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VFW Menu

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Thursdays: **Tacos by Norma**

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Fridays: **NFCC Fish Fry 11-7**

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JASON MILLER

Real Estate Broker
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Jeremy Deck
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Lourdine Florek, owner

Wednesday, January 7, 2015

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Frostbite, hypothermia possible in frigid temperatures

Cold temperatures and high winds are expected to produce wind chill values as low as -26 today and -30 to-night.

There are things residents can do to be safe in such cold wind chills, according to the Centers for Disease Control.

Two dangers caused by extreme cold are frostbite and hypothermia.

Frostbite is an injury to the body that is caused by freezing. Frostbite causes a loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes. Frostbite can permanently damage the body, and severe cases can lead to amputation. The risk of frostbite is increased in people with reduced

blood circulation and among people who are not dressed properly for extremely cold temperatures.

At the first sign of redness or pain in any skin area, signs frostbite may be starting, people should get out of the cold. Signs that may indicate frostbite include a white or grayish-yellow skin area; skin that feels unusually firm or waxy; and numbness, which sometimes causes victims to be unaware of the frostbite.

Medical care is recommended for frostbite; however,

if help is unavailable, a victim should go to a warm room and immerse the frostbitten area in warm (not hot) water. Heat sources such as heating pads, heat lamps, stoves, etc., should not be used due to the danger of

Pets can suffer in cold temps, too

Like people, pets can suffer in extremely cold temperatures.

Owners can help their pets by following these tips:

If possible, bring pets indoors.

If that's not possible, provide a warm place for your pet outdoors. Clean snow from the area and provide plenty of warm bedding.

Make sure your pet has plenty of food and water that have not frozen.

Wipe pets' feet when they come indoors to remove ice balls and salt.

To warn stray cats that may seek warmth in the engine area of vehicles, loudly beat on the vehicle hood before starting the vehicle.



burning while numbness is present.

When exposed to cold temperatures, the body begins to lose heat faster than it can be produced. Prolonged exposure to cold will eventually use up the body's stored energy. The result is hypothermia, or abnormally low body temperature. Body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous because a person may not know it is happening and won't be able to do anything about it.

Hypothermia is most likely at very cold temperatures, but it can occur even at cool temperatures (above 40°F) if a person becomes chilled from rain, sweat, or submersion in cold water.

Victims of hypothermia are often (1) elderly people with inadequate food, clothing, or heating; (2) babies sleeping in cold bedrooms; (3) people who remain out-

See FROSTBITE on other side

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The PIT STOP at EAST LANES

Wednesday: Rib eye sandwiches or Spaghetti

Thursday: Swiss Steak or Popcorn Shrimp

Friday: Cod or Rib eye Steaks

Saturday: Prime Rib or Rib eyes 4:30-8:30

Open Bowling

All day Friday & Saturday

7-8-9 Pin Doubles Tournament

starts at 7 p.m. Saturday

\$319 First Place

Saturday, January 24

Relay for Life fundraiser

7-8-9 Pin Tournament followed by

Flatville Road along with

Taylor Wolfe Baker from 9-1



Heritage Health and Senior Care of Hoopeston has part time CNA positions available on all shifts. These positions have the opportunity for growth to full-time with benefit package. We can offer you a competitive wage, and a wonderful staff of caregivers to work with, plus much more! We are an equal opportunity provider and employer! Please apply online or stop by and complete an application today.

Heritage Health
Attn: Marlo Davis
423 N. Dixie Hwy.
Hoopeston, IL 60942

Briefly

Celebrating birthdays

Two women are celebrating birthdays and would appreciate warm wishes during this cold weather. Molly Culbert will be 91 on Thursday, Jan. 8, and Florence Goodrum will be 100 on Sunday, Jan. 11.

Frostbite continued from other side

doors for long periods—the homeless, hikers, hunters, etc.; and (4) people who drink alcohol or use illicit drugs.

In adults, signs of hypothermia include shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech and drowsiness. In infants, signs include bright red, cold skin and very low energy.

