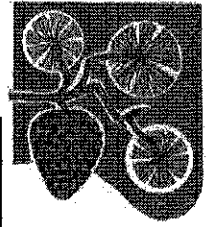


December 2019



Nisqually Pines Community Club

www.nisquallypines.com

Nisqually Pines
Community Club

8903 Pepperidge Lane SE
Yelm, WA 98597

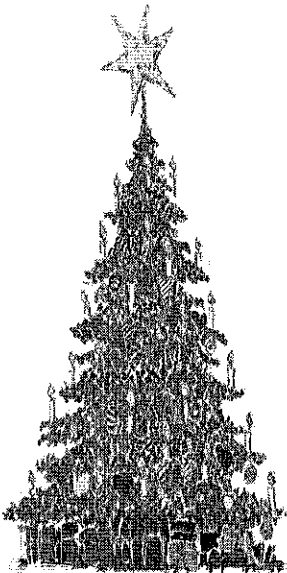
Phone: 360-458-7370
Fax: 360-458-7157
Hours of operation:
Monday - Friday, 7:30 to 5 pm

Important Dates:

No Meeting for
Study Session, Ad-
judication and
Open Board

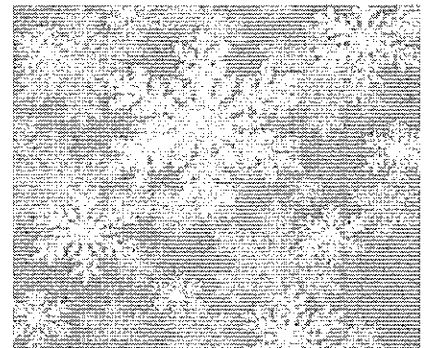
December 25th
Christmas
Office Closed

January 1st
New Years Day
Office Closed



*Happy Holidays to you and your families
from our Board of Directors and Staff!!!*

Winter weather is coming, are you
prepared for power outages and/or
freezing temperatures?
See inside for safety items to have
on hand and emergency road kits.



Holiday Decoration Contest

Decorate your house and/or yard for the Holidays!!
Submit your address to The Pines office by December 13th.

A committee will be judging for the best decorations on
December 14th & 15th

Winners will be notified Monday December 17th

Good luck & Happy Decorating

Sign up at the office if you want to judge

December 2019

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
13							
1		2	3 Garbage	4	5	6 Holiday Potluck Clubhouse 5:30pm	7
8		9 Yard Waste	10 Garbage and Recycle	11	12	13	14 Judging for Decorations
15	Judging for Decorations	16	17 Garbage	18	19	20	21
22		23 Yard Waste	24 Christmas Eve Garbage, glass recycle and recycle	25 Christmas	26	27	28
29		30	31 New Years Eve garbage				

New Edition

Communication from the Board of Directors

Happy Holidays Pines Members!

November 7th, Charity, Paulette and I were at the Nisqually Valley Gala where Sarah McCraine had been nominated for her work on our pool mural. Although another deserving artist won the honor of "best artist" it was encouraging to hear the Yelm Chamber of Commerce speaker share her personal description of our mural. We cheered when Sarah's name was shared and we continued to celebrate our Nisqually Pines Community with many Yelm leaders. (Just a note, the tickets to this event came from our personal funds) Thank you to everyone who voted for Our mural it really was an honor to be nominated.

One thing on our list to do as soon as possible is to update our camera security system. If you know of a company that does this please let the office know. We would like to have 3 estimates by December.

We live in a wonderful community with some exceptional families. Thank you to each of you who have volunteered, voted, shared positive ideas and thoughts. Being a volunteer on the board and working some office duties as an employee can be challenging, it means a real lot to hear and see encouragement from those of you who support us.

As always, finance information is attainable to every member. Make a request at the front office and if you have concerns or questions give us a chance to reply.

To all of you, Have a wonderful holiday season. Wishing you all.. health, and Joy as you end the 2019 year.

Sincerely

Dayna Brown
Board President





HOLIDAY POTLUCK

WHEN: Friday-December 6, 2019
WHERE: Community Clubhouse
TIME: 5:30 - 8:30 PM
(3 servings @ 5:30 - 6:30 - 7:30)

Residents of Nisqually Pines Community Club:

You and your family are cordially invited to attend a potluck dinner in your honor that covers the 2019 "Holiday Season" - Thanksgiving and Christmas all wrapped up into one event this year!

Stop by and enjoy some time with your fellow community members at whatever serving time works best for you and your family. The following menu items will be prepared, cooked, and presented by those volunteers who can give their time to assist with this feast (*contact Connie Ihringer at 360-458-0942 if you can help with preparation, setup, or cleanup*):

Roasted Turkey
Mashed Potatoes
Bread Stuffing
Rolls & Butter
Bottled Water

Baked Ham
Baked Potatoes (with toppings)
Fresh Cranberry Sauce
Roasted Savory Carrots
Coffee (with cream & sugar)

Please bring a dessert of your choice in a disposable or donated serving dish. A table will be set up in the main room for these items, along with the coffee and drinking water.

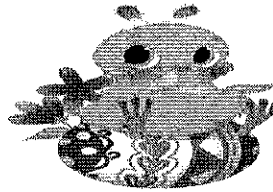
Now for a little enjoyment! Calling on all musicians to bring your instrument and show off your talents. My husband (Ted Ihringer) will pick & strum a few of his favorite guitar songs while you enjoy your meal. He sure would enjoy others helping him out with this effort. Then on the hour, let's have our youngsters entertain us with their favorite dance moves - songs provided from the internet/radio. We could have a "Dance Contest" with prizes for ages 1-4 followed by ages 5-8. All children 8 years and under will pick out a holiday sweet treat gift from under the tree when they leave the event.

