

• Bethlehem Elementary Scholars & Citizens of the Month - January •



KINDER SCHOLARS - The Bethlehem Elementary School Kindergarten Scholars of the Month for January are: Oliver Valcourt, Zoe Minez, Layla Lewis (absent), and Colter Minton.



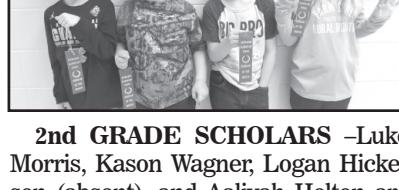
KINDER CITIZENS - The BES January Citizens of the Month in Kindergarten are: Isaac Brown, Nate Wilson, Avery Manasco, and Lyla Matheson.



1st GRADE SCHOLARS - Virginia Foster, Chloe Summers, Quintin Honeycutt (absent), and Carsen Pruett are the Bethlehem Elementary School First Grade Scholars of the Month for January.



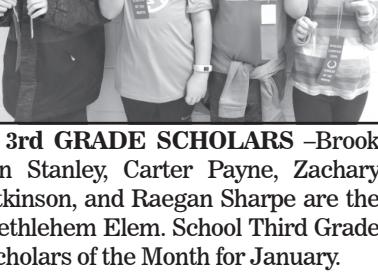
1st GRADE CITIZENS - The BES First Grade Citizens of the Month for January are: Matthew Crouch, Kevin Chandler, Trey Evans, and Addy Grace Yelton.



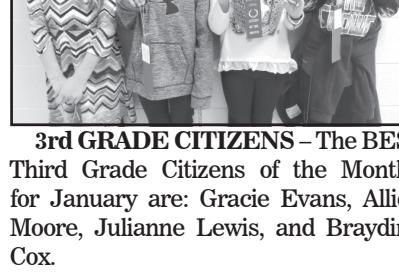
2nd GRADE SCHOLARS - Luke Morris, Kason Wagner, Logan Hicker son (absent), and Aaliyah Helton are the BES Second Grade Scholars of the Month for January.



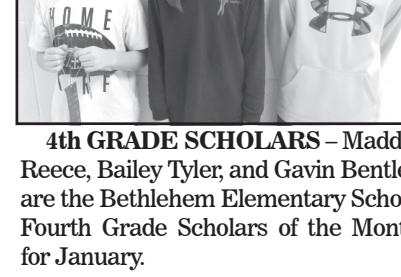
2nd GRADE CITIZENS - The Bethlehem Elementary School Second Grade Citizens of the Month for January are: Allie Evans, Gavin Hedrick, Taylor Hicks, and Kayden Jenkins.



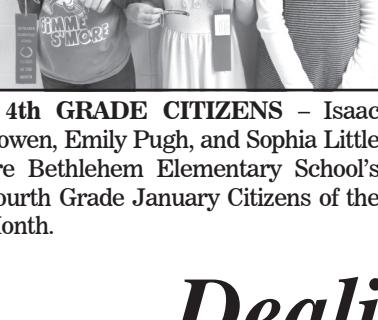
3rd GRADE SCHOLARS - Brooklyn Stanley, Carter Payne, Zachary Atkinson, and Raegan Sharpe are the Bethlehem Elem. School Third Grade Scholars of the Month for January.



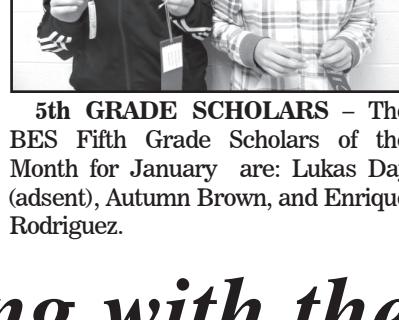
3rd GRADE CITIZENS - The BES Third Grade Citizens of the Month for January are: Gracie Evans, Allie Moore, Julianne Lewis, and Braydin Cox.



