September is National Disaster Preparedness Month

Evacuation Disaster Kit

Disasters happen anytime and anywhere. Is your family prepared to cope with an emergency? Could you evacuate quickly? You need to prepare now, before a disaster strikes. Put together a disaster supplies kit. When you’ve gathered supplies, discuss an emergency plan. Then you will be better able to endure an evacuation if it becomes necessary.

Preparing the Kit
Use the following as a guide to see what supplies your family will need for a lengthy stay in a shelter. Remember, most shelters just provide shelter only. It may not have other supplies. Pack water, snack foods, sanitation supplies (diapers, toilet tissue, feminine hygiene products), and any special foods or medicines, like insulin, heart tablets, diabetics food or baby foods.

To make a stay in a shelter more comfortable, also take bedding (sleeping bag, blanket, and pillow), extra clothing, eating utensils, flashlight, portable radio, extra batteries, reading materials, and games that will help pass the time. Keep items that are most likely needed during an evacuation in an easy to carry container such as a large, covered trash container, a camping backpack, or duffle bag.

Water is the most important item. Store water in a plastic container, such as clean soft drink bottles, and avoid using containers that contaminate the water, decompose, or break. To keep stored water fresh, change it every 6 months. A normally active person needs to drink at least 2 quarts of water each day. If it’s hot and you are very active, you need twice as much. Children, nursing mothers, and sick people will need more also. Store at least 1 gallon of water per person per day (2 quarts for drinking and 2 quarts for food preparation, washing dishes and bathing) Two gallons per person is better.

Food: Keep a 2-week supply of nonperishable food at home in case of a disaster. Select food that requires no refrigeration, preparation or cooking, and little or no water. Rotate the food with newly purchased food supplies to ensure freshness. Make sure you purchase foods that you and your family like, as well as foods that have a long shelf-life. Because they contain liquids, canned fruit, vegetables, and fruit juices are excellent choices.

Continued on page 2
September is National Disaster Preparedness Month continued

► Clothing - Pack at least one complete change of clothing and footwear per person.

► Emergency supplies -
  • Cash and/or traveler’s checks
  • Battery operated radio and extra batteries
  • Cameras to document damage
  • Paper and pencil

► Important Family Documents - Even if you do not need family records during an evacuation, they must be protected. Records are difficult to replace and may delay insurance claims or other important matters. You will need information about income debts, insurance, and other financial data to apply for certain kinds of assistance. Keep these records in a waterproof, fireproof, portable container, and store copies of each in a separate, safe location. Records you may consider would be: wills, insurance policies, contracts, deeds, stocks and bonds, passports, social security cards, and immunization records, bank account numbers, credit card account numbers and companies, inventory of valuable household goods, and important telephone numbers.

Summary - Remember to include the basics: water, food, clothing and bedding, emergency supplies, and special items. Keep the items you need during an evacuation in an easy to carry container, like a covered trash container, a campus backpack, or a duffle bag.

National Cholesterol Education Month

September is National Cholesterol Education Month, a good time to get your blood cholesterol checked and take steps to lower it if it is high. National Cholesterol Education Month is also a good time to learn about lipid profiles and about food and lifestyle choices that help you reach personal cholesterol goals.

What Do Your Cholesterol Numbers Mean? Everyone age 20 and older should have their cholesterol measured at least once every 5 years. It is best to have a blood test called a “lipoprotein profile” to find out your cholesterol numbers. This blood test is done after a 9- to 12-hour fast and gives information about your:

■ Total cholesterol
■ LDL (bad) cholesterol – the main source of cholesterol buildup and blockage in the arteries
■ HDL (good) cholesterol – helps keep cholesterol from building up in the arteries
■ Triglycerides – another form of fat in your blood

If it is not possible to get a lipoprotein profile done, knowing your total cholesterol and HDL cholesterol can give you a general idea about your cholesterol levels. If your total cholesterol is 200 mg/dL* or more or if your HDL is less than 40 mg/dL, you will need to have a lipoprotein profile done. See how your cholesterol numbers compare to the tables below.

*Cholesterol levels are measured in milligrams (mg) of cholesterol per deciliter (dL) of blood.

HDL (good) cholesterol protects against heart disease, so for HDL, higher numbers are better. A level less than 40 mg/dL is low and is considered a major risk factor because it increases your risk for developing heart disease. HDL levels of 60 mg/dL or more help to lower your risk for heart disease.

