

Preparing the home for being on vacation

By JoANNE J. FALLS
Home Economic Extension Agent

Before going off on vacation, the homemaker of the family can usually be seen clutching checklists, hoping that she won't forget anything important. One subtitle under "House" should be "Care for Appliances."



Falls

Actually, common sense and good housekeeping are the guidelines. But in the flurry of planning and packing, little things can be overlooked. So line up the particulars:

Plan to clean appliances thor-

oughly or risk returning to find that bugs have decided to vacation in your home — drawn by crumbs and spills. Besides, it is a nice welcome home present to have everything in clean, ready-to-go condition.

Other members in the family can help. While you clean the oven, someone else can wash away the stickiness on the electric can opener; wash off refrigerator walls and racks while you dispose of perishables that won't last through vacation; and decrumb the toaster while you send the last of the laundry through the washing machine.

On the day of departure, make the last meal hearty, but prepared ahead or taken out of the freezer so that a once-over-lightly of range, counters and sink will get you out of the kitchen quickly.

Don't leave soiled dishes in the dishwasher or sink. And do leave a dishwasher lid or door open slightly so air can circulate.

Run cold water through a food waste disposer for several minutes after the food is ground to thoroughly clean the unit.

Make a note of anything that is to be disconnected or turned off. Actually nothing has to be disconnected — except a dehumidifier that does not have a drain hose or an automatic shut-off when the pan is full. But some things you'll probably want to turn off, such as air conditioners. It is also a good idea to shut off the water supply to outdoors faucets, the washing machine, and an ice-maker in a freezer. And though pulling plugs isn't necessary, in your final tour through the house before leaving, be sure controls on non-use appliances are set at "off." If you will be away a long time, you may want to empty the refrigerator of things that may spoil and clean it thoroughly.

If possible, have a neighbor check your house every few days.

Aside from watering the plants or feeding the fish, they can note any irregularities. This person should also have instructions as to what to do if a problem arises — fuses to check, or perhaps an electrician or plumber to call.

Other things that can be done to distract burglars: Create an appearance that the house is occupied; cancel deliveries — mail, newspaper, milk, etc.; turn telephone bell down if possible; use a timing device to turn on a bedroom light and radio; notify the police or a trusted neighbor that you will not be at home; park a second car in the driveway; arrange for someone to cut the grass; do not put an announcement of your absence in the paper or discuss it with strangers; leave an extra key with a neighbor so that your home may be inspected by police or a neighbor if necessary; set trash cans inside; and lock all windows and doors.

Dr. Himes edits new book on the South and its future

A decade after retiring, Dr. Joseph Himes, an Excellence Foundation Professor of sociology emeritus at The University of North Carolina at Greensboro, has completed a five-year labor of love with publication of a new book.

The 408-page book, *The South Moves Into Its Future: Studies in the Analysis and Prediction of Social Change*, has just been released by the University of Alabama Press.

Edited by Himes, the book grew out of a 1986 conference held by the Southern Sociological Society to mark the 50th anniversary of its founding. Himes earlier had volunteered to plan the event.

His solution was to have some of the region's leading sociologists

look into the South's past, and then predict some changes that might occur, based on the preceding half century.

He began editing the conference proceedings in 1987 and the book was released last month.

Except for Himes' preface, introduction and summary, each chapter focuses on a different element of social change in the South. All are based on papers presented at the 1986 conference.

"For the most part, their predictions were optimistic. They felt that they South would continue to grow in population density, in the sophistication of its economic system, and that the population would grow older and become more feminized."

In his chapter, "Transformations and Predictions," Himes summarizes the predictions. Changes which are likely to pose problems for the region are:

- Increasing urban concentration of population will exacerbate pollution of air, water and other resources.
- Growing demand for public services will continue to outrun public funds to provide them.
- Feminization and aging of the Southern population will aggravate their problems in the region.
- Increasing demands for public services will intensify the strain with major tax-paying community sectors.
- Under-prepared workers will be increasingly handicapped by the

spread of high-tech and service industries.

• Managing the disposal of toxic waste materials will become more and more urgent.

• Problems of intergroup relations — ethnic, racial, age, gender, class and others — will strain existing human relations resources.

A retired Excellence Foundation Professor of sociology at UNCG, Himes taught on the Greensboro campus from 1969 until his retirement from full-time teaching in 1977.

He continued to teach part-time until 1980. He is the author of five other books. He holds bachelor's and master's degrees from Oberlin College and the Ph.D. degree from Ohio State University.

Getting in the swing!

