

Fill 'Er Up



Education · Nutrition · Connection

1075 Family Newsletter

October 2021

Vol. 1 No. 6

Halloween Celebrations in Jones County

In prior years, Halloween evening was a time when we would see scores of costumed children happily racing from door to door in the neighborhood hoping to fill their totes and pails with their favorite candy. As safety concerns continue to arise, and demographics change, cautious parents are now taking their children to events like "Trunk or Treat" parties hosted by churches, nonprofits, or others.

So where can you take children in Jones County for some Halloween fun?

- The Trenton One Stop is hosting a Trunk or Treat event on Saturday 10/30 between 5 and 7 PM.
- The Pollocksville Fire Department is the site of another Trunk or Treat Event on Saturday October 30th, between 5 and 7 PM.

Have a spooktacular time!



October 2021

Filling Station Events & Happenings

5-Oct Tue Food Distribution & LCC Computer Lab 9-1

7-Oct Thu Food Distribution & LCC Computer Lab 9-1

10-Oct Sun Perfect 10 Fundraiser 1 to 6 PM 10 Mile Fork Road

12-Oct Tue Food Distribution & Senior CSFP & LCC Computer Lab 9-1

14-Oct Thu Food Distribution & Senior CSFP & LCC Computer Lab 9-1

19-Oct Tue Food Distribution & LCC Computer Lab 9-1

21-Oct Thu Food Distribution & LCC Computer Lab 9-1

26-Oct Tue Food Distribution & LCC Computer Lab 9-1

28-Oct Thu Food Distribution & LCC Computer Lab 9-1



When to Call for Medical Help

Not wanting to waste time or precious resources, we may want to avoid calling for the medical help we really need. It is hard to know sometimes whether to wait out a symptom and see if it subsides or head for the nearest Emergency Room. Of course, you must take into consideration the known health issues of the person experiencing the pain or difficulty. **Here is some advice from Johns Hopkins Medicine—When to Call for Help:**

- Difficulty breathing, shortness of breath.
- Chest or upper belly pain or pressure lasting 2 minutes or more.
- Fainting, sudden dizziness, weakness.
- Changes in vision.
- Confusion or changes in mental status.
- Any sudden or severe pain.
- Uncontrolled bleeding.
- Severe or persistent vomiting or diarrhea.
- Coughing or vomiting blood.
- Suicidal or homicidal feelings.
- Difficulty speaking, or numbness or weakness in any part of your body.
- Unusual belly pain.

Additional conditions and symptoms that require emergency attention include:

- Poisoning
- Drug overdose
- Loss of consciousness
- Major burn
- Spinal cord, head, or brain injury
- Severe allergic reaction
- A fast heartbeat (more than 120 to 150 beats per minute) at rest, especially if associated with shortness of breath or feeling faint
- A broken bone with skin protruding through the skin
- Drowning



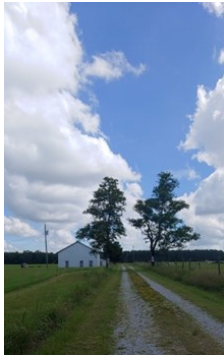
Emergencies for children include:

- Any significant change from normal behavior
- Confusion or delirium
- Decreasing responsiveness or alertness
- Excessive sleepiness
- Irritability
- Seizure or abnormal shaking or twitching
- Strange or withdrawn behavior
- Severe headache or vomiting, especially after a head injury
- Uncontrolled bleeding
- Inability to stand up or unsteady walking
- Unconsciousness
- Abnormal or difficult breathing
- Skin or lips that look blue or purple (gray for darker-skinned children)
- Feeding or eating difficulties
- Increasing or severe, persistent pain
- Fever accompanied by a change in behavior (especially with a severe, sudden headache accompanied by mental changes, or neck or back stiffness or rashes)
- Severe or persistent vomiting or diarrhea

Remember any time you are uncomfortable with a medical situation, you should call for help. By acting quickly, you may prevent a serious emergency and could save a life.

The above was taken from the [Johns Hopkins Medicine website.](#)

Jones County—A Perfect 10



“Do as much as you can! – Donate as much as you can!”

“Jones County – A Perfect 10” is a lovely opportunity to spend an afternoon enjoying country living in beautiful Jones County and support the Filling Station. The Filling Station’s mission is to assist with filling the unmet needs in the areas of nutrition, education and connection serving the residents of Jones County. Our Title Sponsor is Carolina East Health System.

What to do: This fundraiser will offer activities at eight sites along a five mile stretch of 10 Mile Fork Rd conveniently located near Pollocksville, Trenton and River Bend. These sites include:

- Z.A.K.’S – Shop at this unique country store and enjoy apple cider and ginger snaps.
 - Hayride – Take a hayride along a country lane.
 - Farm animals – Visit a menagerie of friendly goats, cows, donkeys, and chickens.
 - Tree Farm – Walk the trails and learn about long leaf pines and the history of naval stores.
 - Moosic – Relax and enjoy music, along with the cows and calves across the road.
 - Things from Yesteryear – This museum is full of vintage treasures.
 - Kitty’s Korner Etc – Let your creativity bloom as you paint a ceramic souvenir to take home.
- **Where to find us:**
The host sites stretch about 5 miles from Z.A.K.’S located at 1553 10 Mile Fork Rd, to Kitty’s Korner Etc located at 4205 10 Mile Fork Rd.
 - A link to download the map will be available soon on our webpage www.fillingstation1075.com.