Triglycerides can also raise heart disease risk. Levels that are borderline high (150-199 mg/dL) or high (200 mg/dL or more) may need treatment in some people.

What Affects Cholesterol Levels? A variety of things can affect cholesterol levels. These are things you can do something about:

■ Diet. Saturated fat and cholesterol in the food you eat makes your blood cholesterol level go up. Saturated fat is the main culprit, but cholesterol in foods also matters. Reducing the amount of saturated fat and cholesterol in your diet

continued on page 3
helps lower your blood cholesterol level.

- **Weight.** Being overweight is a risk factor for heart disease. It also tends to increase your cholesterol. Losing weight can help lower your LDL and total cholesterol levels, as well as raise your HDL and lower your triglyceride levels.

- **Physical Activity.** Not being physically active is a risk factor for heart disease. Regular physical activity can help lower LDL (bad) cholesterol and raise HDL (good) cholesterol levels. It also helps you lose weight. You should try to be physically active for 30 minutes on most, if not all, days.

Things you **cannot do anything about also can affect cholesterol levels. These include:**

- **Age and Gender.** As women and men get older, their cholesterol levels rise. Before the age of menopause, women have lower total cholesterol levels than men of the same age. After the age of menopause, women’s LDL levels tend to rise.

- **Heredity.** Your genes partly determine how much cholesterol your body makes. High blood cholesterol can run in families.

Source: U.S. Department of Health and Human Services

---

**Learn About Making Home Affordable**

**Refinancing**
Many homeowners pay their mortgages on time but are not able to refinance to take advantage of today’s lower mortgage rates perhaps due to a decrease in the value of their home.

**Modification**
Many homeowners are struggling to make their monthly mortgage payments perhaps because their interest rate has increased or they have less income.

**Beware of Foreclosure Rescue Scams - Help Is Free!**
- Scam artists often target homeowners who are struggling to meet their mortgage commitment or anxious to sell their homes. Recognize and avoid common scams.
- Assistance from a **HUD-approved housing counselor** is FREE.
- Beware of anyone who asks you to pay a fee in exchange for a counseling service or modification of a delinquent loan.
- Beware of people who pressure you to sign papers immediately, or who try to convince you that they can “save” your home if you sign or transfer over the deed to your house.
- Do not sign over the deed to your property to any organization or individual unless you are working directly with your mortgage company to forgive your debt.
- Never make a mortgage payment to anyone other than your mortgage company without their approval.

**Report Lending Discrimination to HUD**
If you believe you have experienced discrimination based on race, gender, national origin, or another reason, contact HUD’s Office of Fair Housing and Equal Opportunity at 1-800-669-9777.

Source: makinghomeaffordable.gov
Clean Hands for Better Health

If ever there was a time to recognize the importance of the connection between handwashing and good health, the time is now! Each year, influenza kills more than 36,000 people and hospitalizes 200,000 in the United States. Worldwide, the annual epidemics cause about 250,000 to 500,000 deaths. Now, with the new challenge of the H1N1 virus, hand hygiene plays an even more vital role in public health.

The Centers for Disease Control and Prevention (CDC) has stated that influenza illness, including illness associated with the influenza A (H1N1) virus, is ongoing in this country. This virus is not “going away,” as some people seem to think.

When this virus first surfaced, it was referred to as “swine flu.” However, last April, after a number of countries banned pork imports or slaughtered their pigs, the World Health Organization (WHO) began referring to it as influenza A (H1N1) virus. On June 11, 2009, the WHO raised the worldwide pandemic alert level to Phase 6 in response to the ongoing global spread of this virus. A Phase 6 designation indicates that a global pandemic is underway.

Routine hygiene practices, such as washing your hands, are everyday actions people can take to stay healthy. To learn more and keep up-to-date with credible information, visit the CDC website at [http://www.cdc.gov/h1n1flu/](http://www.cdc.gov/h1n1flu/).

Proper Handwashing Procedures

To do the job properly, you need three things: soap, warm running water, and enough time (20 seconds–or about how long it takes to sing “Happy Birthday” two times).

1. Wet hands with warm, running water. Then apply soap.
2. Rub hands together vigorously to make lather and scrub all surfaces. Continue for 20 seconds.
3. Rinse well under warm, running water.
4. Dry hands thoroughly using paper towels or an air dryer. If possible, use paper towels to turn off the faucet and to open the bathroom door on your way out.

