

# Health care in winter

(Editor's Note: This is the third of a four-part series by Nicholas A. W.B. Bostia Jr. of Frankfort.)

Staying indoors during winter storms or when temperatures are extremely cold is most important to staying healthy. It is absolutely necessary to go out, but over-exercising in cold weather (and puts an added strain on the heart).

"If you exercise that you are not accustomed to, such as shoveling snow, pushing an automobile or even walking too fast or too far, you risk heart attack, stroke or other physical damage," said William H. Bostia Jr., executive director of the Kentucky Disaster and Emergency Services.

If you must go outdoors, wear loose-fitting, lightweight, warm clothing in several layers rather than a single layer of thick clothing. Body heat trapped between layers is the best protection against the cold. The layers can be removed as needed to prevent perspiring and subsequent chills.

Outer garments should be tightly woven and water repellent. Buntin said. Wear a wool hat to help prevent heat loss through the head. Keep your mouth covered to protect lungs from extremely cold air. Wear mittens instead of gloves — they allow the fingers to move freely in contact with one another and keep your hands much warmer than gloves.

Keep your clothes dry. Wet clothing loses all insulating value. Change wet socks with all other wet items as quickly as possible to prevent loss of body heat.

Watch for frostbite and other symptoms of cold-weather exposure. Frostbite causes a loss of feeling in a white or pale appearance in extremities such as fingers, toes, tip of nose and ear lobes. "If such symptoms are detected, get medical attention immediately," Buntin said. Do not rub the frozen area with snow or ice; this does not help the condition and, in fact, will worsen it.

When the body begins to heat faster than it can produce it, a condition called hyperthermia begins to develop. Symptoms include uncontrollable shivering, slurred speech and incoherence, stumbling, dizziness and exhaustion. If a person shows any signs of overexposure, even if he or she claims to be all right, Buntin advises taking the following precautions: Get the person into dry clothing and a warm hat and sleeping bag. Use a "hot" water bottle (actually warm to the touch), warm towels, heating pad or some other heat source.

Concentrate heat on the trunk of the body first — the shoulders, chest and stomach. Keep the head low and the feet up to get warm blood circulating to the head, but do not massage or rub affected areas. Give the person warm drinks and keep him or her quiet. Never give alcohol, sedatives, tranquilizers or pain relievers — they only slow down the body's response even more.

If symptoms are extreme, call for professional medical assistance immediately, Buntin said.

"Winter weather puts a strain on even the healthiest individuals," Buntin said. "Stay indoors as much as possible during extreme weather conditions and exercise precaution if you must go outdoors."

Virginians held the Presidency for 32 of the first 36 years of this nation's existence.

Dear Santa, My name is Becky Blake. I am 6 years old and in the first grade. I have tried to be good this year, but boy it is hard. For Christmas I would like for

**A MERRY CHRISTMAS**

We hope you have a rattling holiday, bursting with bubbly spirits and happy times.

**Diana's Silver Scissors**

**NEW! WESTERN WORK BOOT**

RED WING SHOES

Western Red Wings

Carter's Clothier



**Six jolly souls**

These ladies and gentlemen were part of the Christmas program put on Friday by Mrs. A. V. Allison for residents of Johnson-Mathers Nursing Home. All who attended joined in singing familiar carols. From left, Mollie Mattox, Lena Ham, Thelma Wright, Grace Allison and Ruby Campbell. Standing is Joe Crawford.

Thomas Metcalfe is said to have been kept out of the Old Governor's Mansion for several days by his predecessor Joseph Desha, "a blabbered Virginia shuck," who was reluctant to give up the house to a common ancestor.



Georgie Girl Beauty Shop

Say You Saw It In The Mercury!

**CHRISTMAS GREENINGS**

May your holiday bloom with everlasting happiness, and flower with warm feelings of hope, peace and joy.

**Carol 'n John's Florist**

**REJOICE! OUR SAVIOR IS BORN**

**Mathers-Gaunce**

# Santa Letters

continued

**Studio**

234-1203

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Nightly at 7:30

Live Show For Christmas 9:30

TUES. SPECIAL - All Seats \$1.50 (this feature only)

Dear Santa, I am a little girl 6 years old named Sami. I will be on December 15th so this is a very special night for me. For Christmas I would like a big doll, a Barbie and Ken dolls, Barbie Doll perfume, a Barbie doll clothes, a Barbie doll store and any other toys you want to bring me.

