BIG SWEEP SPRING CLEANUP 2010

The big Sweep Beach Cleanup is held twice a year at North Topsail Beach, the second Saturday in May and the second Saturday in October.

Keep Onslow Beautiful also holds other beach and waterway cleanups throughout the year.

Over 10 miles of beach front were cleaned and a half mile of marsh. A total of 35 individuals came out to volunteer for the event.

To sign up for future cleanups with Keep Onslow Beautiful call or email Kelly Collins at (910) 455-4470 or Kelly_Collins@onslowcounty_nc.gov

The following items were found during the May cleanup.

- Bags/food wrappers
- Beverage Bottles (plastic)
- Beverage Cans
- Clothing, Cloth
- Spoons
- Food Wrappers/ Containers
- Pull Tabs
- Toys
- Fishing Line
- Fishing Nets
- Oil/Lube Bottles
- Rope
- Cigarettes/Cigarette Filters
- Cigar Tips
- Batteries
- Construction Materials
- Condoms
- Wipes
- Balloons
- Beverage Bottles (glass)
- Caps, lids
- Cups, Plates, Forks, Knives
- Diapers
- 6-pack holders
- Straws/Stirrers
- Bait Containers/Packaging
- Fishing Lures
- Light Bulbs/Tubes
- Plastic Sheeting/Tarps
- Strapping Bands
- Cigarette Lighters
- Tobacco Packaging/ Wrappers
- Cars/Car Parts
- Tires
- Tampon Applicators
- lawn chairs
The Magic of Friendship

The magic of friendship has many positive social, emotional, and physical results. We call it magic because no one knows exactly how it works. Some call it an inspiration for life. Medical professionals tell us that friendship helps the body’s auto-immune system resist disease. Other researchers have noted that people with close relationships who interacted daily with friends eat better, sleep better, are more apt to take their prescribed medicine, are reminded to go for checkups, and generally take good care of their health.

One thing is known for sure—people who have one or more close friends are in better health than those who have only casual friends or no friends at all.

The Importance of Friendship

Friends are very important. Many people report that they turn first to friends in a crisis. Friends are often nearer than family and can help more quickly in time of trouble. Those without friends suffer from various degrees of isolation and loneliness. In contrast, older adults with close friends spend most of their social lives in activities with these friends. In one nationwide study, 91 percent of people over 65 with close friends said that they see these friends almost every day. This is only slightly lower than the 94 percent of adolescents who try to see their friends every day.

What Makes Good Friendships?

The best friendships usually form between people who share experiences, interests, and values. Friends relax together and receive emotional support from one another. Friends often describe their relationship with words like “love,” “affection,” “comfortable,” and “warm.”

The bonds of friendship are voluntary, enjoyable to both, and each person is free to make the relationship more or less intense.

Certain social factors seem to help determine the type of people who will be friends. Most people have friends who are near their age. Older people may indicate that they don’t want to spend all their time around other older people, but when they are around people approximately their own age there is much more social interaction. Friends are usually the same sex. Some people maintain friendships with the opposite sex, but differing interests and overtones of sexuality make this sort of friendship complicated. Most friends are of the same marital status. Marriage seems to take people away from many former friends. A married couple is probably going to have other “couple friends” rather than separate or single friends.

Some research studies have found a link between the strength of a person’s network of friends and his or her physical and social health. Friendship can bring a person:

• Emotional support—the caring, love, and esteem of others.
• Tangible help in times of crisis, as well as on a daily basis.
• Communication and information in the form of opinions and recommendations.
• Something to do. Most older adults do more if they have a friend who also wants to go along.

Physical results of the magic: Disease, death rates, and life expectancy are related to the strengths of a person’s social ties. Those with few relationships tend to be at much higher risk for disease or death than those who have strong ties.
with friends or family. This holds true for men and women from all ethnic groups and at all social and economic levels.

**Emotional results of the magic:** Being able to confide in a close friend helps reduce the strain of daily hassles. Close personal relationships also help people adjust to changes such as death, birth, marriage, and moving to another home. Quality friendship is more important than the number of friendships a person has.

One study of women under stress showed that those without a confidant were 10 times more likely to become depressed. Casual friendships seemed to help very little, but even one intimate relationship helped support the person and relieve some of the depression.

It is an old saying, but still true: “To have a friend, you must be a friend.” If you lack the friendships you desire, you may need to take the initiative to be a friend to someone else. If you feel isolated, think about joining a civic group, a social club, a volunteer organization, or a church. These are great places to meet people, and you may discover people with whom you have a lot in common. Who knows? A wonderful friendship may be just around the corner.

