Sector Scoop

April 2011

United States Coast Guard

Sector Sault Sainte Marie

Don't forget to submit your photos for the Sector Scoop! I welcome and will include photos submitted. Send photos to Nancy.A.Keck@USCG.MIL

GUESS WHO!

Last Month's Guess Who: Andy Nadolny

April Listening Group Meetings

Please come to the meeting with an open mind, ideas, concerns, and solutions.

Chiefs	E-5's	E-6's
12 April at 1000	26 April at 1000	26 April at 1030
POC: BMCS Remer	POC: MK2 Repa	POC: MK1 Lesech

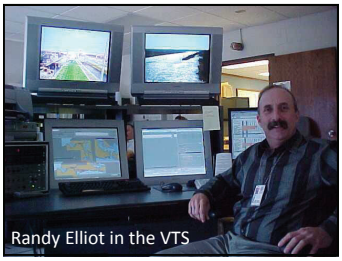
LOCATION: The meetings will be held in the Conference room, Wardroom, or on the Mess Deck as determined by your Point of Contact.

Happy 115th Birthday Soo Traffic!

Sunday, March 6th, 2011 marked the 115th Birthday of U.S. Coast Guard Vessel Traffic St. Mary's River, aka "SOO TRAFFIC."

On March 6, 1896, Title 33 USC 474 was signed in to law. This directed the Commandant of the Revenue Cutter Service to prescribe appropriate rules and regulations regarding the movement and anchorage of vessels and rafts in the St. Mary's River from Point Iroquois on Lake Superior to Point Detour on Lake Huron. This marked the beginning of the St. Mary's River Vessel Traffic Management System (VTMS).

Originally named the River Patrol Service, the first VTMS was comprised of the Revenue Cutter MORRELL and Lookout Stations at Johnson's Pt (#1), Middle Neebish Dyke (#2) and Little Rapids Cut (#3). The stations were connected by telegraph lines linked back to the Pittsburgh Steamship Company offices in Sault Sainte Marie, MI. Throughout the next several years, many lookout stations were established, and then closed as needs and funding levels fluctuated. At one point there were as many as 11 active stations along the river. During



Randy Elliot in the VTS

the early days, lookouts communicated with passing ships by kerosene lanterns and signal flags. Often messages were delivered to passing ships by lookouts rowing out to them in small dinghies.

In 1909, the West Neebish Channel was completed and Lookout station #4 was established. This deep draft channel enabled larger vessels to sail down river with more cargo than the Middle Neebish Channel allowed. It also improved the safety of vessels traveling in both (up & down) directions as traffic was routed one way in the especially hazardous areas around Neebish Island. Loaded vessels with deeper drafts transited down river on the west side of the island and lighter vessels in ballast traveled up river on the east side.

On January 30, 1915, the Revenue Cutter Service merged with the Lifesaving Service to form the Coast Guard. The rest, as they say, is history.

MAGGIE PETERSON/GRAPH

Vessel traffic management specialist Matthew Anderson communicates with one of the vessels on the waters of Operation Taconite

Photo by Jim Klynstra, MI ANG, during AMSC meeting in SSM on 17 March 2011

April 1st, 2011
Wine and Hops "Taste of Hope"
6:30 PM To 9:30 PM
Pine Grove Country Club
Iron Mountain
www.habitatmr.com
development@habitatmr.com
906/779-7360

April 2nd, 2011
King of the Cage
Kewadin Casino
Sault Ste Marie
www.kewadin.com
800-KEWADIN

April 8th - 9th, 2011
Bret Michaels Custom Built Tour 2011
8:00 PM
Island Resort & Casino, Harris
islandresortandcasino.com
877-ISL-SHOW

April 8th -10th,
15th – 17th 2011
Dome Soccer Tournament
Superior Dome, Marquette
www.superiordomesoccertournament.com
906-869-5965

