

How to survive holiday hazards

The holiday season, despite its reputation as a time of good cheer and well-being, can have many hidden dangers. Anthony Greenbank, author of **THE BOOK OF SURVIVAL** (Hatherleigh Press, \$15.95), has these tips for making it safely through the holidays:

Fire
Tree lights can overheat a flammable decoration or a candle can slip sideways (a good reason not to use candles).
If a fire does start, pull out the plug of the tree lights before you do anything else. Unlike as it seems, water hitting a live electric wire could throw a lethal shock back at you. Use water only if it's not possible to smother the blaze with a rug or a piece of clothing.
If the fire is out of control, get everyone out of control. Close windows and doors so drafts won't fan the flames, and phone 911.

Poisoning
Holly berries, are, unfortunately, attractive to children and can have dire effects when eaten.
If a child doubles up with violent stomach pains and starts vomiting, suspect the worst. Take him straight to the nearest hospital.
If only a few berries have been swallowed and there is no hospital nearby, make the child drink lots of water or milk while a doctor is called.

Choking
The risk of choking to death on your food is greatest during the festive season, when alcohol can blur judgement and slow reflexes.
Quick thinking is vital. There are only four minutes in which to save the casualty's life.
Choking is so frequently mistaken for a heart attack that it has become known in America as the "cave coronary". If the casualty cannot speak, it's safe to assume they are choking. In fact, in most cases an individual who is choking will be completely silent.

First, remove any false teeth. Then bend the casualty over with the head lower than the legs. Snack sharply between the shoulder blades with the heel of your hand, repeating several times if necessary.
The last resort—because of the possible danger it causes to internal organs—involves applying sudden sharp pressure with a bear hug from behind to the upper part of the abdomen.

Gifts
Heavy baggage, laden with gifts, is always a problem for families on the move during the holiday season.
The strain of shifting heavy luggage can cause any number of problems, from pulled muscles to heart attacks.
In fact, it's NOT the weight but the way you carry it that makes the difference. Many people, for example, don't know how to properly swap suitcases from one hand to the other. Struggling to cross over arms is the wrong way. Instead, face the opposite way to the one in which you are walking before you put the suitcases down. Lower them to the ground, rub your wrists to restore circulation, then turn around to face the way you are heading. Pick up the cases—and you will have changed hands without effort.

Turkey
Taking a 20 pound bird out of the oven could put between 200 to 300 pounds of extra pressure on the lumbar spine (lower back). That's the equivalent of two bags of cement.
The secret to keep the turkey close to your body. Go down on one knee when you pull the turkey from the oven. Before you actually lift, actively set your back muscles, then raise your head, back in your chest, stomach, and slowly straighten up. Keep your knees apart to keep the load close to you, and use your leg muscles to help lift.

Walking shown to reduce Diabetes risk

American Diabetes Month has brought to light some disheartening statistics about America's health. The over 17 million Americans afflicted with diabetes, over 90% suffer from type 2 form of the disease, which is highly associated with obesity and a sedentary lifestyle.
Researchers have found that being overweight can interfere with the body's ability to properly use insulin, leading to the development of this potentially deadly disease.
Despite soaring diabetes rates, there is an important step that people can take to lower their risk of developing the disease: exercise. According to Andrew Flach, author of **WALK THE WEIGHT AWAY!** (Healthy Living Books, 2003), an eight-week workbook-based walking program, walking is the perfect form of exercise for people worried about their risk of developing diabetes.

He points out an article in the October 1 issue of the American Journal of Epidemiology, that states that physical activity can reduce the risk of developing diabetes, regardless of a person's weight.

Subjects in the study who started a routine of brisk walking for 30 min-

utes a day were less likely to develop type 2 diabetes than those who were sedentary.

"This report reinforces the need for people to get moving," says Flach. "They mention walking specifically because it's one of the easiest forms of exercise around—we've been walking since we were small."

Flach points out some other reasons why walking might be right for those at risk for developing type 2 diabetes. "Many people who know that they need to get in shape and lose some weight are afraid to join a gym—they're embarrassed about their physical condition."

The great thing about walking is that you can do it anywhere. You don't need to join a gym or buy expensive equipment. You can walk alone or with like-minded friends.

He goes on to offer this tip for people who want to start walking for health: "The best way to get started and stay motivated is to join a walking group. Get some friends together, or check at a local church or community center for existing groups. Chances are, there will be plenty of people in your community with similar concerns."



The One Voice crew and John and Sandy Hensley from the 11th Annual Singing in the Hollar Christmas Party would like to thank the Rockcastle High School Y-Club for their toy drive and toy donations. The Christmas party was a success with 288 present. In the photo above are, front row: Caleb Wright. Second row from left: John and Sandy Hensley, Rhonda Bray and Joanna Allen. Back row from left: Greg Bullock, Linden Stocker, Dennis Bray and Rodney Wright.

Yards to Paradise

By Max Phelps
Don't Let the Cold Stop Outdoor Entertaining

If you have grown fond of spending time outdoors but don't enjoy the cold, if you are tired of raking leaves, if you miss the green everywhere, here are a few ideas to encourage you back outdoors.

For a stroll you need a path and if you are a regular reader of this column, you probably have one already. But, if not, stroll around the yard anyway. Maybe some ideas for a meandering walkway will come to mind. You know, good exercise, a chance to appreciate nature, a beautiful lawn mowed, and certainly more privacy than walking down the street.

