



# Hoke County Newsletter

## Fall 2014

### Welcome!

Welcome to the Hoke County Newsletter.

Inside you'll find information of what's going on inside Hoke County.

If you have any questions, comments, or concerns, please email

Newsletter @hokecounty.org

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## Waste Water Treatment Plant Groundbreaking Ceremony

Hoke County held an official groundbreaking ceremony on Thursday, August 28th for the new Waste Water Treatment Plant and Sanitary Sewer System. The ceremony took place at 10am at the future plant's location at 736 Ellis Road.

The County invited several state and federal elected officials to attend the event to show appreciation of their assistance in securing the funding needed to build the plant.

According to Adam Kiker of LKC Engineering, the if everything continues on schedule, the plant should be completed and ready to start service in July of 2015.

When the plant is completed it will have a full capacity of about 1.5 million gallons a day. According to Chairman James Leach, it's estimated that 90,000 gallons a day will be utilized when the plant comes online. That

number will continue to grow as additional customers hook onto the service.

Over \$4.5 million in grant money went into the project, with loans making up the rest of the roughly \$18 million set aside to build the plant and its related water lines. The treatment plant costs about \$9.7 million, with the rest of the funding going to installing the lines. The county's self-sustaining enterprise fund will use payments



## Coronary Artery Disease: Leading Cause of Death in Hoke County

Coronary artery disease affects more than 13 million Americans each year. It is also known as coronary heart disease or, commonly, just heart disease, and it is the number one killer across the nation. For the year 2012, according to the North Carolina State Centers for Health Statistics, 24.2% (69 out of 285) of all deaths in Hoke County were related to heart disease, making heart disease the leading cause of death in our county. This is somewhat higher than the statewide rate, as North Carolina as a whole had a rate of 21.1% of all deaths related to heart disease. Heart disease is a medical condition due to the buildup of a sticky plaque substance within the heart arteries which slows down the circulation

of blood flow to the heart. When the blood flow is constrained it starves the heart of the oxygen it needs to pump properly. Coronary artery plaque can develop from a young age but as a person gets older, the plaque creates inflammation, increasing pressure on the blood vessel walls and causing blood clots and heart attacks.

Symptoms of coronary artery disease that can occur include heaviness and pressure or a painful feeling in the chest. Sometimes this can be mistaken for indigestion or heartburn. Other symptoms may seem gradual or increase over time such as heart palpitations, shortness of breath, nausea, sweating, and weak-

ness or dizziness.

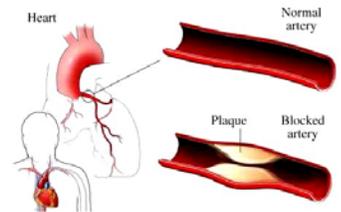
Treatment for coronary heart disease includes making lifestyle changes, taking medications or undergoing surgical procedures. Heart disease may be genetic, in other words, it runs in the family. It is helpful to know your family history and take appropriate measures. If you know you have a family history of heart disease, making simple lifestyle changes now can reduce your chances of having a heart attack.

These lifestyle changes include eating a healthy diet of fruits and vegetables, eating more low-fat and whole grain foods, and choosing but limiting lean red meat and eating more fish. Equally, increase movement or choose an

exercise to maintain a healthy weight, cholesterol, and blood sugars. It is recommended that adults get at least 150 minutes of moderate exercise a week and children 60 minutes or more per day.

For more information about coronary artery disease visit <http://www.hokecounty.net> or contact the Hoke County Health Promotion and Wellness office at (910) 875-3717 Ext: 2104.

~ Cornelia Murchison



## Exercise on a Dime!



### Frugal Living Tips

Who said you needed to join a gym to exercise... save money and get your fit on a dime.

1. Split costs with a workout buddy. Trade exercise videos and equipment, or share the cost of a personal trainer.
2. Buy used. Classified ads, garage sales, online auctions, and stores specializing in used exercise

equipment have good deals.

3. Make your own weights. Fill empty water, milk or detergent bottles with water or sand, then secure the top with duct tape to create an inexpensive set of adjustable weights.

4. Use the library. Try out different types of exercise videos and books for free. If you find one you really

like you can buy it.