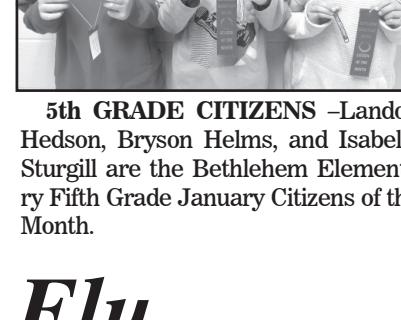
4th GRADE SCHOLARS - Maddix Reece, Bailey Tyler, and Gavin Bentley are the Bethlehem Elementary School Fourth Grade Scholars of the Month for January.



4th GRADE CITIZENS - Isaac Bowen, Emily Pugh, and Sophia Little are Bethlehem Elementary School's Fourth Grade January Citizens of the Month.



5th GRADE SCHOLARS - The BES Fifth Grade Scholars of the Month for January are: Lukas Day (absent), Autumn Brown, and Enrique Rodriguez.



5th GRADE CITIZENS - Landon Hedson, Bryson Helms, and Isabella Sturgill are the Bethlehem Elementary Fifth Grade January Citizens of the Month.

Dealing with the Flu...

This year the flu is widespread in many states. The Center for Disease Control and WebMD provide some interesting suggestions for dealing with the flu.

* How do I know if I have the flu?

You may have the flu if you have some of these symptoms: fever (not everyone has a fever), cough, sore throat, stuffy nose, difficulty breathing or shortness of breath, body aches, pain or pressure in the chest or abdomen, sudden dizziness, confusion, severe or persistent vomiting, headache, chills, or fatigue.

* What should I do if I get sick?

Most people with the flu have mild illness and do not need medical care or anti-viral drugs. If you get sick with flu symptoms, in most cases, you should stay home and avoid contact with other people except to get medical care. Children should not return to school until 24 hours after fever is under control.

If, however, you have symptoms of flu and are in a high-risk group, or are very sick or worried about your illness, contact your health care provider (doctor, physician assistant, etc.).

Certain people are at high risk of serious flu-related complications (including young children, people 65 and older, pregnant women and people with certain medical conditions). This is true both for seasonal flu and novel flu virus infections. If you are in a high-risk group and develop flu symptoms, it's best for you to contact your doctor early in your illness. Remind them about your high-risk status for flu. CDC recommends that people at high risk for complications should get antiviral treatment as early as possible, because benefit is greatest if treatment is started within 2 days after illness onset.

* What are the emergency warning signs of flu sickness?

In children, symptoms include fast breathing or trouble breathing, bluish skin color, not drinking enough fluids, not waking up or not interacting, being so irritable that the child does not want to be held, or fever with a rash. In addition to the signs above, get medical help right away for any infant who has any of these signs: being unable to eat, having trouble breathing, no tears when crying, or significantly fewer wet diapers than normal.

* Are there medicines to treat the flu?

Yes. There are drugs your doctor may prescribe for treating the flu called "antivirals." These drugs can make

you better faster and may also prevent serious complications. How long should I stay home if I'm sick? CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or other necessities. Your fever should be gone without the use of a fever-reducing medicine, such as Tylenol®. You should stay home from work, school, travel, shopping, social events, and public gatherings. A new experimental drug, not yet released, is supposed to cure the flu after one dose.

* What should I do while I'm sick?

Stay away from others as much as possible to keep from infecting them. If you must leave home, for example to get medical care, wear a facemask if you have one, or cover coughs and sneezes with a tissue. Wash your hands often to keep from spreading flu to others.

Prevention:

1. The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent flu.

2. Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

3. If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.

4. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

5. Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.

6. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

7. Clean and disinfect frequently touched surfaces at home, work, or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Dos and Don'ts When Someone in Your House Is Sick

It can be tough to stay well when you're in close quarters with someone battling coughs, fevers, and sniffles.