When to come:

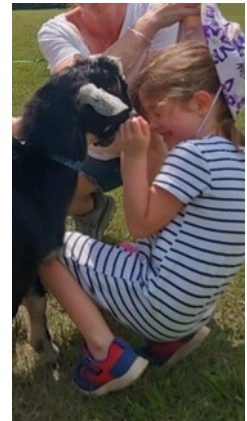
- 1:00 to 6:00 on Sunday, October 10, 2021.
- Rain date will be October 17.

How to participate:

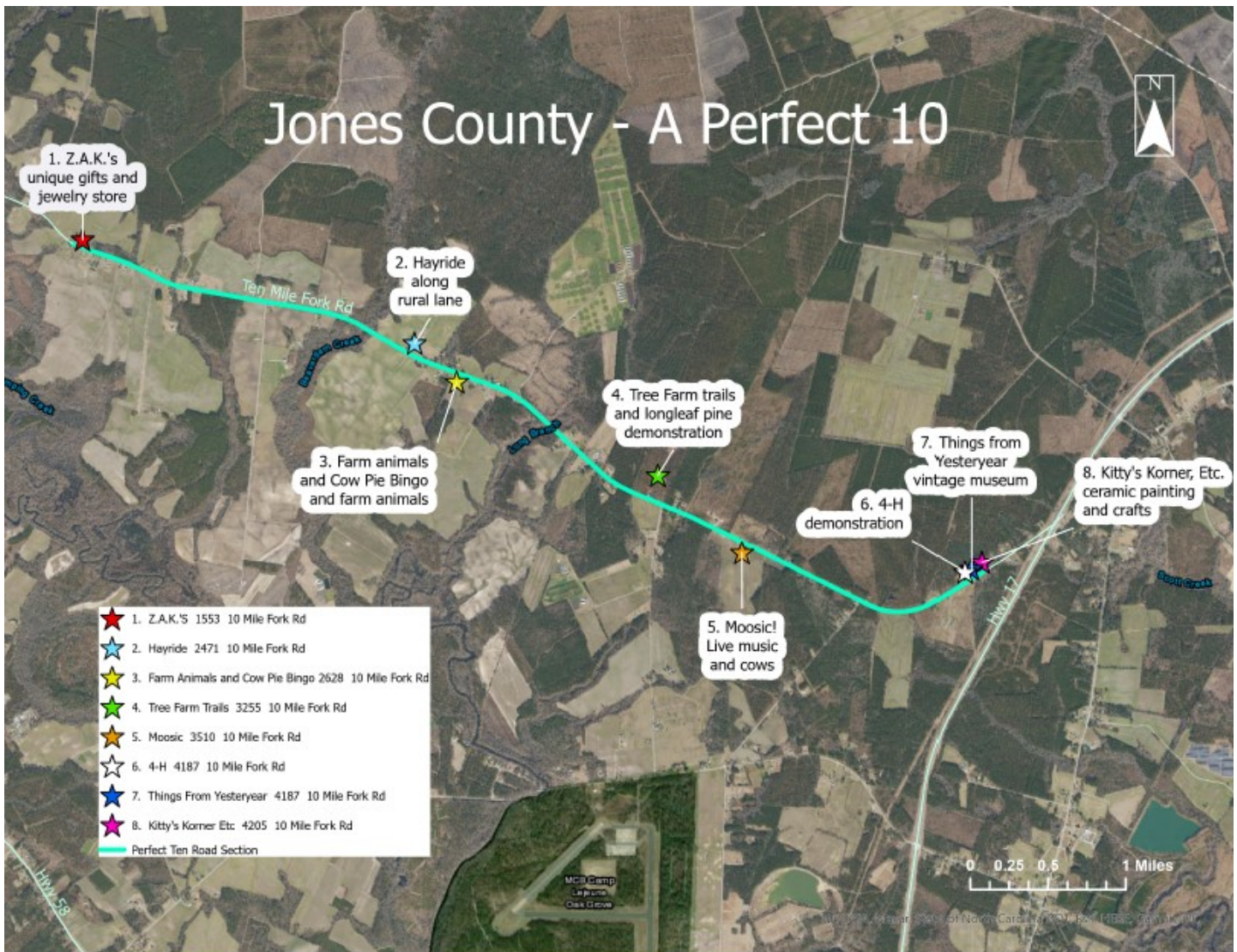
- No tickets needed! All you need to do is show up and
- ***“Do as much as you can! – Donate as much as you can!”***
- Parking will be indicated by an antique car and signage at each site.
- Hosts will be on site near the parking area to assist as needed.
- Water and Porta-Johns will be provided at each site.
- Donation boxes will be available at each site. Please use them!

