

Tips For Children To Use When Lost

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simple suggestions which parents should teach their children if a Hug-A-Tree or Search and Rescue group cannot make the presentation in their area.

1). Each child should carry a plastic trash bag, a whistle and a candy bar on a family outing. "By cutting a hole in the bag for the face to prevent suffocation the child can wear this to keep dry and warm," says Lilley. "The whistle should be used to alert searchers rather than yelling because it will carry further and calling out uses up twice as much energy."

2). Hug a tree once you know you are lost. "Picking a 'friendly' tree, hugging it and even talking to it calms the child down," says Taylor. "By staying in one place, the child is found far more quickly and can't be injured in a fall."

"It's better to remain still," says Beth Squire of the Albuquerque unit, "because if you work up a sweat you are both exerting needed energy and making it more likely that hypothermia will set in. And children will cover as much ground if not more than an adult while lost."

"Also, one of the things children have asked is if you're in a rain storm with lightning, should you stay near a tree. We tell them they don't have to hug a tree necessarily, but that the idea is to stay put. They could use a bush or a rock just as well."

3). My parents won't be angry. "There have been instances where children actually hide from searchers because they're afraid of what will happen when they're found, or because they're embarrassed," says Lilley. "If they know their parents will be happy to see them, they will try harder to be found."

4). Make yourself BIG. To make themselves more visible from the air, children should pick their tree or location near a clearing if possible; wear bright clothes; lie down on their back and wave if a plane or helicopter flies over; and make signs in the dirt or with available objects.

5). There are no animals out there that can hurt you. "Again, if they hear a noise they should blow the whistle," says Squire. "It will either drive the animal away or bring a rescuer."

6). You have lots of friends looking for you. "Children always think their parents are going to find them, which is good," says Lilley, "but they should also know that there are other people looking. They may be strangers, but the child should not hide from them."

7). Footprint your child. "I know of few searches that I've been on where the parents knew what type of shoe or foot print the child had," says Lilley. "A lot of search hours are wasted looking for the wrong foot print. You should have the child step on a piece of aluminum foil to make a print of his shoe, or take the sole, cover it with a piece of paper and scratch a pencil lightly over it."

The members of the Albuquerque Rescue Dog Association have good reason to believe the program has been very successful.

"Searches in our area have been reduced drastically and I think this program has a lot to do with it," says Lilley. "It is a good tool for preventive Search and Rescue. And it's easier to prevent a search than to go on one."

"The response has been good," says Pappan. "The preventive work has been going on all over the state and our searches have been less and less. We're looking

for more hunters than children."

That, says Lilley, should be noted by adults.

"The principles of this program are applicable to all ages," she says. "We've become an urban society which doesn't have the respect for the wilderness

now that it should, and people get into trouble. Anybody who gets lost should do these things, not just children."

"We teach the children but the adults won't listen much of the time. Well who's taking these children to the mountains or

parcs. They don't go by themselves."

Mrs. Squire says one way of reaching the parents is through the children.

"If it makes enough of an impression on the child that he goes home and talks about it, most of

the time the parent will be interested enough to find out more about it," she says. "Parents are often invited when we talk to Scouting groups and you expect the kids to be amazed at a new idea, but many times the adults say, 'That's something I didn't

think of."

As Ms. Lilley says, thinking of the right things to do when you're lost is the most important thing you can do.

"Your brain is your best weapon, whether you're an adult or a child."

4th Of July

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PSYCHOLOGY



The common cold can drag down your spirits even as your temperature rises, psychologists agree. Instead of being upset about not being up and about, put the time you have to rest up in bed to good use. Start a knitting project... watch those day-time TV shows that you usually miss... read a new book or browse through old favorites. Enjoy a few snacks and warm, soothing cups of lemon-sweetened hot tea. You'll be back on your feet in no time.