5. Use your own body as resistance. Do crunches, push-ups, squats, step-ups, etc.
6. Always talk with your doctor before starting an exercise program.

Resource: *Mayo Clinic Health Information* ([www.mayoclinic.com](http://www.mayoclinic.com))

## Monthly Weight Loss Tip!

**Use the buddy system:** Research shows that accountability keeps people on track. If you work with a partner, you're less likely to blow off an exercise session. Going to the gym with a friend is a great way to share your challenges and setbacks. Can't find a workout buddy? Camaraderie can come from social media, too. Try texting a workout partner or friend for mutual support. *By Julia Merz (www.fitbie.com)*

## Medicare Part D Information

### Medicare Part D Annual Election Period is October 15 through December 7th, 2014

Take advantage of the Opportunity

The Medicare Prescription Drug (Part D) plan program offers plan members the ability to make changes in their coverage each year during the Annual Election Period. In addition Medicare beneficiaries who have not previously enrolled in a Part D plan are allowed to do so during this period (although with a premium penalty if other creditable coverage did not exist). Medicare prescription coverage may be obtained in a stand-alone Part D plan or as part of a Medicare Health Plan. Information on the Part D plans and Medicare Health Plans to be offered in North Carolina in 2015 should be available at

www.medicare.gov or from the Seniors' Health Insurance Information Program (SHIIP) starting today.

Part D plans contract on a yearly basis with the Medicare program. This allows them to change their formulary list (the prescription medications covered by the plan), restriction and limitation requirements, the monthly premium payment, and the pharmacy co-payments for any medication each year. SHIIP encourages each Part D participant to compare the coverage offered by their current plan with the coverage that will be offered by all plans available in 2015. A beneficiary should not assume that a plan that meets their needs in 2014 will provide the same coverage in 2015 or that it is the best plan for them in 2015.

Another item of importance to consider is that many plans offer a mail order pharmacy option that can save money with a 90-day supply of a medication at lower co-payment levels. Is this an option you would be interested in and, if so, does your current plan offer a mail order option?

Between October 15th and December 7th, a beneficiary can make changes in their Medicare health or Part D coverage. It is during this period a beneficiary should review all 2015 plan options. SHIIP can help them compare and select the 2015 Medicare Part D prescription coverage that will best meet their individual needs.

For Medicare beneficiaries with low incomes and limited resources an Extra Help/Low Income Subsidy (LIS) program is available

to reduce or eliminate the monthly premium and annual deductible and to reduce prescription co-payments. SHIIP can help determine eligibility and help with the application process.

SHIIP is a Division of the North Carolina Department of Insurance and can assist all Medicare beneficiaries with Part D coverage information and enrollment. Trained SHIIP counselors are available for face-to-face consultations in all 100 North Carolina counties and a toll-free SHIIP hotline (1-800-443-9354) is staffed Monday through Friday from 8 a.m. until 5 p.m. to assist callers. The Hoke County Senior Services SHIIP counselor is Tanya Studivant, to schedule a time to review your Medicare coverage please contact Hoke County Senior Services at 910-875-8588.



## Senior Services Open to Ages 55 and Older

Senior Services will be open to all seniors aged 55 and older.

Hoke County Senior Services has great fellowship, games, music, contests, and more. We are open daily from 8:00 AM

to 5:00 PM and are located in the Old Armory, 423 E Central Ave, Raeford, NC 28376.

Please contact Hoke County Senior Services for more information at 910-875-8588.



At the Fall 2014 meeting of the Friends of the North Carolina Public Library, Darlene Clark received the Frannie Ashburn award for Outstanding Volunteer and Brenda Lawlor accepted the Frances Reid award for Hoke County Friends of the Library for their outstanding service to the library and community.

Hoke County Public Library now offers e-magazines via Zinio! As a member library of Sandhill Regional Library System, our patrons can use this service for free, anytime, anywhere Internet is available! Check it out using the Zinio link on our website, [www.srls.info](http://www.srls.info).



