



# Health & Safety



## Deer love pumpkins!

Deer love pumpkins just as much as you love that pumpkin spice latte. Or maybe more.

From the little pumpkins to the big fresh ones, when you are through with your leftover pumpkins, let the deer eat them. The best way is to crack open the pumpkins. The bigger pumpkins may be hard for deer to crack and get at the soft orange insides. Leave the pumpkins near areas where you commonly see deer or on the edges of an open field.

Wild animals like rabbits, mice, groundhogs and squirrels also love to chow down on pumpkins.

*Fire Prevention Week: Oct. 9 - 15*

## Save your home and pet with stove safety knobs

A dog that is big enough to steal the last piece of pizza off a counter is also big enough to turn on a stove.

Touch controls and knobs can inadvertently be activated by curious pets. That's exactly what happened recently in Kansas City, Missouri. According to Dog-Time.com, the homeowners left a pan with grease in it on the stove the night before. Their two dogs stood on their back legs to take a look. One of the dog's paws activated a touchscreen button for the stove. In short order, the kitchen filled with smoke and a full fire began. Both pets and humans got out safely.

It isn't as rare as it may seem. According to the National Fire Protection Association, pets accidentally start nearly 1,000 home fires each year.

There are a number of safety devices for pet and child-proofing stoves, among them stove knob covers and clips. You can also buy knobs that have to be squeezed from both sides in order to turn on. Touchscreen devices have lock-outs that can prevent accidental activation.

Cats are also to blame for incidents of house fires. In Seoul, South Korea, fire officials report that cats alone were responsible for 107 fires from January 2019 to November 2021. The culprit again was paws on stove or hot plate controls.

Sadly, every year 40,000 pets die in home fires. To save your pet and home, install safety knobs and keep flammable papers and substances away from the stove.





## Take a minute to plan your fire escape

In a fire, confusion reigns. Smoke makes it hard to see or breathe. Your only chance to survive a house fire is to not delay a second and get out.

Everyone should know that fire is a life threatening emergency. It can happen to anyone and, in fact, it does happen to about one in 3,000 households

- Every family member should know what a smoke alarm sounds like.
- Everyone should know that a chirping smoke alarm means a battery should be replaced.

- Every person should know two escape routes from every room.

- Get out immediately and don't go back in.

- Sleep with bedroom doors closed to stop fires.

- There should be a family meeting place away from the house at a permanent location.

- As a practical precaution, everyone in the household should always have a powered up phone and know how to call 911.

- Leave doors open for pets to escape.

- Check your windows regularly to make sure they open easily.

## Enduring Plant

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9				10				
11				12				
13			14					
15						16	17	18
			19					
20	21	22				23		
24						25		
26						27		

### Across

- Opposite of post-
- Kind of yoga
- Gas station abbr.
- Desert sight
- Henley need
- Turbaned Punjabis
- Rains ice
- Tallinn natives
- Is unable to
- Not fulfilled
- "\_\_\_ Got a Secret"
- Spa feature
- Ed.'s request
- Broadway backer
- Unagi, at a sushi bar

### Down

- Nonpoetic writing
- Former Spanish coins
- Everglades wader
- After childbirth
- Cereal fruit
- Inquire
- Govt. medical agency
- Beast of burden

14. Geological period

16. Biscotti flavoring

17. Star bursts

18. Symbol of strength

20. Dos Passos

trilogy

21. A Bobbsey twin

22. Coffee holder

[Click Here To Peek at Answers](#)

*The headline is a clue to the answer in the diagonal.*

## Could Jupiter lose its spot?

The forecast for Jupiter is a massive storm, the same storm that has been hammering the planet for at least 350 years, as far as we know. The storm is Jupiter's famous red spot, an area of high pressure in the South Equatorial Belt that has produced the largest anticyclonic (counter-clockwise) storm in the solar system, with wind speeds up to 268 mph.