Cow Pie Bingo:

- Cow Pie Bingo tickets are available for \$10.
- A ticket buys a numbered square and a chance to win 10% of the pot. A cow will be put out in a small pasture that has been lined to create the squares and she will select the winner the day of the event.
- Paper tickets are available at the Filling Station, as well as from site hosts and board members. More information and online tickets are also available at the Filling Station website, www.fillingstation1075.com.



Jones County—A Perfect 10



Halloween Snack Mix

An easy-peasy snack mix, just combine any or all of the following depending on what you have and what you like:

- Popcorn
- Small or stick pretzels
- Candy corn
- Nuts (peanuts, almonds, cashews)
- M&Ms
- Candied cereal

Just for fun, stuff the mix in a big plastic glove (like the ones for pumping gas) and seal with a bag tie. How creepy is that!



Activities for Adults, Teens and Children

Cardio Kickboxing for Youth and Adults

Thurs, Oct. 14-Nov. 4

6pm will be for ages 5 years old to 15 years old (divided by ages)

7pm for ages 16 through adult

Ford Davis, Cert. instructor teaches the correct forms, punches, and kicks. Cardio Kickboxing is a non-contact form of adrenaline charging, strength building exercise for your arms and legs, which will elevate your heart rate, enhance balance and agility, and cut your stress! It is a great alternative if you get bored with treadmills and outdoor jogging for your cardio! Wear your workout clothes and closed toe shoes.

\$22 for kids ages 5-16 under, \$7 single class drop in.

\$26 for 17- adults, \$8 single class drop in.

recreation@jonescountync.gov

Or call: 252-448-1660



Intro to Cheer

Intro Night: Mon, Sept. 20th at 6:30pm

Location: Jones County Civic Center

Regular Session: Sept. 27th- Oct. 11th 6pm, \$20 registration per child

Second Session: Oct. 18th-Nov. 8th

For girls and boys, ages 4 to 13.

Kids will learn basic arm positions, beginner jumps, tumbling, and stunting. They will also learn chants and basic formations to help them on the path toward higher level skills. Taught by Samantha King.

This is an intro night to come meet the instructor and check out the class. Pre-registration is not required, but parents must sign a liability waiver if their child participates.

Parents, we ask participants come to class with hair up, form fitting athletic clothes, and athletic shoes. And no necklaces or jewelry please. After 9/20 intro, the four week fee will be \$20 per child to participate.

Contact Jones County Recreation for more info: recreation@jonescountync.gov

Or call: 252-448-1660



Sat. Oct. 2, 9am "Southern Hospitality" Car, Truck and Bike Show

Trenton Fairgrounds 245 King St. Trenton.

Top 25 in Show Awards, Reg. is \$20 for top 25 awards classic cars, \$5 for spectators.

All Proceeds Benefit Cancer Widower

Contact Eric Jones, Trenton by facebook messenger

Sat. Oct. 23rd, 9am. Maysville Rotary Interact HS Kids Kayak and Wildlife Education Day

For Jones Senior High Schoolers. We'll meet at the Pollocksville Boat Ramp.

Contact Jones County Recreation to pre-register at 252-448-1660.

INEXPENSIVE FALL DECORATIONS

It does not have to cost an arm and a leg to make your home look festive. In the past seems like Christmas was the big holiday for decorating, but now the fall and Halloween are catching on as a time to begin sprucing up our homes and getting a little color and fun in our environment. Here are a few inexpensive ideas for fall, Halloween and Thanksgiving:

- Check out Hobby Lobby, Walmart, Target, Dollar stores, Big Lots, and Ollie's for inexpensive décor AND ideas.
- Check online sites for ideas.
- Do check out local thrift shops—even if you can't find exactly what you are looking for—you can always spray paint it! Project spray paint is only about \$1.50 a can.
- Make a small investment in a glue gun which you can use over and over.
- Set a budget for the decorations & stick to it. Track your spending.
- Spray paint and decorate mason jars; vases; pots; or clean, empty tin cans. See examples below.
- A lot can be done with pine cones, pipe cleaners, twigs, fall-colored yarn and hemp twine

- Painted wood pallets make a nice backdrop for an interesting display. The slats can be painted (see below right).
- Tie a wired ribbon in a bow. Add a few pine cones and place it on your mail box.
- Cut oak leafed shapes out of fall colored construction paper. Use them for indoor craft projects.
- Put some dry beans and dried corn of various colors in a glass vase.

You don't have to be an artist. The whole family can have some fun making the house feel like a home for the holidays!

Resource web sites:

[Images for cheap fall homemade decor](https://www.prudentpennypincher.com/dollar-store-fall-decor-ideas/)

<https://www.prudentpennypincher.com/dollar-store-fall-decor-ideas/>

<https://www.prudentpennypincher.com/decorating-fall-halloween-budget/>

<https://www.pinterest.com/pin/433401164124431772/>

<https://homebnc.com/best-diy-fall-craft-ideas/>

<https://www.carolinevencil.com/diy-fall-decor/>





Education · Nutrition · Connection

Mission: To assist with filling the unmet needs in the areas of Nutrition, Education and Connection serving the residents of Jones County.

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