THANSGIVING BASKETS

Thank you to the community for donating the supplies we needed to feed 5 families this year for Thanksgiving from our community. Every year the community donates food or money to go buy dinners for the people who get nominated. This year we had 2 families that were bigger families and they got nominated in the Turkey Gobble thru the food Co-op . The dinners included a turkey or ham, bag of potatoes, gravy, yams, cranberry, stuffing, rolls & butter, green bean casserole, fruit cocktail, pie and cool whip. Extra's were donated and were divided amongst the families.



A HUGE THANK YOU TO THE VOLUNTEERS WHO HELPED AT
THE EVENTS FOR 2019



A special Thank You to all those who made donations to
help out with our events!

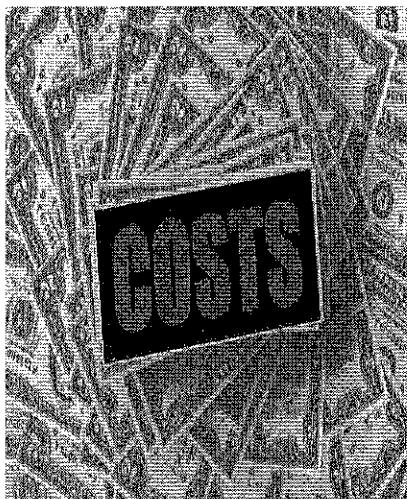
Looking forward to 2020 with New and Old Volunteers.

With out your help this would not be possible.

THANK YOU!!!!



Thank you to all the members who do-
nated food and money to the **Thanks-
giving Day Holiday Baskets** for the fam-
ilies in need within our community.
We hope you all had a safe and Happy
Thanksgiving with your families and
friends.



OWNERS

If you are going out of town, have a vacant
home or rental property-**PLEASE** have
your water shut off while your home sits
vacant.

At anytime a leak may occur and it can be
very costly!!!

NISQUALLY PINES COMMUNITY CLUB

Looking for a place to have a meeting, birthday parties, Valentines, St. Patrick's, Easter, Cinco De Mayo, Halloween, Thanksgiving dinner or Christmas Parties?

We have 18 tables for use and 64 chairs some are folding and regular. We have a fully useable kitchen with all the amenities. The main room comes with a TV, cable and Wi-Fi. There is also a pull down screen for watching slides or old movies on.

Just bring your own projector.

Fees are as follows:

Members: Full Day (7am-1am) \$75 rental \$150 refundable cleaning deposit= \$225

Two hours \$25 deposit plus \$75 refundable cleaning deposit
Alcohol Deposit-\$100 if no damage is refundable

Members Sponsoring Non-Members:

Full Day (7am-1am) \$150 deposit \$150 refundable cleaning deposit

Two hours \$35 plus \$100 refundable cleaning deposit (not more than one in a three month period)

Clubs & Organizations: Weekly meetings-\$100 per month plus refundable cleaning deposit of \$150. No more than one two hour meetings per week.

Monthly Meetings: \$35 per month plus refundable cleaning deposit of \$150. No more than one two hour meetings per month.

Additional refundable deposit of \$100 for any event having alcohol. As long as there is no alcohol related damage the deposit will be refunded. Banquet permit is required at time of walk through.

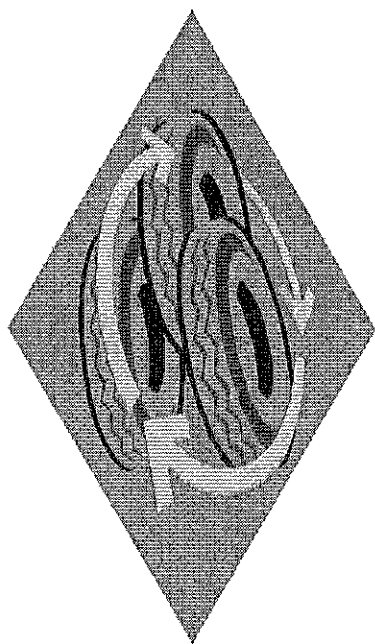
FYI

Dumpster Days

Dumpster Days was voted down by the community in 2015-2016. Not sure when or if it will be put back on the ballot for the community to vote on. So with that being said if you have mattresses, plumbing items, carpet scraps, broken toys, furniture, miscellaneous items please take it to the dump. Here are the names, addresses and phone numbers of the dumps.

Rainier Dump: Open Friday-Sunday 9am-5pm
13010 Rainier Acres Rd. S.E.
(360)446-2600

Thurston County Waste & Recovery Center:
Open Monday-Sunday 7am-4:45pm
2420 Hogum Bay Rd. N.E.
(360)786-5494



Les Schwab Tires

811 E Yelm Ave.

Yelm, WA 98597

(360)400-6500

Email: lesschwab.com

Monday-Friday 8am-6pm

Saturday 8am-5pm

Sunday-Closed

Tires must be clean will take up
to 20 tires per visit

Passenger tires \$3

Wheels \$5

Curbside Garbage and Recycling

Rural Garbage Service-LeMay

Phone: 360-923-0111

Here is the pricing for garbage service in The Pines:

Garbage and Recycling Service for two months \$39.38

35 gallon garbage can pickup every week

96 gallon recycling bin pickup every other week

Glass pickup every four weeks, you provide container

Or

Garbage and Recycling Service for two months \$53.30

65 gallon garbage can pickup every week

96 gallon recycling bin pickup every other week

Glass pickup every four weeks, you provide container

The above prices are before taxes are added.