Scientists say the storm that creates Jupiter's iconic red spot seems to be getting smaller. The storm on the gigantic planet is larger than Earth -- about 10,000 miles long -- but in the 19th century it might have been 30,000 miles long. If the storm has been subsiding, that means Jupiter's iconic spot -- that big red blotch -- might actually disappear. Scientists disagree on that.



"Maybe it would be best if you waited out here."

## October is Contact Lens Safety Month

### Tips for safe use of contact lenses

October is Contact Lens Safety Month, and if you're you one of the 45 million Americans who wear contact lenses, it's a good time to review some safety tips to protect your eye health for years to come.

- \* Make sure your prescription is current. Never order contacts with an expired prescription (even if you can get away with it) and don't stock up on new contacts if your prescription is about to expire.

- \* Stick with known and reputable contact lens suppliers. A good supplier always requires a valid prescription before dispensing lenses.

- \* Keep your exact prescription (including the brand and lens name) written down and check it against new contacts when you receive them to ensure you have the correct lenses.

- \* Never buy costume lenses from novelty stores or online if a prescription isn't required -- these unregulated lenses can pose serious health risks and should be avoided at all times.

- \* Never share contact lenses.

- \* Clean and store your contact lenses properly -- always use new solution and replace your lens case at least once every three months.

- \* Replace your lenses as often as recommended by your optometrist.

- \* Keep a spare pair of glasses handy in case of eye infections or problems with your lenses.

- \* Always remove your lenses before you go to sleep.

- \* Discard daily wear contact lenses after a single use -- don't re-wear them.

- \* Water and contact lenses don't mix -- avoid swimming or showering in your lenses.



## Experts say heart patients shouldn't skip flu shots

People with heart disease or history of stroke should always get an annual flu vaccine, according to the Centers for Disease Control and Prevention (CDC). While the agency recommends flu vaccines for everyone over six months of age, heart patients face elevated risk of serious illness leading to hospitalization and other complications.

Among 80,000 U.S. adults hospitalized for flu between the 2010-11 and 2017-18 flu seasons, half had heart disease, and sudden heart complications occurred in one out of every eight patients, according to the CDC. Flu patients also face significantly elevated risk of heart attack within a week of a confirmed infection, particularly among older adults or patients experiencing their first heart attack.



## Prevent woodland fires

### Smokey the Bear says:

A great, crackling campfire is just what you need for camping in the woods in October. But it is also a serious responsibility. Protect the woods you love by completely extinguishing your fire.

### Maintaining your campfire

As you're enjoying your campfire, remember these safety tips:

Once you have a strong fire going, add larger pieces of dry wood to keep it burning steadily.

- \* Keep your fire to a manageable size
- \* Make sure children and pets are supervised when near the fire
- \* Never leave your campfire unattended
- \* Never cut live trees or branches from live trees

### Extinguishing your campfire

Here is how to make sure your fire is completely out:

Allow the wood to burn completely to ash, if possible.

Pour lots of water on the fire and drown ALL embers -- not just the red ones. Pour until the hissing sound stops. Stir the ashes and embers with a shovel.

Make sure everything is wet and embers are cold to the touch. If you do not have water, use dirt. Mix dirt or sand with the embers until they are cool to the touch.

DO NOT merely bury the fire. It will continue to smolder and could catch roots on fire -- and potentially start a wildfire.

REMEMBER: If it's too hot to touch, it's too hot to leave!

### Don't burn dangerous things

Never burn aerosol cans or pressurized containers. They may explode. And never put glass in the fire pit. Glass does not melt away -- it only heats and shatters. Aluminum cans do not burn. They only break down into smaller pieces. Inhaling aluminum dust can be harmful.

Pack it in, pack it out. Don't leave trash.



# October 2022

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2 Communion Sunday	3 Fire Prevent Week	4	5	6	7	8 Mountain Fest, NC.
9 Hunter's Moon	10 Columbus Day	11 ER Nurses Week	12	13	14	15 Oyster Fest, MD
16	17	18 Alaska Day	19	20	21	22 Blue Ridge Fest, VA
23	24	25	26	27 Navy Day	28	29
30	31					