PUT YOUR CAR KEYS BESIDE YOUR BED AT NIGHT

Tell your spouse, your children, your neighbors, your parents, your Doctor’s office, the check-out girl at the market, everyone you run across.

Put your car keys beside your bed at night. If you hear a noise outside your home or someone trying to get in your house, just press the panic button for your car. The alarm will be set off, and the horn will continue to sound until either you turn it off or the car battery dies.

This tip came from a neighborhood watch coordinator. Next time you come home for the night and you start to put your keys away, think of this: It’s a security alarm system that you probably already have and requires no installation. Test it. It will go off from most everywhere inside your house and will keep honking until your battery runs down or until you reset it with the button on the key fob chain. It works if you park in your driveway or garage. If your car alarm goes off when someone is trying to break into your house, odds are the burglar, rapist won’t stick around… After a few seconds all the neighbors will be looking out their windows to see who is out there and sure enough the criminal won’t want that. And remember to carry your keys while walking to your car in a parking lot. The alarm can work the same way there… This is something that should really be shared with everyone. Maybe it could save a life or sexual abuse crime.

Please pass this information on to your family, friends and co-workers. Even if you’ve read or heard about this before, It’s a reminder and it might save yours or someone else’s life.
Food and Nutrition

September is National Fruit and Veggie – More Matters Month

Fruits and vegetables can fit into any budget. The following tips can help you save money as you strive to eat more fruits and vegetables. Remember, fresh, frozen, canned and dried types all count toward getting more fruits and veggie.

Before You Shop
Look for store ads and use them when following your weekly grocery list. Plan to buy the fruits and vegetables that are on sale and use them in meals and snacks that week.

Plan your weekly meals and snacks before you go shopping. Look through your freezer and pantry to see what fruits and vegetables you have at home that you can use.

Think variety! Make a point to try a new fruit or vegetable each week.

While You Shop
Purchase fresh fruits and vegetables in season when they tend to be less expensive.

Buy whole fruits and vegetables instead of pre-cut or pre-packed forms, which tend to be more expensive.

Consider frozen and canned if fresh are too expensive. Frozen and canned fruits and vegetables keep longer than fresh.

Shop smartly! Look out for added sugar in canned fruits; look for fruit packed in water or juice. Choose veggies with low sodium.

Consider generic or store brands instead of name brands. Store brands tend to cost less and have similar taste and nutrition.

If your budget allows, buy larger bags of frozen fruits and vegetables. They may be a better bargain and you can use what you need and keep the rest for later use.

Buy canned or dried beans and use them in recipes instead of meat, which is more expensive.

Traditional recipes made with meat such as chili, soups and Mexican dishes like burritos are delicious with beans.

After You Shop
Use fresh fruits and vegetables within a few days after shopping and use frozen and canned fruits and vegetables later in the week.

As you are putting your groceries away, chop some fruits and vegetables and place in bags or storage containers. Keep them in the refrigerator so they will be ready to grab for lunches and meals.
Onslow County Buckle Up Kids Urges Parents and Caregivers to Get Their Child Safety Seats Inspected

Motor vehicle crashes are the leading cause of death for children age 6 to 13 and 8 to 14, in 2007, 6, 532 passenger vehicle occupants 14 and younger were involved in fatal crashes. That’s why Onslow County Buckle Up Kids is urging all parents and caregivers to attend our upcoming “Seat Check” event on September 26, 2009. Certified Child Passenger Safety technicians will be available to provide on-site child safety seat inspection and education from noon until 3pm that day at Babies R Us on Western Boulevard.

“It’s the responsibility of every parent and caregiver out there to make sure their children are safely restrained – every trip, every time,” says Robin Seitz, local Buckle Up Kids Coordinator. “We are urging everyone to get their child safety seats inspected. When it comes to the safety of a child, there is no room for mistakes.”

In 2007, among children under 5, an estimated 358 lives were saved from the use of child safety seats and booster seats. If all children under the age of 5 were restrained, and additional 71 children would have been saved.

For maximum child passenger safety, Seitz said parents and caregivers should refer to the following 4 steps for kids guidelines for determining which restraint system is best suited to protect children based on age and size:

1. For the best possible protection keep infants in the back seat, in rear-facing child safety seats, as long as possible up to the height or weight limit of the particular seat. At a minimum, keep infants rear-facing until at least age 1 and at least 20 pounds. Many infant seats now accommodate babies up to 32 pounds in rear-facing position.

2. When children outgrow their rear-facing seats they should ride in forward-facing child safety seats, in the back seat, until they reach the upper weight or height limit of the particular seat (often around age 4 and 40 pounds). Many forward facing seats now have higher weight limits of 65 to 80 pounds.

3. Once children outgrow their rear-facing seats they should ride in booster seats, in the back seat, until the vehicles belts fit properly. Seat belt fit properly when the lap belt lays across the upper thighs and the shoulder belt fits across the chest. North Carolina laws states that all children must be restrained in an approved child safety seat or booster until the reach age 8 or 80 pounds (whichever come first).

