



Community & Home Living

# June is National Safety Month

According to the Nation Safety Council's publication "Injury Facts 2001," unintentional injury deaths totaled 97,300. Motor vehicle crashes caused 43,000 deaths, 29,500 people died in the home, 22,000 were killed in public places and 5,200 deaths occurred in the workplace.

The National Safety Council has some tips to help keep you and your family safe whether behind the wheel of your car, at home, in the community or at work.

### Avoid Slip Ups

Sixty-five percent of the falls occur among persons 65 and over. Falls are the number one cause of injury-related death for males 80 and older and for females 75 and older.

Follow these tips to prevent slips and falls in your home:

- ✓ Keep the floor clear. Reduce clutter and safely tuck telephone and electrical cords out of walkways.
- ✓ Keep the floor clean. Clean up grease, water and other liquids immediately. Don't wax floors.
- ✓ Use nonskid throw rugs to reduce your chance of slipping on linoleum.
- ✓ Install handrails in stairways. Have grab bars in the bathroom (by toilets and in tub/shower).
- ✓ Make sure living areas are well lit. We can all trip and fall in the dark
- ✓ Be aware climbing and reaching high places will increase your chance of a fall. Use a sturdy step stool with handrails when these tasks are necessary.
- ✓ Follow medication dosages closely. Using medication incorrectly may lead to dizziness, weakness and other side effects. These can all lead to a dangerous fall.

### Safe Kids

A home may represent a haven of safety and security. But for young children, it can also be a place for potentially dangerous falls.

- ✓ Don't leave babies alone on beds, changing tables or sofas.

- ✓ Always strap children into highchairs and strollers.
- ✓ Don't let children play alone on fire escapes, high porches or balconies.
- ✓ Be aware of the danger of falls from windows by unsupervised young children. Keep your windows closed and locked when children are around. When opening windows for ventilation, open windows that a child cannot reach.
- ✓ Always use a rubber mat or slip resistant stickers in the tub. Never leave a child unattended in the tub.

### Poison Precautions

Each year more than 6,000 people die and an estimated 300,000 suffer disabling illnesses as a result of unintentional poisoning by solid and liquid substances. Unintentional poisonings can happen to anyone, at any time, in any situation. Follow label directions for all products, including medication dosages, and proper storage or potentially toxic products are important precautions to heed.

- ✓ Have a "child-proof" cabinet that locks in the bathroom.
- ✓ Mothballs and crystals should be hung in containers. Keep out of the reach of children.
- ✓ Be sure your home is lead safe.
- ✓ Keep all substances in their original containers. Labels on original containers give important usage and safety information.
- ✓ Keep the numbers of your local poison control center or family doctor posted near the telephone.

### Car Safety

- ✓ Always wear seat belts and be sure children are buckled in.

### Prevention is Key

It is important to be aware of hazards around the home, community and workplace. Take time to remove hazards and use safety precautions at all times. (LB)

# Prevent Crime the Pro-Active Way

## Organize a Neighborhood Watch Program

Neighborhood Watch is a program to help residents protect themselves and their property. It is not a program of vigilante actions, nor does it use citizens to actually enforce the laws. It is about establishing a network of eyes and ears for law enforcement. Through a system of training and organizing neighborhoods, citizens become alert to suspicious activity and take an active role in reducing crime.



### The Services of a Neighborhood Watch

1. During the organizational meeting, a list of participants will be compiled and additional information distributed to all members in the watch area.
2. Once all guidelines are met, Neighborhood Watch signs will be posted.
3. When law enforcement has information pertinent to your area (i.e., a certain car or person to watch for, etc.), the Neighborhood Watch coordinator will be notified, who will forward the information on to members.
4. If anyone has something to report, they are to phone 441-6000. If anyone observes a crime in progress, they should call 911.
5. Newsletters from the Crime Prevention Division are distributed through the coordinator to participants.
6. Neighborhood Watch groups can organize various networks of communication between members as deemed necessary. (GB)

