heat wave

from page 1

acclimatized to heat."

People who do not do manual labor or exercise are poorly acclimatized to extreme heat, McCutchan said, and are susceptible to heat exhaustion. People with symptoms of heat exhaustion-dizziness, headaches, muscle cramps and nausea-should immediately get out of the sun and into a cooler place.

Heat stroke is another heat-related health problem in which people do not

"Heat stroke is a severe medical emergency," said Dr. J.N. MacCormack from the Division of Health Services of the N.C. Department of Human Resources in

"Some of the symptoms are a flushed skin, a sharp rise in temperature, fast pulse, high blood pressure, and delirium or coma are common," he said:

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Luncheon Specials

MON. Steak and cheese \$2.50 sandwich with french fries

TUES. Barbeque chicken \$2.25 with salad and french fries

WED. Barbeque Beef \$3.35 Ribs with salad and french fries

THURS. Hot Roast Beef \$2.50 sandwich with salad and french fries

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> bread \$2.99 Fried Shrimp with salad and

french fries ALL DAY SPECIALS

\$2.25 Chicken Salad Plate \$2.25 **Tuna Salad Plate** \$2.25 Chef Salad \$2.50 Shrimp Salad

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LUNCH - 11:30-2:30 Mon. - Sat. DINNER - 5-9:30 Mon. - Thurs. 5-10:30 Fri. & Sat. 11 a.m. - 9 p.m. - Sunday related problems. MacCormack offered these suggestions: · Dress in lightweight, light-colored

So far, Student Health Services has had

There are other defenses against heat-

no cases of heat stroke or heat exhaustion

for UNC students.

 Increase your salt intake, unless you are on a salt restricted diet for high blood pressure or some other health problem.

· Vary your thermal environment; try to get out of the heat for at least a few hours each day.

· Don't get too much sun-sunburn hurts the body's ability to cool itself.

 Get as much rest as possible. Some UNC students have their own ways of dealing with the heat. Patrick Moore, a senior political science and history major, and Florence Long, a junior pre-law major . recommend swimming as a good way to

But if a pool is not available, follow the example of Greg Willis, a senior political science major.

"I stand in front of a fan," he said.

Weather poses threat

By Jeff Bowers

North Carolina's continuing 90-plus degree weather is causing problems for many of the state's farmers.

An N.C. Department of Agriculture spokesman said Tuesday that the hardest hit areas of the state are the Piedmont counties of Anson, Union and Stanly and the northeastern corner of the state.

"We're at a crucial point right now. If the temperature goes higher, we could have a much greater loss. If it stays moderate, we'll be OK," said Carlyle Teague, director of public affairs for the Department of Agriculture.

Teague said the greatest loss so far has been in poultry, including broilers, breeder hens and turkeys. "The survey we conducted last weekend showed that 516,000 broilers have been lost," he said.

"We've lost some corn in the northeast," Teague said. "But the state's tobacco crop

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seems to be in good shape."

The heat wave that many parts of the South and Midwest have suffered was relieved by rains and cooler temperatures earlier this week. But agriculture officials warned that it may not be enough.

Scattered light showers fell in all parts of Texas for the first time since June 22, and the temperature there cooled to below 100 degrees. Officials said that much of the nation's cotton crop could survive if more rain falls in the next few weeks.

A Virginia agriculture spokesman estimated that farmers in that state have lost up to \$100 million as a result of the drought and high heat.

President Jimmy Carter said he would hasten federal aid to farmers in the South and will urge federal agencies "to do everything possible to alleviate the drought and intense heat wave."

Security service has new director

· Robert E. Sherman has been named director of security services at UNC effective Aug. 1.

Sherman will replace Ted Marvin, who resigned June 30 to become director of public safety and security at Georgia Tech.

The new director will be responsible for campus police operations, parking and traffic, including vehicle registration and citations, and operation of the health affairs parking decks.

Sherman, a Dayton, Ohio, native, has been security director at the University of Denver, Colo., since 1974. He was chief of security at the College of Wooster in Wooster, Ohio, from 1970 until 1974.

'Tar Heel' staff to meet today

There will be a very important Tar Heel staff meeting at 3:30 p.m. today in the lounge outside the Tar Heel offices. All members of the staff must attend. Assignments for next week's orientation issue will be made.

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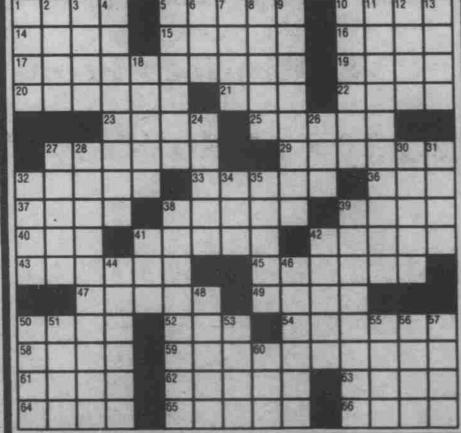
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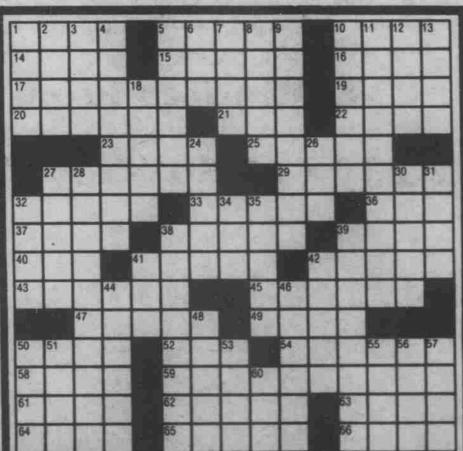
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