4. When children outgrow their booster seats, they can use the adult seat belts in the back seat, if they fit properly. Remember placing the seat belt under the child’s arm or behind their back is both dangerous and illegal.

REMEMBER: All children younger than 13 should ride in the back seat.
**Clean Ideas: End-of-Summer Cleanup Tips for getting things ready for storage**

Before you get caught up in all the back-to-school activities, spend some end-of-summer time returning items to their best possible state before you store them away. This will prove to be a time saver when you want to use them again next spring.


Sandy sleeping bag: Turn the bag inside out. If the sand is damp, let the bag air out until the sand is dry. Shake the bag to remove as much loose sand as possible; then brush or vacuum away the remaining residue. If the bag is soiled, clean according to the sleeping bag’s care label instructions.

Muddy tennis shoes: Let the mud dry completely. Then take the shoes outside and bang the soles together to remove as much of the dried mud as possible. Using a solution of warm water and hand dishwashing liquid and an old toothbrush, scrub gently to remove the remaining dirt. For stubborn dirt marks, scrub with a nylon pad. Wipe with a damp sponge or damp paper towels. Stuff the tennis shoes with clean paper towels and let them air-dry.

Grubby molded-resin outdoor furniture: Clean with a mild detergent and water. Avoid abrasive powders, chlorine bleaches and silicone cleaners.

Soiled outdoor cushions: Acrylic, polyester and cotton fabrics should be spot-cleaned by sponging with a solution of liquid dishwashing detergent and lukewarm water. Rinse with clear water and air-dry.

Dirty plastic pool toys: Mix ¾ cup of chlorine bleach per gallon of warm water. Soak the pre-washed toys for five minutes. Rinse and then air-dry. If the toys aren’t used during the winter, store them in a closed container so they’ll stay clean and dust-free. (Source: Soap and Detergent Association).

**Living Green: Introducing Living Green**

Way back in 1964, Canadian philosopher Marshall McLuhan said “There are no passengers on Spaceship Earth. We are all crew.” It’s not surprising that many of us are beginning to feel some guilt over the damage we, as a society, have done to damage the Earth. Maybe you think you’re not recycling enough, not composting enough, or flushing the toilet too often. You think you shouldn’t drive to work and you shouldn’t use either paper or plastic at the grocery store. There’s guilt everywhere and it can make you feel powerless to do anything at all. The good news is that we can all do something. We can through daily, simple actions and choices help to make the world a better place.

While it’s true that the world environmental situation is at nearly critical stages, there is much each of us can do to help mitigate some of the problems. We CAN make the world a better place. And we should do the work
necessary because this is no longer a problem for future generations to deal with. This is now. The good news is that much of the damage we have done to the Earth is reversible. We can restore habitats, plant trees, and reduce pollution. We can’t restore the ozone layer, but we do things to help preserve it. We can make this world a better place for future generations. We can ensure that there is a solid and livable plant for future generations, in fact.

Starting next month each issue of FACES will give you simple suggestions to help you help the Earth stay healthy and safe. We also hope to help you understand that the simple actions you choose each and every day can be changed so that those simple actions can have huge impacts.

It’s about being “Green” a term often bandied about these days. Being green can take many forms, and range from the simple (recycle everything you can) to the more complicated (buying a hybrid car). You can pick and choose to do the things that meet your personal comfort level. Someone else might pick differently.

It’s also about getting rid of the guilt. If you are making changes and doing your best for the planet, there should be no guilt involved. But not doing anything is worse than being ambivalent; it’s not being willing to give back to the Earth what she has given us. We are literally, all in this together. But education is essential. You might want to make changes, but are unsure about what to do. You might be truly committed to living a more Green life, but might not know how to really make that happen. You might pledge to live Green, but know that organic sheets and bamboo floors aren’t in your future. Trust us, small, simple changes are the key in this effort to make things better, and Extension is here to help.

Human Development: Current News – H1N1 Flu Outbreak

It is important to keep updated on current recommendations and risk assessment as more is learned about the current outbreak of H1N1. Here is what is known thus far:

U.S. Human Cases H1N1 & Deaths as of 7/30/2009
Total laboratory confirmed cases - 43,771

There are human H1N1 cases in every state, the District of Columbia, Puerto Rico, Guam, American Samoa, and U.S. Virgin Islands included in the cases count. For State specific information go to http://www.cdc.gov/h1n1flu/

The United States Department of Health and Human Services has declared a public health emergency for H1N1. Taken directly from the release “The formal declaration of a Public Health Emergency (PHE) is a tool that facilitates Health & Human Services’ preparation and mobilization for disasters and emergencies. For example, PHEs were recently declared for flooding in North Dakota, the Inauguration, and several 2008 hurricanes. This declaration, made under section 319 of the Public Health Service Act, will help HHS prepare for prevention and mitigation activities by enabling Food
and Drug Administration (FDA) emergency use authorizations of drugs, devices or medical tests under certain circumstances.”

