

# Winter Can Bring Health Hazards

Wintertime can be a hazardous time of the year.

Cold, icy weather can bring about hypothermia, frostbite, heart attacks, broken bones and other illnesses.

While almost everybody is vulnerable in one way or another to prolonged exposure to cold temperatures, it is particularly risky for the old.

According to Dr. Harry H. Summerlin, Jr., an Asheville family physician, even mildly cool temperatures of 60 to 65 degrees can trigger accidental hypothermia -- a drop in core body temperature that can be deadly if not detected promptly and treated properly. He warned that some diseases and certain drugs can also make a person more likely to have this condition.

Hypothermia is not new, but it has only recently received attention. A study conducted in England over the past 25 years suggests that about 10 percent of persons 65 and over are at risk.

Dr. Summerlin explained that hypothermia is marked by abnormally low temperature -- typically 95 degrees and under (98.6 is normal). While the condition can sometimes develop slowly, it usually occurs fairly quickly.

Dr. Summerlin pointed out that the elderly probably account for nearly half of all victims of accidental hypothermia.

Infants are also at risk, as are a few adults between 35 and 64 years old.

Immature temperature control is thought to be the reason infants are at risk.

The cause is middle-aged adults is still not fully understood.

Those most likely to develop accidental hypothermia are the very old, the chronically ill, the poor who are isolated and who do not have access to a telephone and those who are not active enough to keep warm.

Dr. Summerlin said the greatest risk is to a relatively small number of aged persons whose body temperature regulating mechanism is defective. He said these people do not shiver (nature's way of producing heat), and thus cannot produce body when they need it.

The elderly often may not sense that they are becoming cold as readily as younger people.

Family and friends may notice that the aged person is not thinking clearly or acting as usual.

Other signs to look for are uncontrollable shivering, lack of shivering or still muscles, slow and sometimes irregular heartbeat, slurred speech, shallow or slow breathing, low blood pressure, confusion, drowsiness and perhaps coma.

Frostbite is another condition people are subject to if they go outside on a cold day inadequately clothed -- especially in areas of the body most vulnerable to heat loss -- head, neck, wrists and ankles.

With frostbite, the liquid between the cells freezes and the cells become dehydrated. Frostbite can happen almost instantly when the bare skin is exposed to frigid temperatures. The idea is to wear several layers of clothing and cover as much exposed skin as possible.

By layering your body with several garments rather than one bulky outside wrap, you can create air pockets of insulation between each layer.

Over-exertion in wintertime, such as shoveling snow, appears to be a prime reason for heart attacks for a good many people. This is particularly true of individuals who have experienced symptoms of coronary artery disease, but who might relate it to something else or perhaps suspect a problem but have not had their symptoms checked out by a physician.

Research has shown that between 70 and 90% of those having heart attacks experience chest pains of sufficient intensity that they stop what they are doing. Dr. Summerlin cautioned that heart attacks often happen when an individual is undergoing emotional or physical stress. He said symptoms that may occur are uncomfortable pressure, a feeling of fullness and a squeezing to the neck, shoulders and arms.

The pain may go and come. The family physician said most people expect the pain to be severe to the point that they can't move, and it may not be.

## UPCHURCH JR. HIGH



**School letters presented**  
Mrs. R.B. Lewis presents Upchurch Junior High Principal Allen Edwards with a check for the letters she has donated to the school. This is the first time in the history of the junior high school that its name has been placed on the facility. (Photo by Pam Frederick).

## Drugs Could Be Answer To Dog's Noise Fears

**DEAR DOCTOR:** We have a three-year old Bearded Collie who is terrified of firecrackers and other loud noises. We sometimes cannot even get him to go for a walk. We try to ignore his begging to go inside and hope he'll get used to the noises, but that just doesn't seem to help at all. Is there anything we can do to help him relax, or is it just a hopeless case?

