



Sylvia Sprinkle-Hamlin, head of the Forsyth County Library Extension Division, will become associate director of the Forsyth County Library effective Aug. 20. She is a graduate of Winston-Salem State University and has been with the library since 1979 (photo by James Parker).

Checking for termites in June will prevent problems

Termites are most easily detected during the spring, so be on the lookout for these highly destructive pests around your home.

The termites swarm during May and June, and this is about the only time you can see them without conducting a probe and search operation.

The swarming may have already taken place around your home and you didn't see it. Check any spider webs around or under the house. One good place to check is a web located near the entrance to the crawl space under the house. Swarming termites may have become entangled in these webs.

Identifying a termite is easy, even for a person who knows little about insects, suggests Agricultural Extension Service specialists at North Carolina State University.

Take a close look at the area directly behind the insect's legs. If that area is broad and about the same diameter as the rest of the body, it's a termite.

Take a look at the wings. On a termite all four wings are about the same size. Check the antennae. Those on a termite are more or less straight with no elbow.

Now that you have identified the pest, what do you do about it?

The best move is to call a professional licensed pest control operator. Don't panic. Termites work slowly. Call several companies and have them come out and take a look.

Get several estimates before contracting the job. Get each pest control operator who gives you an estimate to detail exactly how he will treat your

house, so you will have a good basis for comparing cost estimates.

Don't be surprised if the estimates range upwards of several hundred dollars. Ask around of people who have had their homes treated for opinions of the work they received. Be skeptical of the trustworthiness of any operator who operates out of the back of an unmarked pickup truck.

The vehicle should have on it the pest control license number. If it doesn't ask about it.

A termite job done correctly will usually last as long as the building does. Some pest controllers will offer an annual inspection service and guarantee against future termite damage. These inspection services are a good idea, provided they don't cost too

much. In most cases, only an inspection will be necessary and the pest controller will not have to apply additional treatments.

If you need more information on termites, check with your local office of the N. C. Agricultural Extension Service. It is probably listed in your telephone directory under county offices.

Sinusitis can be abrupt and severe

Sinusitis is a common condition that can make you feel very ill and very uncomfortable.

The word "sinusitis" means inflammation of the sinuses -- with accompanying reddening, irritation and swelling. The result is a pain in the head -- the front or side of the head.

The sinuses are hollow spaces in the bones -- the skull bones -- and they are connected to the nose. The sinuses provide resonance for your voice, kinda like a hollow space in a string musical instrument, and moisten the passage of the nose with a substance called mucus.

The sinuses are located in four places, two near the front of the head and two a little further back. The ethmoid sinuses are the ones along side the nose and eye sockets. There is one pair of these, each one being made up of a number of small pockets in the bone. There is also one front pair of sinuses over each eyebrow. The sphenoid sinus is located behind the nasal cavity, on line with the soft palate. And lastly, there are the maxillary sinuses. They are the largest and are located in the cheekbones.

According to Dr. Charles O. Boyette, a Belhaven family physician, there are two types of sinusitis -- acute and chronic. It can occur suddenly and be quite severe -- the acute type -- or it can be persistent and last for years and not necessarily be severe -- the chronic type.

Dr. Boyette said sinusitis may be caused by anything that interferes with the drainage of the sinuses. Such obstructions cause them to fill with fluid and get blocked. Sinusitis can also be caused by infection of the lining of the sinuses -- the mucus membrane. If this condition goes unchecked, or untreated, the bone may also get infected.

Dr. Boyette said sinusitis may also be caused by such things as bad teeth; acute infections diseases such as flu, pneumonia, measles or smallpox; nasal obstruction (blockage of the nasal passages); or allergic reactions such as hay fever. He pointed out that sometimes it may be caused by such things as injury to the face, or perhaps by swimming in polluted water. Some people get it when they fly in an airplane because of the change in pressure. Less common causes are tumors, polyps and other abnormal growths in the sinuses or nasal passages.

As for treatment, Dr. Boyette said aspirin often will relieve symptoms temporarily. But this does not treat the causes of sinusitis, prevent the condition from coming back, nor provide long-term relief from the symptoms. The family physician warned against using nasal decongestants and other over-the-counter remedies. He said they can do more harm than good. He urged that when you have symptoms of sinusitis -- chronic or acute

-- see your physician. This article is a public service of the N. C. Academy of Family Physicians.)

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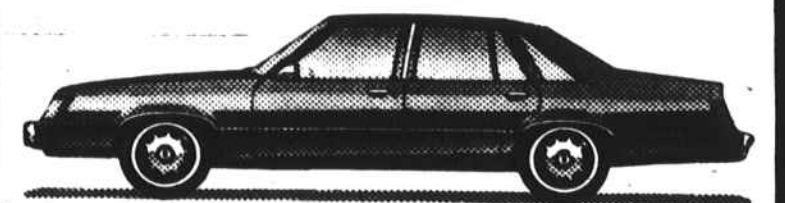
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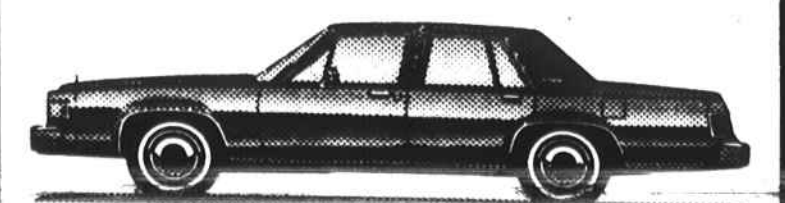
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