

Summertime Heat Can Be Fatal; Here Are Tips For Playing It Cool

Summer doesn't even have to be officially here yet for southerners and visitors to be affected by very hot, humid weather.

Hot weather is also associated with outdoor playtime activities such as exercise and yard work. Playing in hot weather, if you do not "play it cool," can become a health risk attributable to heat exhaustion. If you're not extra careful, the even more serious—and sometimes fatal—heat stroke can occur.

Heat exhaustion and heat stroke are caused when the body loses too much fluid and body salts by way of sweating, and the body becomes overheated. When the humidity is high, it reduces the body's ability to eliminate heat through the evaporation of sweat.

During the long days of summer, and when the weather is extremely hot and humid, you should really avoid any type of strenuous exercise and physical activity altogether, according to Rita Hatcher, Brunswick County wellness coordinator.

But if you are planning a day of activity under the sun, be sure to drink lots of fruit juice and/or water to cut down on your body's loss of fluids. Fluid loss causes a drop in blood pressure which can make you feel

dizzy. The first symptom of heat exhaustion is fatigue and becoming hot and thirsty. In addition, dizziness, confusion, rapid or irregular heartbeat and headache may occur, as well as cramps in the legs, arm, back or abdomen.

If you should suffer an attack of heat exhaustion, Hatcher says these are the appropriate actions to take:

■Get out of the sun and lie down so the body will stop generating heat.

■Drink water and/or fruit juices to replenish the loss of fluids in your body.

If someone suffers a heat stroke, be sure to lower their body's temperature by spraying it with cold water to keep their body cool. Medical treatment should be provided as soon as possible.

Infants and the elderly are not able to eliminate heat easily, so caretakers should keep a watchful eye on them. A hot, stuffy home or apartment can cause an elderly person to suffer heat illness, and some elderly people are on

medications which can affect their cardiovascular system and thus restrict their capability to eliminate heat.

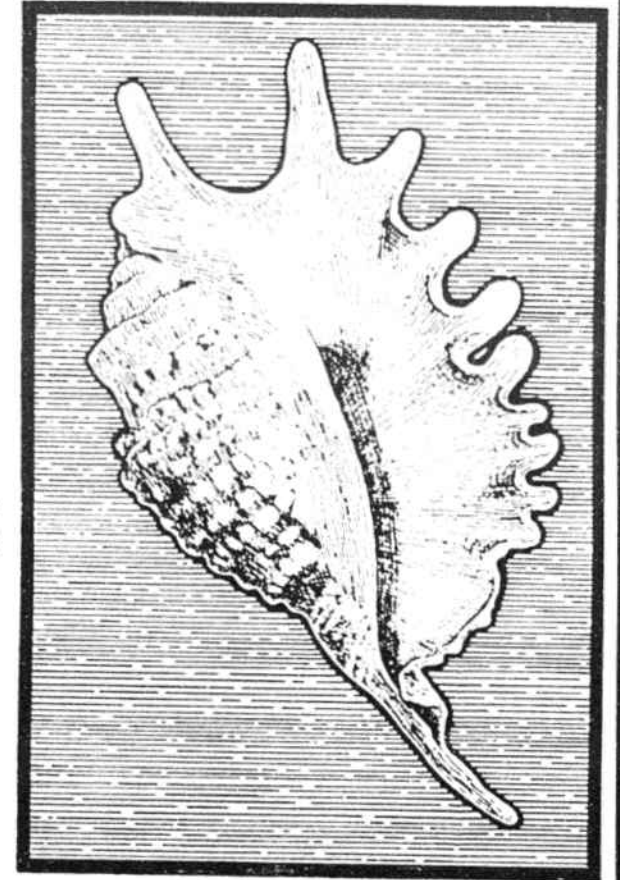
Enjoy the sun and fun by "playing it cool," and playing it smart! Practice moderation, drink plenty of fluids, and stay well.

Infants and the elderly are not able to eliminate heat easily, so caretakers should keep a watchful eye on them.