I have a little brother Adam. He's too little to please. Also some clothes. Don't forget my friends, my teacher, my cousin Chad and Precia, Mommy and Daddy, Nana, Poppy, Manaw and Papaw. I'll have some chocolate chip cookies and milk for you.

P.S. I will hang up my stocking. Love you, Mary Crawford

Dear Santa, I am a little girl 6 years old. I am in the first grade at Bethel School. I visit my Nana and Poppy in Carlisle real often. For Christmas I would like a Barbie and Ken dolls, Barbie Doll perfume, a Barbie doll clothes, a Barbie doll store and any other toys you want to bring me.

I have a little brother Adam. He's too little to please. Also some clothes. Don't forget my friends, my teacher, my cousin Chad and Precia, Mommy and Daddy, Nana, Poppy, Manaw and Papaw. I'll have some chocolate chip cookies and milk for you.

P.S. I will hang up my stocking. Love you, Mary Crawford

Dear Santa, I'm Nona Scott Darrell and I am 4 years old. I have been a very good girl. For Christmas I would like a big doll, a Barbie and Ken dolls, Barbie Doll perfume, a Barbie doll clothes, a Barbie doll store and any other toys you want to bring me.

I have a little brother Adam. He's too little to please. Also some clothes. Don't forget my friends, my teacher, my cousin Chad and Precia, Mommy and Daddy, Nana, Poppy, Manaw and Papaw. I'll have some chocolate chip cookies and milk for you.

P.S. I will hang up my stocking. Love you, Mary Crawford

Dear Santa, My name is Jason and I'm almost six years old. I've been a good little boy and am doing well in school. For Christmas I would like you to bring me a doll, a Superman doll, a Barbie and a Spiderman car.

My name is Jonathan and I'm ten months old. I've been a good little boy so far. For Christmas I would like a red wagon, some building blocks, and some toy cars and trucks.

Please be good to all of the little boys and girls. We will have a snack for you and the reindeer.

Love, Jason Darrell and Jonathan Darrell

Dear Santa, I want a dolly. I also want a Facette. If you still have room in your sack square a Holly Hobbe even in it, please.

P.S. I've been real good.

Rhonda Gibson 5 years old

**Cheer**

Dashing by with wishes for a Christmas replete with old time pleasures!

**CARLISLE MANUFACTURING**

With special thanks for your warmth and friendship we wish you a very Merry Christmas

**Carlisle Southern States Coop.**

**Joy and Peace**

May all our friends and neighbors have the quiet contentment of Christmas spent with those they love.

**Cynthiana Motor Co.**

"58 years of Honest Dealing"

Dear Santa, I am letting my mommy write this letter because I am only 1 year old. I have been a good girl this year. I am not asking for much because I know you are very busy this year. Just bring me what you think I should have. How is Rudolph? Hope he is O.K. Tell Mrs. Santa and the elves hi. There will be a treat for you under the tree. Please bring my cousin Michael something, too. He is 3 1/2 months old. Bye now. I love you Santa.

Love, Kay Hollar

Dear Santa, Our mother is writing this for me and my brother. My name is Charlie and I am five years old and Jeremy is three years old. We have been good boys most of the year. I want a dump truck, a sleeping bag, a drill and some clothes. Jeremy wants a etch-a-sketch, a cash register, and a big wheel. We will leave cookies and milk under the Christmas tree for you.

P.S. Don't forget our sisters, Kristen, Misay and Charlotte.

We love you, Charlie and Jeremy Warner

Dear Santa, I have been good. My name is Jason Earl Cassidy. I would like to have a Flash Gordon people, a truck with puppets, and two cars with it and a couple more surprises and some other stuff.

Love, Jason Cassidy

Dear Santa, This year I have been a good girl. I am in third grade and I enjoy school. My little brother has been good too. His name is Paul and he is 8 years old. For Christmas he wants a dump truck, and a pair of cowboy boots. I do not want any clothes so Santa please bring me a kissing Barbie, a doll, and art and a stove, sink, built carriage and stroller.

