

Exercise and Your Arthritis

Proper exercises performed on a daily basis are an important part of arthritis management, so the Arthritis Foundation has developed a new free booklet which explains how you can make daily exercise a lifelong activity.

The booklet, Exercise and Your Arthritis discusses various therapeutic and recreational exercises. Among the therapeutic exercises featured are "range-of-motion" exercises, which help maintain joint movement, and

"strengthening" exercises, which help maintain or increase muscle strength.

Also explained in the booklet are precautions in exercising principles of exercise and various tips on preparation and the carrying out of exercises. In addition, a special illustration fold-out sheet shows various sample "range-of-motion" exercises.

The Arthritis Foundation strongly recommends that before starting any new exercise program, or changing your current one, that you discuss it with your doctor or physical or occupational therapist. These members of your health care team will help you learn your limits and teach you to determine the best exercise for your own needs.

To receive your free copy of Exercise and Your Arthritis, call the Arthritis Foundation toll-free at 1-800-422-1492.

Fall Pruning Subject of Palace Workshop

Clara Curtis, assistant horticulturist for the Tryon Palace Restoration and Gardens Complex, will demonstrate fall pruning do's and don'ts Saturday, Sept. 13.

Admission to this garden workshop is by purchase of a \$3 garden ticket, which allows the recipient to tour the gardens of the complex.

The public is invited, and reservations are not necessary.

Workshop attendees should meet in the Palace Reception Center at 10 a.m. for a brief lecture. Participants will then stroll over to the Palace grounds where Ms. Curtis will demonstrate proper pruning techniques on a variety of plants and shrubs.

Special attention will be given to rose bushes, clematis vines, crape myrtles and evergreen and deciduous shrubbery. Demonstrations will also be given of the proper pruning of herbaceous perennials.

Ample time will be given for questions and answers.

This is the sixth in a series of monthly garden workshops.

The monthly workshops on varied garden topics will continue through December. For more information, call (919) 638-1560.

CP&L Offers Safety Tips

Electricity is a powerful source of energy that serves our needs 24 hours a day. We command its power at the flick of a switch. With proper safety precautions, it is a dependable and safe servant. Uncontrolled, it can be deadly.

During thunderstorms, electricity can threaten us in its natural form-lightning. It can also make normally safe uses of household electricity become potentially dangerous.

Lightning has been held in awe since the beginning of history. The Roman emperor, Tiberius, wore a laurel wreath on his head to protect himself from lightning during a storm. During the Middle Ages, church bells were rung in hopes of keeping it away.

While not as dramatic as lightning, electricity normally held safely in power lines above the ground, can be just as deadly and awesome when wind and trees knock the lines to the ground. However, CP&L recommends a few simple precautions that can help you avoid the dangers of controlled and uncontrolled electricity during a thunderstorm.

Your reaction to a downed power line could mean the difference between life and death. Never touch a downed line or anyone or anything that is touching that line. Assume that any downed line is dangerous and call CP&L immediately to report it.

An automobile is one of the safer places to be in an electrical storm because its rubber tires are non-conductors. If your car becomes entangled with live power lines, stay inside the car. In the unlikely event that the car catches fire and your immediate safety is threatened, jump clear of the automobile without touching the metal on the car and the ground at the same time.

If you're outside during a thunderstorm, take immediate

Continued on Page 6

Forklift Injuries Cited

Prompted by a recent rash of accidental deaths involving forklifts, State Labor Commissioner John C. Brooks today urged all concerned with forklift operations to review their safety procedures and to be extra alert to the dangers of operating the machines.

"This is a tragic loss of young lives," Brooks said. "I urge users of forklifts to remind their operators about the dangers of the machines and to operate them safely."

"We cannot allow this kind of loss to continue," he said.

Brooks cited the following accidental deaths involving forklifts reported to the N.C. Department of Labor to emphasize his point:

--On May 21, a 21-year-old forklift operator in Wilson was killed when the forklift overturned and crushed him.

--On July 21, a 44-year-old worker in Winston-Salem was killed while loading a forklift onto a freight elevator. Another employee on a higher floor started the elevator causing the forklift to flip over onto the operator and crush him.

--On July 28, a 19-year-old forklift operator in Wallace was killed when he was crushed between the machine and a steel storage tank after he had gotten off the machine to pick up a box which had fallen off the pallet of material he was moving.

--On August 19, a 21-year-old forklift operator in Waynesville was killed when he was caught between the forks of the forklift and the side of a flatbed truck onto which he was loading concrete blocks.

Brooks said also, "Since the law only requires that deaths and multiple injuries be reported to us, there probably have been many more unreported forklift accidents that have seriously disabled or injured workers."

"Forklifts are not simply trucks that anyone can operate. A comprehensive safety program requires training for forklift operators. Employers are reminded to provide this training to all operators prior to their initial assignment and annually thereafter," Brooks said.

An article in the July 1984 issue of National Safety News, entitled "How to Make Fork Truck Safety Uplifting," cited the top ten causes of injury involving forklifts from a survey made by the Journal of American Insurance.

They are:

- Worker is struck by a forklift.
- forklift shoves containers into employee.
- operator hit by falling load while manually loading truck.
- Load falls from forklift, hitting another employee.
- Injured getting on or off forklift.
- Collision with other vehicles.
- Forklift falls off the loading dock.
- A part of the operator's body outside of the forklift hits an object.
- Load falls backward and hits forklift operator.
- truck tips over.

Anyone wanting assistance with training programs on forklift safety is encouraged to contact the North Carolina Department of Labor's Occupational Safety and Health Division at 214 West Jones Street, Raleigh, N.C. 27603, or call (919) 733-4880.

1986 Bike-A-Thon

The Leukemia Society of America, North Carolina Chapter announced today that the 1986 Bike-A-Thon Chairperson for Vanceboro will be Yolanda Starling. The Leukemia Society of America is dedicated towards the conquering of leukemia. Proceeds from the Bike-A-Thon will be used for research and patient-aid. At the present time, the Leukemia Society of America, North Carolina Chapter is supporting \$1,810,467 in research projects in the state of North Carolina. These research projects are being conducted at Duke University, the University of North Carolina-Chapel Hill and Wake Forest University. The Leukemia Society of America is also providing financial assistance to 700 patients in the state of North Carolina. In spite of remarkable medical advances in the last ten years, leukemia remains the Number 1 killer disease of children. Leukemia is no longer a hopeless disease. There is hope for children and adults with leukemia due to the research that has helped in treatment and diagnosis. When a boy or girl comes by asking you to sponsor them in the upcoming Bike-A-Thon, please consider that the funds will be used here in North Carolina for research and patient-aid. Anyone wishing information should contact Yolanda Starling at 244-1568.



CRIME STOPPERS

REWARDS UP TO -- \$1000.00

CALLER DO NOT HAVE TO GIVE THEIR NAME

CALL 633-5141

Wurlitzer Pianos & Organs
Selmer Band Instruments
Guitar & Accessories

Affordable Rental Programs Available on Pianos & Band Instruments, Excellent Service.

Fuller's Music House, Inc.
 Low interest in-store financing available

216 Middle Street 638-2811 New Bern

Country

A beauty with price to match. This 3 BR country home with many pluses is definitely a show stopper. Acre lot plus detached workshop. It won't last long at \$60,500. Call Mabel Savage of Century 21-Janet Bowser and Associates at 355-7800 or 756-3098.