April 13th - 16th, 2011
Peter Pan
7:30 PM
Forest Roberts Theatre
Marquette
906-227-2082

April 14th, 2011
Cinderella
7:00PM
Kewadin Casino
Sault Ste Marie
www.kewadin.com
800-KEWADIN

April 22nd - 24th, 2011
23rd Annual Spring Fling
White Fish Point Bird Observatory, Whitefish Point
www.wpbo.org

April 22nd - 24th, 2011
Players de Noc presents: "Escanaba in Love"
8:00 PM/2:00 PM
William Bonifas Fine Arts Center, Escanaba
www.playersdenoc.org
906/789-7468

April 21st, 2011
Tracy Lawrence
7:00PM
Kewadin Casino
Sault Ste Marie
www.kewadin.com
800-KEWADIN

April 2011

"No matter how long the winter, spring is sure to follow." ~Proverb

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

April 23rd, 2011
11th Annual YMCA Run/Walk
8:30 AM
Marquette
www.ymcamqt.org
jzdunek@ymcamqt.org
906-227-9622

May 6th - 7th, 2011
Clint Black
8:00 PM
Island Resort & Casino, Harris
www.islandresortandcasino.com
877-ISL-SHOW

May 14th, 2011
CG Housing Garage Sale

May 20th - 21st, 2011
Doobie Brothers
8:00 PM
Island Resort & Casino, Harris
www.islandresortandcasino.com
877-ISL-SHOW

May 20th - 21st, 2011
Ride for Da Red Motorcycle Event
Gladstone
www.upcruising.com

May 27th - 29th, 2011
Ride The Keweenaw Weekend
Keweenaw Peninsula
www.copperharbortrails.org/event/2010-05-28-79
sam@copperharbortrails.org
906-289-4788

May 29th, 2011
St Ignace Bike Show
St Ignace
www.upcruising.com

"And they who for their country die shall fill an honored grave, for glory lights the soldier's tomb, and beauty weeps the brave."
~ *Joseph Drake*

May 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Listening Group Meetings

Sector Sault Sainte Marie will be holding Listening Group Meetings. Please come to the meeting with an open mind, ideas, concerns, and solutions.

LOCATION: The meetings will be held in the Conference room, Wardroom, or on the Mess Deck (TBD).

January	Chiefs	2nd Tuesday at 1000
	E-5	4th Tuesday at 1000
	E-6	4th Tuesday at 1030
February	Wardroom	2nd Tuesday at 1000
	Civilians	4th Tuesday at 1000
	O-1—O-3	4th Tuesday at 1030
March	Warrants	2nd Tuesday at 1000
	O4—0-5	2nd Tuesday at 1030
	E-4	4th Tuesday at 1000
	E-3 and below	4th Tuesday at 1030
April	Chiefs	2nd Tuesday at 1000
	E-5	4th Tuesday at 1000
	E-6	4th Tuesday at 1030
May	Wardroom	2nd Tuesday at 1000
	Civilians	4th Tuesday at 1000
	O-1—O-3	4th Tuesday at 1030
June	Warrants	2nd Tuesday at 1000
	O4—0-5	2nd Tuesday at 1030
	E-4	4th Tuesday at 1000
	E-3 and below	4th Tuesday at 1030
July	Chiefs	2nd Tuesday at 1000
	E-5	4th Tuesday at 1000
	E-6	4th Tuesday at 1030
August	Wardroom	2nd Tuesday at 1000
	Civilians	4th Tuesday at 1000
	O-1—O-3	4th Tuesday at 1030
September	Warrants	2nd Tuesday at 1000
	O4—0-5	2nd Tuesday at 1030
	E-4	4th Tuesday at 1000
	E-3 and below	4th Tuesday at 1030
October	Chiefs	2nd Tuesday at 1000
	E-5	4th Tuesday at 1000
	E-6	4th Tuesday at 1030
November	Wardroom	2nd Tuesday at 1000
	Civilians	4th Tuesday at 1000
	O-1—O-3	4th Tuesday at 1030
December	Warrants	2nd Tuesday at 1000
	O4—0-5	2nd Tuesday at 1030
	E-4	4th Tuesday at 1000
	E-3 and below	4th Tuesday at 1030