(Source: NC Cooperative Extension publication “The Magic of Friendship, FCS 2911)

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**What's Your Sun-Safety IQ?**

Sun safety is not just for vacation. Are you sun-safe every day? Take the American Cancer Society's 9-question quiz. Answers are at the end of this newsletter.

1. I can't get skin cancer, because my routine (work, drive to work, indoor hobbies, and vacations) doesn't include any outdoor activities.
   - True
   - False

2. My husband should use sunscreen at football games, even though he only goes (and gets a burn!) once or twice a year.
   - True
   - False

3. If I'm wearing sunscreen, I can stay in the sun as long as I want.
   - True
   - False

4. A sunscreen labeled SPF 30 blocks twice as much UV radiation as one labeled SPF 15.
   - True
   - False

5. It's safe to let my children stay in the pool all day if they slip on a T-shirt after a couple hours and reapply sunscreen to their faces, arms, and legs.
   - True
   - False
6. How often do you need to reapply water-resistant sunscreen?
   - Every 2 hours or sooner
   - After sweating or swimming
   - After you towel dry
   - All of the above

7. Getting a "base tan" at an indoor tanning salon is as good way to prevent sunburn when I go to the beach later this summer.
   - True
   - False

8. What are the two most common (and painful!) sunscreen mistakes?
   - Choosing an SPF below 15 and missing spots
   - Using too little and waiting too long to reapply

9. Now put it all together. You applied sunscreen at 12:00 noon for an afternoon of reading beside the pool. At 2:00 p.m., which one of the following actions would best protect your skin?
   - Slip on a long cotton sundress
   - Move to the shade
   - Reapply sunscreen

(The answers are in the back of this newsletter.)

Saving Your Summer Harvest

Why should you store home grown summer vegetables? The first answer is always money, as in storing harvested vegetables can save you trips to the grocery store. Tending your own home garden is the best way to raise vegetables. The second best way is to buy fresh vegetables from local farmers’ markets or roadside stands. Fresh harvested vegetables can be stored and enjoyed year round, which brings up the money saving point. By storing home grown bounties of fresh produce, you can save yourself a trip to the grocery store for expensive out-of-season vegetables this winter.

The Difficulty Level Of Storing Home Garden Summer Vegetables

Storing home grown vegetables, especially summer produce, is more of a tradition that is passed down generations. It is an easy and fun process that does take dedicated time to complete. Is it difficult to prepare summer vegetables for storage? No, it is easy to follow storage and packing process tips. In order to prepare a summer harvest for storage you have to use familiar kitchen tasks such as chopping, blanching, cooking, grilling, packing and freezing. There is really no difficulty in storing summer vegetables, but do dedicate a day or a weekend, depending on the harvest.

Methods of Preparing and Storing Home Garden Summer Vegetables

There are several methods you can use, including pickling, blanching, grilling, freezing and drying. If you have a freezer, freezing is an easy option for long storage periods, especially if you will be eating the harvest year round. Vegetables that will be frozen should be picked young and tender, with only the best selected for storage. Those vegetables that are even slightly overripe should be used up in meal cooking immediately.
Grilling and Freezing Red Peppers

Peppers, especially red peppers, are a favorite to grill and freeze for winter storage. Grilled red peppers are often used in Italian cooking, with some garlic and olive oil that make it a great side dish or antipasto platter. Grill or roast the peppers so the skin is charred. After grilling process, transfer the peppers to a paper bag which allows steam to pull off some of the skin. Once cooled, red peppers are completely skinned and placed in freezer bags for storage.

Blanching and Cooking of Vegetables Before Freezing

All harvested summer vegetables should be cooked before storage, and can either be fully cooked or just blanched enough to retain crispiness. Use the blanching method for green beans, carrots, zucchini and asparagus. All of these summer vegetables take no longer than three minutes to blanch. Vegetables must be drained and completely cooled off before freezing.

Choosing Freezer Bags for Summer Vegetable Storage

When choosing freezer bags for your vegetable harvest do not go cheap. Also, choose bags specifically meant for freezers, rather than those that say storage. Freezer bags will help you avoid freezer burn that will destroy your stored vegetables, often making them inedible.

Consider Vacuum Packing Summer Vegetable Harvest

Vacuum packing machines are now common in stores and can be fairly inexpensive. Purchasing even a higher quality vacuum pack machine these days can cost around $100. But these machines allow you to fully preserve summer vegetable harvests, eliminate freezer burn and seal in vegetable freshness.