Germs spread more easily in tight spaces and can cause colds and the flu to hang around your house for longer.

To

Wash your hands often. And you must do better than a quick rinse under the faucet. Rub your hands together with soap and water for at least 20 seconds. Don't forget between your fingers and under your nails. And remember to keep your hands away from your nose, mouth, and face.

Sanitize surfaces. Stopping the spread of germs means making sure you clean and disinfect hard surfaces such as countertops, tables, refrigerator handles, doorknobs, and faucets. And don't forget TV remotes, computers, laptops, and phones, too. Some germs can live in these spots for up to 24 hours, so make sure you clean with disinfectant or disinfecting wipes, or 1/4 cup of bleach mixed in 1 gallon of water.

Steer clear when you can.

It can be tough to completely avoid a sick person in your house, especially if you're the one taking care of them. But sometimes the best thing you can do to stay well is to keep your distance. If you can, give the sick person their own room for sleeping and relaxing. Stock it with the items they'll need, like tissues, a trash can, medicine, and bottles of water. And limit their guest list. The only person who should go in and out of the sick room is the person taking care of him.

Pamper your immune system.

Your body does a remarkable job protecting you from illnesses most of the time, especially when you keep your immune system in tip-top shape. Keep eating lots of fruits and veggies, and make sure you get plenty of rest. Daily exercise, keeping stress in check, and limiting alcohol also help.

If you're the one feeling ill:

- Cough or sneeze into your elbow instead of your hands.
- Wash your hands after you touch your mouth and nose, even with a tissue.
- Finish any medicine that your doctor prescribes.

Try to avoid healthy people in your house, especially if someone has a weak immune system that makes them more likely to get sick.

Don't

- Don't share food or drinks, cups, utensils, or towels with people who are sick.
- Don't forget to throw out toothbrushes after everyone gets well. Keep a sick person's toothbrush separate from the rest of your family's. They can be a breeding ground for germs.

Dos and Don'ts When Someone in Your House Is Sick

It can be tough to stay well when you're in close quarters with someone battling coughs, fevers, and sniffles.

• Don't let anyone share pillows and blankets with the sick person. He should have his own bedding in his own space in the house. Then, once he's better, wash everything he used.

• Don't let sick and well children share toys. If it happens, make sure to disinfect the toys in between play times.

* What do doctors say about?

Colds, flus, and herbal medicine - Some say herbal remedies for preventing and shortening the duration of colds. Although the research on whether they work shows mixed results.

Does zinc work? Some studies show it can shorten the duration and reduce the severity of colds, while others have found the evidence isn't strong enough yet to recommend it.

Does vitamin C help colds? The jury is out on whether vitamin C can prevent a cold. And according to the latest research, vitamin C doesn't make a cold shorter or less severe.

Sore throat remedies

When their throats are scratchy and raw, doctors often find relief from items stocked in their pantry and fridge. Herbal tea with honey and lemon are recommended by many doctors.

Chicken soup for colds and flu - Grandma's good old-fashioned "penicillin" is another great soother of stuffed noses.

Recently researchers have discovered what grandmothers have suspected all along -- that the ingredients in chicken soup (including the chicken stock, carrot, onion, and celery) might actually have a medicinal effect on the body's immune system, easing the inflammation caused by cold viruses.

Over the Counter decongestants and antihistamines - Doctors say they use over-the-counter decongestants and antihistamines only when their symptoms are severe, and even then only sparingly. Many prefer natural alternatives, such as saline (salt and water) solution, which helps clear out nasal mucus.

Over-the-counter medications for colds and flus - When doctors feel awful, many turn to over-the-counter pain relievers such as Tylenol, aspirin, or Advil. While cold and flu remedies can ease the most severe symptoms, many doctors say they avoid overmedicating.

Sources:
WebMD

Center for Disease Control

Submitted by
Dr. Warren Hollar

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