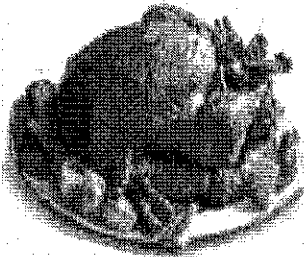
The dates for recycling glass bottles

December 24th

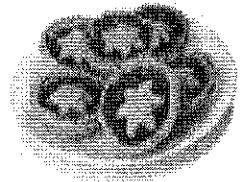
The 12 days of Christmas

or maybe 13...

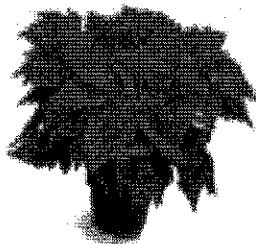
dangers



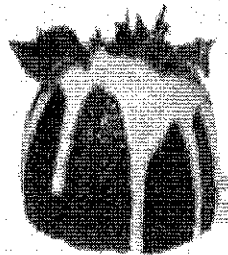
fatty foods & cooked bones



mince pies



poinsettias



Christmas pudding



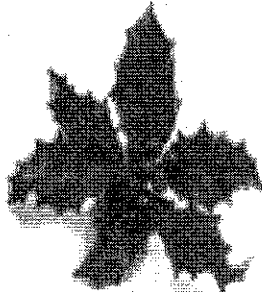
grapes, raisins & sultanas



garlic



mistletoe



holly



macadamia nuts



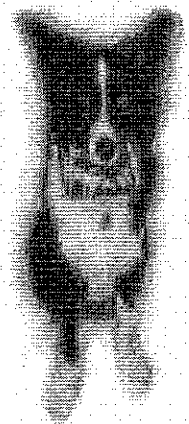
All this stuff looks
DELICIOUS



onions



pine needles, tinsel,
decorations & lights



alcohol



chocolate

www.creatureclinic.com



Article is from the magazine
Women First

Fend off fleas in winter

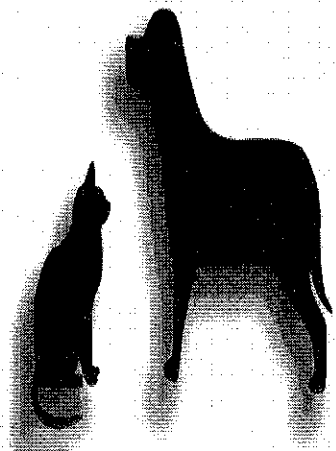
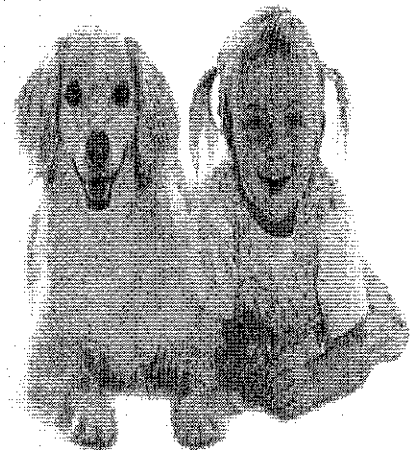
Cold temperatures mean a higher risk of fleas indoors- the critters don't hibernate, so they seek out warm places like your carpet. Banish them with salt, which acts as a dehydrating agent to kill the pests.

TO DO: Sprinkle finely ground salt on carpets; let sit for an hour. Vacuum it up, then empty the canister in the outside garbage. Repeat every two days for a week to ensure you've killed every egg.



If your dog is lost and you cannot find him/her, you have options to recover your missing pooch:

- Post it on the bulletin board at the Pines Office
- Call the Yelm Veterinary Clinic 360-458-7707
- Call the Yelm Animal Shelter 360-458-8438
- Post on the Nisqually Pines Event Page



F.Y.I

**Animal Services
3120 Martin Way
Olympia, WA
(360) 352-2510
Closed on Mondays**

There is no charge for dropping off stray animals at the shelter.

River Park hours

The River Park is for members and their guests only

Any vehicle found in the River Park parking area without a Nisqually Pines Pass will be towed at the owners expense. Parking is allowed only in the park. Any vehicle on or near the road will immediately be towed.

Open year round

Hours are 8am to 7:30pm approximately

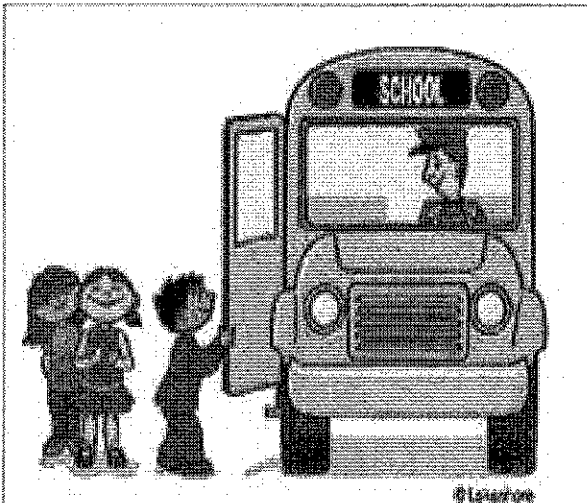
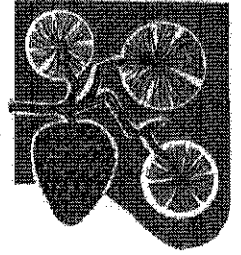
Sat & Sun Hours: 11am-9pm

No lifeguard on duty - swim at your own risk.

