

# THE PINK HILL REVIEW

"Serving Pink Hill, Deep Run, Albemarle, Beulaville, And Their Surrounding Areas"

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**HONORED** - The faculty and staff at Pink Hill School recently honored Ruth Farrow with a retirement luncheon. Family members and co-workers were present for the occasion. Mrs. Farrow was presented a silver tray on behalf of the school by Principal Royce Swinson.

## Heat Can Be Serious Problem

By Emily Killete

Although more cold related injuries are treated at Duplin General Hospital's emergency room, Registered Nurse Marissa Lanier said heat related sickness can be dangerous unless properly identified and treated.

Those most likely to be affected by the high temperatures are the very young and the older citizens, Lanier said. And, during days of extreme heat a person can help guard against heat related sickness by wearing light-weight clothing, drinking plenty of cold fluids and staying in places with a breeze.

"Last year we only treated about two or three people with heat related sickness," Marissa Lanier, emergency room supervisor, said.

"Most people will suffer from heat cramps or heat exhaustion and go to their family physician instead of the emergency room. A lot of young athletes will suffer from heat cramps and we will see a few of them, but the emergency room doesn't get many cases of heat stroke." According to Lanier, heat stroke is the most serious of the heat related sicknesses, and is the leading cause of death among athletes in this country.

Lanier pointed out heat cramps is the most common sickness caused by extremely hot temperatures. Most often heat cramps are caused by the lack of salt, lost through sweating while exposed to hot temperatures or strenuous exercise. Heat exhaustion is more serious than heat cramps and should be

treated promptly. Victims with heat exhaustion feel dizzy, nauseated, have a headache, fast pulse and are sweating, Lanier said.

"Victims of heat exhaustion will be very thirsty," Lanier said. "Many of the victims will be suffering from both salt and water depletion and should drink a lot of fluids and take in salt either in their liquids or through eating. Usually we don't see as much of the heat exhaustion as heat cramps because your body will tell you when you need water, but we have no way of knowing when our body needs salt. And, the lack of salt will cause heat cramps." Lanier added, salt tablets are often taken, but sometimes are not digested.

The most serious of the heat stress sicknesses is the

heat stroke. According to Lanier, heat strokes are not always preceded by any sign of illness, but when it does occur the victim should be transported to the nearest possible medical center. Victims of heat stroke may develop seizures, psychosis or coma, their skin will be flushed and dry and hot. Suggested treatment should

begin with cooling the victims, Lanier said, by means of an ice bath, ice blanket or evaporating icewater on the patient with fans.

"So often I see some of our older citizens wearing layers and layers of clothing during the hottest periods of the year," Lanier said. "And, I wish they understood those clothes are insulating their

body and holding in heat. During heat waves like we have had for more than a week, a person needs to wear light weight clothing so sweat can evaporate from the body and cool it. And, persons on salt restricted or any type of diet should consult their doctor before adding extra salt to their regular daily meals."

### Hot Weather Prepare Now For Your Poultry Flock

Poultry producers need to keep birds comfortable during hot weather for the greatest return from the flock. When the air temperatures in the house rises above 80 degrees, chicks, pullets, hens, turkeys and broilers may eat less feed and drink more water.

Efficiency may be seriously decreased when the temperature goes above the 90 degrees mark. Hens may lay fewer eggs that are smaller in size, with thinner shells and mortality may be high when the temperature goes over 100 degrees. Heat prostration and sit-down-strikes at the water fountain may happen unless steps are taken to reduce the effects of heat on the birds. Whenever the temperature starts to creep above 80 degrees, and especially above 85 degrees, something needs to be done if the chickens are to continue to perform well. A drop in feed consumption spells trouble. Running feeders during the cool time of the day will encourage consumption.

A poultry house is apt to be the hottest from around noon until about sundown. Checks should be made in the afternoon to prevent a heat stress on the birds during hot weather. The sun should not shine directly on the birds or reflect on them from metal or shiny surfaces.

Water pipes should not be on top or near the ground surface for the sun to heat the water. Whitewash the roof or paint it with white or aluminum paint. Overhead insulation in the house will help prevent radiation from

the roof.

Other things that may help prevent losses in hot weather are: Provide fresh, cool and clean water.

Use extra waterers on hot days.

Clean water fountains daily and disinfect one or two times a week.

Provide as much ventilation as possible.

Use fans, foggers and roof sprinklers.

Clean all screened openings once each week or more often if needed.

A shallow litter one or two inches deep is preferred in the summer.

