

Fill 'Er Up



Nutrition · Education · Connection

1075 Family Newsletter

September 2023

Vol. 3 No. 9

Securing Your Important Paper Documents

Everyday we hear about identities being stolen. Here are some ways to safeguard your personal information contained on paper documents:

1. Gather all your personal documents. Categorize them. Dispose of outdated ones. Shredding is best.
2. If you have a scanner, scan in the documents and then file them digitally by category. Best to use a secure cloud-based program.
3. Buy a locking filing cabinet file the documents in it.
4. Buy a fire-proof storage box or home safe and put the documents in it.
5. Consider getting a safety deposit box at your bank.

Here are some additional tips:

1. Avoid heat and high humidity
2. Protect paper with plastic page slips
3. Don't use sleeves or container that are made without polyvinyl chloride
4. Acid-free papers last longer
5. Keep boxes and binder off the ground
6. Roll up large sheets (e.g., maps, house plans).

And one last tip: paper documents can be stored in Ziploc bags inside a frost-free freezer, which might protect them in case there were a fire.

September 2023

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Prosperity Thought for the Month:

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11



- **Getting gnats out of your kitchen**

In a small bowl, mix a half cup of warm water plus two tablespoons of apple cider vinegar, a tablespoon of sugar, and about six drops of liquid dish soap. Gnats will be lured in by the sugary mixture, but once they dip in for a drink, the sticky dish soap will trap them.

- **Skinning a kiwi fruit**

Cut off the top where the stem is. Use a teaspoon and insert it between the fruit and the peel. Work the spoon around the edges of the peel and then pop the whole kiwi out. The kiwi

is now ready to slice.

- **Removing bird droppings from your car**
Spray a healthy coat of WD-40 Multi-Use Product onto the affected surfaces then wipe away bird droppings with a rag. Keep a can on hand in areas where birds congregate, like barns and lakeside parking spots.
- **Making your glassware sparkle**
Run the water at the hottest temperature you can handle. Add dish soap and wash the glassware as usual. Polish the glassware dry with a **lint-free cloth**. Dampen a soft cloth with white vinegar and rub cloudy glassware clean. Rinse with hot water. Polish with a lint-free cloth
- **Getting grime off acrylic or fiberglass tubs and showers**
Try scrubbing off with plain alcohol.

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Out of the Box Recipes

@ The Filling Station, 221 Main St, Pollocksville, NC 28573

New Teaching Kitchen

FREE

9:30AM-10:30AM

AUG 31, SEPT 21, OCT 19, NOV 30

Learn how to utilize the
ingredients in the free food boxes
from the food pantry pick-up!

**NC COOPERATIVE
EXTENSION**

N.C. A&T

NC STATE



Tips to Prevent & Treat Bug Bites

From the American Academy of Dermatology Association's website:

Although most bug bites are harmless, some can spread dangerous diseases like Zika virus, dengue, Lyme disease, and malaria. Particularly if you're visiting areas with known insect-borne diseases, it's important to take steps to reduce your risk. To help prevent bug bites, dermatologists recommend the following tips:

1. **Use insect repellent.** To protect against mosquitoes, ticks and other bugs, use insect repellent that contains 20 to 30 percent DEET on exposed skin and clothing. Always follow the instructions on the repellent and reapply as directed. If you are also wearing sunscreen, apply your sunscreen first, let it dry, and then apply the insect repellent. Do not use sunscreen that contains insect repellent, as sunscreen must be applied liberally and often while insect repellent should be applied sparingly.
2. **Wear appropriate clothing.** If you know you're going to be out at night or hiking in a densely-wooded area, dress appropriately to prevent bug bites. Cover exposed skin as much as possible by wearing long-sleeved shirts, pants, socks and closed shoes instead of sandals. For additional protection, pull your socks up over your pants and tuck your shirt into your pants. You can also pre-treat outer layers of clothing with insect repellent containing the active ingredient Permethrin. Follow the directions carefully and allow the clothes to dry for at least two hours before wearing them.