"When soap and water aren't available, there are other alternatives," says Nancy Bock, Vice President of Education at The Soap and Detergent Association. "Hand sanitizers and handwipes are easy, convenient and portable."

When Should You Wash Your Hands?

You should wash your hands often. Probably more often than you do now, according to the CDC. It is especially important to wash hands:

♦ before and after handling food,
♦ after using the bathroom,
♦ after touching animals,
♦ when your hands are dirty
♦ AND more frequently when someone in your home is sick.

International Clean Hands Week–September 20–26, 2009

The Soap and Detergent Association is one of 13 organizations that have joined forces to create The Clean Hands Coalition (CHC). The CHC is facilitated by the Centers for Disease Control and Prevention and works to increase global awareness of the importance of handwashing in disease prevention. To learn more about this network, visit [www.cleanhandscoalition.org](http://www.cleanhandscoalition.org).
Dublin Peanut Festival
Favorite Peanut Recipe Contest

Saturday, September 19, 2009
Dublin Primary School

Judging begins at 11:30 a.m.
Limit: 2 entries per person

Recipes must contain at least 1/2 cup of peanuts or peanut butter.

<table>
<thead>
<tr>
<th>Categories</th>
<th>Divisions</th>
<th>Cash Prizes</th>
</tr>
</thead>
<tbody>
<tr>
<td>* Candy</td>
<td>Youth: Ages 8-16</td>
<td>1\textsuperscript{st} - $50</td>
</tr>
<tr>
<td>* Bread</td>
<td>Adult: Ages 17-Up</td>
<td>2\textsuperscript{nd} - $30</td>
</tr>
<tr>
<td>* Dessert</td>
<td></td>
<td>3\textsuperscript{rd} - $20</td>
</tr>
</tbody>
</table>

(Cash awarded in all categories)

Deadline for applications: Noon, Wednesday, September 9, 2009
No members of the Peanut Festival Committee may compete.
Questions: Call Sandra R. Cain or Brenda H. Gooden at 862-4591

Name____________________________________Phone_______________
Address______________________________________________________

Age Group (please circle)   Youth    Adult
Category (please circle)    Candy           Bread          Dessert

Please enclose a \textbf{typed, using 12 font}, copy of your recipe(s) with this application; or recipe(s) can be emailed separately to brenda_gooden@ncsu.edu. Also, please type your name and the category at the bottom of each recipe.

Mail to: Sandra R. Cain, N.C. Cooperative Extension, PO Box 249, Elizabethtown, NC 28337 or FAX to: 910-862-6939.

\textbf{No applications will be accepted after 12:00 Noon on Wednesday, September 9\textsuperscript{th}.}

Contest Rules on back
2009 Favorite Peanut Recipe Contest Rules and Regulations

1. Recipes will be accepted in 3 categories: Candy - Bread - Dessert
2. The committee reserves the right to change the category of recipes that have been entered incorrectly.
3. Age group is determined by the age on the day of the contest.
4. Recipes must contain at least 1/2 cup peanuts or peanut butter.
5. Participants must set up their own dishes for competition and be present on the day of the contest.
6. Set up space for each dish is limited to 18-inch square.
7. No applications will be accepted after the deadline. (Wednesday, September 9th at Noon)
8. Members of the Peanut Festival Committee are not eligible to enter the contest.
9. Dishes must be prepared by the applicant.
10. There will be a limit of 2 entries per person.
11. No one except judges and committee members will be allowed in the room during judging.
12. First place winners in last year’s contest may not enter the same recipe again.
13. All dishes should be picked up immediately after judging is complete. The Peanut Festival is not responsible for dishes not picked up.

- Details of the contest will be mailed after your application and recipe(s) are received.
- Please type your recipe(s) using 12 font; and if possible, email recipe(s) to brenda_gooden@ncsu.edu. Fax recipe(s) should also be in font size 12.
- Questions: Call Sandra Cain or Brenda Gooden at 910-862-4591

Disaster Preparedness Expo

Thursday, September 17th at 5:30 pm

Powell-Melvin Agricultural Center
450 Smith Circle Drive in Elizabethtown

5:30 - 6:30 Free Food and Visit booths
6:15 Presentations on Fire Safety, First Aid and Solar Cooking
7:15 WECT-TV Meteorologist
7:45 Visit Sponsor’s booths

FREE ADMISSION, FOOD, AND DOOR PRIZES

For Disaster Preparedness Expo Information, call 862-4591