Education Service Officer

Mr. Brian Streichert

635-3355

Brian.D.E. Streichert @uscg.mil

Hello,

April is here. That means the Amy Ignatowski Award will be completely open for applicants to apply for. I highly recommend applying for this annual award that began just last year. It is for any Coast Guard affiliated person and family member for up to 500.00 toward your college expenses! You can find the application on the LSSU website at: http://www.lssu.edu/foundation/scholarships/forms/ignatowski.php

Next, there have been some changes to the Vander Putten Education Grant and the Coast Guard Foundation Education Grant:

Vander Putten

Previous/Change

$500 / $250

USCG Grant

Previous/Change

$250 / $500

Also, the CGMA has released its educational loan. The application can be filled out and submitted to CWO R. Thornhill much in the same manner as the SEG application is completed.

As mentioned last month, we have confirmed classes for the base this summer as:

MA 084-085-086

PSYCH 101

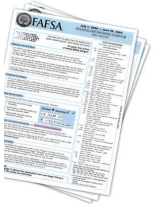
Classes are as flexible as they can be as the instructors truly take into consideration the students' work life. The courses will begin May 9th and end July 29th. That gives you until September to start classes again.

Psychology is a general education course required for Bachelor's degrees. The math course is available to assist in getting you back up to speed on math/algebra for the college level class (es) required to complete your degree. The psychology course will be offered Monday through Thursday from 1600-1715 and the math course will be at lunch time from 1130-1230. Dates have yet to be set but will probably be held 2 or three times each week. The Psychology course is a four credit hour course.

It is time to get moving on your college career. We are focused on getting all General Education courses taken care of here on base and moving on to other courses as our interest continues. Thank you all that have attended classes and are intending to. Should any question arise that you may have throughout the process, please contact me.

FAFSA: Free Application for Financial Student Aid

All those intending on enrolling in school at least part-time (six credit hours or more) be sure to complete a Free Application for Financial Student Aid by visiting www.fafsa.ed.gov. This can give you grants and/or loans for college. It is free to apply for and you should do this as soon as possible especially if you intend on enrolling in either summer classes or in classes that begin in the fall. A recent change in the Pell Grant is reflected by money not being offered through the summer to attend. However, it is still available throughout the spring and fall semesters and the loans are always available.



Water

75% of Americans are chronically dehydrated. (Likely applies to half the world population)

In 37% of Americans, the thirst mechanism is so weak that it is mistaken for hunger.

Even MILD dehydration will slow down one's metabolism as 3%.

One glass of water will shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.

Lack of water, the #1 trigger of daytime fatigue.

Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.

A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.

Drinking 5 glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%., and one is 50% less likely to develop bladder cancer.

2010 CPR Guidelines

After a review of the available research published over a 5 year period, the American Heart Association released its 2010 CPR Guidelines. As expected, the focus for CPR is on good quality chest compressions. Here are the differences between the 2005 and the 2010 CPR Guidelines:

A-B-C is for babies; now it's C-A-B!

It used to be follow your ABC's: airway, breathing and chest compressions. Now, Compressions come first, only then do you focus on Airway and Breathing. The only exception to the rule will be newborn babies, but everyone else -- whether it's infant CPR, child CPR or adult CPR -- will get chest compressions before you worry about the airway.

Why did CPR change from A-B-C to C-A-B?

No more looking, listening and feeling. The key to saving a cardiac arrest victim is action, not assessment. Call 911 the moment you realize the victim won't wake up and doesn't seem to be breathing right.

Trust your gut. If you have to hold your cheek over the victim's mouth and carefully try to detect a puff of air, it's a pretty good bet she's not breathing very well, if at all.

