

Fill 'Er Up



Nutrition · Education · Connection

1075 Family Newsletter

April 2023

Vol. 3 No. 4

Coastal Coalition for Substance Abuse Prevention (CCSAP)

The Coastal Coalition for Substance Abuse Prevention is a five county coalition serving Carteret, Craven, Jones, Onslow and Pamlico Counties. CCSAP works to reduce alcohol-related car crashes, reduce prescription medication abuse and reduce underage drinking. Did you know that some children in NC have their first exposure to alcohol outside their home while they are still in elementary school? For most, it's common to hear about incidents involving alcohol in their middle-school years. Parents and caregivers are urged to talk to their kids about the dangers of underage drinking. For more information and resources: [Talk It Out NC](#)



TIPS for TEENS

UNDERAGE DRINKING

THE TRUTH ABOUT UNDERAGE DRINKING

SLANG! BOOZE/BREW/
LIQUOR/SAUCE

GET THE FACTS

UNDERAGE DRINKING IS DANGEROUS. Drinking alcohol can result in poor decision making which can make you less aware of your actions and unable to recognize potential danger. Drinking may also lead to impaired motor coordination, placing you at a greater risk of being injured from falls or vehicle crashes. While intoxicated, you are more likely to engage in unsafe behavior, including drinking and driving, unprotected sex, and aggressive or violent actions.

UNDERAGE DRINKING CAN BE FATAL. When a person has an alcohol overdose, their breathing and heart rate slows down to dangerous levels. Symptoms include confusion, being unconscious, vomiting, seizures, and trouble breathing. Overdosing on alcohol can lead to permanent brain damage or death. In addition, driving after drinking alcohol can lead to vehicle accidents and deaths.

UNDERAGE DRINKING CAN BE ADDICTIVE. When someone is unable to stop or control their alcohol use—even when facing serious health, social, or academic consequences—they have an alcohol use disorder that requires treatment. Talking with a counselor, psychologist, psychiatrist, or other trained professional can help.

? Q&A

Q. IS IT REALLY UNSAFE TO DRINK UNTIL I'M 21?

A. YES. The risks of underage drinking are high. Research suggests that drinking during the teen years could interfere with normal brain development and increase the risk of developing an alcohol use disorder later in life.

Q. WHY DO MY FRIENDS DRINK ALCOHOL IF IT IS UNSAFE?

A. Many teens experience peer pressure to drink alcohol, and some are looking for a way to cope with stress; however, underage drinking will result in more problems—not fewer. In 2015, about 4.2 million young people aged 12 to 20 reported binge drinking (for males, 5 or more drinks, and for females, 4 or more drinks on the same occasion within a few hours) at least once in the past month.

Q. MY PARENTS USED TO DRINK WHEN THEY WERE UNDERAGE. WHY CAN'T I?

A. Minimum drinking age laws exist for a reason—they help keep everyone safer. After states increased the legal drinking age to 21, there were fewer car crashes. Also, drinking during the previous month for 18- to 20-year-olds declined after all states adopted a minimum legal drinking age of 21 from 59 percent in 1985 to 40 percent in 1991.

THE BOTTOM LINE: Underage drinking is dangerous and can be deadly. Talk to your parents, a doctor, a counselor, a teacher, or another adult you trust if you have questions.

LEARN MORE: Get the latest information on how underage drinking affects the brain and body at teens.drugabuse.gov.

TO LEARN MORE ABOUT UNDERAGE DRINKING PREVENTION, CONTACT:
SAMHSA
1-877-SAMHSA-7 (1-877-726-4272) (English and Español)
TTY: 1-800-487-4889
www.samhsa.gov | store.samhsa.gov

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Prosperity Thought for the Month

I am ready to receive all the
wealth Gods wants to bless me
with.



De-crust a microwave

Soak a sponge in water, pop it in the microwave, and let it cruise around the turntable for a minute. This hack is a double-whammy that loosens all that gross caked on stuff inside the microwave (making it easier to wipe away later). Plus, it helps disinfect the sponge too!

Flip that banana upside down

Ever had issues prying into a banana? You're not alone. Instead of wasting precious fruit by hacking into the stem end with a knife, gently press the bottom together and peel the banana from the bottom up.

Bring new life to wooden spoons

When wooden spoons don't exactly look (or smell) like they used to, boil them in a pot of water and leave them lying in the sun to dry.

Save a Life

OVERDOSE REVERSAL TRAINING

Free and Open to the Public

Learn how to recognize the signs of an overdose, administer Narcan, and why to use Narcan.

Free Narcan available to participants.