For more information on preserving food at home, contact Robin at (910) 455-5873 or robin_seitz@ncsu.edu.

Rain barrels and cisterns …

Take advantage of the water nature gives us. Using a rain barrel or cistern to collect rainwater can lower your water bill, be good for your plants, and also protect the environment by reducing runoff from your property.

What is the difference between a rain barrel and a cistern? Size. Rain barrels are generally smaller and are installed above-grade, whereas cisterns are larger and may be installed above- or below-grade. Pre-made rain barrels and cisterns can be purchased from numerous sources; however, you can also make your own. A quick web search pulls up a long list of sites with instructions and videos.

Be sure to use a food-grade quality recycled barrel (55-gallons is a common size). You will need a faucet at the bottom and an overflow pipe near the top. There will also be a screened opening to allow the water to enter the barrel from the downspout, while helping to keep out debris and mosquitos. Elevate the rain barrel slightly to make access to the faucet easier and improve water flow. Make sure the base is level and stable. A full barrel is very heavy. In fact, you may want to tether the barrel in place, so it can’t tip over.
Sizing your system is important. Fortunately, it is not hard to do. A quick approximation is that for every 100 square feet of roof area, a 1” rainfall will yield 62 gallons of water. As you can see, a single 55-gallon barrel can be filled quite rapidly. Several barrels can be linked together if you want to collect larger volumes of water, or you can get bigger tanks.

If you decide on a cistern, it can be placed totally or partially in the ground; however, a pump (hand, solar, or electric powered) would be needed to access the water. In areas with a high water table, ground water may cause the tank to pop out of the ground when empty. When purchasing a tank to go in the ground, make sure that it is built for that purpose. In-ground tanks are stronger and have extra ribbing support to keep them from being crushed. New, un-used 1,000-gallon concrete septic tanks work well as cisterns.

If you don’t have gutters but still want to collect rainwater from your roof, don’t despair! It is still possible. A French drain can be placed in the ground along your roof’s drip line. The pipe from the drain would lead to an in-ground cistern. This has the benefit of no gutters are needed, plus the water is filtered prior to entering the tank. Do check with your termite control company for any requirements about cistern or trench placement, so that your contract is not voided.

The Top 10 Awfully Bad Passwords People Use

Many end users don't understand the need for good passwords, report shows

By Michael Hardy.

You might think that after nearly two decades of data breaches, identity theft and other online risks, your average end user would understand by now the importance of creating strong passwords and protecting them.

You would be wrong.

Data security firm Imperva analyzed 32 million passwords that a hacker stole from an application developer called rockyou.com, and published a report of the findings earlier this year – including the 10 most-commonly used passwords, all of them terrible.

They are:

1. 123456
2. 12345
3. 123456789
4. Password
5. iloveyou
6. princess
7. rockyou
8. 1234567
9. 12345678
10. abc123

Entry No. 7, "rockyou," is the name of the Web site for which the users created the password. Their Amazon.com and Audible.com passwords are probably "amazon" and "audible," respectively. Nearly half of the users created easily guessable passwords, including names, dictionary words and strings of consecutive numbers, according to the report. The most common password found was "123456."

"Everyone needs to understand what the combination of poor passwords means in
today's world of automated cyberattacks: With only minimal effort, a hacker can gain access to one new account every second — or 1,000 accounts every 17 minutes," said Amichai Shulman, Imperva's chief technology officer, in a written statement that accompanied the release of the findings. "The data provides a unique glimpse into the way that users select passwords and an opportunity to evaluate the true strength of passwords as a security mechanism. Never before has there been such a high volume of real-world passwords to examine."

**Answers to Sun Safety Quiz:**

1. The correct answer is **false**. Dermatologists say brief sun exposures all year round can add up to major damage for people with fair skin. And the sun's ultraviolet (UV) rays do pass through car windows, so driving during peak sun hours, 10:00 a.m.-4:00 p.m., to lunch or on weekends, bathes your hands and arms in damaging UV rays. When added up, everyday exposures are linked to squamous cell cancer. Although not as dangerous as melanoma, squamous cell cancer is far more common and the number of cases has been going up every year.

2. The correct answer is **true**. Many people think it's OK to get a sunburn now and then, but studies show that even occasional exposure to strong sunlight seems to increase the risk of the most serious type of skin cancer, melanoma.

