We often take labels for granted instead of taking advantage of all the information they provide. Labels on household cleaning product packages contain just about everything we need to know about a product and its safe and effective use. Use them as a resource for answers to your questions and be sure to follow directions for use!

1. **Product Name** – Identifies the product. Generally a brand name, or the generic name of a product, like “Bleach”.

2. **Product Type** – Identifies what type of product it is. For example: an all-purpose cleaner, laundry detergent, disinfectant cleaner, etc.

3. **Directions For Use** – Tells how to use the product for satisfactory results. For example: How much should be used. What fabrics/dishes/surfaces it should be used on. What surfaces it should not be used on is often included.

4. **Ingredients** – Materials used to formulate the product may be listed. For disinfectants, the active ingredients must be listed. For other cleaning products, ingredient listings aren't required, but some may include them anyway. And, unlike packaged food labeling, the order does not necessarily represent the relative amounts of each ingredient.

5. **Human Safety Information** – Provides CAUTION/WARNING or DANGER statements, as well as other precautionary statements and emergency treatment information.

6. **Storage and/or Disposal Information**
Provides special guidelines for properly storing and/or discarding a product, if necessary. For example: store in a cool dry place. Rinse the package before recycling and/or disposing in the trash.

7. **Environmental Information**
Provides special environmental information or instructions for the product and/or its container. For example: if the package is recyclable. If the package contains recycled materials. If some ingredients are biodegradable.
8. **Net Weight or Volume** – Required by law. Lists the amount of products in the container. This is often helpful in comparing for different sized packages or competitive products.

9. **Manufacturer's Name and Address and/or a Toll-Free Phone Number** – Enables consumers to contact the manufacturer with questions, comments or problems.

Source: *Soap and Detergent Association*

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### SafeKids Worldwide Water Safety Campaign 2006

#### What You Need to Know

- In 2004, an estimated 340 children ages 14 and under drowned in or around the home. Of these children, more than 80 percent were ages 4 and under.
- Children can drown in as little as one inch of water and are therefore at risk of drowning in bathtubs, buckets, diaper pails, toilets, and other places where there may be some water accumulated.
- Keep bath time safe!
- More than half of drownings among infants (under age 1) occur in bathtubs and many of these occur in the absence of adult supervision.
- Since 1983, there have been at least 104 deaths and 162 nonfatal incidents involving baby bath seats.
- In addition, more than 327 children, most between the ages of 7 months and 15 months, have drowned in buckets containing water or other liquids used for mopping floors and other household chores since 1984. It is estimated that 30 children each year drown in buckets.

#### What You Can Do

To help protect your children at home, follow a these safety tips. Remember active supervision is the best way to keep your kids safe!

**SAFETY TIPS**

- Empty all buckets, containers and wading pools immediately after use. Store them upside-down and out of children’s reach.
- Keep toilet lids closed and use toilet locks.
- Never leave children unattended in a tub or other body of water, even if they know how to swim.
- Keep doors to bathrooms and laundry rooms closed.
- Children in baby bath seats and rings must be watched every second.

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### How to Dress Professionally In the Summer Heat

As the weather heats up and the lazy days of summer saunter into the northern hemisphere, the call of the outdoors becomes so strong some mornings that it's hard to drag yourself into the office let alone dress appropriately enough to conduct business. But before you succumb to the urge to go totally casual - even if your office has a summer casual dress policy - remember that what you wear has a HUGE impact on how you're perceived. Warm weather doesn't change that.

Your main goal should always be credibility. You don't have to dress down to stay cool. You just need a few tried-and-true solutions to help you fight the heat yet keep your authority intact. Here are some guidelines:
DO
Wear layers to adjust to changing temperatures. It's the easiest way to combat the high heat/high air conditioning combination you'll find as you go in and out of buildings. A short sleeve blouse or top and jacket or a summer sweater set allows you to stay warm and project authority yet still allow you regulate heat by taking off a layer.

Try skirts instead of slacks, even if you're a devoted pants wearer. Skirts allow air to circulate around your thighs, and you can create an instant blast of cool air by subtly fanning your legs with the material.

Try wearing your hair up in a simple yet professional style. A chignon, French twist, French braid, or even a low ponytail will pull the hair off your neck while still allowing you to look proficient.

If your dress code calls for hosiery, try different types, like thigh-high and knee high styles. They're a cool alternative to full pantyhose.

Opt for lighter makeup, especially if you're in and out of the heat a lot. Hot weather and lots of makeup do not work well together. Not only does makeup tend to run, blotch, and wear off in the heat, it can also clog pores and cause breakouts.

