

— Health and Safety —

October is the tenth month of the year. It's a fall month. The weather is getting cooler and the kids are anticipating the joys of Halloween. Of course, safety is not on their minds; only dressing up and going door to door for treats.

This is a good time for teachers and parents to teach 'safety'. If the definition for safety is... freedom from harm, then safety is included in everything that we do. There's safety at home, away from home, at work, at play, whatever we come in contact with requires knowledge of safety.

Let us talk about safety tips involving medicine. that involves from the very young to the very old. Do not leave medicine un-

capped (if you can get the child-resistant cap off). I heard of a cat getting into an uncapped bottle. I hope the cat is still around. Store medicine in a safe place (away from children and



the cat). Do not give your medicine to anyone else or take medicine prescribed for someone else. Throw away the empty bottle unless it needs to be refilled.

Check with your doctor, or even the pharmacist if you have any problems or questions about your medicine. It's best to be safe than sick (or sicker).

Guess what? Good health

is the best. We are not capable of doing our best if we have hunger pains. We need to eat every 3 to 4 hours. Not eating makes us irritable. Eat your fruits and vegetables. That's what your mother said when you were young. Guess again. She was right. A person needs 6 to 8 glasses of water a day and tea in hot weather. Drink a whole glass (not just a sip) when taking a pill. A whole glass of water with a little lemon, or 6 oz. of prune juice in the morning will get the bowels moving. Or, suffer the difficulty of constipation.

Walking is good for your health. But, do it safely. Pace yourself as you begin a walking program. Watch for uneven sidewalks, curbs, or dips in your walking area that

could cause you to fall. On very hot days, travel to a nearby mall where it will be much cooler and you won't become over-heated.

Anger is healthy when it is done in the right way. *Ephesians 4:26 says: Be ye angry, and sin not: let not the sun go down upon your wrath.* Healthy anger happens only when it is expressed with the right person, at the right time, and for the right purpose. Anger is not safe if it's done in an unhealthy way. Getting upset with someone that pulls out in front of you could cause a wreck. Yelling at someone that screams at you could cause a fighting match. The Bible does not say 'not to get angry' it says not to sin, which means: "A soft answer turneth away wrath: but grievous words stir up anger." *Proverbs 15:1.* Therefore, getting angry might be a safety valve, but it needs to be done in a safe manner.

Take time to be Health Conscious



by B J Armstrong

Now, back to the word... safety... and the definition being... freedom from harm. If you are playing or working in a 'safe' way, then everything will turn out fine. But, if you are going through life in an 'unsafe' manner, then... there will be consequences to pay.

Words, although important are not nearly as important as the act of love and kindness. Things done, speak louder, and last much longer. - Dwayne Potteiger

HIGH-SPEED INTERNET READY. SET. GO.



No DSL? No cable? No problem.
Skyway Satellite and Hughes Net can get you up to speed.

High-speed Internet by Satellite

HughesNet



Sales and Service
423-472-1448
423-618-2795

Lease Available

~~\$400.00~~

Call for Details

Owner: David Holley

www.skyway-satellite.com

Now Only
\$ 99.00

david@skywaysatellite.com