No alcohol permitted on the premises.

No fires or over night camping!

Per Fish and Wildlife Dept. **ONLY** Catch and Release fishing is allowed on the Nisqually River!!



The mornings are now dark when the upper grades are walking to the bus stop. Little ones will be walking later in the morning to their bus stops. Please be careful and watch for upper and lower grade children.

SPEED LIMIT IS 20mph



Please renew your burn permit. You can go online at www.orcaa.org.

Residential Fires: Burning of yard and garden debris, such as leaves, weeds, pruning's and garden refuse. **NO TRASH BURNING!!**

Do NOT use a burn barrel: Burn Barrels and other burn containers are illegal under state law and their use may result in fines.

A Word from our Staff

Office Manager: *Charity Mayerl*

Email: cmayerl@nisquallypines.com, Phone: 360-458-7370 Fax: 360-458-7157

Christmas Decoration Contest Decorate your home and your yard. Judges will be driving by December 14th and 15th

Office Assistant & Property Standards: *Panlette Howard*

Email: propertystandards@nisquallypines.com, Phone: 360-458-7370, Fax: 360-458-7157

During the winter months when the weather is bad parking on the easements will create deep ruts. This makes it hard for the maintenance crew when spring arrives and they start mowing.

Parking on the easement is not to exceed six (6) hours for any period and no parking on the street. Parking on The Pine's right-of-way is permitted in the residence's DRIVEWAY only. The vehicle must be two feet or more away from the asphalt.

Water Department: Julie Rhey-Baumann

Email: waterdept@nisquallypines.com, Phone: 360-458-7393, Fax: 360-458-7157

Turn off water to the hose bibs you don't need in the winter, keep the hose disconnected from faucet.

Put faucet covers on your faucets so they do not freeze (they can freeze and break inside the walls.)

Clean your gutters to keep the water flowing in the right direction, away from the house.

The culverts under the driveway are YOUR responsibility to keep cleaned out of all debris. Please clear them so the rain water will flow in the proper direction.

Have a shut off put on your house so that the water department doesn't have to come out.

Please contact water Manager for water shut-offs

Maintenance Department: *Don Robinson & Mike Hexel*

Email: maintenance@nisquallypines.com, Phone: 360-458-7393, Fax: 360-458-7157

Respect your community, PLEASE clean up after your pets! Pet waste is hazardous to our water system!!

THANK YOU!!!!

Board News

Board of Directors

Dayna Brown-President, Pool
Sherry O'Dell--Vice President and Treasurer
Cory Parsons-Maintenance and Water Contact
Tony Swy-Board Member and River Park Contact
Claudia Privette-Board Member, Clubhouse and Office Contact
Constance Ibringer-Board Member, Secretary
Jennifer Celmer-Board Member

Board Updates

We meet once a month, meetings have been very productive and we feel we are getting a lot accomplished. However, the additional members would allow us to get more accomplished faster. Please come check out a meeting or two and see what is happening in our community and how you can help!

The port-a-potty's will start to be locked up at dusk and unlocked in the morning when the maintenance gets here. The two play area parks will close at dusk and the River Park will close at 9pm.

Persons with disabilities who require accommodation or alternative means for communication of program information should contact (Nisqually Pines at (360)458-7370) at least eight (8) days in advance of this meeting.

Updates

Treasurer's Report:

Ending Balance for September 2019

General Fund: \$389,741.22
Long Range Plan: \$508,008.56
Long Range Plan Major Repair Reserve: \$42,000.00
Water Loan 1 Fund: \$24,920.20
Emergency Fund: \$20,271.39
Key Bank USDA Loan: \$269,969.38
Gold Money Market: \$103,811.19
Twin Star Savings: \$38,050.41
Investment Portfolio: \$262,594.31

Statement not received by 10/8/19

Grand Total \$1,659,366.66

Committee Happenings

Adjudication

October: no case Next meeting: January 14, 2020

Members: Phyllis Myers, Theresa Donovan, Rob Parkhill, Luke Clark

Contact: Claudia Privette

Closed meeting, not open to anyone not directly involved.

Looking for residents in good standing to volunteer on Adjudication Committee

Get an application at the office-Renters can be on Adjudication with the approval of homeowner

Finance

TBA

Members:

Interested in helping on the Finance Committee-Get an application at the office

Must be a member in good standing

Finance committee members needed!!!

Events

Need volunteers to help organize for up coming events. Contact the office if you are interested! Next meeting: Meeting will be decided by how many volunteers call and want to be part of this event. Next event: Holiday Potluck December 6th at the Club-house 5:30-8:30pm

Anyone interested in being on Event Planning Committee call the office.

Event planning help, looking for someone to take over events or they will not continue.

Members: Rob Parkhill and Jodi Dawes

Contacts: Sherry O'Dell

Most of our committees are small and consist of the same volunteers, please come and listen to what they are working on and see if maybe you can help!

