

Weyerhaeuser Reports

Sometimes, a job brings more than you bargain for. Take the case of J. D. Pierce, electrical foreman at Jacksonville Plywood and a member of the Nine Mile Rescue Squad. Twice he assisted with two early births. On Friday, July 2, while transporting an expectant mother to the hospital, "J.D." assisted with the delivery of a little baby girl at 6 A.M. After the delivery, "J.D." said that was an experience he would never forget. To his surprise, on Tuesday, July 6, at 8:30 P.M., "J.D." was on another call, to assist an expectant mother requiring transportation to the hospital. As it turned out, the mother gave birth just prior to calling the Rescue Squad. Upon arriving, "J.D." was greeted by a little baby boy.

Glaucoma is a disease which can cause blindness, but if detected early, it can be controlled. A Glaucoma Screening at Jacksonville was conducted with the assistance of Lynn Boone, R.N. of the N.C. Department of Human Resources services for the blind. High speed equipment was used to test 176 employees which required only two minutes of each employee's time.

"Prevention, or catching any disease early is the key to good health. Screenings are one way Weyerhaeuser Company can help its employees stay healthy", Maggie Evans, the plant

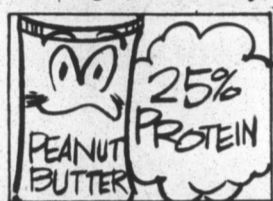
Nurse said. Two Wood Products employees have accepted new positions, announced manager, Leon Hayes. Allen Lunsford has accepted the position of Production Leader-Scheduler at the Treating Plant.

Gene Brickhouse has accepted the position of Operations Analyst for Wood Products.

The July Shutdown which began July 19 will continue at least until August 1, says Fiber Complex Manager, Paul Schmitt. During the shutdown routine and major maintenance will be performed by the maintenance department.

The blow down process on the steam system for the No. 2 hogged fuel boiler has been completed and it is expected that the boiler will be put into use sometime after the shutdown.

The plywood operation will be down the entire duration of the shutdown; chip-and-saw (CNS) will be down beginning July 26 through August 1; and the treated wood facility will continue to operate on its regular schedule, according to manager, Leon Hayes.



Peanut butter contains about 25 percent protein.

Go Camping And Enjoy N.C.

One of the most enjoyable vacations a family can find in North Carolina is an overnight camping trip. More memories can be packed into a weekend in the wild than practically any other activity. To make sure all your memories are good ones, the N.C. Department of Natural Resources and Community Development has prepared the following tips for the first-time camper.

Rent or borrow your camping equipment. This will give you and your family a chance to see if you really enjoy overnight in the outdoors without an initial large outlay of money. Also, choose a site nearby and plan for just one night. That way you could still enjoy Saturday if you find out that your family's idea of roughing it is black and white TV.

Plan in advance where you want to go and what you want to carry. Sit down with a park brochure or state map and see where you want to go. Remember to be aware of what the weather will be like that weekend and take only what you will

need. A long trip in an overloaded small car doesn't get you off to a good start to enjoy a weekend in the wild.

Pack a flashlight and a portable radio with batteries that work, because there aren't any stores when you're in the middle of the woods and have dropped the keys to your locked car.

Pack a first-aid kit. It's better to be prepared than sorry. You will need a bottle of calamine lotion, band aids and gauze, insect repellent and sting medicine, antiseptic wipes, ointment for burns, aspirin, first-aid cream and that all-important toilet paper which has a thousand uses. Keep the paper dry in a coffee can.

Always pack a change of clothing, even for overnight camping, because there is always that slippery rock in the stream or the chance of a sudden summer shower. Pack a waterproof jacket or windbreaker in case of a sudden shower. Remember that in the mountains or on the beach it can get cool at night. Proper foot gear is a must.

The smell and taste of food cooked over an open fire is one of the greatest pleasures of outdoor camping. Be sure to bring everything you need. That salt shaker on the kitchen cabinet won't do you much good when you are on top of Mount Mitchell. Always bring some canned goods along with your unprepared food, in case the wood is wet or it's raining, because an uncooked beef stew doesn't taste very good. You will need an ice chest or cooler with plenty of ice if you have uncooked food; also, a good sturdy cooler makes a great seat beside the fire at night.

A ground cloth or space blanket is a must. You can sit or sleep on it to protect you from ground moisture and it makes a nice cover in case of rain.