# Book Sale

## SAT., SEPT. 20

### 9:00 a.m. - 3:00 p.m.

Hoke County Public Library Conference Room  
334 N. Main Street



# NOVEMBER 2014



## FAMILIES ALL READ

for families of children 5 & under

Family Reading Events

**ABC'S AND 123'S**  
THURSDAY, NOVEMBER 6 @ 6:30 pm

**MY FAMILY AND ME**  
SATURDAY, NOVEMBER 15 @ 2:00 pm

**WE ARE THANKFUL!**  
THURSDAY, NOVEMBER 20 @ 6:30 pm

**FAMILY READING WORKSHOP:**  
**HANDS-ON FUN + TIPS TO HELP YOUR CHILD**  
**BE READY TO READ!**  
WEDNESDAY, NOVEMBER 26 @ 10:00 am



**FREE BOOKS**  
for kids  
ages 0-5

# Let's Go F.A.R.!

Hoke County Public Library  
334 N. Main St., Raeford  
(910) 875-2502 [www.srls.info](http://www.srls.info)



## Trick or Treat! Or Should We Say... Trick or ThREAT

### From the Hoke County IT Department

October is not only National Cyber Security Awareness Month, it's also the time to celebrate Halloween, bringing to mind scary things that are merely figments of our imagination. In the digital world, however, there are many scary things that are *not* figments of our imagination, that we should in fact be worried about. The threats in cyber space are real. One of the most important concerns is malware, short for malicious software. The volume of malware continues to surge, with ransomware infections increasing, malware now targeting mobile devices, and new strands of malware attempting to exploit vulnerabilities in aging automated teller machines (ATMs).

Playing on the Halloween theme of scary things, below are some examples of malware you should be aware of, and some tips for minimizing your risks.

#### What are Some Examples of Malware?

**Ransomware.** Ransomware is designed to essentially hold your system hostage until you meet the hacker's demands. A popular version of ransomware currently circulating is known as CryptoWall, which infects a victim's machine and encrypts its data. The hacker alerts the victim

that their files have been encrypted and directs the victim to pay a ransom by a certain date, otherwise the key necessary to decrypt the files will be destroyed.

**Ghosts.** No, we aren't talking about the ghosts you'll see on Halloween. In the cyber world we have Gh0st, an infamous piece of malware that is commonly used by threat actors to remotely access a target and assume complete control. Some versions of Gh0st have the ability to activate the camera and audio-recording functions of the infected machine if the machine has those features.

**Zombies.** Unlike the make-believe zombies you see in the movies, cyber zombies are real. In the online world, a zombie is a machine compromised with malware and controlled by a hacker. Zombies can send spam, launch denial-of-service attacks and infect other machines, becoming part of a large group of compromised computers being controlled remotely (known as botnets).

**Mutations.** This malware (known as polymorphic malware) morphs its code to constantly change its form. This mutating process keeps the malware from being detected by pattern-matching analysis tools.

**Frankenstein.** Continuing along the lines of the mu-

tating software, the Frankenstein malware takes small pieces of software from trusted programs and stitches them together, making the resulting malware undetectable.

#### How Does Malware Get on Your Machine?

**Tricks-n-Treats.** Social engineering continues to be the path of least resistance to your data. These "tricks" often rely on establishing trust by purporting to be sourced from an individual or company you know and trust. The cyber criminal then tries to entice you into viewing the "treat," whether it's a celebrity photo, the promise of a cash prize or some other lure. Phishing email messages have evolved from being full of easy-to-spot grammatical or spelling errors to appearing very credible, with a look and feel that closely matches a legitimate organization.

**Poison.** Hackers looking to target your machine know how to poison search results to get you to click on a site that hosts malware. Cyber criminals can sometimes deface legitimate websites by adding content that is designed to rank highly in search results, knowing the first returned sites are more likely to be clicked on directly.

#### How Can You Minimize Your Risk?

Avoid the tricks by being

aware of the tactics:

Do not respond to unsolicited emails or telephone calls from an unknown or untrusted source. Verify the identity of an individual claiming to represent an organization by contacting the organization directly.

Be especially wary of emails that ask you to verify your information or provide sensitive information. Do not open attachments contained in a suspicious email.

Keep the software on your computers and devices up to date through regular patching. Use automatic update settings on your security software, operating system, and web browser.

Only install third-party applications from trusted sources.

Discuss security awareness best practices with your family, friends, colleagues and community.