Wear a lighter, summertime fragrance. Heavy perfumes tend to cloy in the heat, making even a little bit too much. Pull out your summer business accessories, including light colored handbags, shoes, and briefcases. Clean them out, get rid of unnecessary items, and go for light and easy.

So now that you know what you SHOULD do, what should you avoid?

The biggest thing to remember is that the more skin you show, the more casual you appear. If you keep that foremost in your mind, whatever your occupation, you won't go wrong. So with that in mind --

DON'T
Wear a sleeveless top to work, even if you have great upper arms. A short or even a cap sleeve is always more appropriate for business.

Wear shorts or miniskirts unless it's part of a uniform. You want attention on your face, not your thighs.

Go too casual on the footwear. Closed toe shoes are usually the best choice for most business situations, and can range from pumps and slingbacks to loafers and mules. Keep the sandals for after-hours.

Get too crazy with the summer colors. A bit of color is always a welcome change come summer, but too much of a loud color can be distracting. Remember: you want attention on you, NOT on the color of your clothes.

Whatever you do, remember that regardless of how hot it gets or what others you work with wear, you represent both you and your organization. If you find yourself questioning a particular outfit this summer, remember the "ABC's" of business dress: appropriateness, boundaries, and consistency.

APPROPRIATE clothes meld with both your work environment and the people with whom you interact. Always consider your line of work and your audience.

By setting BOUNDARIES with how you dress, you'll know that your clothes always offer proper coverage. Make it a policy.
never to wear anything that would distract from the business at hand, like plunging necklines, extremely sheer blouses, or eye-popping hemlines.

A CONSISTENT approach to business dress establishes trust and credibility for everyone with whom you interact. They know what to expect from you and will always treat you accordingly.

So don't abandon your business goals simply because it's heating up. Just adjust your wardrobe to accommodate higher temps to keep your professional image intact. You've worked hard to get where you're at; don't blow it with inappropriate attire.

Source: fashionforrealwomen.com

Skin Cancer Prevention

Whether you are planning beach or mountain trips, gardening or simply being out and about in your neighborhood this summer, be sure to pack the sunscreen to protect your skin against the sun.

“The American Cancer Society estimates more than one million new cases of highly curable basal and squamous cell cancers will be diagnosed this year,” said Dr. Ellen Smock, clothing and textiles specialist with N.C. A&T State University. “Protecting skin from the sun could prevent a vast majority of skin cancers.

Estimates show that 53,600 people will be diagnosed this year with melanoma, the most serious form of skin cancer. An estimated 9,600 deaths will occur this year; 7,400 from melanoma and 2,200 from other skin cancers.

Although prevention is the best weapon against skin cancer, early detection is also important. Develop a regular routine to inspect your whole body carefully for any skin changes. If any growth, mole, sore or skin discoloration appears suddenly, or any spot begins to change, see your doctor or dermatologist immediately.

For more information, visit www.cancer.org or www.aad.org.

Screen Out the Sun for Safety

- Avoid the sun between 10 a.m. and 4 p.m., when the rays are most intense.
- Wear protective, tightly woven clothing, such as a long-sleeved shirt and pants.
- Wear a 4-inch-wide, broad-brimmed hat and sunglasses, even when out in the sun for a short time.
- Apply a broad-spectrum sunscreen with a sun protection factor (SPF) of 15 or higher on all exposed skin.
- Stay in the shade whenever possible. Apply sunscreen even when you're under a beach umbrella, since the rays can reflect off the sand. They also reflect off concrete, snow and water.
- Don't forget that lips can get sunburned, so apply a lip balm that contains sunscreen.
- Apply sunscreen 20 to 30 minutes before going outside.
- A one ounce application (a palm full) is recommended to cover the body well. If you don't put on an adequate amount, you will not get the proper protection. Pay particular attention to the face, ears, hands, and arms.
• Reapply sunscreen every two hours and immediately after swimming or strenuous activities.

• Use sunscreen even on hazy days or days with light or broken cloud cover, because 80 percent of the sun's rays can penetrate light clouds, fog or mist.

• Apply sunscreen every day if you are going to be out in the sun at least 20 minutes.

• Sunscreens should not be used to increase the length of time you spend in the sun.

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**Ways to reduce summer cooling costs**

Close that door – we’re not paying to cool the great outdoors!” If you’ve ever heard those words, you know that your mother was trying to conserve energy and save some money during the hot summer months. And Mom was right – cutting back on cooling costs can make a big dent in the household budget. Heating and cooling costs more in dollars than any other system in your house.