Seating is recommended. For the notion to pause and enjoy, or share a moment with a friend or loved one arises, it'd be a shame to miss the moment for lack of a place to sit, a spell.

For the colder days, a chiminea on the patio, an outdoor fireplace or even a bonfire pit, may enable you to turn off the shivers and create some special moments with your sweetie or to entertain guests outdoors. A place to grill, roast hodgepodge or marshmallows would be very welcome at this time of year.

Evergreen trees and shrubbery can be wonderful to look at anytime; but for sure on cold gray days, And you'd be surprised how efficient some well placed hedge plants or trees are at keeping the howling winds away from your outdoor haven. Hemlock, fir, spruce, pine trees come to mind.

Water always adds to a yard. Be it a hot tub, a stream, or a man-made waterfall. Not only will you enjoy water, so will your dogs and cats and neighborhood squirrels and birds.

While a shady spot is the place for outdoor seating in summer, a chair in the sun may be the missing ingredient to wintertime enjoyment of your yard. I might add, no chair is more comfortable than an Adirondack chair; you may find yourself taking a catnap while sunning!

Outdoor patios and "rooms" extend the size of the home. You get a lot of new useful "floor space" for a lot fewer dollars than building a room onto the house. (And usually you don't need a building permit either.)

Please feel free to share your own ideas. E-mail max@rockcastle.com and receive personal attention. Or maybe you would like to suggest some future topics for everyone to enjoy?

To all you folks who just gotta stay in where it's air conditioned in summer now's your chance to enjoy your yard!

Holidays are a time for safe celebrating

Holidays are a time for celebrations and a time for joy. Shoppers, travelers, and partygoers crowd the highways eager to join in the festive season. Sadly, the heavy traffic also brings a rise in accidents, injuries, and fatalities.

Too often accidents are the result of drivers being under the influence of alcohol or drugs. The National Highway Traffic Safety Administration reports that traffic fatalities in alcohol-related crashes rose slightly by 0.1 percent from 17,400 in 2001 to 17,419 in 2002. The 17,419 alcohol-related fatalities in 2002 account for 41 percent of total traffic fatalities for the year, representing a 2 percent reduction from the 18,290 alcohol-related fatalities reported in 1992 or 47 percent of the total.

Below is some of the National Highway Traffic Safety Administration's 2002 data on traffic accidents involving alcohol.

* An alcohol-related motor vehicle crash kills someone every 30 minutes, and non-fatally injures someone every two minutes.

* After more than a decade of declining rates in alcohol-related fatal crashes, rates have begun to climb. Since 1999, rates have increased slightly by 4 percent to 10 percent for all age groups except those ages 16-17.

* Alcohol was involved in 31 percent of fatal crashes and in 9 percent of all crashes in 2002.

In addition, below are some more facts about impaired driving from the National Institute of Alcohol Abuse and Alcoholism:

* Alcohol-related car crashes are the number one killer of teenagers in the U.S.

* A driver of an automobile makes more decisions driving one mile than a pilot of a 747 flying coast to coast.

* A person who drinks until they are ruled impaired will have alcohol in their blood for seven hours.

* The withdrawal effects of a person who drinks heavy on weekends can last through Monday and Tuesday.

Many organizations are working hard to prevent harm and provide safe, happy, healthy holidays. For instance, the Kentucky Mothers Against Drunk Driving chapter is gearing up for safer holidays by promoting its "One On One" holiday campaign. MADD red ribbons are available at the Frankfort State Office for people to pick up and tie on

their cars to promote safe, alcohol-free driving.

Mike Riley, MADD state vice president and coordinator, is proud of the December 6 Candlelight Vigil taking place at the Capitol. "It is an incredible opportunity for victims of drunk drivers to fellowship and grieve together," Riley says. It is a busy time of the year for MADD, which offers driving tips; alcohol-free celebrating tips; including recipes for "mocktails"; non-alcoholic drinks; and prevention information for holidays year-round.

With DVDs, board games, and video games there are activities that encourage adults and children to stay at home. Many parties feature non-alcoholic drinks and flavored coffee and teas. The holidays are becoming a time to create new traditions.

"Unfortunately, there are still some people who think that a gathering isn't complete without alcohol. Most people are getting the message that alcohol doesn't help to be the mainstay of a celebration, especially with the change in the DUI law which says that a blood alcohol level of .08 indicates illegal intoxication," according to Karyn Halsei, acting director of the Division of Substance Abuse in the Department of Mental Health and Mental Retardation Services.

Following are some of the physical effects that alcohol consumption may have on a person according to the National Institute of Alcohol Abuse and Alcoholism:

* Double vision, slurred speech, and impaired sense of distance, causing poor judgment calls when behind the wheel.

* Narrowing of the field of vision and decreased peripheral vision may result in not seeing a child on the roadside or a car coming from a side road; and

* Inability to concentrate on two activities simultaneously such as steering and braking which may occur even at very low alcohol blood alcohol concentrations.

For more information about substance abuse, visit <http://www.niaaa.nih.gov/> or <http://mhmr.chs.ky.gov/sa/>

Classified deadline is Noon Tuesday

CHRISTMAS

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Our best wishes are with you.

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