Teach your children that the outdoors belong to nature and you are its guest. Learn to identify poison ivy and oak; you can look but you better not touch! Children should never be allowed to explore the woods alone, because of wild animals that have teeth, claws and other unpleasant attributes. Never pick up a snake. They will leave you alone if you leave them alone and poisonous snakes do abound in North Carolina.

Water is a must. Whether you camp in a developed campground or a backpack site, always be Smokey the Bear's friend and have a container of water nearby in case your fire gets out of hand. Water is also great for cleaning and tastes mighty good on a hot day. Don't put wash water back into the stream.

Camping is a wonderful way to enjoy the beauty of outdoors North Carolina, so always leave your campsite at least as clean as you found it. Parks are nature preserves, so leave only footprints and take only memories.

Little Strokes Can Cause Mental Incapacity

An often unsuspected cause of mental and physical incapacity is a series of "little strokes."

A stroke occurs when the blood supply to a part of the brain is reduced or cut off. This can be caused by a blood clot or by hemorrhage - bleeding from an artery in the brain. When the nerve cells of a part of the brain

Mr. Beeler, Guest Speaker

Mr. Joseph Beeler will be guest speaker at First Presbyterian Church this Sunday, August 1st at 11 A.M. Mr. Beeler is a graduate of St. Andrews Presbyterian College, Laurinburg, N.C. in Philosophy and Human Communications. As a young person, Mr. Beeler grew up here in Edenton and graduated from J.A. Holmes High School.

The Summer Sunday School will be conducted this Sunday at 9:45 A.M. by the Mary Leary Circle. The lesson will be, "Is anyone crying here?" the story of Mary and Martha at the death of their brother, Lazarus, found in the Gospel of John chapters 11 and 12. The lesson will be held under the trees on the lawn of the church.

Prevent Hypertension

Are you on speaking terms with your blood pressure? If you are overweight, use a lot of salt or tend to be "up tight," you could be headed for a close encounter of the worst kind.



High blood pressure, or hypertension, is a major killer in the United States. And more than 90% of hypertension cases are caused by one or more factors which only you can control.

To help prevent hypertension, say the folks at Colonial Penn Insurance Group:

- Stay away from salt.
- Stay slim and keep moving.
- Learn to relax.

Chewing gum was discovered by the Maya Indians centuries ago.

are deprived of their blood supply, the part of the body controlled by these nerve centers cannot function normally.

Little strokes may start when a person is in the 30s or 40s, striking silently at night, or passing almost unnoticed as a sudden dizzy spell, a momentary blackout, or just a few moments of confusion. The stroke itself, is not severe enough to compel the patient to seek medical aid, but some permanent brain damage remains just the same.

The North Carolina Medical Society points out that a formerly kind, gentle person may become highly impatient and irritable. Judgement is often impaired. A strong man may become weak and prone to tears. Suspiciousness is common. Some become sloppy in dress and befuddled in thought, others lose a part of their moral sense. Sometimes the sufferer loses interest in

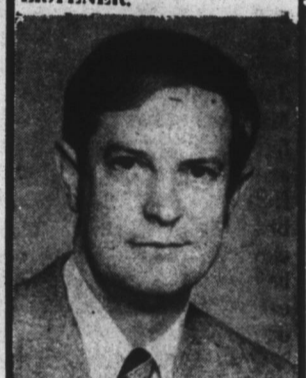
family and friends, lives secretly, constantly hiding things that he - she cannot find later.

When the symptoms are mild, as they often are, the person may get along fairly well. Surveys show that a sufferer from little strokes can get along better in the slower - going farm and small - town areas than in the faster - living city.

The problem of small strokes is one of the most difficult ever tackled by medical science. The most hopeful research approach is that of finding means to prevent stroke. Science seeks to learn more about how to recognize early symptoms so that treatment can be instituted promptly. If hypertension is diagnosed and medication prescribed, it is important that the patient remain on the medication until the physician directs otherwise.

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Eye On Your Child's Vision

Your child may be giving you clues that his or her vision is abnormal. These include excessive rubbing of the eyes, shutting one eye, difficulty with close work, frequent blinking, squinting or frowning, undue sensitivity to light, inflamed or watery eyes, and recurring styes.



To learn how to take care of your child's eyes, contact your state Society to Prevent Blindness or the National Society to Prevent Blindness, 79 Madison Avenue, New York, N.Y. 10016.

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