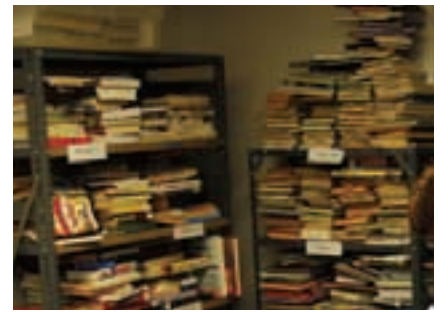


UNDER THE PAGE

Read 'em and reap

Volunteers are getting ready for the Temple Public Library's mid-winter book sale in the McLane Room on the third floor of the library at 100 W. Adams Ave. The sale will be open 10 a.m. to 5 p.m. Friday and Saturday and 1 to 5 p.m. Sunday.

— Please see PAGE 1D



Don't count on over-the-counter cures

BY HEATHER JOHNSON
TEMPLE HIGH SCHOOL

Have a headache? Take a couple aspirin.
Stomach hurts? Pop some Tylenol.
Have a cough? Drink some cough syrup.
If you think over-the-counter, or non-prescription, drugs can't be harmful, you might want to get a second opinion.
Just because prescriptions aren't necessary to buy these products doesn't mean they don't contain powerful, or even harmful, medication. And if you aren't careful, certain over-the-counter medications can cause severe, even potentially deadly, side effects.

In the United States there are more than 100,000 non-prescription medicines to treat everything from upset stomach to a sprained ankle. While these can increase your comfort when you're feeling under the weather, they do not come without risk. According to Sixwise.com, more than 500,000 Americans end up in hospitals every year because of unintentional OTC drug overdoses, or due to OTC remedies interacting with other medications.
Among these drugs that can cause serious problems are cough and cold medicines containing dextromethorphan (DXM), such as: Robitussin, Nyquil, Vicks Formula 44 and Coricidin HBP Cough and Cold tablets.

The FDA said that DXM, when formulated properly and used in small amounts, can be safely used in cough suppressant medicines, but abuse of the drug can cause death as well as other serious adverse events such as brain damage, seizure, loss of consciousness and irregular heart beat.
Some think that the cough syrup meant specifically for children is safer, but every year about 7,000 children under 11 go to the emergency room after taking cough and cold medicines, according to the Centers for Disease Control and Prevention. The steep risks, combined with a lack of evidence proving effectiveness, led the U.S. Food and Drug Administration (FDA) to recommend that cough and cold

remedies not be used in children under the age of 6.
Acetaminophen, sold under the brand name Tylenol and included in more than 200 over-the-counter cold and flu remedies and other medications, is the most widely used painkiller in the United States, SixWise.com reports. It also is the leading cause of acute liver failure. In fact, each year more than 56,000 people visit an emergency room because of acetaminophen overdoses, and 100 people die from unintentionally taking too much.
Overdosing on acetaminophen is incredibly easy because it's in so many different products, the SixWise.com site notes. It's true that some overdoses were intentional

(England has placed restrictions on the number of acetaminophen pills that can be sold at one time due to suicide concerns), but statistics show that most are accidental.
Children under the age of 19 should not be given aspirin because it could lead to a rare, and sometimes fatal, illness known as Reye's syndrome, SixWise.com said. In children, aspirin can combine with viruses and cause Reye's, which can quickly cause life-threatening damage to the liver and brain, and typically occurs in children or teens given aspirin while they were battling a viral illness. Aspirin can cause side effects like nausea, internal bleeding or liver or kidney trouble and ear ringing.

The swap shop

Sharing the wealth of good books

BY SAMANTHA STAPPER
BELTON MIDDLE SCHOOL

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Family matters no matter where you are

Editor's note: Sam Hosler served as a sports writer/editor for the Trinity Times this year and was active in Holy Trinity athletics. Like many students in this area, he and his family are military and subject to unexpected moves. The Hosler family left the Temple area the first week of February for El Paso.



"No matter what happens, when you go home — wherever home is — being with family is the most important thing."

Sam Hosler, former Holy Trinity student

BY SAM HOSLER
HOLY TRINITY CATHOLIC HIGH SCHOOL

I used to be a sports writer for the Trinity Times and an active athlete for Holy Trinity. That suddenly changed on Jan. 5.
It was just a regular day like every other day, except it was the first day back after Christmas break.
I was going home with my mom, who happens to be Holy Trinity's administrative assistant.
I got home, but something was wrong. Usually, we'd eat a dinner that my dad prepared. However, he was sitting at the dinner table with a serious look on his face.
I took a minute to go through my day to see if I turned in all my homework. He didn't ask to see the assignment book. Sometimes he does, sometimes not.
After I checked off all my tasks for the

day I looked at my dad. With a serious face, he said we need to talk.
He said that he and my mom knew the news already, but they had waited for it to be final before telling me and my sisters. Of course, at the time I had no idea what was going on.
There was nothing that could have braced me for those words he was going to say.
"Samuel, we're going to PCS in February."
I was completely shocked.
PCS is Army code for "Permanent Change of Station." In other words, it meant we were moving.
It felt like someone knocked the air out of me; I was speechless.
It wasn't one of those things where you have any type of emotions toward the events. I couldn't comprehend exactly what was happening, I knew we were moving, but I just didn't want to accept

it.
At the time, I was practicing for baseball. I wanted to play so bad but now I couldn't. Also, I would have to leave all of my friends.
It hit me about Jan. 22 — I am for sure going to Fort Bliss in El Paso. I have to make new friends, get used to new teachers, and get used to a new school.
However, you learn to cope with something like this and that is exactly what I have been trying to do.
I realize I miss all my friends, miss playing with the gold and blue, but no matter what happens when you go home — wherever home is — being with family is the most important thing.
There will always be new friends, new athletic programs and new schools. However you will always have the same family. Even though I'll miss everyone I'll still have what matters most, my family.

On my travels ...

BY SARAH JENNINGS
BELTON HIGH SCHOOL

In 2005, when I was in fifth grade, my family traveled to Nigeria to visit missionary friends. I realized that through God, bonding and love can happen between people who lead almost completely different lives.
My favorite memory took place when we went out to the bush area. "The Bush" is basically the least westernized villages around where we were staying. The people lived in straw huts like what you might see on Discovery Channel, cooked over fires, and drank from almost the same water that a dead cow was lying in. Despite their circumstances, they were some of the friendliest people I've ever met, and I enjoyed my time with them the most.
In one of the villages, I spent time with two girls about my age, and though we

couldn't speak each other's languages, we bonded through simply doing the things we do with our own friends. They have coarse black hair, so they style their hair by braiding it and curving it out to frame their face. They loved my silky light brown hair and played with it the entire visit. They even tried to mold it into their style but my hair just hung limp.
We also tried to learn words in their language, and likewise with English. We pointed to a rooster, and they would repeat rooster and tell us their word. I still remember "nepe" means ear in Fulani, their language.
Many people could portray this trip as nothing more than an interesting vacation. However, my trip to Nigeria really opened my eyes to how seeing people through God's eyes changes your whole perspective on the world.

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