



Health and reading camp teacher Carlene Rodgers shows campers how heart valves work being using a check valve used for pumping.

from 9 a.m. to 1 p.m. It is a free summer camp for children ages 5 to 13 and will be held at the community building on the corner of Sikes Avenue and Stahl Street in Wadesboro.

Here children come to camp to learn. "It's our goal to teach your children about ultimate success physically, spiritually, and mentally through healthy living education, math, reading, exercise, and Bible classes," says Cary Rodgers, Pastor of Pathway to Peace Ministries. "Training our youth how to make the right choices is extremely important for the vitality of our children and community. The lifestyles choices of today will determine your child's success now and in the future. Healthy living classes are given because teaching children how to make the right healthy choices now can avoid deadly diseases such as obesity, type 2 diabetes, heart disease and cancer."

Kids come and enjoy! It is a true learning experience. A healthy breakfast and lunch will be provided each day.

Pathway to Peace Ministries has conducted summer camps in Anson County since 2007, but this year's is definitely one that you do not want to miss.

Pathway to Peace Ministries is located at 11775 NC 109 South in Peachland. The telephone number is 704-695-1441 and the website is www.PathwaytoPeace.net.

Know the Warning Signs of Drowning this Summer

As the July 4th holiday approaches, Insurance Commissioner and Safe Kids N.C. Chair Mike Causey reminds parents and caregivers about the importance of water safety to reduce child drownings in pools and all bodies of open water.

"This Fourth of July, many families will be drawn to activities near water," said Insurance Commissioner Mike Causey, chair of Safe Kids North Carolina. "I want parents and caregivers to take steps to avoid any potential tragedies because of their lack of education as to what a drowning person looks like."

According to the Centers for Disease Control, drowning is the second leading cause of death in children ages 1-14. It is the leading cause of unintentional death in ages 1 to 4.

Most people believe a drowning person involves flailing arms or frantic calls for help, but that scene is often incorrect. Drowning can happen quietly when a helpless person is unable to take in a breath or call for help. The CDC estimates 10 percent of parents watch their children drown because they don't know what's happening. Rescuers may have as few as 20 seconds to save a person from drowning.

Safe Kids Worldwide and Nationwide's Make Safe Happen program have released a new report highlighting the dangers of childhood drowning, with a specific focus on incidents that occur in lakes, rivers, oceans, and other types of open water.

Key findings of the research include:

- Overall, an estimated 1,000 children drown in a single year, 70 percent of them between May and August.
- An additional 7,000 children end up in the emergency room because of a drowning scare. That means a minimum of 150 families a week are impacted by a tragic or frightening event.
- Most often those drownings take place in open water. A ten year old, for example, is three times more likely to drown in open water than in a pool. Older teens are more than eight times more likely to die as a result of an open water drowning than a pool drowning.
- Boys are at greatest risk: Eight in 10 open water drowning victims are males.

Between 2015 and 2016, there was a 14 percent increase in drownings. The 1,002 drownings in 2016 (latest data available) was the highest number in five years. Most of those drownings occurred in lakes, rivers, oceans, and other types of open water.

Safe Kids North Carolina reminds parents and caregivers to take the following precautions around pools and open water:

- Always watch children and never leave them unattended.
- Keep children away from pool drains, pipes and other openings.
- Have a charged phone near at all times.
- Know how to perform CPR on children and adults.
- Understand the basics of lifesaving so you can assist in an emergency.
- Install a fence at least four feet high around the perimeter of the pool or spa.
- Use self-closing and self-latching gates.
- Ensure all pools and spas have compliant drain covers.
- Install an alarm on the door leading from the house to the pool.
- Pay attention to the warning flags at the beach that indicate the possibility of rip currents.
- Teach children what to do if caught in a rip current. That is, stay calm, don't fight the current, when free of the current, escape the current by swimming in a direction following the shoreline. If at any time you are unable to reach the shore, draw attention to yourself and call for help.

For more detailed information about water safety, go to www.safekids.org/water-safety or contact Safe Kids NC Director Shannon Bullock at 919-647-0081.

Storytime Every Tuesday at the Library

The Hampton B. Allen Library features Storytime for children every Tuesday at 10 a.m. This program is free and an enjoyable learning experience for children.

For more information call 704-694-5177.

Youth Force Bible and Health Summer Camp

The Youth Force Bible and Health 2019 summer camp is set to begin Monday, July 8 and run to Friday, July 19, Mondays to Fridays,



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