3. The correct answer is **false**. It's not smart to broil in the sun for several hours, even if you are wearing sunscreen. These products don't provide total protection from ultraviolet (UV) rays. The American Cancer Society recommends that people **seek shade** and **limit time in the sun at midday**. Also, **cover up** with a shirt, wear a wide-brimmed hat, use a sunscreen rated SPF 15 or higher, and reapply it about every 2 hours. And don't forget **sunglasses** for eye protection.

4. The correct answer is **false**. The Sun Protection Factor (SPF) describes how long a product will protect your skin, if you apply the sunscreen correctly. Fair-skinned people begin to burn in about 15 minutes on a sunny day, so wearing an SPF 15 sunscreen (if applied and reapplied properly) would prevent sunburn for about 225 minutes (15 SPF x 15 minutes until sun burn= 225), or 3 hours and 45 minutes. The SPF 30 sunscreen should last for 450 minutes (30 x 15 = 450), or 7 hours and 30 minutes. In practical use, you'll need to reapply sunscreen every 2 hours. Be sure to choose a broad spectrum product that blocks UVB and UVA light and use a lot.

5. The correct answer is **false**. UV rays easily go through a white cotton T-shirt, especially if it's wet. Your children will get only about as much protection as an SPF 4 sunscreen—certainly not enough for all day and well below the minimum of SPF 15 recommended by the ACS. Better clothing choices include dark colors, fabrics with tight weaves, and specially treated garments and bathing suits. Sun-protective clothing is often found at sporting goods stores. Another good choice is moving into the shade. For babies younger than 6 months, shade, sun-protective clothing, and hats are best. As a last resort, pediatricians now say that very small amounts of
sunscreen can be used on small areas, such as the face and back of the hands.

6). The correct answer is all of the above. For best results, most sunscreens need to be reapplied about every 2 hours or sooner, but be sure to check the label. Sunscreens labeled "water resistant" are made to protect you when swimming or sweating, but may only last for 40 minutes. Also, remember that sunscreen usually rubs off when you towel dry.

7). The correct answer is false. Our experts say a "base tan" gives you very little protection against sunburn. And that goes for indoor tans, too, which provide a sun protective factor of about 4, much less than most sunscreens. A base tan may, if fact, increase the chance you'll get a burn, because you're likely to stay out longer without properly protecting your skin.

Also, tanning itself injures the skin. What you don't see is UV damage to deeper layers, where it builds-up from every tan and burn you've ever had.

There really is no such thing as a "safe tan."

8). The correct answer is using too little and waiting too long to reapply.

About 1 ounce of sunscreen (a 'palmful') should be used to cover the arms, legs, neck and face of the average adult. For best results, most sunscreens must be reapplied at least every 2 hours and even more often if you are swimming or sweating. Products labeled "waterproof" may provide protection for at least 80 minutes even when you are swimming or sweating. Products that are "water resistant" may provide protection for only 40 minutes.

To be safe use a lot of sunscreen and use it often.

9). The correct answer is move to the shade. While all 3 actions help, getting out of the mid-day sun is the best choice in this situation. Seeking shade is a key element in preventing skin cancer, especially between 10:00 a.m. and 4:00 p.m.

The sundress blocks very little UV radiation because it's made of cotton. It compares to a sunscreen rated SPF 4. Covering up is the right idea, but dark colors, tight weaves, and clothing labeled at least UPF 30 work better.

Sunscreen should not be used to extend your time in intense sunlight. It's an important part of a larger strategy that the American Cancer Society recommends to protect your skin, but it does not provide total protection. To get the most from sunscreen, choose products of SPF 15 or higher that block both UVA and UVB rays, reapply at least every 2 hours, and use at least 1 ounce or a palmful for an adult.
June Spotlight

Farmers’ Market 1st Summer Festival

Are you looking for a place to take the kids and for it not to cost you an arm and a leg? Are you looking for fresh fruits, vegetables, jams, jellies, goat cheese, meats, eggs, honey, baked goods, household plants, freshly ground grits, arts and crafts.

Be sure to mark your calendar for Saturday, June 12th and come to the Onslow County Farmers’ Market at 4024 Richlands Highway (next door to Industrial Homes) for our “1st Summer Festival” from 8:30 am to 1:30 pm.

We invite you and your children to take part in everything from seeing a reptile exhibit, antique tractors, a petting zoo, hay rides, a working grits mill, fried green tomato samples, and its all free.

As a special attraction, Discovery Channel "Swamp Loggers" Bobby Goodson will be present and will supervise the on-sight cutting of Tupelo Gum Stumps into lawn chairs with a chain saw.

We invite you to join us for a genuine community event for the whole family where you are sure to see your friends and neighbors having the best of times. We’ll see you there!!