

Eagles Mere Inn purchases Sullivan Co. champion steer

FORKSVILLE — The first Sullivan County 4-H Baby Beef Sale was held here earlier this month.

Scott Yates, Forksville, exhibitor of the Grand Champion 4-H Steer led Rocky 10 Charolais, into the packed grandstand. Auctioneer Warren Fiester began his bidding chant, "Who'll give me seventy cents?" as two bidders competed for the prize 1035-pound champion.

When the final call for bids came, Robert Oliver, owner of the

Eagles Mere Inn, purchased the 1982 champion for \$1.20 per pound. Oliver, a former 4-H and FFA member, indicated this brought back memories of when he exhibited a baby beef champion.

The 1,005-pound Reserve Champion steer, also a Charolais, was shown by Mike Higley of Forksville, Royal as he was fondly called by Mike was purchased by George Page, Turbotville, for Page's Meats at \$.77 per pound.

Melissa Wilkins, Dushore, whose steer, Lamplighter, weighed 1,052

pounds, also sold her animal to Page's Meats, Turbotville for \$.70 per pound.

Other exhibitors who sold steers at the sale were: Tom Smith, Alan Bedford and Nolan Chase.

Buyers included: Robert Oliver, George Page, Larry Epler, and Ray King of R&K Meats, Forksville.

The Sullivan County 4-H Baby Beef Club is led by Mr. & Mrs. Ronald Wilkins, Dushore, with support from Mr. & Mrs. Arlan Higley, Forksville.



George Page of Page's Meats, Turbotville, purchased Mike Higley's reserve champion steer for 77 cents a pound.



Scott Yates of Forksville sold his grand champion Charolais steer to Bob and Kathleen Oliver, Eagles Mere Inn, for \$1.20 a pound during Sullivan County's first 4-H Baby Beef Sale.

Know the warning signs of sudden cardiac death

LANCASTER — It is important that you and your family recognize the signs of sudden cardiac death and know what to do when they appear.

Sudden cardiac death, responsible for over 400,000 fatalities every year in the United States, is often avoidable. Health authorities say that with proper

diagnosis, recognition, and treatment of the symptoms, deaths could be reduced.

The sudden cardiac death caused by arrhythmia—an electrical accident in the heart—often comes with no warning. But the sudden cardiac death that results from heart attack is clearly signaled in most cases.

Although chest pain is a common warning, it is sometimes confused with indigestion and often denied. The victim may complain of an excruciating squeezing sensation in the center of the chest, which is likely to radiate to the arms, neck, jaw, or back.

Pain of this nature, lasting two minutes or more, may indicate that a heart attack is in progress. In addition to those sensations, there are other visible signs, including heavy sweating, pallor, weakness, nausea, possible vomiting and palpitations.

Unfortunately, the typical victim waits an average of three hours before heading to the hospital and more than half die before reaching the hospital.

In sudden cardiac death resulting from arrhythmias, there is often no warning signal. The appropriate action here is to detect and prevent a potentially serious arrhythmia from occurring.

An arrhythmia is often signaled when a person complains of a racing or pounding heart or of apparent "missed" beats, particularly when there is no exercise or emotional provocation. According to doctors, other signs of arrhythmia can be fatigue, faintness, or blackouts.

To assess your vulnerability to sudden cardiac death from arrhythmia, see your physician for a complete medical check-up.

If doctors suspect an arrhythmia, they can determine its type and seriousness with an electrocardiogram or a portable Holter monitor (worn by the patient for 24 hours) which records the heart's electrical activity.

There are also several types of therapy that have been successfully used to help reduce the incidence of sudden cardiac death, including antiarrhythmic drugs.

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