

Wood Burning Stoves Can Cause Health Problems

Wood-burning stoves are fast becoming a popular way to heat homes in the Duplin County area, and abandoned scrap wood is often seen as a cheap fuel source. However, the burning of treated wood and plywood can cause serious health problems, according to Duplin County Health Director Joe Costin.

"Wood used for building is often treated with a preservative. These include creosote, pentachlorophenol and a mixture containing copper, chromium and arsenic."

"There are a number of documented cases of poisoning as a result of burning CCA treated wood in fireplaces," Costin said. "Toxic metals such as chromium, copper and arsenic can accumulate in fireplace dirt, dust and ash. Exposure to these toxic metals can result from breathing airborne particles or from direct contact with the ash."

In the case of wood treated with creosote and Penta, toxic gases can be emitted and inhaled. Burning wood that has been painted with a

lead-based paint is a potential source of lead poisoning, as is the burning of battery cases.

"In one case, every member of a family of eight had symptoms which included conjunctivitis, bronchitis, pneumonia, sensory hyperesthesia of the arms and legs, muscle cramps, dermatitis over the arms, legs and soles of the feet, nosebleeds, ear infections, blackouts and seizures, gastrointestinal disturbances, and loss of hair," Costin said. "An investigation determined that the father had been heating the kitchen and living area of the house by burning scraps of outdoor-grade wood and plywood in a small wood-burning stove."

The wood-treating industry is well aware of the dangers of burning treated wood and cautions against its use. The Duplin County health department is also urging against the burning of treated wood.

"The money you might save by using this readily available wood is not worth the risk to your family's health," Costin added.

Kenansville Chamber Officers Take Office At Annual Banquet

The annual installation banquet of the Kenansville Area Chamber of Commerce will be held Jan. 30 at 7 p.m. The meeting will be held in the basement of Production Credit/Federal Land Bank building in Kenansville.

The guest speaker will be Ed Walker, president of the state Chamber of Commerce and Pitt/Greenville Chamber of Commerce. His topic is "What the Chamber Can Do."

The installation banquet will begin with a dinner catered by The Graham House Inn. The cost will be

\$7.50 per person including tax and gratuities.

All Chamber members are urged to attend to meet the new officers for 1984. The board members for 1984 are: Amos Brinson, Charles Ingram, Chuck Hughes, Gray Morgan, Paul Phillips, John Ramirez, Mattie Minshew and Charles Sharpe. The new officers to be sworn in are President Charles Sharpe, Vice President Gray Morgan and Treasurer Mattie Minshew.

Reservations should be made by Jan. 23.

THE COLD FACTS

What illness results in 32 million days of lost work, 34 million days of lost school, and accounts for more doctor visits than any other illness? Believe it or not—the common cold.

There's no cure for the common cold, but here are some "cold facts" that may help you separate the facts from fiction about this misunderstood ailment:



• What is a cold? A cold is an upper respiratory infection caused by over 150 different viruses. According to the National Institute of Health (NIH), your cold may last from two to 14 days, but will probably last one week.

• It's estimated that an adult will average two colds a year...and school children average eight colds a year. This accounts for a total of as many as one billion colds a year in the United States.

• You can ask your pharmacist about cold medications. He'll be able to tell you about those that are available without a prescription. One such medicine is Drixoral*, the 12-hour cold remedy, from Schering Corporation.

Free Brochure
A free brochure, "You and Your Cold—The Cold"

Facts," is available by writing to: Schering Corporation, 1133 Avenue of the Americas, 15th floor, New York, N.Y. 10036.

Facts From The American Dental Hygienists' Association

Dental health is more than just a pretty smile, says the American Dental Hygienists' Association.

Because good dental health is essential to overall health and speech, teeth should be taken care of properly. The American Dental Hygienists' Association suggests these basic steps to dental health:

- Brush and floss thoroughly at least once a day, or, more often if your dental hygienist recommends it.
- Eat well-balanced meals and limit snacks.
- Use fluoride toothpaste or mouthrinse.
- Visit your dental hygienist and dentist on a regular basis.

