Across North Carolina with J.S. Waters

Given the recent news about the rampant obesity among U.S. children, in the 2005-2006 school year J.S. Waters Elementary School, together with Concept2, an indoor rowing manufacturer, and Chatham County Center - North Carolina Cooperative Extension Service, decided to tackle the issue. Vrmmm, vrrmmm are the unique sounds coming from the school’s hallways.

Since the rowing program was introduced, the students have been eagerly heaving and pulling while working for their personal best on the indoor rowing. Approximately ninety 5th & 6th graders all rowed at least once a week. The students participated in a rowing program, Across North Carolina, where they tracked their rowing progress across the state. Students learned the conversion of meters into miles. They learned how to coax and encourage others to pull their hardest all while becoming more positive and compassionate. Desire, commitment, and dedication have led some students who never had a reason to like school to come with smiles on their faces, eager to row their hardest.

Why would J. S. Waters consider a rowing program? It is a great form of exercise for kids and a perfect fit for schools. But here’s some additional reasons.

- The rower fits individuals of all sizes.
- The student controls the intensity of the exercise, so each student can row as hard or as easily as is appropriate for him/her.
- Some kids will be much more successful with rowing than with other fitness options. For example, bigger heavier kids may dislike running, but they can often be very effective and successful at rowing.
- Some kids with poor vision, or weak hand/eye coordination, may thrive on the indoor rower.
- The mechanics of the indoor rower itself are simple and easy for kids to grasp.
- In learning to row, kids are learning a sport they can do for the rest of their lives.
- And finally, kids seem to just like rowing!!

As the new year starts for J.S. Waters Elementary School, when passing by listen for the vrrmmm!! vrrmmm!! as the students gear up to CROSS North Carolina again.
I’m in the Kitchen
A cooking program designed specifically for youth to learn the just plain fun of being in the kitchen.

Saturday, November 4th
Seasonal fruits and vegetables to prepare. The turkey isn't the only item to have fun with.

Saturday, December 2nd
“Holiday treats or gifts of the heart “ that await to be prepared. Learn some simple ones to share with all.

Ages : 8 – 15 years old are welcome
Time: 10:00 am - 12 NOON
Cost: $5.00 per child (Covering materials and samplings) FEE IS NON-REFUNDABLE
Enrollment: Limited to 12 participants. Registration required due to food purchases

The Cranberry  “A very tasteless and insipid fruit”
Discover the myths associated with this fruit and discover the delicious and creative ways to use cranberries.
Identify the health benefits of this unique food. Taste flavors such as Cranberry Ginger Marinade, Smoked Meat and Cranberry Gourmet Pizza, Chiptole Cranberry Barbecue Sauce and California Cranberry-Berry Smoothie

Date: Thursday, Nov. 30th
Time: 6:00 - 7:30 pm
Cost: $10.00 per person. Includes educational materials and food tasting
FEE IS NON-REFUNDABLE

Pittsboro Needle Crafters
Are you prepared to have some fun, meet new friends, and learn new techniques with fabric and other related crafts? Everyone, beginner or expert, is welcome to join us.

The Pittsboro Needle Crafters meet on the second Thursday of the month, September through May, in the auditorium in the Agriculture Building in Pittsboro, NC. The next gathering of the season will be held on Thursday, November 9th at 6:30 pm. There is a $5 fee (payable each month you come to a meeting), which will cover refreshments and specific supplies for that month's class. Since November is the month to begin planning for the Christmas holiday, the use of fabric and thread in making greeting cards is on the agenda!

Thinking ahead - do you have a quick Christmas project/gift idea, something you could demonstrate in about 15 minutes? Something you could share with everyone at the December meeting?

R.S.V.P. please to Joan (919-967-4997) or Kathy (knichols@touchnc.net) or Phyllis Smith or Jane Tripp at 919-542-8202, so we know how many cookies to make! Remember, you don't have to take part in the activity every month, just come and share your own projects, enjoy the cookies and chat.
HALLOWEEN SAFETY TIPS FOR TRICK OR TREATING

Trick or Treating should be one of the great adventures of Halloween for kids! They can get dressed in scary costumes and go door to door, begging "Tricks or Treats!"

from neighbors or at the local mall. Lots of towns have a Harvest Festival so kids can Trick-or-Treat safely. But going door to door is the stuff of childhood memories! It should be a fun time, without trouble and pain, so following some easy tips can keep your child safe every Halloween.

- Children should go out during daylight hours only unless accompanied by a responsible adult.
- Plan a safe route so parents know where their older kids will be at all times. Set a time for their return home. Make sure that your child is old enough and responsible enough to go out by themselves.
- Let your children know not to cut through back alleys and fields. Make sure they know to stay in populated places and don’t go off the beaten track. Stay in well lighted areas.
- Stop only at familiar houses in your own neighborhood unless they are accompanied by an adult.
- Small children should never be allowed to go out alone on Halloween. Make sure an older sibling or adult is with them.
- Instruct your children not to eat any treats until they bring them home to be examined by you. Instruct your child to never go into the home of a stranger or get into their car.
- Make sure your child carries a flashlight, glow stick or has reflective tape on their costume to make them more visible to cars.
- Let them know that they should stay together as a group if going out to Trick or Treat without an adult.

Kids look forward to Halloween because of the dress-up and cool costumes but they mostly like it for the candy and treats! Who doesn't? Watch the candy intake when they get home. Too much can lead to stomach aches and indigestion. That includes mom and dad as well!