The World Health Organization (WHO) has elevated the Pandemic Influenza Alert Phase to Phase 6, the pandemic phase, is characterized by community level outbreaks in at least one other country in a different WHO region in addition to the criteria defined in Phase 5. Designation of this phase will indicate that a global pandemic is under way.

The current H1N1 outbreak is due to human-to-human transmission, not swine-to-human transmission.

There is no swine health crisis due to this influenza, however May 3, 2009, WHO released this statement regarding a hog farm in Canada – “Canada on 2 May reported the identification of the A(H1N1) virus in a swine in Alberta. It is highly probable that the pigs were exposed to the virus from a Canadian farm worker recently returned from Mexico, who had exhibited flu-like symptoms and had contact with the pigs. There is no indication of virus adaptation through transfer from human to pigs at this time. There is no risk of infection from this virus from consumption of well-cooked pork and pork products.”

May 5, 2009 OIE notification statement of possible transmission of A/H1N1 from human to pigs in Canada.

H1N1 is a new virus that is a mix of viruses, one human, one avian and two swine. This virus does not contain the deadly Highly Pathogenic Avian Flu virus H5N1.

Soon after the emergence of the H1N1, Agriculture Research Scientists at the National Animal Disease Center in Ames, Iowa, began research, using virus samples provided by the Centers for Disease Control and Prevention. The first step was to evaluate whether current U.S. H1N1 swine influenza vaccines can protect pigs from infection with the 2009 H1N1 influenza virus circulating in people. This research study also evaluated whether pre-existing titers in pigs previously infected with endemic H1N1 swine influenza viruses circulating in the U.S. could protect against the 2009 H1N1 influenza virus.

The symptoms of H1N1 in people are expected to be similar to the symptoms of regular human seasonal flu and include fever, lethargy, lack of appetite and coughing. Some people with swine flu also have reported runny nose, sore throat, nausea, vomiting and diarrhea.

Currently, there is no vaccine to protect humans from H1N1. The seasonal influenza vaccine will likely help provide partial protection against swine H3N2, but not swine H1N1 viruses.

Swine influenza viruses are not transmitted by food. You cannot get swine influenza from eating pork or eating pork products. Eating properly handled and cooked pork and pork products is safe. Cooking pork to an
internal temperature of 160°F kills the swine flu virus as it does other bacteria and viruses. The current outbreak of swine flu raises awareness of bio-security issues for swine producers and thus the recommendations for producers from pork.org.

**September: More Simple Ways to Lose Weight**

- Substitute vegetables for other ingredients in your sandwich.

- Every time you eat a meal, sit down, chew slowly, and pay attention to flavors and textures.

- Try a new fruit or vegetables (ever had jicama, planatin, bok choy, starfruit or papaya?)

- Make up a batch of brownies with applesauce instead of oil or shortening.

- Instead of eating out, bring a healthy, low calorie lunch to work.

- Ask your sweetie to bring you fruit or flowers instead of chocolate.

- Speak up for the salad bar when your co-workers are picking a restaurant for lunch, and remember calories count, so pay attention to how much and what you eat.

- When walking, go up the hills instead of around them.

- Walk briskly through the mall and shop ‘til you drop… pounds.

- Clean your closet and donate clothes that are too big.

- Take your body measurements to gauge progress.

- Buy a set of hand weights and play a round of Simon Says with your kids – you do it with the weights, they do without.

- Swim with your kids.

- The smaller your plate, the smaller your portion. Eat your meals at home on a smaller plate.

Net month 15 more tips!!!
The Onslow County Fair Is Coming to Town

The Onslow County Fair will be here October 5\textsuperscript{th}, 2009, through Saturday October 10\textsuperscript{th}, 2009. Crafts, sewing items, baked goods, home canned goods are all needed to be judged. Young and old can enter. Entries to be judged can be entered on October 5\textsuperscript{th} from 8:00 am until 4:30 pm. Some flowers entries may be entered the next morning.

Fair books are available at all branches of the county’s public library or at the Onslow County Extension Office. All entries into the fair for judging have to have been completed within the last year and all participants with items to be entered have to be a resident of Onslow County. A complete listing of all the rules can be found in the fair books. There’s a category for everyone from agricultural exhibits to arts and crafts, to canning and baked goods.

Please join in the fun by entering an item or items into the fair. The money awards are not large, but the ribbons are special.

Tuesday, October 6\textsuperscript{th}, a talent show will be held with youth from all parts of the county. Talent goes on parade at 7:00 pm. We need everyone to get involved with the fair to show those that attend all the talent we have in our county.

The price to get in the fair this year will be $5.00. Children under the age of three get in free as well as seniors age 65 and older get in free. Ride tickets will be sold separately on the midway. The fair opens on October 5\textsuperscript{th}, at 6:00 pm. through Friday October 9\textsuperscript{th}, at 4:00 pm and Saturday, October 10\textsuperscript{th}, at 12 noon.

If you have any questions regarding the entries to the fair or a fair booth, please call us at 455-5873.