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Benton  Buzz
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Preparing a Disaster Supplies Kit

Why do we need a disaster supplies kit? After a disaster, local officials and relief workers will be on the scene, but they cannot reach everyone immediately. You could get help in hours, or it may take days. Basic services, such as electricity, gas, water, and telephones, may be cut off, or you may have to evacuate at a moment's notice. You probably won't have time to shop or search for the supplies you'll need. Your family will cope best by preparing for disaster before it strikes.

What is a disaster supplies kit? The supplies you might need following a disaster or in the event of an evacuation. These are items that can help your family endure evacuation or home confinement.

What kind of container should I put my family's disaster supplies kit in? Disaster Supplies kits can be large or small depending on how many persons you have to gather supplies for in your household. Remember that for your home disaster supplies kit you should include supplies for everyone in your household including pets. This may make a difference in what type of container you utilize for your kit. Next, remember that you may not be the one picking up or carrying the disaster supplies kit. Everyone should be able to get the kit and evacuate the home quickly. Some containers have wheels, some have straps and carrying handles to make evacuating quicker and easier.

How long can food supplies be stored? To judge how long you can store food supplies, look for an "expiration date" or "best if used by" date on the product. If you cannot find a date on the product, then the general recommendation is to store food products for six months and then replace them.

Some households find it helpful to pull food products for their regular means from their disaster supplies kit and then replace them immediately on an ongoing basis, so the food supplies are always fresh.

Keep your eye here for information on a monthly basis. After all, we're in this together!



? Are You Interested in Rabbits or Poultry?

For anyone interested in basic rabbit and poultry knowledge, Gene and Sue Gillispie from Rolla, MO, will be leading a workshop held on Saturday, January 5, 2008, from 9:00 am to 12:00 pm at the Boone County Extension Center. Please RSVP if you plan on attending. There will be a few varieties of rabbits for sale, and if you plan on purchasing a rabbit you must RSVP! Please do not bring your animals. For more information and to RSVP call Amy Wilsdorf at (573) 445-7415.



Attention Clothing Leaders and Members

Teresa Simon, County Clothing Advisor will host an informative session on January 22, 2008 at 7:00 P.M. at the Pettis County Extension Office. Mrs. Simon will answer questions and discuss curriculum available to leaders. Any leader, clothing member or members who are thinking about sewing should attend this meeting. All Benton County leaders and members welcome.



**Remember....
If you have not paid your dues.....you are not completely registered**



Tips For Healthy New Year's Resolutions

For many Americans, their New Year's resolutions will include a vow to eat more healthy, exercise or lose weight according to Tammy Roberts, nutrition and health education specialist, University of Missouri Extension. "Before you start thinking about how to make your change and assure it happens, you have to figure out what changes you want to make. Be realistic about changes you will be able to make," said Roberts.

According to research studies, people who set a specific goal (I will walk 30 minutes most days) have a much better chance at being successful than people who set a more general goal (I'm going to get in shape.) "People who make one or two changes at a time are also more likely to be successful than those who try to change everything all at once," said Roberts.

Some suggestions for habits that can make a positive impact on a persons health include eating breakfast, drinking three cups of low-fat or fat-free milk every day, decreasing sodium to no more than 2400 milligrams per day, decreasing fat to no more than 30 percent of your total calories (around 67 milligrams), drinking six to eight cups of water per day and eliminating or decreasing soda.

"One reason it is good to have a New Year's resolution is because the name itself sets a date for change. It is actually good to have a date in mind for changing a habit because that commitment actually helps you follow through with your change," said Roberts. It takes at least 21 days to change a habit according to Roberts.

"Some things that will help you stay on target with making positive changes in your life include writing down your goal and listing reasons why you want to meet your goal," said Roberts. Research also shows that encouragement from others helps humans to reach goals. "I suggest telling relatives and close friends about your goals so they can offer encouragement," said Roberts.

It may take as little as 21 days to establish a new habit but it can take much longer to make sure a person will sustain that new habit. "Prepare your self now for that time in late January or mid-February that your motivation wanes," said Roberts. "One thing that you can do when that happens is to have a reward in mind for establishing your goal." Knowing there is a reward in sight can get a person through rough times. Roberts recommends thinking about how it will be when the goal is reached or the habit is established.

"If your goal is walking 30 minutes per day, think about how much more energy you will have and how much better you will consistently feel because you have been active," said Roberts.

For more information on nutrition issues, contact any of the University of Missouri Extension offices in southwest Missouri, go online to <http://extension.missouri.edu> or contact one of the two nutrition and health education specialists working in the Ozarks: Tammy Roberts, (417) 682-3579 or Terry Egan, (417) 866-3039.



4-H Pride Point!

Parade Cancelled but Chili Dinner a hit!

What a UNIFIED team effort from all of the 4-H Clubs and FFA! It is great to be part of this community. The Vegetable soup was great and so were the desserts. The best news of all, everyone's efforts brought in \$540 profit for our fair board. Thanks again!

4-H Leadership Club Grants



Funding is still available for community groups proposing new 4-H leadership clubs, projects, or club-based ventures in 2008. Up to 7 grants of \$500-1,000 will be made, thanks to support from Monsanto Company and Missouri 4-H Foundation. Counties proposing 4-H leadership clubs, projects, or ventures that expand club membership and participation are eligible to apply.

Deadline for applications is Friday, January 11. Applications require approval by the 4-H Youth Specialist for the county.