

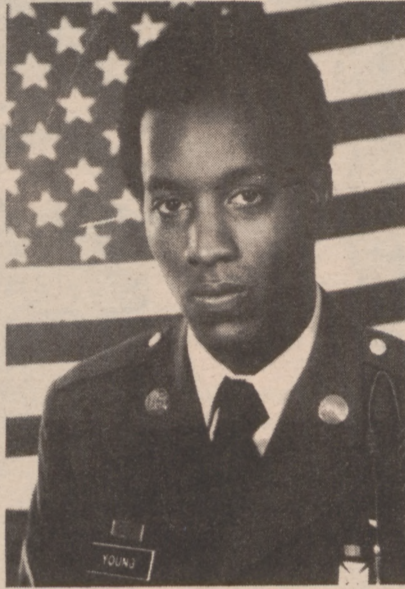
# Congratulations

## Newberry High School



**Michelle Ann Robinson**  
Mr. and Mrs. James Robinson

## Keesler Air Force Base



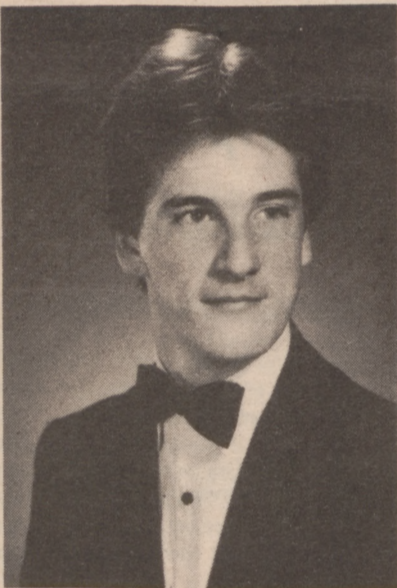
**Alan D. Young (Administrative Training)**  
Martha A. Young

## Faith Christian School



**Teresa Jane Leroy**  
Mr. and Mrs. Everett Leroy

## Ramapo Senior High School



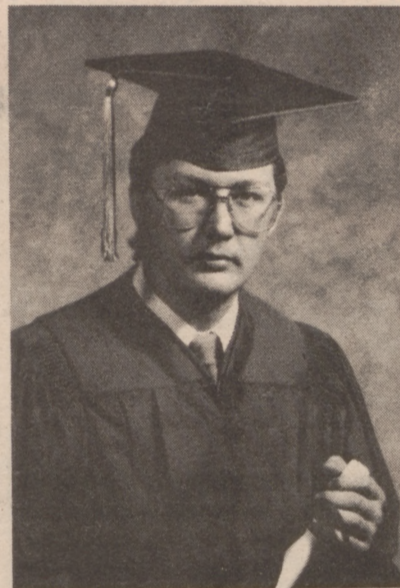
**Ronald E. Jason, Jr.**  
Mr. Ronald Jason

## Thornwell



**Brett Warren**  
Mr. and Mrs. Steve Warren

## Ware Shoals



**Bob Bradford**  
Mrs. Mary Bradford and Thomas Bradford

## July 4th Safety

# Don't Drink & Drive

When you drink alcoholic beverages, how much is too much if you're going to drive?

The answer differs for each person — depending upon such things as body weight, physical and mental condition, the type of beverage, amount consumed, length of time between drinks, and amount of food in the stomach. Special studies do indicate drinking to be a factor in at least half of the fatal motor vehicle accidents.

No one can correctly boast that "drinking has no effect on me." Alcohol is a depressant drug which is absorbed almost immediately into the bloodstream and affects the central nervous system. Even two or three drinks within a short time can affect reflexes, judgment, coordination and clarity of vision and speech. Alcohol is eliminated

from the body at a fixed rate which is not speeded up by exercise, fresh air, black coffee or cold showers.

Whether it is holiday observances, family celebrations, a need to relax after a hard day, or any other occasion on which having "a few drinks" is customary, observe these cautions:

- Don't drink doubles.
- Space your drinks out over a long period.
- Have something to eat, or nibble, while you're drinking.
- Don't drink if you're taking prescription drugs or other medicines.
- For your own safety and the safety of others, take a cab or have someone who hasn't been drinking drive you, rather than driving yourself.



**Eunice Caughman retired from the Clinton Technical Services Department earlier this month. Eunice had been with Clinton Mills since 1960.**

## Take Necessary Precautions

With summer here, most of us are thinking about the great outdoors, summer vacations and soaking up the sun at the beach. But before you put up the hammock and slip into your swimsuit, better take a look at some warm weather hazards and how to avoid them.

### Sunburn

If working up a tan is one of your summer hobbies, the last thing you want to do is spoil it with a sunburn. Did you know that a good sunburn is the equivalent of a burn from a hot iron — only far more serious because it generally covers a much larger area? And repeated sunburns over the years can even lead to skin cancer.

Even a mild sunburn can be very painful because of the number of nerve endings found on the skin. These nerve endings are specially constructed to carry heat, cold, pain, pressure and touch messages to the brain.

A serious sunburn can even damage the underlying tissues and destroy the cells but may not seem to hurt as much because the nerve endings are destroyed.

So if you're going to be in the sun, limit your exposure time until you have gradually built up your tolerance to the sun. And avoid the hottest part of the day when the sun's rays are the most dangerous.

If you do spend a lot of time in the sun, wear a good sun-screening lotion and reapply it frequently.

### Heat Stroke

Overexposure to too much heat and sun can cause heat stroke or sunstroke. The symptoms are a red, dry face, a high temperature, slow and noisy breathing and possible unconsciousness. What to do?

First, move the victim into the shade and sponge with cool water. Clothes should be loosened and the victim's head should be raised slightly. Sips of a mild salt solution such as Gatorade should help, but only if the person is conscious and able to swallow. Call a doctor or ambulance at once. Heat stroke is a true medical emergency and is potentially fatal.

### Heat Exhaustion

Heat exhaustion is caused by being overly active in extreme heat. The symptoms are a pale face, cold and clammy skin, heavy perspiration and shallow breathing. The victim may also feel sick and weak or have cramps in the legs and abdomen. What to do?

Again, move the victim into the shade, but protect him from chilling. Clothes should be loosened and the head lowered slightly. Call a doctor or other medical assistance.

### Prevention

A little common sense goes a long way towards preventing either heat stroke or heat exhaustion. To put it simply, if you start feeling too hot, dizzy or nauseated, take a break and get out of the sun. Take things slowly until your body has a chance to adjust to the heat.

Drink plenty of liquids and make sure you have sufficient salt if you are spending long periods of time in the hot sun or physically exerting yourself. Finally, get plenty of rest, and eat a balanced diet. Don't take a chance on letting too much heat and sun spoil your vacation!