"Knowledge is the only elegance."
Ralph Waldo Emerson

Fresh Fish-Shrimp Oysters & Small Line of Groceries
CALL OR COME BY
BILL SMITH SEAFOOD MARKET
Main St. 568-4193, Pink Hill. Open 8:30 - 6 M-F Sat. 8:30-5

Spring is a time for pageants and weddings. Make your plans now to capture these moments in pictures. We are offering two Spring Specials:

Modeling Package for Pageants:
4 poses (evening gown, dress suit, swimsuit, etc.); 2 - 5x7s of each pose: \$92.50. Total of 8 - 5x7s. 10% discount for children under 12 years of age.

Wedding Special:
For wedding contracts signed before Feb. 15, 1984, you will get a free 8x10 Bridal Portrait when you buy one at regular price.

Call
Bob's Originals
at 568-5864 for appointment for free consultation.

WE ACCEPT "FOOD STAMPS"

DEEP RUN FOOD CENTER

WELCOME TO
PHONE 568-3641

WE RESERVE THE RIGHT TO LIMIT QUANTITIES

MONDAY — SATURDAY
NEW STORE HOURS: OPEN 7:30 A.M. CLOSE 7:00 P.M.

WHOLE PIGS

40 LBS. TO 125 LBS.

79¢ LB.

LET'S HAVE A COOKOUT.

LITTLE PIG PARTS SALE

- FRESH HAMS LB. 79¢
- FRESH BACKBONE LB. 79¢
- FRESH RIB SIDES LB. 69¢
- FRESH SHOULDERS LB. 69¢

SWIFT PREMIUM WESTERN BEEF SALE

- ROUND STEAK LB. \$1.69
- T-BONE STEAK LB. \$2.59
- PORTERHOUSE LB. \$2.69
- SIRLOIN STEAK LB. \$2.59

10-LB. BOX SALE

- 10-LB. BOX TURKEY NECKS \$2.90
- 10-LB. BOX TURKEY WINGS \$3.90
- 10-LB. BOX TURKEY DRUMSTICKS \$3.90
- 10-LB. BOX NECKBONES \$2.90
- 10-LB. BOX PIG FEET \$2.90
- 10-LB. BOX PIG EARS \$2.90

10-LB. BOX
JIMMY'S SMOKED SAUSAGE

\$11.99

WHOLE PORK LOINS POUND

1.39

CUT INTO CHOPS FREE

OUR BRAND HOMEMADE WHOLE HOG SAUSAGE

STUFFED OR LOOSE
10-LBS. OR MORE **\$1.29** LB.



25-LB. TUB BLANCHARDS
PURE LARD \$8.99

PRODUCE DEPARTMENT



10-LB. BAG WHITE POTATOES
BAG **\$1.59**

BANANAS 4 LBS. \$1.00

RED GRAPES LB. 59¢
ONIONS 3-LB. BAG 79¢
APPLES 3-LB. BAG 79¢



SOUTHERN BISCUIT FLOUR

5-LB. BAG **69¢**



2 LITER PEPSI-COLA PRODUCTS

ALL PEPSI-COLA, DIET PEPSI AND MT. DEW

\$1.09

EACH



PINE STATE REG. OR LOW FAT MILK
GAL. **\$1.99**
PINE STATE ORANGE JUICE 1/2 GAL. \$1.09

GORDON'S PERCH FILLET 1-LB. \$1.89
DELMONTE CATSUP 32 OZ. 99¢
PILLSBURY FIGERINES BOX \$1.39
PILLSBURY BUTTERMILK BISCUITS 4 ROLL PKG. PK. 79¢
LUCKS BEANS 303 CANS 2/89¢
NORTHERN BATHROOM TISSUE 4 ROLL PKG. PK. 99¢

SWEETHEART BREAD
LONG LOAF BROWN N SERVE ROLLS- HAMBURGER OR HOT DOG BUNS
MIX OR MATCH **2/\$1.09**