



**D.R.I.**

**insider**



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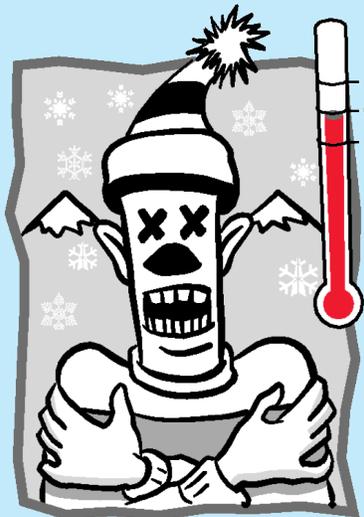
## The Hazards of Cold

Hypothermia occurs when your body temperature drops below normal. Watch out for these symptoms:

- ✓ uncontrollable shivering
- ✓ weakness
- ✓ drowsiness
- ✓ disorientation
- ✓ slurred speech
- ✓ unconsciousness

**Protect yourself from hypothermia...**

- Dress in layers, so you can adjust what you're wearing to the temperature.
- In cold weather, wear silk, polypropylene or lightweight wool next to your skin and wool layers over your undergarments.
- For outdoor activities, wear outergarments of wind and water-resistant fabrics, such as nylon.
- Always wear a hat, gloves and a scarf in cold weather.



Hypothermia can happen even in warm weather if you are cold and wet too long...

- Always take along a dry set of clothing when you're working (or playing) outdoors.
- Always pack rain gear, no matter what the forecast.
- Wear waterproof boots in damp or snowy weather.

**Hypothermia can sneak up on you...**

- Use the buddy system when working outdoors in cold weather.
- Check each other for signs of hypothermia.
- If that's not possible, let someone know where you'll be and when you expect to return.

**When hypothermia strikes, get indoors as soon as possible. Change into warm, dry clothes and sip warm drinks (not alcohol). Be sure to seek medical attention.**



## **CORNER** Gary's Rant

By Gary Derr

**GARY'S**



### **Police**

What in God's name is going on in this country today? What mental midget suggested we hate the Police? I, for one, invite Mr. Tarantino into my garage for a half an hour. After which he will truly understand respecting the Police! The Paramedics as well!

Remember the days when being a Cop was one of the most respected positions / careers you could have? What happened?

Respect and the lack there of! No respect for Parents, Teachers, Counselors, etc. And now it's the Policeman's turn!

Don't take into account Cops get spat at by kids and adults. Don't consider nobody is responsible or accountable for anything today. Especially when breaking the law! How about when the Cop tells you to do something? You do it!

How about we realize these are real people with the same human instincts and reactions as we all have.

I won't even get into "Black Lives Matter" and the ridiculous implications of that statement. How about "All Lives Matter"!!!

And again, the "Safe Havens" we now have in this country, crazy!!!

How about we all show the Police the respect we want to be shown? Who you gonna call when there aren't any Police? Ghostbusters? Here's your sign?!?!

## **Safety Tips**

### **Heating Safety**

There is something about the winter months and curling up with a good book by the fireplace. But did you know that heating equipment is one of the leading causes of home fire deaths? With a few simple safety tips and precautions you can prevent most heating fires from happening.

Be Warm and Safe this Winter!

- Keep anything that can burn at least three feet away from heating equipment, like the furnace, fireplace, wood stove or portable space heater
- Have a three-foot "kid-free zone" around open fires and space heaters.
- Never use your oven to heat your home.
- Have a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer's instructions.
- Have heating equipment and chimneys cleaned and inspected every year by a qualified professional.
- Remember to turn portable heaters off when leaving the room or going to bed.
- Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.

- Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home.
- Test smoke alarms monthly.



### **Heating Equipment Smarts**

Install wood burning stoves following manufacturer's instructions or have a professional do the installation. All fuel-burning equipment should be vented to the outside to avoid carbon monoxide (CO) poisoning.

Install and maintain CO alarms to avoid the risk of CO poisoning. If you smell gas in your gas heater, do not light the appliance. Leave the home immediately and call your local fire department or gas company.

### **FACT**

**Half of home heating fires are reported during the months of December, January and February.**

# Energy Saving Solutions



## Start Saving Energy Today!

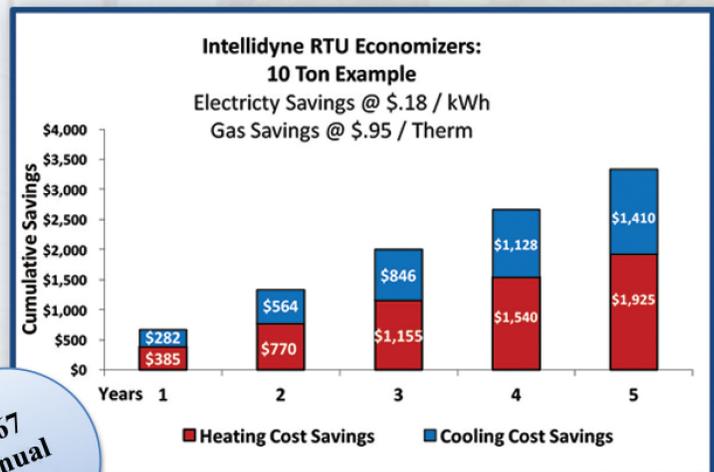
### RTU Solution

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## French Apple Crumb Pie

### Ingredients:

- (1) 9" pie crust
- (6) Cups baking apples
- 3/4 cup sugar
- 1/4 cup flour
- 1/2 tsp. nutmeg
- 1/2 tsp. cinnamon
- 1/4 tsp. salt

Peel and dice apples, mix with above ingredients, fill pie shell.

### Crumb Topping:

- 1 stick butter
- 1 cup flour
- 1/2 cup brown sugar

Mix ingredients together until crumbly. Sprinkle over apples.

Bake at 425 degrees for 50 minutes. Cover pie with foil the last 15 minutes so crumbs don't burn.

**Enjoy with vanilla ice cream!!**



**Fun Fact:** November is Peanut Butter Lovers Month, time to celebrate our favorite food! Americans will celebrate by eating more than 65 million pounds of peanut butter during the month of November.

Southern Peanut Growers, representing southeastern peanut farmers, started the celebration as Peanut Butter Lovers Day on November 4, 1990. November 4th marks the anniversary of the first patent for peanut butter, applied for by Dr. John Harvey Kellogg on November 4, 1985. It grew to a month-long celebration in 1995 when peanut butter celebrated its 100th birthday!