One-pan, Baked Yellow Squash

2 med. Yellow summer squash
garlic salt & freshly ground black pepper
1/2 cup grated Parmesan cheese
1 baking sheet lined with parchment paper OR foil sprayed with Pam

1. Preheat oven to 425
2. Wash & dry squash, cut into 1/4 inch slices.

3. **Use bed nets.** If sleeping in the great outdoors, use bed nets to protect against mosquitoes. Look for one that has been pre-treated with pyrethroid insecticide. If it doesn't reach the floor, tuck it under the mattress for maximum protection.
4. **Pay attention to outbreaks.** Check the [CDC Travel Health Notices](#) website and heed travel warnings and recommendations.

Sometimes, despite one's greatest efforts, bug bites still happen. Fortunately, most bug bites and stings can be safely treated at home. To treat bug bites and stings at home, dermatologists recommend the following tips:

1. **For painful bites**, such as a bee sting, take an over-the-counter painkiller, such as acetaminophen or ibuprofen. Always follow the directions on the label and use the correct dose.
2. **For bites that itch**, apply an ice pack or an over-the-counter anti-itch cream, such as hydrocortisone. Another option is to take an over-the-counter oral antihistamine.
3. **To reduce swelling**, apply an ice pack to the bite.

If you experience any serious symptoms after a bug bite, such as a rash, fever, or body aches, see your doctor or a [board-certified dermatologist](#) immediately. Make sure you tell the doctor about your recent bite so that they can examine you for a transmitted disease.

Arrange rounds on baking sheet with little to no space between. Sprinkle with garlic salt and pepper. Use a small spoon to spread a thin layer of Parmesan cheese on each.

3. Bake for 15-20 minutes until the cheese melts and they turn light brown.
4. Serve immediately.





**2023-24 SCHOOL YEAR
NOW ACCEPTING
NC-PRE-K APPLICATIONS**

**YOUR CHILD MUST BE AGE 4 BY
AUGUST 31ST, 2023.**

**ENROLLMENT IS LIMITED AND
SUBJECT TO STATE ELIGIBILITY
REQUIREMENTS
TO APPLY FOR PREK, PLEASE GO TO
[HTTPS://WWW.JONESNC.NET/](https://www.jonesnc.net/) AND
FILL OUT AN APPLICATION.**

**IF YOU ARE NEEDING A PAPER
APPLICATION, PLEASE CALL 252-
448-2531.**

Jones County Partnership For Children
Destiny Ward M.A
252-448-5272





SATURDAY, SEPT 23RD, 2023
REGISTRATION STARTS @ 8:30AM

832 NC HWY 58 S, TRENTON, NC 28585



\$25
TO REGISTER

CAR SHOW AWARDS:

TOP 25 AWARDS BEST ORIGINAL/ MODIFIED CLASS MEDALS

PEOPLE'S CHOICE WILL TAKE HOME CASH PRIZE

CALL OR EMAIL TO REGISTER:
252-448-1660 OR RECREATION@JONESCOUNTYNC.GOV



JONES COUNTY HERITAGE FESTIVAL
unearthing our past cultivating the future



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SATURDAY, OCTOBER 7, 2023 | 10AM-5PM

The Filling Station fundraiser

TITLE SPONSOR



We are planning an afternoon of good country fun to raise funds and awareness of The Filling Station and our community.

WE ARE “FILLING NEEDS”

We will be asking for support through voluntary donations. The event will be held along 10 Mile Fork Road

ACTIVITIES INCLUDE:

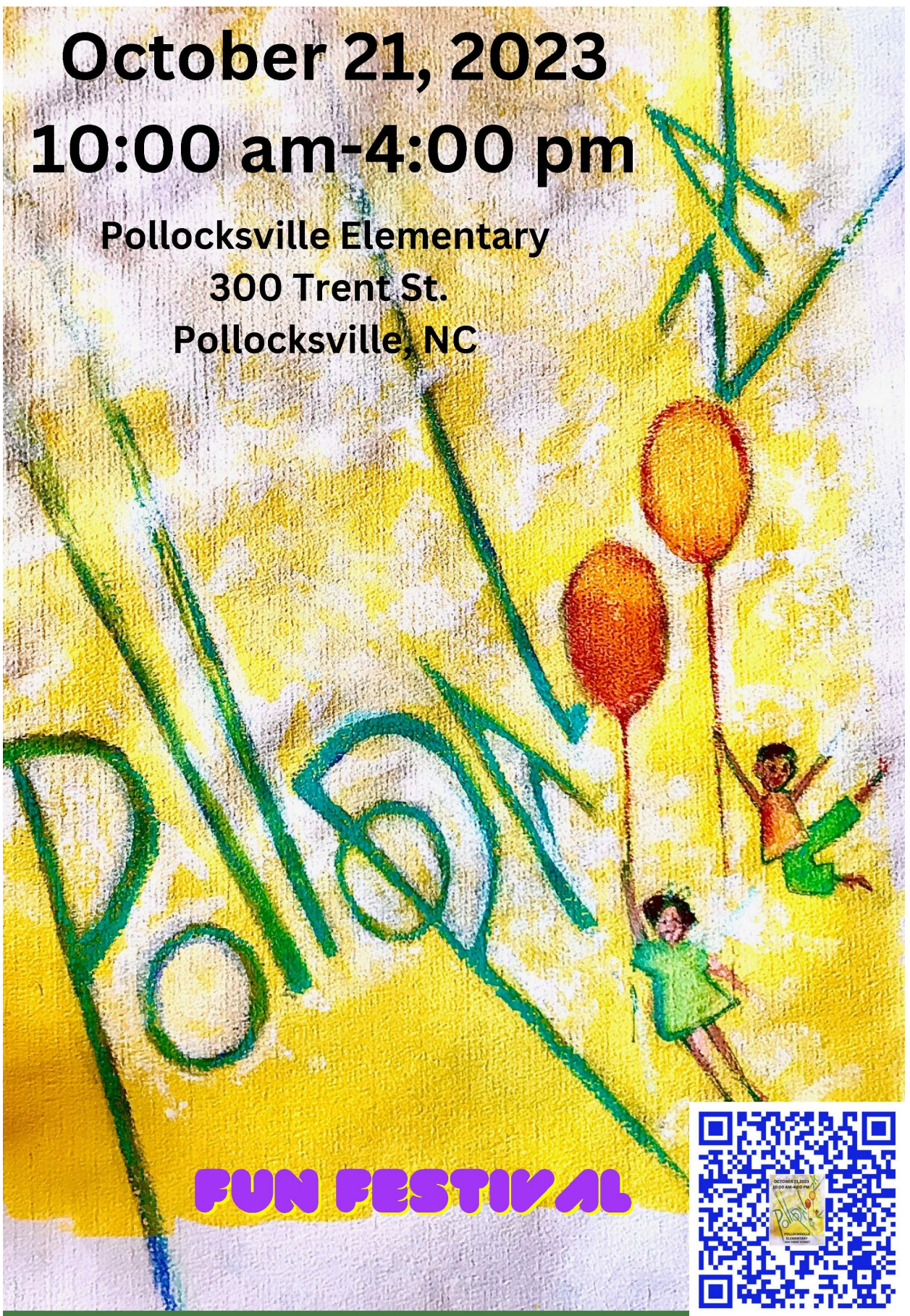
Ceramics painting, Things From Yesteryear, a Hay Ride, Moosical Entertainment, a Walk in the Woods, Farm Animals, and shopping at Z.A.K.'s.

Visit <https://fillingstation1075.com/> or call Karen at 252-635-0828 for more information.



October 21, 2023
10:00 am-4:00 pm

Pollocksville Elementary
300 Trent St.
Pollocksville, NC



FUN FESTIVAL





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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221 Main Street
Pollocksville, NC 28573
252.224.1127

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[Facebook.com/FS1075](https://www.facebook.com/FS1075)

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