Love you Santa.

Your friend, Laine Robinson

Dear Santa, I am a little girl 7 years old and in the second grade. I want you to bring me a Strawberry Shortcake Doll and a Strawberry Shortcake Small Car, also a Barbie Doll and some clothes. I want some games and anything else you would like to bring.

P.S. I'll be looking for you Christmas Eve.

Your little girl, Kelli George

Dear Santa, I am a four year old boy. My name is Wesley Darrin Tricher. I am not going to tell you that I have been a good boy because you know better. For Christmas I would like a sit-spin, ruff truck crane, service center, tuesday choco, lock blocks, doctar kit, and a surprise in my stocking. I will leave you milk and cookies under the tree.

Love, Wesley Darrin

Dear Santa, My name is Holly Cantrell. I am five years old. I am in Mrs. Baird's Kindergarten class, and I haven't learned to write words yet. So my Mom is writing for me. For Christmas I would like a Strawberry bake shopper, Barbie dolls and doll clothes, a little Miss motorcycle for my dolls, and a Tonka play people set.

My sister Leslie is eight years old and would like a big blackboard and Barbie dolls, clothes, a snap and spin, and a spiral Kerner set. We have tried to be good this year, but it was very hard to do.

We love you Santa, Leslie and Holly Cantrell

Dear Santa, This is my first letter to you, and my Mother is helping me. I am 4 1/2 years old and have been a pretty good little girl this year. So have my sister and brother. My Aunts, Mrs. Latta Jr., 11; and Jeteron, 7 1/2. We are all looking forward to Christmas — to celebrate Jesus' birth and get presents from you.

Hope you will bring us these things: Mary wants a strawberry shortcake lunchbox, a Family Food game, a watch, and a craft kit. Lela wants a Superhero Electric Football game, three packs of dominos, and the Anniversary Edition Monopoly set. Jeteron wants a digital watch, a Connect Four game, and a Criss-Cross Crash net. I want a Moppet Secret Dollhouse, a Tutor Typex, a coloring roll and anything else you might like to throw in.

As usual, we will leave you a snack on the table beside Daddy's lounge chair.

We love you, Rose Ann Farrah

Dear Santa, My name is Jeffrey Ray Crump. I am 3 years old and live in Millersburg. I have really tried to be good this year but it is very hard for little boys to be good.

I hope you will be able to bring me a Clio-Clio horse, a chain saw and some wood to use my chain saw on. Maybe you will be able to bring me some surprise, too.

I can't wait to see you at my Nanny Wagones' house in Millersburg on Christmas Eve.

Please don't forget all my friends and cousins.

P.S. Don't forget to leave something in Mandy's stocking for her.

Thank you Santa, Jelly Crump

Dear Santa, My name is Samuel Pulton and I am 3 years old. My Mom is writing this for me. I would like for you to bring me a table and chairs, dishes, and a doll baby in a bed and anything else you think I need. Please bring my sister Sheila and my brother Fretin and Dennis Watkins and my Manaw Mitchell and Papaw and my Mom something and bring every little girl and boy something.

Thank you, Your little girl, Serena Jean Mitchell

Dear Santa, My name is Samuel Pulton and I am 3 years old. My Mom is writing this for me. I would like for you to bring me a table and chairs, dishes, and a doll baby in a bed and anything else you think I need. Please bring my sister Sheila and my brother Fretin and Dennis Watkins and my Manaw Mitchell and Papaw and my Mom something and bring every little girl and boy something.

Thank you, Your little girl, Serena Jean Mitchell

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Thank you, Your little girl, Serena Jean Mitchell

**Holiday Gifting**

Fran Tarkenton likes the look a pair of Higgins slacks gives him.

**HIGGINS**

Opening Evenings till 8 p.m.

We will close at 5 p.m. Dec. 24.

**Carter's Clothier**

Carlisle, Ky. Phone 269-5126

Welcoming a chance to say thanks and to hope your holidays are wreathed in

**CHRISTMAS CHEER**

**M. C. Blair Ins. Agency**