Remove all obstructions to air flow. This includes keeping weeds mowed around houses and if possible, tearing useless buildings down that prevent air flow.

Remember, chickens and turkeys have no sweat glands!

If you want your birds to grow, live and lay in hot weather, then keep them cool and give them plenty of fresh cool water to drink. At 95 degrees they may drink more than twice as much water as they would at 70 degrees.

### Liberty Festival Meeting Scheduled

There will be a post Liberty Festival meeting and supper for all individuals who worked on the Miss Liberty Pageant or held a committee post for the Liberty Festival this Thursday night, July 21st, at the Family Restaurant in Pink Hill. The supper will be Dutch.

### Announce Birth

Mr. and Mrs. Michael J. Wallace of Route 1, Albemarle, announce the birth of their daughter, Sharon Michelle, on June 23, 1983 at Lenoir Memorial Hospital. Mrs. Wallace is the former Sharon Futrell, daughter of Mr. and Mrs. Irving Futrell of Richlands. The paternal grandparents are Mr. and Mrs. Mahlon Wallace of Albemarle.

### Close House Cracks With Good Caulking

Don't overlook caulking cracks or joints for a tighter house in your inventory of jobs to do around the home.

Caulking should be used where two different materials or two parts of the house meet, suggests North Carolina State University agricultural extension housing specialists.

Such areas would include the joints between window frames and siding, joints between door frames and siding, spacing between window sills and siding, cracks between porches and the main body of the house, and cracks where chimney or masonry meets the siding.

Estimating the number of cartridges of caulking compound you will need is not easy since the amount needed will vary with the size of cracks to be filled. But rough estimates are a half cartridge per window or door, four cartridges for the foundation sill and two cartridges for a two-story chimney.

You might want to start your job with a half-dozen cartridges and buy more as you need them.

It doesn't take much skill to apply caulking. But before you start, you'll need to clean up the area to be caulked. Remove paint build-up, dirt or old caulking materials with a caulking solvent, a putty knife or large screwdriver.

Drawing a good bead of caulk may take a little practice, but whatever you do, make sure the bead overlaps both sides for a tight seal.

You can fill extra wide cracks, like those where the house meets the foundation,

with oakum, glass fiber insulation strips or similar materials. In those places where you can't quite fill the gaps, finish the job with caulk.

Caulking compounds also come in rope form. You can fill extra long cracks easily this way. Just unwind the caulk compound and force it into cracks with your fingers.

There are three basic types of caulking materials. Those with an oil or resin base, those with a latex, butyl or polyvinyl base and those of the elastomeric group.

The oil or resin base caulking materials are readily available. They have a life expectancy of five to 10 years. Oil or resin base caulking materials will bond to most surfaces. They are the least expensive and have a tendency to shrink, become brittle and fall out.

The second type of caulking materials are the latex, butyl or polyvinyl based compounds. They are more durable and expensive than oil or resin caulks. The latex and butyl compounds offer good resistance to weather and have a life expectancy of roughly 10 years.

The third type of caulking materials, the elastomeric caulks, are the more durable and the most expensive. This group includes silicones, polysulfides and polyurethanes. These materials offer excellent weather resistance and will last 20 years or longer.

Some caulking compounds are tinted to match various house stains. However, most people still use caulks that are white, light gray or tan.

### CARD OF THANKS

The family of Daniel Scott Basden wishes to thank everyone for their kindness shown to them at the time of Daniel's accident and his death. Your prayers, visits, cards, flowers and other expressions of love will always be remembered.

The Basden Family  
Beulaville



The first use of the term "Old Glory" to designate the US flag was made by a New England seaman, William Driver. Before setting sail for the Orient in 1831, he had the flag unfurled and said, "I name thee Old Glory!" The term caught on during the Civil War.

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### Piano Lessons

The former Maria Ruth Ard, now Mrs. Craig Ham, is returning permanently to live in the Christian Chapel-Pink Hill Community and will be available for private piano instruction for all ages. Registration for summer and fall lessons may begin July the fourth by calling 568-4791 anytime.



Call  
**Carol D. Tyndall**  
522-1911 or  
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### FOR SALE

**DRASTICALLY REDUCED!** Park Circle, Pink Hill. Three bedroom house. Low 30's. Owner out of state and willing to finance portion of equity. Loan assumable at 8%.

**STROUD AVENUE, PINK HILL** - Roomy 3 bedroom 1 1/2 bath house on a large wooded lot, dead end street. 12% loan can be assumed.

**SHAMROCK VILLAGE** - Three bedroom, two bath home in a nice country subdivision. Heat pump, large yard.

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