A new playground, which includes equipment for handicapped children has just been completed at Amos Cottage Rehabilitation Hospital, which serves children with developmental disabilities. Local businesses, groups and residents generously contributed to the Playground Fund kicked-off by Bowman Gray School of Medicine. Staff and children from the Cottage, along with members of the board and Guild, as well as other contributors to the Fund, celebrated the new playground equipment during a reception at the Cottage May 15.

The dog and the postman

Home fire safety often includes holding a fire drill. But have you ever practiced getting the family dog inside before your mail carrier is scheduled to arrive? This practice could insure uninterrupted mail delivery and save your letter carrier a lot of pain.

Mark Matics, Winston-Salem Postmaster, says that throughout the country, 10 letter carriers get bitten by dogs every delivery day of the year, and even more of them narrowly miss the painful experience.

"If a family would work together to keep their pet out of harm's way by bringing the dog inside or tied up behind a backyard fence at the proper time, the instance of dog bites could be significantly reduced," says Mr. Matics.

Last year, four Winston-Salem letter carriers were bitten, some of them suffering very painful injuries and all experiencing unnecessary

trauma.

Every year the Postal Service renews its efforts to prevent dog bites in a number of ways. "In early spring, we meet with all of our letter carriers to ensure they are aware of the hazard. We check our supply of dog repellent, a harmless pepper spray, and suggest that carriers use their mail satchels as a shield, if possible. Our best advice is to avoid the situation," Mr. Matics says. Postal safety regulations authorize the suspension of mail delivery when a hazardous dog interferes with a carrier's efforts to provide service.

"Even one dog bite is too many," says Mr. Matics. "So we're hoping through our reminders to our carriers, by holding mail until the hazard is removed, or by asking dog owners to keep their dogs secured during delivery times, we can eliminate this hazard."

EVENTS CALENDAR

Continued from page B2

PUBLIC SERVICE ANNOUNCEMENTS

• The Winston-Salem Urban League holds Bingo every Monday at 10 a.m. at the Senior Center, 512 N. Trade St. Open to all people 55 and older. Prizes and games are awarded. For more information call (919) 725-5614.

• The Winston-Salem Recreation and Parks Department will offer free swimming lessons this summer to adults who are handicapped or disabled. Classes begin Tuesday, June 11 and continue each Tuesday, Wednesday and Thursday until July 25 from 6-7 p.m. For more information call (919) 727-2505.

• Over-The-Phone Pinochle Club is sponsoring a bus trip to Atlanta June 21-23. Round trip cost of \$135 includes 3 baseball game tickets, 2 nights lodging and city tour. For more information call (919) 725-5549 or (919) 723-7836.

• The Friends of the Library at Winston-Salem State University is soliciting donations of used books. For more information, call Boon T. Lee at (919) 750-2452.

REUNIONS

• The Parkland Class of 1981 will be having a 10-Year Reunion September 14, at the Hyatt in Winston-Salem. For more information, or if you have not been contacted, please send your name and address to 1981 Class Reunion, P.O. Box 2346, Kernersville, NC 27285.

• The 1976 Class of Parkland Senior High 15-Year Reunion is scheduled for October 5. Class members may send their name and address to: 1976 Parkland Class Reunion, Rt. 10 Box 301, Winston-Salem, NC 27127 or may call (919) 764-1865 or (919) 764-2609 after 5 p.m.

• East Forsyth High School Class of 1981 will conduct its 10-Year Reunion June 14-15 at the Hyatt House in Winston-Salem. For more information, contact Tony Diaz at (919) 724-3022.

• The Atkins High School Class of 1957 is meeting and planning its first reunion. The reunion will be held July 19-21 at the Holiday Inn North. Officers for the reunion are: Roosevelt Hopkins, chairman; Mattie Coleman Glenn, secretary; Lalena Moore Williams, treasurer. All interested classmates are asked to contact Roosevelt Hopkins at (919) 788-0234 or Mattie Glenn at (919) 723-1630.

• L.C. Anderson High School, Austin, Texas, will hold reunion to mark the 20th anniversary of the school's closing. June 28-30. Send all inquiries to O.L.C.A.A.S., P.O. Box 2713, Austin, Texas 78768, (512) 388-6929.

• The Blanton family reunion will be held Sept. 3 at Mammoth Cave, Ky. For more information, call (502) 369-7763.

VOLUNTEER OPPORTUNITIES

• Crisis Control Ministries needs volunteers for administrative duties. Day-time working hours. Call Lenour Johnson, 723-7875.

• The Northwest North Carolina Chapter of the American Red Cross, located at 690 Coliseum Drive, has a need of volunteers to work on blood drives in the Winston-Salem area and at the Triad Blood Center. Training will be provided. We will flexible hours. For more information, contact Nita Julian at (919) 724-0511.