Updates

Property Standards

Last month the following warnings or fines were issued:

6 Thank yous	3 toxic burnings
1 courtesy letter	3 2nd dwellings
10 debris	1 fine
1 certified	6 easements
2 junk vehicles	
2 dogs	
2 fence repairs	

94.1.035 What domestic activities are prohibited in The Pines? No person within the legal boundaries of Nisqually Pines Community Club shall:

(2) (c) Allowing or contributing to the accumulation of garbage, refuse, litter and/or unsightly Materials, including vehicles (limit 5 (five) automobiles of any kind and watercrafts), on private or community property;

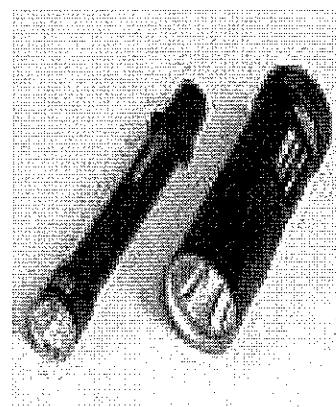
1st 2nd 3rd 4th & consecutive offenses
\$100 \$250 \$500 \$1000

If you are new to the Pines and do not have a copy of our current Resolution 94-1, please stop by the office to pick up a copy or view online at www.nisquallypines.com.

**Speed limit is 20 MPH
Please slow down!**

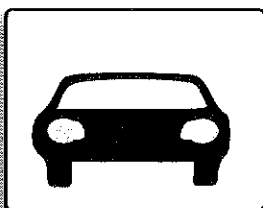
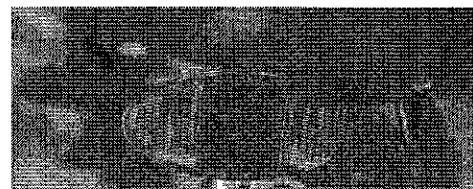
Please watch for children and parent's please remind your children to watch for cars and not to block the roadways. Please slow down and watch for walkers/joggers/bikers

It is getting darker earlier- **PLEASE** be mindful of vehicle traffic!! For your safety, please walk along the edge of the roads or in the easement against oncoming traffic.



Carry a flashlight or wear bright colored clothes so you can be seen easier during the twilight and evening hours.

Bicycle riders— please make sure your reflectors work or you have a light so you are more visible.

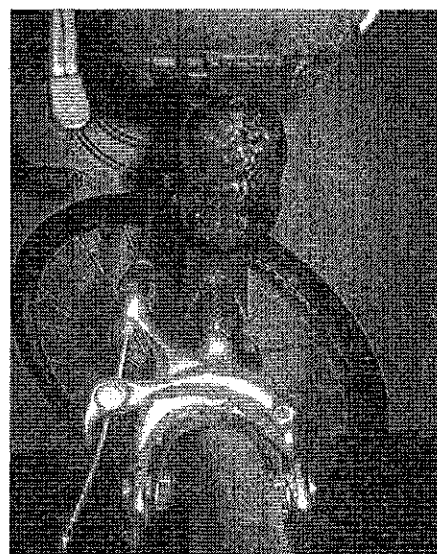


Car Owners– Check your front headlights and rear taillights to make sure that they are in working condition.



When walking or riding a bike please wear bright clothing or reflective tape and/or carry a flashlight.
Remember it is hard for cars to see you at night if you are wearing dark colored clothing.

Thank You!!



PUGET SOUND ENERGY

Call 811 Before You Dig

As fall/winter approaches, you may have plans to start construction and landscaping projects. Your friends at Puget Sound Energy want to remind you about the importance of calling 811 at least two business days prior to any digging. It is the law, and utility-owned lines are located for free.

Whether you are planning to use your employees or hire a contractor, start digging means calling 811 before each job. Outline your dig area in white paint so that the utilities will know where to mark. Even homeowners digging on their own property must call, if digging deeper than 12 inches.

Don't take a chance. Call 811 before you dig, then dig by hand within 2 feet of the markings.

Visit their Safety page to learn more about gas and electric safety, and our Business Services page for all your energy needs.

For questions, please email businessaccounts@pse.com



PARK TRAIL

The trail from Heather to the River Park is "Use at your own risk" due to the storm damage and erosion.

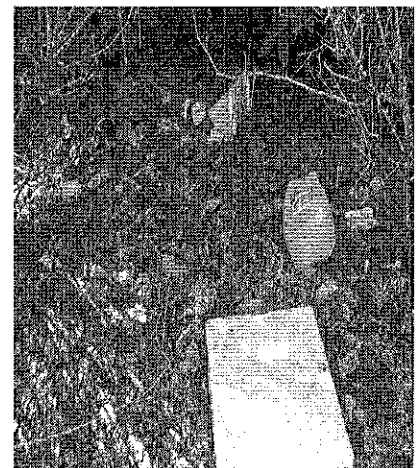


Littering

Please do your part to help our community to look nice.

If you see litter on the ground pick it up and throw it away.

THANK YOU!!!



Classified Ads

Handy Man

Roof repairs or replacement
Skylight replacement, roof cleaning
Call Wes Craney
360-970-4480

Affordable prices, honest
& efficient.

I'm experienced in painting, texture,
flooring, tiling, carpeting, sheet
rock, etc.

Also outside work: welding, trim-
ming, cutting trees, landscaping,
lawn mowing, pressure washing,
deck repair & mechanic.