**ANSWER:** Nothing is hopeless! With some patience, you can try to change his behavior by not unknowingly rewarding his misbehavior by either punishment or sympathy. Try to avoid any emotion on your part. Sometimes tranquilizers from your veterinarian will be needed, as well as confinement when fireworks or thunderstorms are in progress.

**DEAR DOCTOR:** I want a small house dog (not a poodle) that won't shed hair. Are there any kinds of small dogs that fit this category? Also, are there any cats that do not shed, and that also lead well on a leash? Thank you.

**ANSWER:** A few small dog breeds which shed little, if at all, include: poodle and poodle crosses, Chinese crested dogs, Bichon Fise and Mexican hairless dogs. You may wish to visit dog shows to view the breeds personally and to receive information about them from their owners.

Remember that shedding is not only influenced by the overall health of the animal, but also light, temperature and humidity. The home is an artificial environment which makes shedding worse in some cases and certainly more noticeable.

A good diet, regular veterinary examinations and proper shampoos or conditioners will do much to reduce shedding in any dog. A certain amount of shedding,

### You And Your Pet

however, is normal and even desirable.

The Rex breed of cat is claimed to shed very little. As for leading a cat on a leash, unless you begin very early in life, chances are your cat will lead you. Walking the cat with an obedient dog that the cat likes may help.

**DEAR DOCTOR:** My cat has a bad habit of eating my plants. I know some plants and chemicals in plants can be toxic. What are the symptoms of poisoning? Also, what substances besides plants can be poisonous to my cat?

**ANSWER:** Frothing, vomiting, crying, depression, muscle twitching and nervousness are classic signs of poisoning. Call your veterinarian immediately upon observing any of these symptoms.

As for your second question, many lawns and gardens are chemically treated. Dogs and cats walking through these areas pick up the toxic substance with their feet, and, in turn, lick their paws. This could result in poisoning. Also, anti-freeze (which tastes good to pets) is very dangerous.

Remember, many flowers and plants are potentially harmful to pets if chewed or swallowed. Juice from the leaves, stems and flowers of some plants is sufficiently toxic to cause serious problems or death. Learn which plants are hazardous by checking with pet books, your florist and your veterinarian.

*Editor's Note: This column is provided as a service by the NORTH CAROLINA VETERINARY MEDICAL ASSOCIATION. Do you have a question about pet care? If so, send it to "YOU AND YOUR PET", 112 Johnston St., Smithfield, North Carolina 27577.*

## Recreation Bits

### Parks and Recreation Basketball

Hoke County Parks and Recreation Commission will be sponsoring four different adult basketball leagues this fall and winter for all interested participants. Details for the various leagues are as follows:

**Men's Liniment:** Ages 30-Up as of January 1, 1984. Place and time for games will be arranged at a later date. Organizational meeting will be January 3, 7:00 p.m., Parks and Recreation office.

**Women's League:** Ages 18-Up, or no longer in High School. Games to be played in Upchurch Gym on Thursday nights starting December 3rd, 1983. Organizational meeting will be Tuesday November 8, 7:00 p.m. at the Parks and Recreation office.

**Men's League:** Ages 18-up, or no longer in High School. Games to be played on Mondays and Wednesdays in Upchurch Gym starting December 5. Organizational meeting will be held on Tuesday, November 15, 7:00 p.m. in the Parks and Recreation office.

**Men's Open League:** Current 9th graders and up. Games to be played in Upchurch Gym on Tuesday nights starting November 29. Organizational meeting will be held on Tuesday, November 15, 8:00 p.m. in the Parks and Recreation office.

All interested participants and/or teams should make plans to attend the organizational meeting for the league of your choice. For more information contact Hoke County Parks and Recreation Office at 875-5603.