**REMEMBER: While October is recognized as National Cyber Security Awareness Month, we need to be vigilant and proactive every day, not just during the month of October.**

#### For More Information:

[CIS Cryptowall Alert](#)

[CIS Newsletter: Bots, Botnets and Zombies](#)

[CIS Awareness Month Toolkit:](#)

[AntiPhishing Work Group](#)



# **OCTOBER 4, 2014**

# **5K WALK/RUN**

# **TO BUILD A**

# **HOME!**

## **1<sup>st</sup> Annual 5K Walk/Run**

Registration for this event is \$25.00 which includes an event T-Shirt  
This fundraiser is to raise money for the Raeford/Hoke Habitat for  
Humanity, which helps build homes for families in the local area.



**CONTACT**  
**RABSARY MARTINEZ**  
910-273-6394 to get  
registered!

**Registration Now**  
**Open until**  
**September 15,**  
**2014**

**Walk / Runners**  
**Are Welcome !!!!**

**T-Shirt and**  
**goodies are**  
**included in your**  
**Registration!**

**Registration Fee**  
**is only \$25.00**

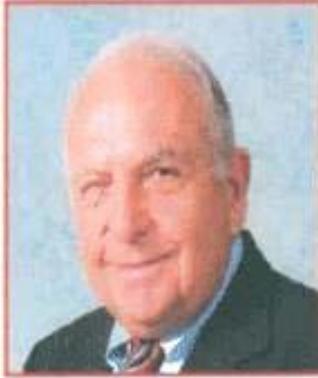
### **EVENT LOCATION**

Sandy Grove Middle School

300 Chason Road  
Lumber Bridge, NC 28357

Event Times  
9:00 am - 12:00p  
Walk/Run Starts at  
9:30 am

Hoke County  
Public Library  
Presents



"The Device"  
Short Story  
Narrative  
By: Author,  
Joseph Latino

"Authors  
Alive"



"Love and Life in  
Climax Creek"  
By: Romance  
Novelist  
Kianna Alexander

Saturday  
Oct. 4, 2014  
11:00 - 3:00



"Love After War"  
latest novel by  
Multicultural Novelist:  
Cheri Hodges

Refreshments  
Author Comments  
Book Signing



"Sunni Triangle"  
Chronicle by  
Nonfiction Author:  
Roosevelt McPherson



Alcohol & Drug Services & Tia Hart Community Recovery Program Presents

# THE ANONYMOUS PEOPLE

RECOVERY IS OUT - TO CHANGE THE ADDICTION CONVERSATION FROM - PROBLEMS TO SOLUTIONS

A FEATURE DOCUMENTARY FILM and panel discussion about the more than 23 million Americans living in long-term recovery from addiction to alcohol and other drugs.

**Hoke County Public Library**  
**334 North Main Street • Raeford, NC 28376**

## Lunch & Learn

**October 9, 2014**

**11:00 AM – 1:00 PM**

**Showtime: 11:15 PM**

(Panel discussion immediately following film)

**\*Free Admission.**  
**Advanced Registration Recommended.**

For additional information contact Shirlyn Smith  
910-997-7105 ext. 3 or Shirley Hart 910-565-3063

Deeply entrenched social stigma have kept recovery voices *SILENT* and faces *HIDDEN* for decades. The vacuum has been filled with sensational mass media depictions of people with addiction that perpetuate a lurid fascination with the dysfunctional side of what is a preventable and treatable health condition.

Please join this passionate new public recovery movement that aims to transform public opinion, engage communities and elected officials, and finally shift problematic policy toward lasting solutions.

Sponsored by



Alcohol & Drug Services  
*"The Key to Prevention and Recovery"*



Community Recovery Program

# REFLECTIONS ON IRAQ AND THE U.S. DILEMMA IN THE MIDDLE EAST

• **ROOSEVELT MCPHERSON** •  
Army veteran and author of  
“The Sunni Triangle: a true  
Iraq war story”