Call 360-970-1992

Caregiver Wanted

Looking for someone part-
time caregiving for a disa-
bled adult

Contact Laurie
(253)441-5806

AVON

Been looking for some
Avon? Now is the time
to call (360) 955-5100
Claudia Privette
Independent Sales
Representative

House Cleaning

Will clean your home
Have excellent references
Call April
(360)701-6685

For Sale

1996 Chevy Blazer
Dark green, runs
Good, tow hitch
226,183 miles
\$1,200
Call (253) 267-2304

For Sale

Hospital Bed \$50
w/ mattress \$150
Call 360-915-3717
Ask for Brenda

OPEN PUBLIC

BINGO

NISQUALLY MOOSE LODGE

Monday's at 6:30pm
1117 Yelm Ave. W
(360)458-3381
(Food Menu Available)

For Sale

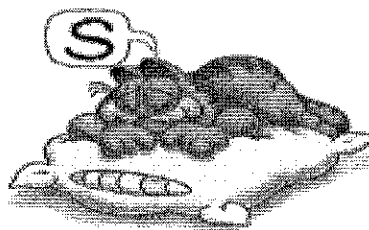
14 ft. boat
Has been upgraded
Has 40 horse motor
\$1,000
Call for details
(360) 458-2345

For Sale

8X8 ft A-frame shed
Tin roof, interior light,
wood paneling inside
Nisqually Pines
8406 Aspen Court
\$600 U-Haul or \$900 de-
livered locally
(within 20 miles)
Contact: Greg Weber
253-973-7668
dosadogreg@comcast.net

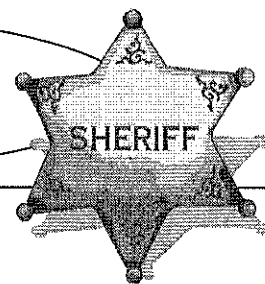
REMINDER

Quiet hours are from 10pm-7am
7 days a week



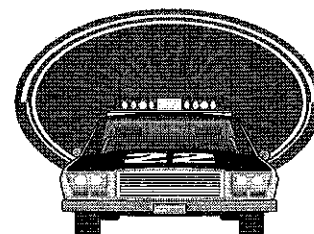
To advertise
here contact the
office staff
360.458.7370

Police Blotter



October

- 19-Routine Patrol, field interview with female from party at community center
- 20-Routine Patrol
- 21-Routine Patrol, 2 traffic stops, burglary Foxglove
- 22-Routine Patrol
- 23-Routine Patrol
- 24-Routine Patrol, assist with search warrant
- 25-Routine Patrol
- 26-Routine Patrol, traffic stop
- 27-Routine Patrol
- 28-Routine Patrol, dog bite incident Heather investigation/report
- 29-Routine Patrol, radar used on a couple of roads-speed emphasis
- 30-Routine Patrol, follow-up on dog incident, 2 traffic stops
- 31-Routine Patrol, Halloween handed out candy/hung out with kids



November

- 3-Routine Patrol, traffic stop Briar/Heather
- 4-Routine Patrol, possible party at the end of Briar on trail UTL
- 5-Routine Patrol, checked for camps along river-clear, arrest on Deodar DV
- 7-Routine Patrol, DV threats Mimosa, homeless/transient no warrants had him leave, suspicious vehicle Whitewood not warrants had them leave
- 8-Routine Patrol, noise complaint on Mariana
- 9-Routine Patrol
- 10-Routine Patrol, disturbance Boxwood DOC warrant arrested
- 11-Routine Patrol, spoke with resident about Boxwood problem
- 12-Routine Patrol, welfare check
- 13-Routine Patrol, 2 traffic stops, public service detail, checked Boxwood (eviction recently posted)
- 14-Routine Patrol, hit/ run on Pepperidge (vehicle/ mailbox)
- 15-Routine Patrol
- 16-Routine Patrol, dispatched to vehicle speeding on Port Orford UTL
- 17-Routine Patrol
- 18-Routine Patrol
- 19-Routine Patrol
- 21-Routine Patrol, field interview, ATC Heather

Routine Patrol means house checks, Clubhouse, River Park, Office and area patrol. If you see something suspicious, call 911. Don't wait until the next day and call the Pines Office.

****Please note that if you call the Sheriff and they aren't in the Pines on our time, their response time will vary on type of emergency. ****

The non-emergency number for the sheriff is 360-704-2740 Please lock doors and don't leave valuables in your vehicles. If you are going on vacation, you can have the sheriff check your house to make sure it is secure.

Fill out a vacation request form at the office.

Created by NPCC Staff and Board of Directors.
If you have anything you would like to see more or less of,
please let us know!!

Deadline is the 20th of the month.



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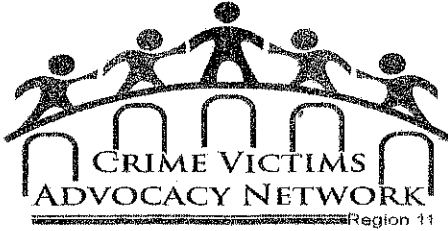
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Crime Victims Advocacy Network



*Free & Confidential Services
for anyone hurt or harmed by
crime*

- ◆ Information & Referrals
- ◆ Legal & Systems Advocacy
- ◆ 24-hour Crisis Intervention
- ◆ Referrals to Emergency Financial Assistance
- ◆ Assistance filing Crime Victim's Compensation Claims
- ◆ Information on your Victim Rights

Thurston County: 1-888-288-9221

www.cvan11.org

*Examples of Crimes: Robbery, Burglary, Homicide, Vehicular Assault, DUI Injuries, Assault, Identity Theft, Human Trafficking, Vulnerable Adult Abuse, Property Crimes, *Other than Domestic Violence/Sexual Assault*



Emergency Supplies

Government agencies will respond to community disasters, but citizens may be on their own for hours, even days, after disaster strikes. You should be prepared to take care of yourself and your family for at least three days. In some emergencies, such as an influenza pandemic, you may need to prepare for a week or months.

