



BLACKVILLE COMMUNITY NEWSLETTER

July 2015

Issue 91

## STAY COOL!! IT'S HOT OUT THERE!!

Keeping your cool in warm weather isn't just about attitude—your body needs extra attention too. Risks of getting too hot in warm weather include dehydration as you go about your daily activities or overheating and risking suffering from heat stress, heat cramps or even heat exhaustion. Keeping your body cool will also help to keep your mood calm too, for heat often exacerbates feelings of stress, tension and frustration. There are lots of simple and effective ways to stay cool in warm weather and most of them are very affordable.

- **Set your thermostat to 78.** Go higher, if the humidity is low enough and you feel comfortable. Turning a thermostat down to cool a room quicker doesn't work, by the way — it makes the A/C run longer, not colder.
- **Wear short-sleeved, loose clothing.** You dress lightly to go out on a summer day. Do the same indoors.
- **Drink lots of water.** This is good practice, anyway. Cold drinks lower your body's core temperature and cool you down quickly. Freeze a bottle of water to carry around with you. Stay away from sugary and caffeinated drinks such as sodas, tea, coffee and alcoholic drinks.
- **Draw your drapes.** Keeping your blinds, shades and curtains closed — particularly on the west side of the house — a practice that helps keeps heat from getting inside in the first place.
- **Turn off unnecessary heat-producing devices.** Incandescent light bulbs are a big heat generator. Shut down electronic gear when you're not using it.
- **Use the microwave.** Conventional cooking dumps heat in the house, but microwaves cook the food directly.
- **Wash and dry clothes when the day is cool.** Do laundry early in the day and late at night. Don't forget clotheslines: they generate no heat in the house.
- **Skip your dishwasher's dry cycle.** Rack your dishes and let them air dry instead.

- **Open the bathroom window when showering.** Vent heat and humidity outside, rather than back into the house. Keep the bathroom door closed.
- **Run your air conditioner fan on low.** This is particularly helpful in areas with high summer humidity. The low air volume helps your A/C dehumidify.
- **Keep heat-producers away from your thermostat.** Don't allow a closely located TV or water heater to convince your thermostat that it's hotter than it really is.
- **Check your refrigerator settings.** The fridge takes heat out of your food and transfers it to your kitchen, so be sure you're running it efficiently. The refrigerator works best when set between 37 and 40 degrees Fahrenheit. Put the freezer around 5 degrees.
- **Turn off your furnace pilot light.** You can always relight it next autumn.
- **Close the fireplace damper.** Don't send cool air up the chimney. If your fireplace has a glass door, shut it.

Spend more time in air-conditioned places when the heat is excessive. Visit public buildings such as the library or a store if you don't have adequate air-conditioning at home.

## STAY OUT OF THE SUN WHILE IT'S AT ITS HOTTEST

### FIREWORKS SAFETY

- Purchase fireworks only from a properly licensed retailer.
- Always wear eye protection and earplugs if you have sensitive ears.
- Tie back long hair and don't wear loose fitting clothes.
- Only light one firework at a time.
- Never try to re-light fireworks that have malfunctioned.
- Never have any part of your body over fireworks. Keep young children away from fireworks.
- Never throw or point fireworks at other people.
- Never carry fireworks in your pocket.
- Make sure to have water nearby in case of a fire or an accident.
- Dispose of fireworks by soaking them in water and leaving them in a trash can.
- Never light fireworks indoors.
- Don't use fireworks while consuming alcohol.
- Use a "designated shooter."
- Don't save fireworks from season to season.

**TOWN HALL CLOSED**  
**Friday, July 3, 2015**

**July 12,** Roosevelt and Bessie Elmore  
**July 14,** James and Linda Roberts  
**July 21,** Edward and Essie Smalls

**MEETINGS**

- **July 2,** Blackville Community Development Corporation, Town Hall, 6:00pm
- **July 14,** Neighborhood Watch, Tabernacle Baptist Church, 6:00pm
- **July 14,** Barnwell County Council, Agriculture Building, 6:00pm
- **July 20,** Town Council Meeting, Community Center, 6:30pm
- **July 27,** Barnwell-Blackville NAACP, Macedonia Baptist Church, 7:00pm

**FYI**

**Blackville Civic Club, Blackville Downtown Development Corporation and Board of Education will not meet in July**

**HAPPY BIRTHDAY**

- ★ **July 2,** Lou Ella Blake
- ★ **July 4,** Peggy White
- ★ **July 4,** Florence Brown
- ★ **July 4,** Clay Walker
- ★ **July 4,** Darren Ford
- ★ **July 4,** Bilaysia Deloach
- ★ **July 4,** Rasheda James
- ★ **July 5,** Johnnie Walker
- ★ **July 7,** Joyce Joyner
- ★ **July 8,** Kin Orr
- ★ **July 13,** Nicholas Sanders, Jr.
- ★ **July 16,** Terrina Arjun
- ★ **July 17,** Lillian Harrison
- ★ **July 24,** Tiffany Odom
- ★ **July 27,** Annette Joyner
- ★ **July 27,** Bill T. Deloach
- ★ **July 28,** Chris Kears
- ★ **July 31,** David Elmore
- ★ **July 31,** Albert Raysor

**HAPPY ANNIVERSARY**

**BARNWELL STATE PARK**

**Saturday, July 4, 2015**

The community is invited to the park to enjoy picnicking, grilling, swimming, hiking, and boating. There will also be two programs going on that are fun and family friendly! Be sure to bring your family and friends to Barnwell State Park to join the Park Ranger in Tie Dying and a Patriotic Sunset Hike.

2pm - **Tie Dye**- Come out and learn how to make a tie dye T-shirt! Bring your own T-shirt (\$5) or get a T-shirt from us (\$10). Meet at main office.

8pm- **Patriotic Sunset Hike** - FREE- Wear red, white, and blue to hike around the 1.5 mile nature trail and show your patriotism! Learn about the great American History of Barnwell State Park. Wear comfortable shoes and bring drinking water. Meet at main office.

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**LIBRARY NEWS**

**10:30AM**

July 6, The Super Awesome Puppet Show

July 13, Superhero Training Academy

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**CITY OF BARNWELL**

**Independence Day Celebration**

**Thursday, July 2, 2015**

**Professional Fireworks Display**

**Veteran's Park**

**6:00 PM—Food, Music and Fun**

**Bring your chairs and blankets.**

**Vendors will be there with summertime food.**

**Tune in to 90.5 FM within .5 miles of the park and**

**listen to the music along with the fireworks.**

**Brought to you by Gary Brantley,**

**Mobile DJ Services**

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**HAVE A SAFE AND HAPPY**