Wednesday, April 19, 2023

Location: The Filling Station
221 Main Street Pollocksville

Time: 5:30pm - 6:30pm

Participants will learn:

- How to recognize the signs of an overdose.
- How to use Narcan, an overdose reversal medication.
- The benefits of the Good Samaritan Law and importance of calling 911.

FOR MORE INFORMATION CONTACT DIRECTOR@CCSAP.ORG



9 Tips for Spring Cleaning Your Health

Spring is a good time to take note of your health status—especially if you want to shop for that summer bathing suit! Here are some tips for a healthy spring:

1. Fill your plate with fresh, in-season vegetables and fruits
2. Be mindful of opportunities to overindulge
3. Stay hydrated
4. Get outside and get moving
5. Soak up the sun
6. But do protect skin and eyes from damaging UV rays
7. Reset your sleep schedule
8. Watch for allergens (indoors and outdoors)

9. Check in with your doctor.

We would add a 10th—go through your medicine cabinet. Properly dispose of outdated medications.

Spring is a great time to make sure you're up to date with recommended health screenings and immunizations, and to check in with your doctor to discuss any health concerns you have.

Some tips for your annual appointment: Go through your medication list with your doctor, both to make sure prescription drugs are working as they should and to see if any are still needed.

So, spring into action!

There is something very satisfying about the annual deep-cleaning process—once it is done, that is! The following is a checklist from Merry Maids. They suggest you start at the top and work your way down.

BEDROOMS

- Declutter closets
 - Wash bedding
 - Dust blinds
 - Wipe down walls
 - Baseboards and door frames
 - Dust ceiling fan
 - Rotate mattress
- Tip:** This is also a good time to check the batteries in smoke detectors.

BATHROOMS

- Purge old towels
 - Organize linen closet
 - Wipe down counters
 - Clean sink, shower, and tub
 - Deep clean toilet
 - Clean light fixtures and fans
 - Organize drawers
 - Wash shower curtains and bathmats
- Note:** This is also a good time to sort out and discard expired or unused toiletries, cosmetics, supplements, and medications.

KITCHEN

- Declutter and organize pantry
 - Wipe down cabinets
 - Organize drawers
 - Clean counter tops and stoves
 - Clean fridge inside and outside
 - Deep clean oven
 - Sanitize dishwasher
 - Scrub sink
 - Deodorize and sanitize garbage disposal
- Tip:** Don't forget to sort out and better organize the infamous "junk drawer."

LIVING ROOM

- Wipe down furniture
- Sweep and vacuum under furniture
- Vacuum under cushions
- Clean blinds and curtains

Tip: This is also great timing to clean out any pet toy baskets and deep-clean your pet's bedding, if applicable.

DINING ROOM

- Clean tableware and linens
 - Clean chair cushions
 - Wipe down tables and chairs
 - Clean and dust any light fixtures or chandeliers
- Tip:** Spring is also a great time to discard any unused or worn dish towels or hot pads, and replace them with stylish, matching new ones!

LAUNDRY ROOM

- Disinfect washer and dryer
 - Disinfect knobs and handles
 - Run washer on sanitize cycle
 - Clean lint trap
 - Sort laundry bins
 - Put away clean clothes
- Tip:** Don't forget to sort through the infamous mismatched-sock collection (hint: if they've been mismatched more than a couple of weeks, just toss them!)

CLEANING SUPPLIES

Before you start, ensure you have the following essentials on hand:

- Bucket
- Mop
- Broom
- Rubber gloves
- Sponges
- Grout brush or toothbrush
- Microfiber cloths
- Disinfectant wipes/spray
- All-purpose cleaner
- Wood polish
- Surface and glass cleaner
- Dish detergent
- Stovetop cleaner
- Washing machine sanitizer
- Scrub sponges

Take a deep breath, conquer each task in small portions, and know that your space is about to become a sparkling clean oasis of calm. You got this!



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.

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Easter Grace Blessing

May the grace of our Lord Jesus Christ be with us this day.

May this meal be blessed as we gather to celebrate together.

May your love be shared amongst us as we enjoy the gift of fellowship.

May we remember to give out the grace and forgiveness that you have freely given us,

And may we always give thanks for your sacrificial love.

Amen.



ONE-ON-ONE ADULT TUTORING AVAILABLE

- Reading, writing, spelling, and math
- Completing online applications and resumes
- Computer and smartphone skills
- ESL conversation and writing practice



Tutors and students meet in a one-on-one setting at least one hour per week and sessions are based on your goals.

Call or email us or ask for more information at the service desk of any of the Neuse Regional Libraries to get started today!



252-527-7066, X134

JSTOUT@NEUSELIBRARY.ORG