Emergency survival kit

Store a kit at home, at work and at each child's school or daycare facility.

- * Dry or canned food and drinking water for each person
- * Can opener
- * First aid supplies and first aid book
- * Copies of important documents such as birth certificates, licenses, and insurance policies
- * "Special needs" items for family members such as infant formula, eyeglasses and medications
- * A change of clothing
- * Sleeping bag or blanket
- * Battery powered radio or television
- * Flashlight and extra batteries
- * Whistle
- * Waterproof matches
- * Toys, books, puzzles, games
- * Extra house keys and car keys
- * List of contact names and phone numbers
- * Food, water and supplies for pets

Additional items you can store at home for use during an emergency:

Cooking supplies

- * Barbecue, camp stove
- * Fuel for cooking, such as charcoal or camp stove fuel
- * Plastic knives, forks, spoons

- Paper plates and cups
- Paper towels
- Heavy-duty aluminum foil

Sanitation supplies

- Large plastic trash bags for trash, water protection
- Large trash cans
- Bar soap and liquid detergent
- Shampoo
- Toothpaste and toothbrushes
- Feminine and infant supplies
- Toilet paper
- Household bleach with no additives, and eyedropper (for purifying drinking water)
- Newspaper — to wrap garbage and waste

Comfort

- Sturdy shoes
- Gloves for clearing debris
- Tent

Tools

- Ax, shovel, broom
- Crescent wrench for turning off gas
- Screwdriver, pliers, hammer
- Coil of one-half inch rope
- Plastic tape and sheeting
- Knife or razor blades
- Garden hose for siphoning and fire fighting

DOH Pub 821-003
Revised - March 2008
Reviewed annually

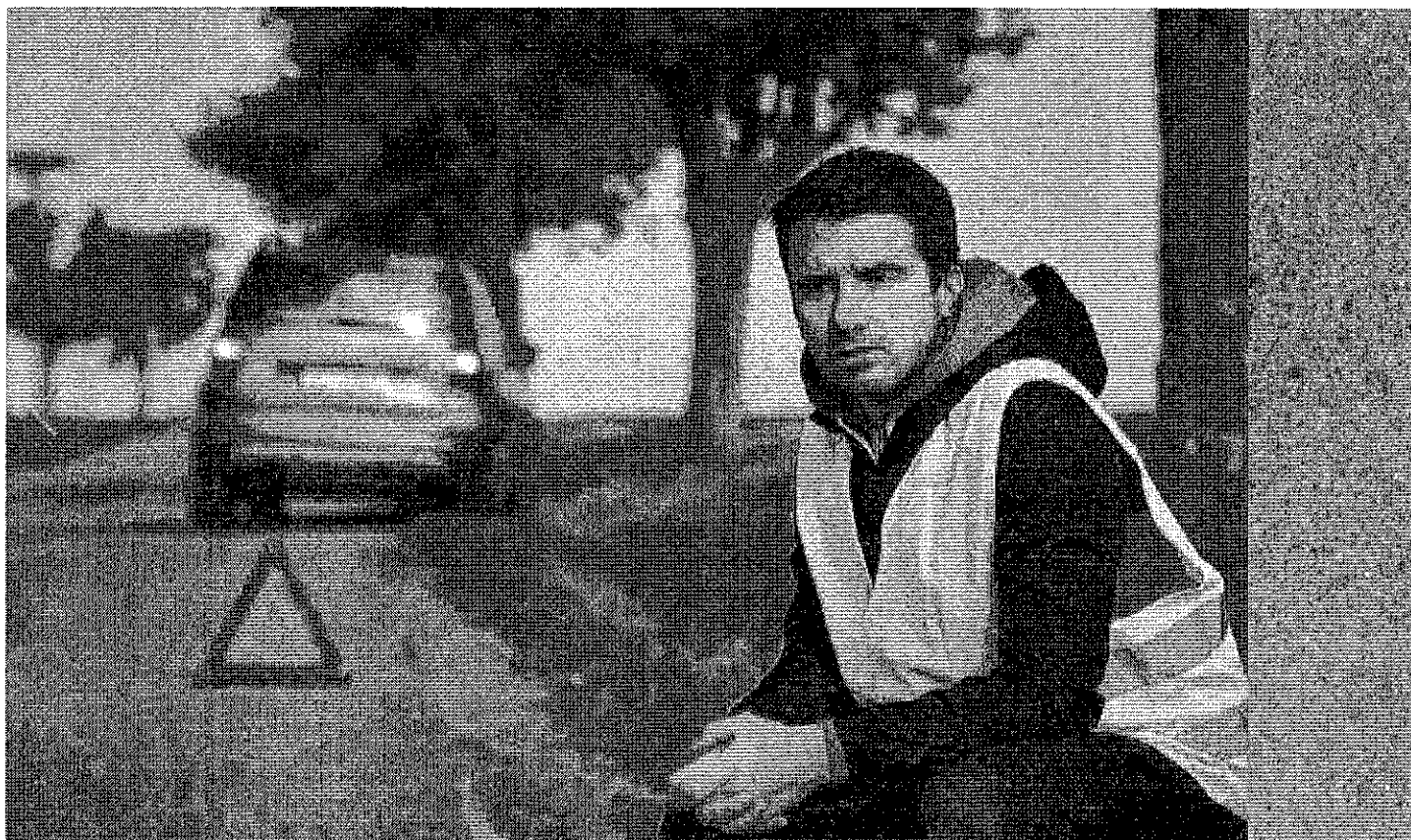
This document was produced in cooperation with the
Emergency Management Division of the Washington State Military Department.