Let your child have some say in their costume, within reason, of course. Britney or Christina may be your six-year-old daughter's favorite singer but don't send her out dressed like them! It's never too early to teach them some responsibility and common sense.

Make your child's Halloween a memorable holiday and they'll have good memories that last a lifetime!

Most people are aware of the hazards of drunk driving. But driving while sleepy can be just as dangerous. Indeed, crashes due to sleepy drivers are as deadly as those due to drivers impaired by alcohol. And you don’t have to be asleep at the wheel to put yourself and others in danger. Both alcohol and a lack of sleep hamper your ability to react quickly to a suddenly braking car, a sharp curve in the road, or other situations that require rapid responses. Just a few seconds’ delay in reaction time can be a life-or-death matter when driving. When people who lack sleep are tested in using a driving simulator, they perform as badly or worse that those who are drunk. The combination of alcohol and lack of sleep can be especially dangerous.

Of course, driving is also hazardous if you fall asleep at the wheel, which happens surprisingly often. One-quarter of the drivers surveyed in New York State reported they had fallen asleep at the wheel at some time. Often, people briefly nod off at the wheel without being aware of it - they just can't recall what happened over the previous few seconds or longer. And people who lack sleep are more apt to take risks and make poor judgments, which can also boost their chances of getting in a car crash.

Here are some potentially life-saving tips for avoiding drowsy driving.

- **Be Well Rested Before Hitting The Road**
  If you have several night in a row of fewer than 7-8 hours of sleep, your reaction time slows. Restoring that reaction time to normal often takes more than 1 night of good sleep, because your sleep debt accumulates after each night you lose sleep. It may take several night of being well rested to repay that sleep debt and ensure that you are ready for driving on a long road trip.

- **Avoid Driving Between Midnight and 7 a.m.**
  Unless you are accustomed to being awake then, this period of time is when we are naturally the most tired.

- **Don’t Drive Alone.**
  A companion who can keep you engaged in conversation might help you stay awake while driving.

- **Schedule Frequent Breaks on Long Road Trips.**
  If you feel sleepy while driving, pull off the road and take a nap for 15-20 minutes.

- **Don’t Drink Alcohol**
  Just one beer when you are sleep deprived will affect you as much two or three beers when you are well rested.

- **Don’t Count on Caffeine**
  Although drinking a cola or a cup of coffee might help you awake for a short time, it won’t overcome excessive sleepiness or relieve a sleep debt.

Opening a window or turning up the radio won’t help you stay awake while driving. Be aware of these warning signs that you are too sleepy to drive safely:

- Trouble keeping your eyes focused,
- Continual yawning,
- Being unable to recall driving the last few miles.

**REMEMBER, if you are short on sleep, stay out of the driver’s seat!!**
North Carolinians can help the environment with NC GreenPower

In October 2003, North Carolina saw the launching of the first ever statewide program to encourage the development of renewable energy sources for the state’s power supply – NC GreenPower. Today, business and residential energy consumers alike are supporting this program that also provides economic and environmental benefits for our state.

About renewable energy
Renewable energy, also known as green power, is generated from sources that are available naturally and replenish themselves. Green power comes from renewable sources that produce little or no pollution and have far less impact on the environment than energy from fossil fuels such as coal or oil. More and more electric utilities nationwide are offering green power to customers because it is a cleaner energy option.

About the NC GreenPower program
NC GreenPower offers cleaner energy options for energy consumers in North Carolina. Working with independent renewable energy producers and the state’s electric utilities, the program offers electricity generated from renewable sources such as the sun, wind and organic matter, all of which are indigenous to North Carolina. The program is “homegrown,” meaning that energy is produced in North Carolina for the state’s power supply.

Unlike other programs nationwide, NC GreenPower is the first program of its kind to include voluntary participation from electric utilities statewide. The program is governed by a 22-member Board of Directors, with representation from environmental, electric utility, government and consumer interests. Currently, the program has agreements with nearly 30 suppliers throughout the state and is seeking additional generation.

The program is made possible by financial contributions to help offset the production cost of this type of energy. A typical contribution of just $4 per month adds one block of 100 kilowatt-hours of renewable energy to North Carolina’s power supply. Large-volume users – usually from the corporate sector – may contribute towards 100 or more blocks at a rate of $2.50 per block with a different energy mix. All contributions are voluntary and tax-deductible.

“This program is for everyone,” said Maggy Inman, vice president of NC GreenPower. “It is an easy and affordable way for both individuals and organizations to make a positive impact on our environment and to promote the development of cleaner sources of electricity for our state.”

Electricity generated from renewable resources will not only help to diversify the state’s electric supply, but will also provide important environmental benefits. Each 100 kWh block, subscribed monthly, will annually offset approximately 2,500 lbs of carbon dioxide (CO₂). This reduction is environmentally equivalent to planting more than 190 trees or not driving 3,000 miles in an automobile.

To date, the program has nearly 9,000 participants. Among these participants are corporate leaders, including Advanced Energy, Cherokee Investment Partners, Dominion North Carolina Power, Duke Power, Eisai, GlaxoSmithKline, IBM, IIS-USA, Lowe’s Home Improvement, Mast General Store, N.C. Electric Membership Corporation, N.C. Farm Bureau, N.C. Pork Council, Progress Energy, Public Power, Research Triangle Institute, Santa Fe Natural Tobacco Company, Smithfield Foods, State Energy Office and the U.S. Environmental Protection Agency.

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