

Fill 'Er Up



Nutrition · Education · Connection

1075 Family Newsletter

August 2022

Vol. 2 No. 8

Goodwill Community Foundation (GCF) LearnFree.org

Do you want to:

- Learn core skills
- Brush up on your reading and math skills
- Get started with computers
- Learn Microsoft Office programs
- Apply for a job
- Improve your working skills
- Design nice-looking documents?

Then the [GCF website](#) is the 24/7 place to do all this and a lot more. For almost 20 years, the GCFGlobal.org program has helped millions around the world learn the essential skills they need to live and work in the 21st century. The site offers more than 300

topics, including 6,000 lessons and 2,000 videos, and more than 50 interactives and games—all completely FREE!

If you are ready to learn, they are ready to teach—all you need is an internet connection. Their self-paced courses are up-to-date—and they are available later when you need to review.

So, what are you waiting for?



August 2022

Filling Station Events & Happenings

- | | |
|----|--|
| 2 | Food Distribution & LCC Computer Lab 9-1 |
| 4 | Food Distribution & LCC Computer Lab 9-1 |
| 9 | Food Distribution & Senior CSFP & LCC Computer Lab 9-1 |
| 11 | Food Distribution & Senior CSFP & LCC Computer Lab 9-1 |
| 16 | Food Distribution & LCC Computer Lab 9-1 |
| 18 | Food Distribution & LCC Computer Lab 9-1 |
| 23 | Food Distribution & LCC Computer Lab 9-1 |
| 25 | Food Distribution & LCC Computer Lab 9-1 |
| 30 | Food Distribution & LCC Computer Lab 9-1 |

THE FILLING STATION CELEBRATES ITS 5TH YEAR OF SERVICE ON AUGUST 26, 2022!



What if you but crucify yourself with your attacks on others?



You might ask, "What is a life hack?" It is a simple and clever tip or technique for accomplishing some familiar task more easily and efficiently. In this column and in future editions of this newsletter we are going to provide some we have run across.

- **Best way to clean TV and computer screens**

Don't use glass cleaner when cleaning TV screens, computer monitors, and other electronic devices with plastic screen, since it can damage the surface. Instead use either special LCD cleaning wipes, or a microfiber cloth dampened with water. Be sure to turn off and unplug the device before cleaning it.

- **Holding a Knife**

Control the knife by choking up on the handle and actually grip the knife blade with your thumb and forefinger. Keep your noncutting hand from being nicked by using a "bear claw" grip on the food being cut by tucking your fingertips back away from the knife and letting your knuckles rest against the side of the blade.

- **Set a positive morning intention**
Want to start your days with more energy and purpose? Try setting the tone with a positive intention—a phrase you repeat to yourself first thing in the morning. You can use the same one each day—or use a different one each day. It can be anything that matters to you. Close your eyes, breathe deeply and repeat a phrase like: "I am ready for today's opportunities!" "I am grateful for this beautiful day." "Only good things happen to me today."
- **Keep flowers looking better longer**
To keep fresh-cut flowers blooming longer, add 2 tbsp of vinegar and 3 tbsp of sugar to each quart of warm water (to dissolve the sugar). Keep flower stems in 3-4 inches of water to allow constant flow of nourishment.
- **Make scrambled eggs in the microwave**
Grab a mug and spritz it with nonstick spray. Crack one or two eggs into it. Top with a splash of milk or water, sprinkle with salt and pepper, then mix with a fork. Microwave at 30-second intervals, stirring after each for a total of 90 seconds and your perfect scrambled eggs are ready!
- **Recycle that left-over pickle juice**
Reportedly Chick-fil-A uses pickle juice to make their fillets tender and juicy. Pickle juice is high in salt—like a brine. Try soaking chicken or pork in pickle juice for 30 minutes before cooking to help the meat retain more moisture.

Best Summer Quotes

- To plant a garden is to believe in tomorrow. *Audrey Hepburn*
- Some of the best memories are made in flip-flops. *Kellie Elmore*
- Summer has a flavor like no other. Always fresh and simmered in sunshine. *Oprah Winfrey*
- Like a welcome summer rain, humor may suddenly cleanse and cool the earth, the air and you. *Langston Hughes*
- Roll out those lazy, hazy, crazy days of summer. *Sam Cooke*
- It's a smile, it's a kiss, it's a sip of wine...it's summertime! *Kenny Chesney*

Tips for Getting the Kids Out the Door Fast and to School on Time

Forming and keeping good habits is a must for busy families once school is back in session.