**WHEN**  
Thursday, November 13th, 2014  
12:00-1:00 pm

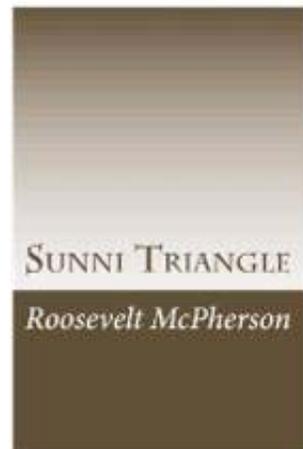
**WHERE**  
Hoke County Public Library  
Conference Room  
334 N. Main St., Raeford NC 28376  
910-875-2502



**SPONSORED BY**  
Friends of Hoke  
County Public  
Library  
and  
American  
Legion Post 20

**FREE  
ADMISSION**

**REFRESHMENTS**



# Fall is Here!

## Fall Home Fire Safety Tips

It's never too early in the fall to begin to think about cooler days and nights that are sure to come. The Hoke Fire Marshal's Office encourages everyone to think about good fire safety practices to keep you and your loved ones safe and sound.

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## Fireplace and Home Fire Safety

More than one-third of Americans use fireplaces, wood stoves and other fuel-fired appliances as primary heat sources in their homes. Unfortunately, many people are unaware of the fire risks when heating with wood and solid fuels.

Heating fires account for 36% of residential home fires in rural areas every year. Often these fires are due to creosote buildup in chimneys and stovepipes. All home heating systems require regular maintenance to function safely and efficiently.

The United States Fire Administration (USFA) encourages you to practice the following fire safety steps to keep those home fires safely burning. Remember, fire safety is your personal responsibility ...Fire Stops With You!

## Keep Fireplaces and Wood Stoves Clean

- Have your chimney or wood stove inspected and cleaned annually by a certified chimney specialist.
- Clear the area around the hearth of debris, decorations and flammable materials.
- Always use a metal mesh screen with fireplaces. Leave glass doors open while burning a fire.
- Install stovepipe thermometers to help monitor flue temperatures.
- Keep air inlets on wood stoves open, and never restrict air supply to fireplaces, otherwise you may cause creosote buildup that could lead to a chimney fire.
- Use fire-resistant materials on walls around wood stoves.

## Safely Burn Fuels

- Never use flammable liquids to start a fire.
- Use only seasoned hardwood. Soft, moist wood accelerates creosote buildup.
- Build small fires that burn completely and produce less smoke.
- Never burn cardboard boxes, trash or debris in your fireplace or wood stove
- When building a fire, place logs at the rear of the fireplace on an adequate supporting grate.
- Never leave a fire in the fireplace unattended. Extinguish the fire before going to bed or leaving the house.
- Soak hot ashes in water and place them in a metal container outside your home.

### **Protect the Outside of Your Home**

- Stack firewood outdoors at least 30 feet away from your home.
- Keep the roof clear of leaves, pine needles and other debris.
- Cover the chimney with a mesh screen spark arrester.
- Remove branches hanging above the chimney, flues or vents.

### **Protect the Inside of Your Home**

- Install smoke alarms on every level of your home. Test them monthly and change the batteries at least once a year. Consider installing the new long life smoke alarms. Remember to call us when you need help checking your detector in those high ceilings.
- Provide proper venting systems for all heating equipment.
- Extend all vent pipes at least three feet above the roof.





## Fire Safety

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Halloween is a fun holiday but it's also an important time to practice fire safety. The occurrence of fire increases around Halloween due to arson and the use of candles as decorations. Follow these tips for a happy and fire-safe Halloween:

- If you buy a costume, make sure the label says "Flame Resistant." *Flame Resistant* means the costume will be hard to catch on fire and if it does, the fire will go out fast.
- If you make a costume, try not to make one that is big and baggy so that the material doesn't touch candles or other flames. Use flame-resistant fabrics, such as polyester and nylon. These materials will resist burning if exposed to a flame.
- Tell kids to stay away from candles and jack-o'-lanterns that may be on steps and porches. Their costumes could catch fire if they get too close.
- Kids should never carry candles when they are trick-or-treating. Always use a flashlight, flameless candle, or light stick.
- Tell kids to let you know right away if they see other kids playing with matches or lighters.
- Don't use candles for decorations. They're dangerous, especially when left unattended.
- Use only decorative lights tested for safety by a recognized testing laboratory. Check lights for broken or cracked sockets, frayed or bare wires, or loose connections. Throw away damaged sets. Don't overload extension cords.
- Check the Consumer Product Safety Commission's website for the latest on Halloween-related consumer product recalls.
- If you have a Halloween party, check for cigarettes under furniture cushions and in areas where people were smoking before you go to bed.
- Remove any materials around your home or property, such as garbage or excess vegetation, which an arsonist could use to start a fire.