Again, medical attention should be sought but if unavailable, a person should be put in a warm room and any wet clothing removed. The person should be placed under an electric blanket, if available, or skin-to-skin contact under loose, dry layers of blankets, clothing, towels or sheets. Warm beverages can help increase body temperature, but alcohol should be avoided.

Cards may be sent to each at Heritage Health Care, 432 N. Dixie Hwy. Hoopeston IL 60942.

HAY basketball academy signups

Hoopeston Area Youth Basketball Academy Sign Ups will be at the fire station on North Market on the following dates and times:

Jan. 7 from 5 p.m. to 7:30 p.m.

Jan. 10 from 10 a.m. to noon

Jan. 11 from 5 p.m. to 6 p.m.

The academy is for boys and girls in kindergarten through fourth grade. Rossville and other communities are welcome. Fee is \$20 per child with family discounts available.

The season will begin February 7 and will run every Saturday until March 14, times to be announced. Please contact Kathy Harding at 217-497-6686 for more information.

Severe hypothermia can cause someone to lose consciousness or seem not to have a pulse or be breathing. Such a victim should be handled gently and medical attention sought immediately.

The simplest way to avoid frostbite and hypothermia is to stay warm indoors. If that is not possible, dress in layers and keep as much skin covered as possible. Also take frequent breaks from outdoor activities to warm up. Frostbite can start in just a few minutes.

Obituaries

STRAWSER - Norma Jean (Isley) Strawser, 80, of Rossville, died at 11:13 a.m. Sunday, Jan. 4, 2015, at Country Health Care, Gifford. Visitation will be 4-7 p.m. Wednesday at Anderson Funeral Home. Funeral will be at 11 a.m. Thursday at Rossville Church of Christ. Burial will follow in Rossville Cemetery. Memorials are suggested to Alzheimer's Association Greater Illinois Chapter 303 N. Hershey Road Suite 2A Bloomington, IL 61704 or the Rossville Church of Christ 514 E Attica St. Rossville, IL 60963.

Police News

Police are investigating a hit-and-run accident reported Friday in the 300 block of North Eighth Ave. An unknown vehicle ran over three mailboxes.

Fire Calls

Hoopeston Fire Department was called at 8:22 a.m. Sunday to the 800 block of East Maple for an activated carbon monoxide detector. The detector was faulty.

Weather

Wind Chill Warning until noon Thursday. Blowing snow, cold today. High -1. Tonight, mostly clear. Low -13. Tomorrow, breezy. High 14, low 6.

Classifieds

APARTMENTS FOR RENT

723 W. Orange St. Clean and quiet 2BR for rent. Available now. Rent \$400 plus utilities and deposit. Stove and Ref. furnished. References required. Mike 312-371-8585

Layden Manor Apartments Hoopeston accepting applications for 2 bedroom first floor apartment. \$450/mo rent with \$450 deposit. Water and electric separate. No Pets. Call 217-304-1761 to leave a message for appointment.

HELP WANTED

Cade's Heating and Air LLC, of Hoopeston seeks reliable HVAC installer/service tech. Preferred candidate will have 2-4 years of HVAC experience; knowledge of HVAC service, installation, be self driven and able to diagnose HVAC problems. Ability to fabricate sheet metal a plus. This is a full time position, 8 a.m.-5 p.m. M-F with some after hours rotation. Salary based on experience. Send resume to ramcade@frontier.com. For questions, call (217) 283-7762.

Seeking full time lube tech. Must be friendly, willing to work as a team member. Apply in person at Hoopeston Express Lube, Hoopeston Plaza.

Hoopeston Multi Agency has a temporary part time position: Teen Reach Assistant Director. Send cover letter with resume to Maria Sermersheim at mariasermmer@gmail.com or 206 S. 1st Avenue, Hoopeston, IL by January 7, 2015. Minimum of two year experience working with school age children, Associates degree preferred.

HOUSES FOR RENT

2 Bedroom duplex for rent in Hoopeston. Two story, 2 bed, 1 bath. Basement with laundry hook ups, Central Air and garage. No smoking, no pets. Deposit and References required. \$430 per month. Call 217-304-6547 for application.

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