

Air pollution: It's not just an outdoor health hazard

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We often hear about outdoor air but not a lot concerning indoor pollution. We should be equally concerned about both.

According to the American Lung Association, the average American spends at least 90 percent of his time indoors, of which 65 percent is at home.

The people who are especially susceptible to indoor pollution are the ones that spend the most time at home. The babies, the pregnant women, the elderly, the invalids, become the major victims of indoor air pollution.

Actually it is hard to pinpoint how indoor pollution affects people.

However, research has proven that inside pollution does affect us. Many of the contaminating substances give no warning and produce vague and similar symptoms, but it is hard to pinpoint the cause. Household contaminants include formaldehyde, which some particle board, plywood and paneling may contain. Also, some carpet cushions consist of formaldehyde.

There are other things such as hair spray, household disinfectants and other items that contain formaldehyde. The best solution is to use ventilation from time to time. Also cover exposed plywood inside the home with latex-based paint and wood paneling with a sealant such as varnish. Be sure to read labels to find out the contents of what you are using around the house and follow instructions on containers.

Carbon monoxide, nitrogen dioxide and hydrogen cyanide are chemicals or gases to be concerned about in households. The major source of these gases is through combustion such as charcoal, gasoline engines running in attached garages, unvented kerosene heaters and tobacco smoke. If you use kerosene heaters and gas stoves, make sure you have proper ventilation.

Be alert to symptoms of lack of energy, irritability, cold-like symptoms, headache, sore throat, watery eyes. Especially be concerned about these symptoms among homemakers, children and others who spend

much of their time at home.

Check to see if symptoms disappear when you are out of the house and then return when you go home.

When weather allows, experiment by opening lots of windows to

see if symptoms go away.

Try to correct pollution conditions if you suspect that they exist.

Follow these tips to help control indoor air pollution.

- Don't use a gas oven to heat your home.

- Never cook with charcoal inside your home.

- Open the fireplace damper before lighting a fire and keep it open until the ashes are cool.

- If you use a kerosene heater, burn a low-sulfur fuel. Fill heater

outside. Keep it clean and properly adjusted. Never use an unvented kerosene heater.

- Have the radon level tested in your home.

- Don't use a microwave oven if the door does not close tightly.

- Never leave a car or mower engine running in an attached shed or garage.

- Clean air conditioners, air ducts, humidifiers, dehumidifiers, heat exchangers and microwave ovens regularly.



Falls

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Emmanuel Baptist sets fall bazaar

Emmanuel Baptist Church will hold a fall bazaar Saturday, Nov. 18, from 9 a.m. to 6 p.m.

To display your crafts or other items, there is a table rental fee of \$20.

During the bazaar, fish and chicken dinners will be sold. They will be available for eat-in or take-out.

Deliveries are available for orders of four to six dinners. For more information call 788-7023.

Stennis, other bishops convene in Youngstown

The fifth session of the National Council of Bishops of the Christian Charismatic Methodist Church convened in Youngstown, Ohio, Friday, Oct. 6, at 9:30 a.m.

Bishop L.V. Stennis, chief executive officer, presided.

Bishop Stennis reported that four persons were ordained and two were discontinued, Joseph Anderson and Larry C. Gordon of Winston-Salem.

As such, they are not authorized to administer the sacraments of the church, according to Bishop Stennis. Their ordination credentials and license were accepted by the council of bishops.

Bishop Stennis was re-elected as CEO for another four years during the convention. He also was reassigned to the first Episcopal district.

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