Push a little harder. How deep you should push on the chest has changed for adult CPR. It was 1 1/2 to 2 inches, but now the Heart Association wants you to push at least 2 inches deep on the chest.

Push a little faster. AHA changed the wording here, too. Instead of pushing on the chest at about 100 compressions per minute, AHA wants you to push at least 100 compressions per minute. At that rate, 30 compressions should take you 18 seconds.

Besides the changes under the 2010 CPR Guidelines, AHA continues to emphasize some important points:

Hands Only CPR. This is technically a change from the 2005 Guidelines, but AHA endorsed this form of CPR in 2008. The Heart Association still wants untrained lay rescuers to do Hands Only CPR on adult victims who collapse in front of them. My biggest problem with this campaign is what's left unsaid. What does AHA want untrained lay rescuers to do with all the other victims? In other words, what do you do with the victims that aren't adults or that didn't collapse right in front of you? AHA doesn't provide an answer, but I have a suggestion: Do Hands Only CPR, because doing something is always better than doing nothing.

Reprinted from http://firstaid.about.com/od/cpr/qt/09_2010_CPR_Guidelines.htm and submitted by HSC Lefebre

HSC Jose Lefebre and HS3 Gary Gilbert 635-3225

GSA asks you to help save motor fuel

Shop around for inexpensive gasoline. Selling fuel is a very competitive business these days. Oftentimes, another gas station is not far away. E85 for ethanol-compatible vehicles should be purchased when ever possible.

Use stations that accept the Wright Express card for payment. Avoid buying fuel near the Interstates, which usually is the most expensive fuel. Buy 87 octane (regular) gasoline. Always buy self-serve.

Slowing down and speeding up wastes fuel. Try to drive steadily. Avoid jackrabbit, "slam down the accelerator" starts. Avoid revving the engine.

Stay under the speed limit. Going over the speed limit (especially over 60 MPH) uses gasoline and diesel less efficiently.

Lose the weight. Empty the back and the trunk of things you don't need to carry around.

Use the cruise control if available. Cruise control almost always can regulate coasting speed better than the driver. Don't use cruise control in the snow and rain.

Don't let the vehicle idle for over a minute. Late-model vehicles (like GSA vehicles) don't require a "warm-up" period. Just shut it off, and start & go (diesels may require a warm-up period).

Combine trips. Plan trips in advance. Carpool. Avoid rush-hour traffic. Park in the shade when possible.

Don't fill the tank beyond the gas pump automatic nozzle shut-off. Fuel you "top off the tank" with past that shut-off point often just ends up spilled on the road. It could also damage your emissions system.

When you fill the tank, fill it all the way. While gasoline and diesel are heavy, and it burns fuel just to carry it around, filling up a little at a time typically means that you use more fuel just trying to find fuel.

Air-conditioning on, windows up versus air-conditioning off, windows down resulted in no measurable difference in fuel use, according to Edmunds. They suggest "making yourself comfortable."

Keep tires (including the spare) properly inflated. Use the tire pressure placard inside the driver's doorjam, not the pressure listed on the tire.

Make sure vehicles get proper maintenance when directed by GSA. If your vehicle is equipped with an oil-life monitoring system, have the oil changed when the vehicle indicates it.

Replace any missing gas caps (some vehicles don't have caps). Gasoline and diesel quickly evaporate.

Use the smallest, most efficient vehicle that will accomplish your mission.

Do not use "gas-saving devices" (intake twisters, gas pills, fuel-line magnets, fuel additives, etc.) that claim to increase miles-per-gallon. No automaker, GSA or the U.S. EPA have approved such products.

Scott Benson
GSA Fleet -- Chicago

I DIDN'T KNOW YOU CAN'T DO THAT!!