Don't live in a Shell

Outfit Your Home Without "Shelling" Out

Kimball's has been serving Brunswick County for 42 years. Quality furnishings, accessories, bed linens and housewares at the best prices bring you the most value for your decorating dollar. Kimball's Furniture and Kimball's Pottery & Linen have a commitment to quality, service and value! Complimentary consultation (bring your colors) Open M-Sat. 9 am-5:30 pm. Other hours by appointment.



Kimball's
Furniture & Design Center • Pottery & Linen
Business Hwy. 17 N., Shallotte
754-8422/5505 (Furniture) • 754-7940 (Pottery)

©1993 THE BRUNSWICK

THE VILLAGE AT CALABASH



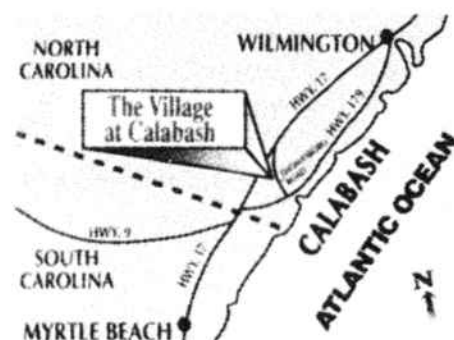
'Calabash Style'
More Than Great Seafood
A Great Life Style



- Beautiful Weather
 - Affordable Living
 - Swimming Pool
 - Water and Sewer
 - Low Taxes
 - Lovely Beaches
 - Tennis Courts
 - Free Golf Membership
- TURNKEY PACKAGES FROM \$50S • MODELS OPEN DAILY**



(919)579-8444
(800)635-2568



©1993 THE BRUNSWICK BEACON

Pelican Pointe Marina

ON THE INTRACOASTAL WATERWAY
AT ICW MARKER 98
BETWEEN OCEAN ISLE & SUNSET BEACHES

*** OPEN 7 DAYS A WEEK... ***



Pontoon Boat & Jet Ski Rentals

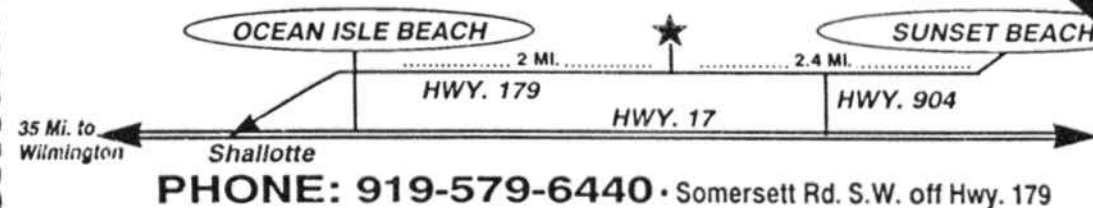
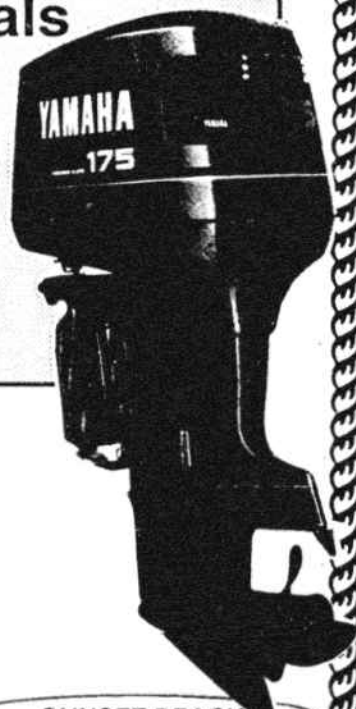
Visit Pelican Pointe Marina for all of your boating & fishing needs—

- Wet & Dry Indoor Storage Now Available
- Gas & Diesel Fuel
- Bait & Fishing Tackle
- Complete Engine Maintenance
- Boat & Motor Sales
- Ice & Beer
- Ship's Store
- Bottom Painting
- Fiberglass Repair

Exclusive Area Dealer For



Outboard Motors
Most Sizes
Now In Stock



PHONE: 919-579-6440 • Somersett Rd. S.W. off Hwy. 179