• Forsyth Court Volunteers, located at 214 N. Spring St., is in need of adult volunteers to be a friend to a special population of juveniles in the the community. Persons interested would volunteer four hours a week to make a big difference in a young person's life. For more information on volunteering, call (919) 724-9923.



Davis

DOWNTOWN • THRUWAY • REYNOLDA MANOR
VISIT US OR TELEPHONE: DIAL 721-7400

downtown: 10:00-5:30
thruway daily: 9:00-9:00
saturday: 9:00-6:00
sunday: 1:00-6:00
reynolda manor daily: 10:00-9:00
saturday: 10:00-6:00
sunday: 1:00-6:00

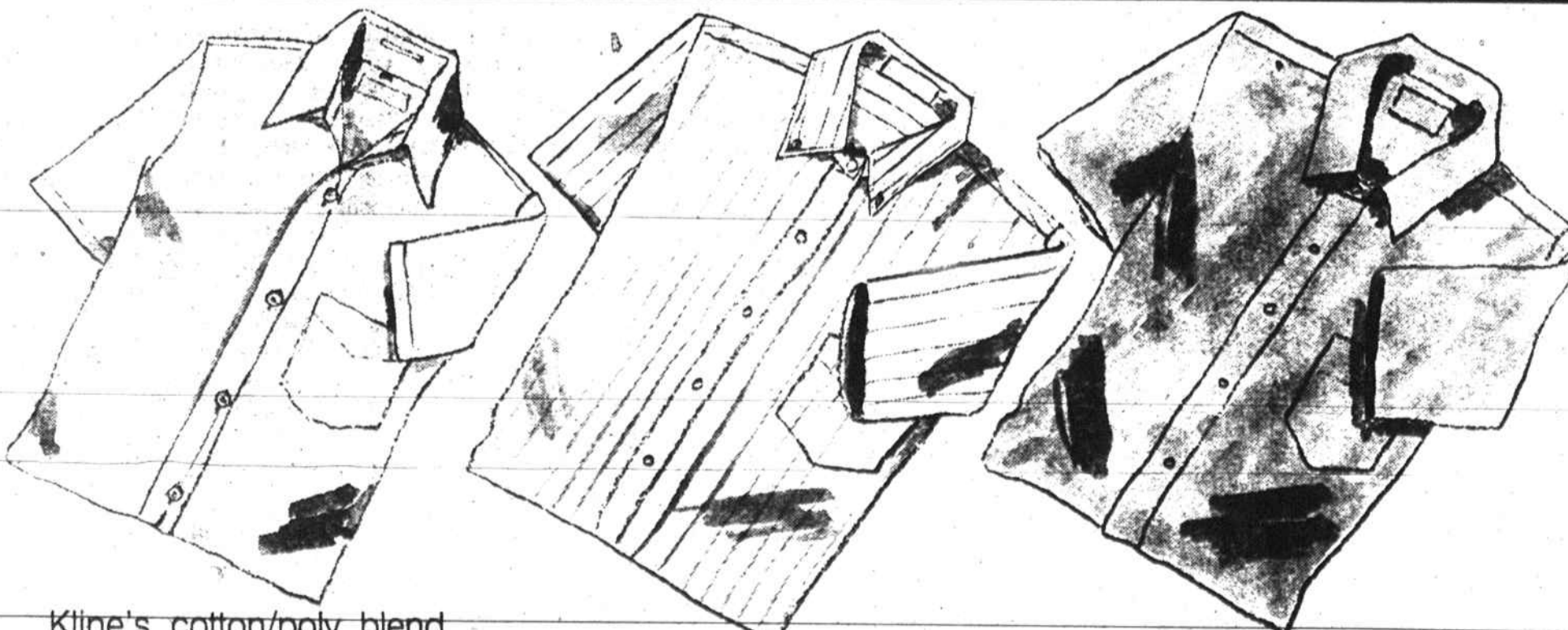
For Father's Day - SHIRTS GALORE!

Short and long-sleeved dress shirts in pastels, denim or stripes. Famous brands in cotton/polyester blends. Shirts by Van Heusen, Michael Page, Kline's, etc.

Reg. 18⁰⁰ - 28⁰⁰

12⁹⁹-21⁹⁹

• FATHER'S DAY IS JUNE 16 • FATHER'S DAY IS JUNE 16 •



Kline's cotton/poly blend machine washable

Reg. 18⁰⁰ **12⁹⁹**

Michael Page button-down collar traditional oxford.

Reg. 22⁰⁰ **12⁹⁹**

Editions by Van Heusen. Cotton/poly blend.

Reg. 25⁰⁰ **16⁹⁹**