The Coast Guard network is monitored. When arriving at a new unit, in order to get computer access, you are required to read the AIS brief and sign the AIS form, agreeing that you will not do the following:

Access pornographic or other inappropriate material

Access gaming or gambling sites

Access dating services

Access streaming media for entertainment purposes

Access personal email

Transmit chain letters

Access commercial Instant Messaging

Release sensitive CG information via commercial email

Peer 2 Peer / File Sharing

Change the configuration of your workstation

Personally owned computers or devices may NOT be connected to a CG network

Personal shopping

Engage in any fund raising activity, political activity or endorse a particular company, service or product

Use government office equipment to support a private or personal business

(Please see COMDTINST 5375.1B for the full instruction)

Every time you logon to a workstation, you agree to abide by these terms.

Notes from ESD by Cate Lyon

So What's the Big Deal?

We have come to rely more and more upon computers and networks. The above actions can introduce viruses, malware or open access to outsiders. If your computer is flagged with a CGCIRT, the ESD is notified and your computer is removed from the network, scanned and rebuilt – this process can take up to 10 days. Should a violation arise, the following will occur:

First Violation: The individual shall redo and successfully complete the CG security awareness training

Second Violation: 5-day suspension to account, redo and successfully complete the CG security awareness training. In addition the incident shall be documented on a Personnel Security Action Form and submitted to the CG Security Center, documenting poor Information Security practices.

Third Violation: 30-day suspension to account, redo and successfully complete the CG security awareness training. In addition the incident shall be documented on a Personnel Security Action Form and submitted to the CG Security Center, documenting poor Information Security practices.

Fourth Violation: Denial of CG network access.

Why Should I care?

A typical cyber month at uscg.mil :

-12 million inbound emails hit the CG network gateways with 25,000 infections or malicious payloads.

-3.8 million outbound emails with 40 infections identified.

-5.5 million spam emails rejected.

-175 internal information assurance incidents occur (inappropriate use, classified material violations, etc.)

(Information provided by the CG Cyber Command)

It is very easy to inadvertently cause problems with your own workstation that could potentially spread to the rest of the network. The rules above are designed to reduce potential computer and network problems.

Visit the ESD's web site or search the USCG Portal for further details:

https://cgportal.uscg.mil/delivery/Satellite/ESDSAULTSTEMARIE/HOME

Remember, if you are emailing FOUO, SBU or sensitive information to any address that does not end in uscg.mil, it must either be password protected and/or encrypted (CG issued Goodlink devices are encrypted when configured).