## *Halloween General Safety Guidelines*

Halloween is that magical time of year when children get to dress up in wonderful and outrageous costumes as they gather a bag full of treats. Halloween is really for children and children should ideally participate in all aspects of Halloween from helping to decorate the house to helping pick their costumes.

### **Costume Safety**



- Coming up with a creative disguise doesn't mean that safety needs to be forgotten, so here are some safety tips to keep in mind.
- October 31 can be a chilly night so make sure that costumes are loose enough to be worn over warm clothing but not so baggy or long that trick-or-treaters can trip over their costumes.
- Trick-or-treaters should wear sturdy walking shoes.
- Choose brightly-colored costumes that will be clearly visible to motorists. For greater visibility, add or incorporate reflective tape into the costume.
- Make-up and face paint are better than wearing masks which can restrict breathing and/or vision. If you choose to use a mask make sure it is one that allows the child to see and breathe easily.
- Swords, knives and similar accessories should be made of soft, flexible material.
- Look for costumes, beards and wigs labeled "Flame-Resistant" -- nylon or heavyweight polyester costumes are best. Flame Resistant does not mean 'fire proof'. Avoid costumes with baggy sleeves or flowing skirts to minimize the risk of contact with candles and

other fire sources. Costumes made of flimsy materials have been found to burn more quickly when exposed to fire sources.

- Think twice before changing the color of your eyes with cosmetic contact lenses. These cosmetic lenses should be used only under the supervision of an eye-care professional. In addition, wear time should be limited to the shortest duration possible. The lenses must never be worn while asleep, and cosmetic contact lenses should not be shared with others. If you should choose to wear these lenses, be certain that they are cleaned properly.



### Decorating Your House

By decorating your home, you signal to other trick-or-treaters that your household is taking part in Halloween.

- Children too young for trick-or-treating can dress up in costume and help answer the door with a parent nearby.
- Small children should never carve pumpkins. Instead, let your child draw a face on the pumpkin.
- Make your home safe for trick-or-treaters. Remove all objects around the outside of your house that could cause children to trip or fall. Turn your outside light on so children will know they can visit your home.
- Keep candles, jack-o-lanterns, matches and lighters in a place that children cannot reach.
- Halloween candles with multiple wicks close to one another are hazardous and should not be used. When lit they can produce a single high flame or several large flames close together resulting in intense heat and the danger of igniting nearby materials such as curtains or window sills.
- Keep pets inside and away from trick-or-treaters and lit candles, especially if they are easily frightened or become over-excited in the presence of strangers.
- If using decorative lights indoors or outdoors, use lights certified by a recognized organization such as the Underwriters' Laboratory (UL). Check lights for broken or cracked sockets, frayed or bare wires or loose connections. Discard damaged sets. Do not overload extension cords.

## Trick-or-Treat!



- On Halloween, most trick-or-treaters set out around dusk but the youngest wave of ghosts, witches and rock stars might begin ringing your bell in the late afternoon.
- Parents should accompany their children each year until the children are old enough to go by themselves. Still, safety-minded parents can follow along at a distance to keep an eye on the children.

## Other Halloween Tips:

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- Tell your children not to eat any goodies until you see them. Make sure that your child eats dinner before they set out, so they'll be less tempted to eat their goodies along the way.
- It might be a good idea for parents or children to take along a backpack to empty the goodies into if the trick-or-treat bags become too heavy.
- Children should stay in well-lit areas and should only visit homes that have their outside lights turned on. Children should never go inside homes or cars.
- Children should walk, not run, from house to house and stay on the sidewalk or at the side of the road facing traffic, cross the road at the corner and look both ways before crossing the road.

## The Goodies



The best part about Halloween! But before your children begin to eat their loot, make sure you examine it first. Throw out any treats that are not wrapped, those in torn or loose packages, or any that have small holes in the wrappers. Check toys or novelty items for small parts and do not allow children under the age of three years of age to play with them.