Car Research

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How To Create Your Own Roadside Emergency Kit

by Philip Reed • January 20th, 2016 •



It's late at night and you're driving on a dark, lonely country road. Suddenly, the steering wheel tugs in your hands and the car is hard to control. You ease the car to the side of the road and stop. Getting out, you see that the left rear tire is going flat and you don't have a spare.

If you have roadside assistance and a cell phone signal, you can call for help. If not, you're either faced with having to hail a passing motorist or spending a night in the boonies. That is, unless you have a well-stocked emergency roadside kit in the trunk of your car. Then you can set out flares to alert other drivers while you inflate the tire with a can of sealant to get you to safety. If these steps fail, at least you'll have food, water and a blanket to keep you comfortable until help arrives.

When it comes to commuting or traveling long distances, a roadside emergency kit can mean the difference between getting back on the road and being stranded for hours. It's the one item every vehicle should have. And yet, most of us don't carry the basic items to help us get back on the road quickly and safely.

When assembling your emergency kit, keep in mind that it should be tailored to the age and condition of your vehicle, your driving patterns and the weather. If you live in an area with no snow or freezing rain, you can skip some of these items. Also, if something on this list is inexpensive and small, you might as well carry it. You never know what kind of situations you might have to deal with.

A basic roadside emergency kit should include some of the following items:

- Jumper cables. Or you can carry a small, portable, lithium-ion battery with jumper cables. Usually, these batteries will also recharge computers and cell phones. Prices for these batteries range from \$60-\$120. If you go the battery route, though, make sure to keep it charged.
- Flares or triangle reflectors. LED flares are also an option worth considering.
- A quart or more of motor oil
- A gallon of coolant
- First-aid kit
- Blanket or space blanket
- Flashlight and extra batteries
- Tool kit with screwdrivers, pliers, adjustable wrench, pocket knife
- A can of tire inflator and sealant such as Fix-a-Flat
- Tire pressure gauge
- Paper towels
- Spray bottle with washer fluid
- Ice scraper (if you live in an area with snow)
- Pen and paper
- Granola or energy bars
- Bottled water

Once you have assembled your roadside emergency kit, find a good way to keep these items together in your trunk so they don't roll around. Even a simple cardboard box works well. A backpack is another option. But make sure the kit is quickly accessible because you might need it in a hurry.

You also can buy pre-assembled emergency roadside kits that come in handy storage bags to keep the items organized. A quick Internet or Amazon search will locate dozens of such kits ranging in price and size. This DIY kit requires more work, but covers more than just the basic items we've listed here.

Before you actually use your kit in an emergency situation, take some time to familiarize yourself with the items you've collected and how to use them properly. Also remember that the most important thing is to exercise good judgment. If your car breaks down, make sure you stop on the shoulder, well out of the flow of

traffic. Turn on your emergency flashers and, if you have roadside assistance and a cell phone, stay in your vehicle until help arrives. If it's a problem that needs quick response, or you are on that lonely country road, take out your emergency kit and proceed cautiously.

AAA lists "car with a flat tire" as one of the most common calls its roadside service team gets. To be ready in the event of such a problem, familiarize yourself with how to change a tire. In some modern cars, there is no spare tire so you need to use a tire inflator. AAA also points out that its most common calls are related to drivers skipping basic maintenance on their cars, so be sure your vehicle is properly maintained, particularly before going on a trip and at the change of seasons.

Unfortunately, there isn't one tool for all roadside emergencies. But with a little planning and some organization, you'll have a kit that could save the day.



by **Philip Reed**

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Winter Care for Seniors



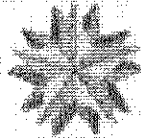
Winter is an especially important time to keep an eye on seniors to make sure they are living as safely as possible. In addition to cold weather, ice and snow, the winter season can bring health problems and injury to senior citizens. That's why it's important for relatives and friends to check in with their older adult family members, friends and neighbors. Here are a few things to keep in mind:

- Falls are a concern for seniors. Putting road salt, cat litter or sand on sidewalks, steps and driveways will make these areas as slip-free as possible. Seniors should also wear boots with non-skid soles to make a fall less likely to occur. Older adults, especially those with heart disease or high blood pressure should leave snow shoveling to others.
- Cold temperatures make senior citizens susceptible to hypothermia, a dangerous drop in body temperature. Older adults tend to produce less body heat than younger people and it's hard for them to tell when the temperature is too low. Learn the warning signs of this weather related illness and how to prevent it.
- Keep indoor temperatures no lower than 55 degrees. If going outdoors is necessary, dress in layers to stay warm. Wearing two or three thin layers of loose-fitting clothing is warmer than a single layer of thick clothing.

It's a good idea to check on elderly loved ones regularly or, if you live out of town, make arrangements for neighbors to check in and provide their number to call in an emergency. With your help, older adults can enjoy the winter months safely.



Christmas Word Search



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