### Midget Football

|                       |            |
|-----------------------|------------|
| Nov. 7 - Steelers 13  | Redskins 6 |
| Nov. 8 - Falcons 13   | Rams 7     |
| <b>Team Standings</b> | <b>W L</b> |
| 1. Falcons            | 5-1        |
| 2. Rams               | 4-2        |
| 3. Steelers           | 2-3-1      |
| 4. Redskins           | 0-5-1      |

### Midget Football All Star Game

|                       |            |
|-----------------------|------------|
| Nov. 12 - Steelers 21 | Redskins 7 |
| Falcons 14            | Rams 7     |

### Youth Flag Football

|                     |            |
|---------------------|------------|
| Nov. 9 - Cowboys 21 | Eagles 14  |
| Nov. 10 - Colts 13  | Dolphins 7 |

### Waccamaw Pottery Trip

Come on out senior citizens! The Parks and Recreation Commission is sponsoring a trip to the Waccamaw Pottery Complex in Myrtle Beach, South Carolina. Do your holiday shopping early! Not only can you purchase dinnerware, crystal and glassware, you can also choose from pewter, brass, toys and wickerware. Also, some of the local craftsmen will be present to demonstrate their techniques and skills. Interested? The cost will be \$5.00 per person, and is limited to the first 45 paid registered individuals.

The date is Tuesday, November 29. Plans are currently being made to stop in Calabash, North Carolina on the return trip home for an evening meal. Departure time is set for 7:30 a.m. in the parking lot across from *The News-Journal*.

Approximate return time to Raeford will be 9:00 p.m. So, come on out for a day of fun. Call the Recreation Office at 875-5603 for additional information.

### The Meanies Continue Streak

The Recreation Commission's Men's Volleyball League continued action November 10. The first match involved a match between the Blanks and Bad Company. Led by Bryan Hales and Mitchell Cox, Bad Company downed the Blanks 15-10, 15-7.

Tommy Wright and Kent Locklear were the lead servers for the Blanks. The second match of the night featured a close contest between the Spikers and the No Hits.

The Spikers, led by Donald Plummer and James Gillis, edged out the No Hits, 10-15, 15-13, 15-3. The No Hits were guided by the playing of Vance McGougan and Gary Culp. The last match featured the Meanies versus the Observers. Led by Jimmy Teal and David Hodges, the Meanies destroyed the Observers 15-0, 15-2. Jamie Johnson was the leading server for the Observers.

|                  |          |          |
|------------------|----------|----------|
| <b>Standings</b> | <b>W</b> | <b>L</b> |
| 1. Meanies       | 3        | 0        |
| 2. Bad Company   | 2        | 1        |
| 3. Blanks        | 1        | 2        |
| 4. No Hits       | 1        | 2        |
| 5. Observers     | 1        | 2        |
| 6. Spikers       | 1        | 2        |

#### Schedule

|                                |  |
|--------------------------------|--|
| <b>November 17 (Thursday)</b>  |  |
| 7:00 No Hits vs. Meanies       |  |
| 7:45 Observers vs. Blanks      |  |
| 8:30 Bad Company vs. Spikers   |  |
| <b>November 21 (Monday)</b>    |  |
| 7:00 Bad Company vs. Observers |  |
| 7:45 Meanies vs. Spikers       |  |
| 8:30 Blanks vs. No Hits        |  |



**Candid talk**  
Students in Mrs. Pickett's Language Arts class received a candid talk from Archie McDiarmid who discussed his blindness with the students. The discussion helped the children to better understand the reading material on the life of Jose Feliciano, a blind guitarist and singer. Pictured here are (front) Mickey Willis, Tonya Oxendine, Archie McDiarmid and "Duke"; (back row) Tonya Murdock, Katie Matthews, Elery Jacobs, Jay Rogers, William McAllister and Leona Jones.

### Edwards Graduates From AF Training

Airman Reginald Edwards, son of Mr. and Mrs. Henry Edwards of Rural Route 3, Red Springs, has graduated from the U.S. Air Force aircraft maintenance training course at Sheppard Air Force

Base, Texas.

Edwards will now serve at Sembach Air Base, West Germany.

He is a 1981 graduate of Hoke County High School, Raeford.

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