100 GREAT THINGS ABOUT SAULT SAINTE MARIE

1. Low crime
2. No traffic
3. Clyde's Drive-in
4. Low Cost of living
5. Great fishing – state championship walleye tourney
6. Great hunting
7. Freedom (open space)
8. Close to Canada - International border
9. Makes you appreciate small things in life (small town perspective)
10. Soo Eagles hockey games
11. West Pier Drive-In
12. Short commute from housing
13. Free use of LSSU gym/rec facilities
14. Low cost of private schools (St. Mary's)
15. Networking with DHS partners
16. Great whitefish
17. Pasties
18. Close to LSSU providing many educational opportunities
19. Many lakes for boating
20. Sporting events at LSSU (basketball, hockey, etc)
21. Sault Seal snow tubing hill
22. Outhouse races
23. Soo theatre project
24. Mackinaw City (1 hr drive)
25. American and Canadian Lock tours – lighthouse tour and also dinner cruise
26. Close skiing & snowboarding (Searchmont Resort, Canada)
27. Being in close proximity to numerous state parks
28. Wacky Wings restaurant – Canada
29. Boyne Mountain ski resort
30. All you can eat crab legs at Kewadin Casino
31. Wildlife such as deer or moose in your backyard
32. No poisonous snakes or spiders
33. Great camping
34. Lake Superior Beaches
35. Summer bonfires
36. Amazing snowmobiling trails; a club that plans events as well
37. Lots of cross country skiing trails
38. Delicious maple syrup, blueberries & cranberries
39. Opportunities to volunteer
40. Unique dining places, hometown diners
41. Bird watching opportunities
42. Organized sports for kids (soccer, hockey, swimming to name a few)
43. Berry picking
44. Fresh produce during the summer
45. Ice fishing
46. Inexpensive concerts at the casino
47. Great place to learn to ice skate
48. Great place to pick your own pumpkins & apples
49. Drive thru coffee at caffeine express (owned by retired Coastie)
50. The view from the Mackinac Bridge
51. Ability to ride along on ice breakers
52. Clean air and beautiful summers
53. Rare birds and Bald Eagles
54. Woodpeckers
55. Views of the freighters
56. Edmund Fitzgerald memorial
57. Tower of History
58. Valley Camp Tours
59. Watching a Lake Superior sunset from a secluded beach
60. Three National Parks w/in a three hour drive
61. Historic Mackinaw Island
62. Adult dodge ball/volleyball leagues
63. Blueberry Arts Festival
64. Music in the Park – free concert series in the summer
65. Streets are open to snowmobiles
66. Five golf courses w/in 45 minutes
67. Sugar Island/Drummond Island – great for exploring
68. Tahquamenon Falls – Camp 33
69. Chippewa County Fair
70. Putting up birthday & other special announcements on the Pullar Marquee
71. Skating and biking on the I-500 track
72. Snow shoeing at Tahquamenon Falls
73. Cross Country Skiing on the Algonquin Trail
74. Sunrises over the St. Mary's River
75. Atlantic Salmon Fishing in the St. Mary's Rapids
76. The Antique Boat Show in Hessel
77. Les Cheneaux Maritime Museum in Cedarville
78. Mission Summit lookout in the fall
79. Bicycling hundreds of miles of two lane roads with the Soo Bike Club
80. Agate hunting at Whitefish Point
81. The best beach in Michigan north of Cross Village
82. Legs Inn! (Cross Village-this is a must-do)
83. Canoeing on the Two Hearted River
84. Seney National Wildlife Refuge
85. City and community festivals
86. Crisp Point Lighthouse
87. Chippewa Falls in Sault, Ontario
88. Muldoon's Pasties in Munising
89. Affordable homes to buy
90. As a part of the Coast Guard, one is respected by the local community
91. Great off road jeep trails on Drummond Island
92. Exposure to the Native American culture
93. Proximity to seven Commands for members desiring to stay in the area
94. Access to CG Exchange
95. Area is expanding and developing
96. College classes on base
97. Increased development opportunities for Junior Officers
98. Active and supportive CPOA
99. CG Color Guard focal point for many ceremonies and parades
100. Famous Antlers Restaurant

American Dietetic Association

Eat Right

Food, Nutrition and Health Tips from the American Dietetic Association

Shop Smart — Get the Facts on Food Labels

Become a smart shopper by reading food labels to find out more about the foods you eat. The Nutrition Facts panel found on most food labels will help you:

- Find out which foods are good sources of fiber, calcium, iron, and vitamin C
- Compare similar foods to find out which one is lower in fat and calories
- Search for low-sodium foods
- Look for foods that are low in saturated fat and trans fats

A Quick Guide to Reading the Nutrition Facts Label

Start with the Serving Size

- Look here for both the serving size (the amount for one serving), and the number of servings in the package.
- Remember to check your portion size to the serving size listed on the label. If the label serving size is one cup, and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label.

Check Out the Total Calories and Fat

Find out how many calories are in a single serving and the number of calories from fat. It's smart to cut back on calories and fat if you are watching your weight!

Let the Percent Daily Values Be Your Guide

Use percent Daily Values (DV) to help you evaluate how a particular food fits into your daily meal plan:

- Daily Values are average levels of nutrients for a person eating 2,000 calories a day. A food item with a 5% DV means 5% of the amount of fat that a person consuming 2,000 calories a day would eat.
- Remember: percent DV are for the entire day—not just for one meal or snack.
- You may need more or less than 2,000 calories per day. For some nutrients you may need more or less than 100% DV.