Here are some tips:

- Map out a schedule—include kids in planning it
- Choose outfits & shoes the night before—prevents time-wasting clashes in the morning
- Get kids on a night time schedule and get them to bed on time. Routines are essential.
- Prepare lunches and backpacks the night before—and make sure you have needed breakfast items ready
- Invest in several alarm clocks—even a kindergartener needs one. Set alarms to give plenty of time for morning routines.
- Allow some time in the morning for cuddles, hugs and attention to moods.
- Kids should get themselves ready—even a 4-year old can dress him/herself.
- Speed things up with music—softly at first then louder. Pick an energizing song.
- Keep breakfast simple—let them serve themselves (age appropriate)
- Keep morning chores to a minimum (e.g., make your bed, clean up after breakfast, feed pets)
- Take an occasional break from the routine, but don't be late for school or work.

It is all a matter of training yourself and your children. These are good habits for all to develop. Adults need to be good role models for their children. There is no time like the start of a new school year to institute new, better routines. You will ALL benefit.

Top Ten Tips for Excellent Summer Grilling

The following are from the Food Network.

Summer is grilling time! No hot kitchens—just a cool backyard.

- Start with a clean grill—use a sturdy metal brush to clean between uses.
- Don't move the food around—food stuck to the grill will unstick with more time.
- Don't squeeze or flatten meat—it removes moisture and flavor
- Keep a spray bottle handy for flare-ups
- Use a meat thermometer—most accurate way to determine doneness
- Avoid putting cold food straight on the grill—let it come to room temperature
- Undercook foods just slightly—food continues to cook after removed from the grill
- Rest all the meat—allow meat to sit undisturbed (and unsliced!) for 5 to 15 minutes after cooking as it allows the juices to redistribute
- Don't over-char to cook through meat with bones—cook on high to crisp the outside of thicker cuts (and chicken thighs & legs) then move to lower, indirect heat on the grill
- Keep it simple when serving a crowd—it can be a hassle trying to do both veggies and proteins at the same time and have them finish together.



Nutrition · Education · Connection

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

PO Box 222

221 Main Street
Pollocksville, NC 28573

252.224.1127

info@fillingstation1075.com
<https://fillingstation1075.com/>
[Facebook.com/FS1075](https://www.facebook.com/FS1075)

Board Members

Chair: Maria Robles

Vice-Chair: Charlie Dunn, Jr.

Treas: Dr. Norma Sermon-Boyd

Secretary: Sheri Smith

John Bender

Bobby Darden

Willie Jones

Zack Koonce

Sylvia Miller

Clyde Murphy, Jr.

Karen Plaster

Cheryl Simons

Willie Smith

John Taylor

Carol Mattocks, Board Advisor

Tharesa Lee, Consultant

Mary Ann LeRay, Ex. Dir.

Judy Hills, Editor



NC BACK TO SCHOOL Immunization Requirements

Grade Level Entry Vaccine Requirements*

K Kindergarten	DTaP	5 doses
	Polio	4 doses
	Hib (4-YEAR-OLDS ONLY)	3-4 doses
	MMR (or 2 measles, 2 mumps, 1 rubella)	2 doses
	Hepatitis B	3 doses
	Varicella	2 doses
	Pneumococcal conjugate (4-YEAR-OLDS ONLY)	4 doses
7th Seventh Grade	DTaP	5 doses
	Polio	4 doses
	MMR (or 2 measles, 2 mumps, 1 rubella)	2 doses
	Hepatitis B	3 doses
	Varicella	1 dose
	Tdap	1 dose
Meningococcal conjugate	1 dose	
12th Twelfth Grade	DTaP	5 doses
	Polio	4 doses
	MMR (or 2 measles, 2 mumps, 1 rubella)	2 doses
	Hepatitis B	3 doses
	Varicella	1 dose
	Tdap	1 dose
Meningococcal conjugate (EFFECTIVE 2020-21 SCHOOL YEAR)	2 doses	

* At all ages and grades, the number of doses required may vary by a child's age and when they were vaccinated.



NC Department of Health and Human Services • Division of Public Health • Women's and Children's Health Section • Immunization Branch • www.immunize.nc.gov/ • NCDHHS is an equal opportunity employer and provider. • 07/2019