### Organizing a Neighborhood Watch

1. Visit with friends and neighbors to determine their interest and support for a Neighborhood Watch Program.
2. Contact the Crime Prevention Division to organize a meeting. Rural residents can contact Deputy Bartek at 441-7727 and city residents can contact Officer McMeen or Officer Lloyd at 441-7261.
3. Determine an organizational meeting date and time. Usually these meetings are held

- at the home of the organizer.
- 4. During the meeting, the Crime Prevention Division will provide:
  - A deputy or officer to explain the Neighborhood Watch Program and answer questions.
  - Assistance in selecting a coordinator for your area—usually the person who organizes the meeting. (A color TV should be available for use during the meeting.)
  - 5. If an easily defined area exists for a Neighborhood Watch Program to operate, Neighborhood Watch signs will be posted. An area map of people from the neighborhood should be supplied.

## Partial Listing of Suspicious Activities To Watch For In Your Neighborhood

Not every stranger who comes into your neighborhood is a criminal by any means. There are many door-to-door salesmen, repairmen, and servicemen moving around our neighborhoods all the time, but criminals DO take advantage of this by pretending to be legitimate workmen. The Sheriff's Office would rather investigate than be called when it is too late. Your call could save a life, prevent an injury, or stop a criminal act. BE ALERT. BE CONCERNED and CALL.

SUSPICIOUS ACTIVITY	POSSIBLE CRIME
Going door to door in a residential area, especially if one or more persons goes to the rear of the residence.	Possible burglary suspects or trespassers.
Strangers loitering or driving through a neighborhood several times.	Possible burglary or larceny suspects.
Much human traffic to and from a certain residence, if it occurs on a daily or regular basis.	Possible vice, fence or narcotics operation.
Persons offering items for sale at a very low price.	Possibly trying to sell stolen property.
Vehicle moving slowly, without lights or driving in an aimless manner.	Possible burglar, drug pusher, or sex offender.
Parked vehicles containing one or more persons.	Possible lookouts for a burglary or robbery.
Abandoned vehicle parked on your block.	Possible stolen car.
Property in vehicles that is not normally found in vehicles, especially if observed at an unusual hour or if TV sets, stereos, guns or auto parts.	Possible stolen property.
Property carried by persons on foot, especially suspicious at an unusual place or hour. Very questionable if person is running or property is unwrapped.	Possible property just stolen in a burglary or robbery.
Open or broken doors and windows at a closed business or unoccupied residence.	Possible burglary in progress; completed burglary or vandalism.
Unusual noises such as gunshots, screaming or dogs barking continuously.	Possible burglary, assault, rape, etc.
A person exhibiting unusual mental or physical symptoms.	Person may be injured, under the influence of drugs, or otherwise needing medical attention.

## Cultural Insights: Water Resources in Iraq



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Iraq has a total area of 438,320 square kilometers including 4,910 square kilometers of inland water.

**Rainfall:** Very little rainfall occurs in Iraq, except in the northeast and agriculture mainly

depends upon river water. Rainfall is heaviest in the north-east and fall mostly between October and May. On the central plains, less than six inches fall annually. The desert areas receive virtually no rainfall.

**Surface water:** Both Euphrates and Tigris are international rivers originating their source in Turkey. The Euphrates river is the longest river in southwest Asia with 2,700

kilometers in length. It's formed by two major tributaries which join together, then the Euphrates River follows a southeastern route to enter Syria, where it joins two more tributaries then enter Iraq. The average annual flow of the Euphrates as it enters Iraq is estimated at 30 cubic kilometer. As it passes downstream it loses a major portion of its waters to irrigation canals and see WATER IN IRAQ on page 11

### Visit 4-H Embryology Egg Cam!



Visit the 4-H Embryology site online at [www.lancaster.unl.edu](http://www.lancaster.unl.edu) for Egg Cam, which provides a live view as incubated eggs give way to new baby chicks. The site also features fun activities, photos of the embryos as they develop, and educational resources for parents and teachers.