The High and Low of Daily Values

- 5 percent or less is low—try to aim low in total fat, saturated fat, cholesterol, and sodium
- 20 percent or more is high—try to aim high in vitamins, minerals and fiber

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

For more food label information, visit the Food and Drug Administration at www.cfsan.fda.gov/label.html

Limit Fat, Cholesterol and Sodium

Eating less of these nutrients may help reduce your risk for heart disease, high blood pressure and cancer:

- Total fat includes saturated, polyunsaturated and monounsaturated fat. Limit to 100% DV or less per day.
- Saturated fat and trans fat are linked to an increased risk of heart disease.
- Sodium—high levels can add up to high blood pressure.
- Remember to aim low for % DV of these nutrients.

Get Enough Vitamins, Minerals and Fiber

- Eat more fiber, vitamins A and C, calcium, and iron to maintain good health and help reduce your risk of certain health problems such as osteoporosis and anemia.
- Choose more fruits and vegetables to get more of these nutrients.
- Remember to aim high for % DV of these nutrients.

Additional Nutrients

- Carbohydrates—There are three types of carbohydrates: sugars, starches and fiber. Select whole-grain breads, cereals, rice and pasta plus fruits and vegetables.
- Sugars—simple carbohydrates or sugars occur naturally in foods such as fruit juice (fructose), or come from refined sources such as table sugar (sucrose) or corn syrup.

Check the Ingredient List

Foods with more than one ingredient must have an ingredient list on the label. Ingredients are listed in descending order by weight. Those in the largest amounts are listed first. Effective January 2006, manufacturers are required to clearly state if food products contain any ingredients that contain protein derived from the eight major allergenic foods. These foods are milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

What Health Claims on Food Labels Really Mean

FDA has strict guidelines on how certain food label terms can be used. Some of the most common claims seen on food packages:

- **Low calorie**—Less than 40 calories per serving.
- **Low cholesterol**—Less than 20 mg of cholesterol and 2 gm or less of saturated fat per serving.
- **Reduced**—25% less of the specified nutrient or calories than the usual product.
- **Good source of**—Provides at least 10% of the DV of a particular vitamin or nutrient per serving.
- **Calorie free**—Less than 5 calories per serving.
- **Fat free / sugar free**—Less than ½ gram of fat or sugar per serving.
- **Low sodium**—Less than 140 mg of sodium per serving.
- **High in**—Provides 20% or more of the Daily Value of a specified nutrient per serving.
- **High fiber**—5 or more grams of fiber per serving.

FDA also sets standards for health-related claims on food labels to help consumers identify foods that are rich in nutrients and may help to reduce their risk for certain diseases. For example, health claims may highlight the link between calcium and osteoporosis, fiber and calcium, heart disease and fat or high blood pressure and sodium.

For a referral to a registered dietitian and for additional food and nutrition information visit www.eatright.org.

eat right.

The **American Dietetic Association** is the world's largest organization of food and nutrition professionals. ADA is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy.

Information submitted by:

Jody L. Carman, MPH

Regional Health Promotion Manager

(216) 902-6354

Authored by registered dietitians on staff with the American Dietetic Association

Sources: US Food and Drug Administration, ADA Complete Food & Nutrition Guide

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Be Red Cross Ready

Fire Prevention & Safety Checklist

The most effective way to protect yourself and your home from fire is to identify and remove fire hazards. Sixty-five percent of home fire deaths occur in homes with no working smoke alarms. During a home fire, working smoke alarms and a fire escape plan that has been practiced regularly can save lives.