You might want to offer an alternative to sugar-based treats. Gum should be sugarless. Stickers, multi-colored pencils or beads can be a nice surprise in place or in addition to traditional treats. Ask your children what they think a good treat would be.

*Then sit back and enjoy. Happy Halloween!*



## *Fall Is A Great Time To Review Fire Extinguisher Safety At Home and Work*

### **PORTABLE FIRE EXTINGUISHERS**

A portable fire extinguisher can save lives and property by putting out a small fire or containing it until the fire department arrives; but portable extinguishers have limitations. Because fire grows and spreads so rapidly, the number one priority for residents is to get out safely.



#### **Safety tips**

- Use a portable fire extinguisher when the fire is confined to a small area, such as a wastebasket, and is not growing; everyone has exited the building; the fire department has been called or is being called; and the room is not filled with smoke.
- To operate a fire extinguisher, remember the word PASS:
  - **P**ull the pin. Hold the extinguisher with the nozzle pointing away from you, and release the locking mechanism.
  - **A**im low. Point the extinguisher at the base of the fire.
  - **S**queeze the lever slowly and evenly.
  - **S**weep the nozzle from side-to-side.
- For the home, select a multi-purpose extinguisher (can be used on all types of home fires) that is large enough to put out a small fire, but not so heavy as to be difficult to handle.
- Choose a fire extinguisher that carries the label of an independent testing laboratory.
- Read the instructions that come with the fire extinguisher and become familiar with its parts and operation before a fire breaks out. Local fire departments or fire equipment distributors often offer hands-on fire extinguisher trainings.
- Install fire extinguishers close to an exit and keep your back to a clear exit when you use the device so you can make an easy escape if the fire cannot be controlled. If the room fills with smoke, leave immediately.
- Know when to go. Fire extinguishers are one element of a fire response plan, but the primary element is safe escape. Every household should have a home fire escape planned working smoke alarms.



*School Is Back In Don't Forget to Visit  
Kids.gov..... It's Educational!*

### **It's for everyone .....Kids Grade K-5 – Teens Grade 6-8 – Grown-Ups**

Kids.gov is the U.S. government's website for children (grades K-8). Kids, parents, and teachers can use the site to get help with homework, access lesson plans, watch videos, play games, and more.

If you've visited Kids.gov previously, you'll notice that the website has been completely redesigned. The vibrant new site provides areas for three specific audiences: kids (grades K-5), teens (grades 6-8), and grown-ups (teachers and parents).

Enjoy exploring all that Kids.gov has to offer, including the following examples:

- How to Become President of the United States -- Check out a colorful and informative poster to help kids understand the process of becoming President.
- Videos Featuring Various Careers -- View videos describing different professions, ranging from an archeologist with the National Park Service to an executive chef at the White House.
- How Parents Can Get Involved -- Get homework tips, learn about school meal programs, find out how to help stop bullying, and more.
- Lesson Plans -- Teachers can find lesson plans on math, history, science, music, and other topics.

#### **About Kids.gov**

Brought to you by USA.gov, Kids.gov is the official kids' portal for the U.S. government. We link kids, parents and teachers to U.S. government information and services on the web from government agencies, schools, and educational organizations, all geared to the learning level and interest of kids.

#### **Kids.gov Mission**

To provide a safe place online where kids can create, play, and learn.

### **How Kids.gov is Organized**

Kids.gov is organized into three audiences: Grades K-5, Grades 6-8, and Educators. Each audience tab is divided into educational subjects like Arts, Math, and History. Within each subject, the websites are grouped as either government sites (Federal, state, military) or other resources (commercial, non-profit, educational). The sites listed under the other resources category are maintained by other public and private organizations. When users click on these links, they are leaving Kids.gov and are subject to the privacy and security policies of the owners/sponsors of the outside websites.

Please visit our Kids Privacy page for more information.

### **Kids.gov Social Media**

- We believe in delivering information and services in ways that are convenient for you. Check out our YouTube and Teacher Tube channels and be sure to sign up for our weekly newsletter to get up to date information on what's happening in the Kids.gov community.