“Consumers spend approximately 44 percent of their total energy costs on heating and cooling their homes,” says Sarah Kirby, Associate Professor and Housing Specialist with the North Carolina Cooperative Extension Service. (The average annual cost for heating and cooling a home is $1,900.) You can, however, reduce that cost by properly maintaining your home and selecting equipment and products with an eye toward energy conservation.

Lowering your cooling bill also means that your household is using less energy, which reduces greenhouse gas emissions and contributes to a healthier environment.

**Keeping the power bill low**

So just how do you reduce your energy demands this summer? Simple solutions such as improving your home’s insulation and more involved projects such as upgrading your HVAC (heating, ventilation, and air conditioning) system can help reduce your home’s need for energy, and therefore your energy bill.

• Use the air conditioner only when necessary. If the breeze outside is pleasant, open a window.

• Use ceiling fans and other cooling fans to circulate air, but turn fans off when no one is in the room.

• Educate family members about energy conservation – keep doors and windows shut while the air conditioner is running.

• Schedule regular check-ups and maintenance for your heating/cooling units by a qualified heating ventilation and air conditioning (HVAC) technician.

• Clean or replace unit filters every month.

• Keep air registers open, clean and free of furniture, carpeting, or drapes.

• Use a programmable thermostat. In the summer, set your thermostat to 78 degrees F, or your highest comfortable setting. For each degree you raise your thermostat, you can reduce your cooling costs by as much as 3-5 percent.

• Use kitchen and bathroom...
ventilation fans wisely – use them for short periods to circulate air as necessary. Running them for extended periods uses energy unnecessarily and allows cool air to escape outside.

• Use shade trees and other landscape features, awnings, and window coverings to keep the sun from overheating your home.

**Buying a new cooling system**
If your hvac unit is old and inefficient, you may want to consider replacing it. Replacing an old unit can save as much as 50% on your cooling and heating bills. When replacing a unit, look for the Energy Star label. This label identifies products that meet strict energy efficiency guidelines set by the EPA and US Department of Energy.

While the purchase price of an Energy Star unit may more initially than others, your savings will be experienced over the life of the unit. Energy Star Products cost less to operate over time. To learn more about Energy Star products, see [www.energystar.gov](http://www.energystar.gov).

**Keeping the cool in**
Leaks around windows and doors mean that cool air is getting out. Some leaks will be apparent to homeowners, but frequently larger leaks in the attic and basement lose more cool air than the obvious ones. Homeowners can frequently find large gaps around pipes, light fixtures, chimneys, and soffits. Some sealing projects are appropriate for do-it-yourselfers, while others may require the assistance of a professional.

**Tax Credits**
Tax credits are available for many types of home improvements including adding insulation, replacement windows, and certain high efficiency heating and cooling equipment. For more information on these credits, see [www.energystar.gov](http://www.energystar.gov).

Reducing your energy needs in the summer benefits you, the consumer, and the larger community. Keeping your cooling bill in check leaves more money for summer vacations, and reducing your energy needs means cleaner air for everyone. For more information on energy conservation tips for your home, contact Peggie Garner at Onslow County's center of North Carolina Cooperative Extension.

**August 2006 Spotlight**
**On-Farm Tests and Demonstrations**

_by: Bryant Spivey_

North Carolina Cooperative Extension often conducts On-Farm Tests in crops to determine what crop production practices will result in the greatest farm profitability or to solve a local problem. Demonstrations are often designed to highlight a given production practice that has already been proven effective through scientific research. These tests and demonstrations give producers local data and comparisons to assist them with planning their future crop production practices. These efforts would not be possible without assistance from farmers, seed and chemical suppliers, and Extension Specialists and Technicians from North Carolina State University.

In 2006, several Onslow County farmers have assisted with on-farm tests or demonstrations in the county. The following is a complete list which includes the type of test or demonstration, the cooperator and the area where the test is located.

**Tomato Spotted Wilt Test – Tobacco**
Barry Huffman, Futrell Road - Richlands, NC
Tomato Spotted Wilt Test – Tobacco
   Ricky Edwards,
   Hwy 24, Richlands, NC
Corn Variety Test – Corn
   Barry Shepard,
   Haws Run Rd – Jacksonville, NC
Tobacco Variety Demo
   Gary Hardison,
   Cowhorn Road – Richlands, NC
Official Variety Test – Cotton
   Gary Hardison,
   Highway 258, Richlands, NC

Data from these tests will be made available to farmers in the county through newsletters and other printed materials and may be presented at county production meetings in the winter. If you would like more information on these tests please contact Bryant Spivey, Extension Agent at the Onslow County Extension Center.

Robin Taylor
Extension Agent
Family & Consumer Science

Peggie L. Garner
Onslow County Extension Director