- **If a fire occurs in your home, GET OUT, STAY OUT and CALL for help.**
- **Install smoke alarms on every level of your home, inside bedrooms and outside sleeping areas. Test them every month and replace the batteries at least once a year.**
- **Talk with all household members about a fire escape plan and practice the plan twice a year.**

Prevent home fires

Steps You Can Take Now

- ❑ Keep items that can catch on fire at least three feet away from anything that gets hot, such as space heaters.
- ❑ Never smoke in bed.
- ❑ Talk to children regularly about the dangers of fire, matches and lighters and keep them out of reach.
- ❑ Turn portable heaters off when you leave the room or go to sleep.

Cooking Safely

- ❑ Stay in the kitchen when frying, grilling or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- ❑ Stay in the home while simmering, baking, roasting or boiling food. Check it regularly and use a timer to remind you that food is cooking.
- ❑ Keep anything that can catch fire—like pot holders, towels, plastic and clothing—away from the stove.
- ❑ Keep pets off cooking surfaces and countertops to prevent them from knocking things onto the burner.

Caution: Carbon Monoxide Kills

- ❑ Install carbon monoxide alarms in central locations on every level of your home and outside sleeping areas.
- ❑ If the carbon monoxide alarm sounds, move quickly to a fresh air location outdoors or by an open window or door.
- ❑ Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning devices inside a home, garage, basement, crawlspace or any partially enclosed area.

Practice fire safety at home

Smoke Alarms

- ❑ Install smoke alarms on every level of your home, inside bedrooms and outside sleeping areas.
- ❑ Teach children what smoke alarms sound like and what to do when they hear one.
- ❑ Once a month check whether each alarm in the home is working properly by pushing the test button.
- ❑ Replace batteries in smoke alarms at least once a year. Immediately install a new battery if an alarm chirps, warning the battery is low.
- ❑ Smoke alarms should be replaced every 10 years. Never disable smoke or carbon monoxide alarms.
- ❑ Carbon monoxide alarms are not substitutes for smoke alarms. Know the difference between the sound of smoke alarms and carbon monoxide alarms.

Fire Escape Planning

- ❑ Ensure that all household members know two ways to escape from every room of your home.
- ❑ Make sure everyone knows where to meet outside in case of fire.
- ❑ Practice escaping from your home at least twice a year and at different times of the day. Practice waking up to smoke alarms, low crawling and meeting outside. Make sure everyone knows how to call 9-1-1.
- ❑ Teach household members to **STOP, DROP** and **ROLL** if their clothes should catch on fire.

In case of fire ...

Follow Your Escape Plan!

Remember to **GET OUT, STAY OUT** and **CALL 9-1-1** or your local emergency phone number.

- ❑ If closed doors or handles are warm, use your second way out. Never open doors that are warm to the touch.
- ❑ Crawl low under smoke.
- ❑ Go to your outside meeting place and then call for help.
- ❑ If smoke, heat or flames block your exit routes, stay in the room with doors closed. Place a wet towel under the door and call the fire department or 9-1-1. Open a window and wave a brightly colored cloth or flashlight to signal for help.

Use Caution with Fire Extinguishers

- ❑ Use a portable fire extinguisher ONLY if you have been trained by the fire department and in the following conditions:
  - The fire is confined to a small area, and is not growing.
  - The room is not filled with smoke.
  - Everyone has exited the building.
  - The fire department has been called.
- ❑ Remember the word PASS when using a fire extinguisher.
  - Pull the pin and hold the extinguisher with the nozzle pointing away from you.
  - Aim low. Point the extinguisher at the base of the fire.
  - Squeeze the lever slowly and evenly.
  - Sweep the nozzle from side to side.

Let Your Family Know You're Safe

If you experience a home fire or any disaster, register on the American Red Cross Safe and Well Web site available through **RedCross.org** to let your family and friends know about your welfare. If you don't have Internet access, call **1-866-GET-INFO** to register yourself and your family.

American Red Cross

For more information on disaster and emergency preparedness, visit **RedCross.org**.

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