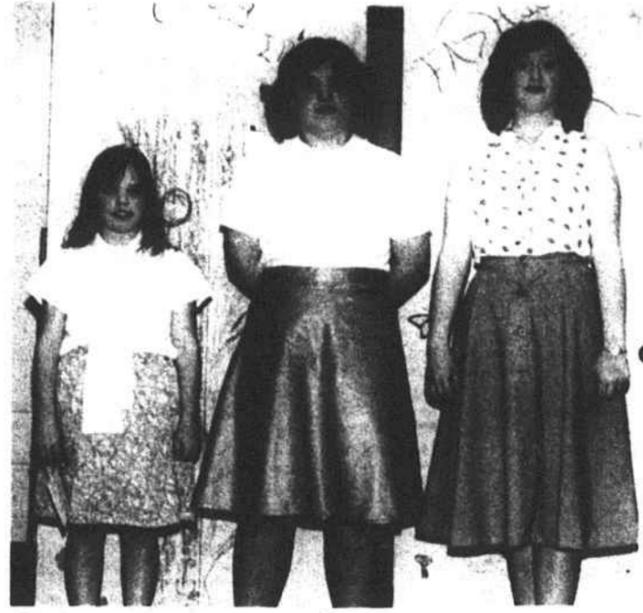
Moore's of Raeford provided gift certificates for the winners. Alesia Adams of the Hillcrest 4-H Club and Bit-N-Bridle Club was narrator for the revue.

The Fashion Revue Committee planned the theme, decorations, and script. The committee was made up of Amy Parsons, Leslie Ashburn, Cheryl Burns, Tracy Riley, Sharon McNeill, Julie Riley, Kristen Kelton, Sandy Lupo, and Ronda Tatum.

Entertainment was provided by Tammie Hendrix, Leah Hendrix, and Leslie Adams.



Pre-Teen Division (ages 9-11): L-R -- Amy Parsons, first; Tracy Riley, second; and Teresa Henley, third.



Best Models: L-R -- Teresa Henley, Pre-Teen; Elizabeth Pruitt, Early Teens; and Tammie Hendrix, Senior Teens.



Senior Division (ages 14 and older): L-R -- Pamela Barnes, first; Sandy Lupo, second; and Tammie Hendrix, third.



Early Teens: L-R, Julie Riley, first; Elizabeth Pruitt, third; and Kim Hawkins, second.

## Family Health

By CLAY WILLIAMS  
A service of the  
North Carolina Academy of Family Physicians

It starts around the first of April and lasts, with a brief respite in late summer, until the birds fly south in the fall.

I'm talking about the pollen season -- that devilishly trying time for people whose bodies can't tolerate the tons of microspores that seemingly saturate the air throughout most of summer.

First, it's the pine pollen -- the yellowish dust you see on your car and window sills and even in your

house in the early spring. Within a few days hardwood pollen takes over. From the middle of May until August, allergy sufferers have to contend with various grass pollens. Then nature, mercifully, backs off -- but only briefly. About the first of September, we are hit with the most potent pollens of all -- ragweed, cocklebur and goldenrod. So it goes until frost.

You can spot the allergy sufferer straight away. He is either carrying several handkerchiefs or a box of Kleenex. He sneezes intermittently, nose is stuffy and runny, eyes watery, red and sometimes swollen, he might be a mouth breather, often has dark circles under his eyes and occasionally has a low grade fever. These symptoms are made worse by repeated exposure. The sufferer is, indeed, a pitiful individual.

What is an allergic reaction? It is an abnormal response of the body to an irritant from the outside world. About 25 percent of the American population suffers from some kind of allergic condition. The condition can affect either the upper or lower respiratory tract. People may call it hay fever or a spring cold. When tests are done, the condition usually turns out to be an allergic overload -- something in the air which a person is not able to tolerate.

Probably one-half or more of the victims don't realize it is an allergic problem. A physician can usually tell by how the inside of the nose looks, as well as the inside of the eyelids. "Strange part of it is some people have sneezing, itchy eyes, some blocked ears or, sinuses, but nearly all with an allergic reaction have afternoon fatigue," one doctor explained. "It's a tip-off that we are dealing with an allergic struggle somewhere in the body."

He warned that there are some dangerous allergic conditions -- particularly the group of asthma problems in children. Sometimes wheezing becomes so pronounced that the sufferer can't get enough air in the chest to sustain consciousness. Many times a person who is suddenly exposed to something to which he is allergic will develop such severe shortness of breath that he is not able to move about. He cautioned that if a person has troublesome allergy symptoms that are not easily managed with medication, whether upper respiratory symptoms such as a stuffy nose or itching eyes or lower respiratory symptoms such as asthmatic wheezing, he should see his physician.

He said that after it has been determined that a person has an allergy problem, the first line of management might be something like Dristan or Contac capsules or tablets. He noted all these have antihistamines and are designed to minimize allergy symptoms, but you should be aware that they may cause some drowsiness. First and foremost, though, you should avoid things you know may cause an allergic reaction. On the other hand, "when an allergic problem becomes so severe that it is recurrent -- such as three or four colds per year or nasal obstruction to the point where you cannot work or sleep -- then you should consult your physician because relief is readily available," he concluded.

In a succeeding article allergic reactions to insect stings and bites will be discussed.



AFTER COLLISION -- The demolished auto is being hauled away while across the road and on the side of an embankment a worker is putting crane cables in place on the damaged cement-carrying tanker truck following the April 13 collision on U.S. 401 about 11 miles north of Raeford. The crane and a Lake Rim Fire Department truck can be seen in the other photo. Dimita Annette Mainor was hospitalized in Fayetteville for treatment of injuries she suffered; and the truck driver, Kenneth Ruy Hair of Linden, and the car driver, Debra Lynn Johnson of Fayetteville, also were injured but not seriously enough to require admission to the hospital. Dimita Mainor was a passenger in the car. The accident happened about 6:30 a.m. when the car turned left to enter Hoke Loop Road where Dimita Mainor's home is, the investigating officer reported. The firemen went to the scene in case a fire hazard was created by the accident. [Staff photos].

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# The News - Journal