



Dear Homemakers,

Wow—what a mild winter! Where’s the snow?? Sure makes our comings and goings easier, and hopefully we’ll have some nice warm spring rains.

Now that the holiday season is behind us and we are beginning a new year, there is no doubt that we can reduce the stress on in our lives by making some simple lifestyle choices. An old Swedish Proverb reminds us of these possibilities:

*Fear less, hope more
Eat less, chew more
Sit less, move more
Worry less, sleep more
Rush less, play more
Whine less, breathe more
Talk less, say more
Hate less, love more
...And all good things are yours*

Don’t we wish it were that simple... Hope you will find something in this newsletter to help you in these lifestyle choices.

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Program Assistant*

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Fallon/Carter County Extension Agent*

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In This Issue:

Fall Council Minutes

Poinsettia Care

Improving Your Self-Esteem

Choose MYPLATE!

Sleep & Health

Crockpot Ideas

Stay ‘Safe’

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www.montana4h.org

THIS & THAT

Tackle one of the most common stains: Salad dressing—Sprinkle on baking soda or cornstarch to absorb as much oil as possible. Apply a stain remover. If it's still there—launder in the hottest water that's safe for the fabric.

Turn your muffin pan upside down, bake cookie-dough over the top and voila, you have cookie bowls for fruit or ice-cream.

Neaten up your linen closet by storing only “one pair and one spare” per bed. Stack sets together on shelves (don't separate out the pillowcases), or create easy-to-grab “packages” by stuffing a folded flat and fitted sheet and a pillowcase into another pillowcase. If you have similar-looking sheets, or just need to free up space, stash an extra set in a box under the bed it belongs to. You can also use a laundry marker to label the bottom corners of each flat sheet with a Q for “queen”, and so on—when the sheet is folded, one of those corners will usually be visible. If you're buying new sheets, assign each bed a different color to eliminate confusion.

Make an instant cupcake carrier by cutting crosses into a box lid.

Twister Mat as Tablecloth: Protect the dinner table during a kid's party with a Twister Mat! Spills will wipe right up.

Chalk as a moisture absorber: Tie up a few pieces in cheesecloth and store them with your good silver to slow any tarnishing.

For a healthier take on fries, try oven baked sweet potatoes. Heat oven to 450. Cut in half lengthwise 3 peeled sweet potatoes, about 1 1/2 pounds, then slice into 1/2-inch thick wedges. Toss with 1 tbsp. olive oil and season with 1/2 tsp each salt & paprika. Place in a single layer on baking sheet. Bake 25 minutes, turning after 10 minutes, and cook until tender.

Dealing with a mountain of pre-digital photos can be overwhelming, so make it a long-term project. Spend an hour on each of a few weekends weeding out duplicates and unflattering shots and separating the prints into rough categories—“Luke's birthday 1998,” “Summer 2006.” File the pictures chronologically in storage boxes with labeled dividers. To rein in your digital archives, delete what you don't want, put the rest in folders labeled consistently with the year, month, day and a description (2011-10-12 Apple Picking). This way, they'll sort chronologically and you'll be able to tell what's in the folder without opening it up.

When you are traveling, store shoes inside shower caps to stop dirty soles rubbing on your clothes. You can find them in just about every hotel.

Repurpose an old frame for a vanity tray that's pretty as a picture. Place a piece of colored paper or fabric inside as a finishing touch.

Hate that icky water-dripping-down-your arm feeling you get when you wear rubber gloves to clean the bathroom and kitchen? Try this trick: Use long-length ones and *cuff* the sleeves to catch the water.

Home on the Range for Boys in Sentinel Butte, ND is collecting UPC Code labels from the following products to get free merchandise:

Worth 5 Points: Campbell's Chunky Soups (microwave bowls), Soup At Hand, SpaghettiOs (15 oz.), Select Harvest Soups, and V8 Soups

Worth 1 Point: Campbell's Beans Products, Campbell's Condensed 10 oz. & 26 oz. Soups, Low Sodium, Fat Free, & Kitchen Classic Soups; Campbell's Tomato Juice, Campbell's Gravies, Campbell's Chunky & Healthy Request Soups & Chili; Prego Italian Sauces; Franco American Gravies; Pepperidge Farm Breads, Croutons, Rolls, Stuffing, Goldfish Crackers & Grahams, Baked Naturals, Frozen Garlic Breads, 3-Layer Cakes, Turnovers and Puff Pastry; Swanson Broth, Canned Chicken, and Cooking Stock; SpaghettiO's original Pasta & Meatballs Pasta (7.5oz); V8 Splash Juice & Smoothies; V8 100% Vegetable Juice; and V8 Fusion 100% Juice

Labels will have a dotted line around the UBC code and what needs to be sent in. Labels can be mailed to:
Home On The Range—16351 I94— Sentinel Butte, ND 58654.

FALLON-CARTER HOMEMAKER'S COUNCIL

The Fallon-Carter Homemaker's Council met at Hope Baptist Church at Ridgway on Oct. 4, 2011. In the absence of president Nancy Curry, the meeting was called to order by president-elect, Rosina Owen. There were 36 members present. Kathy Stieg gave a very interesting history of the Ridgway post office and community for a welcome. She also did the invocation.

The Pledge of Allegiance and club collect were recited. Lana Buerkle made a presentation of an engraved plaque to Bea Barkley to honor her for being a 60 year member of Homemakers. A get-well card was passed around to sign for Harriet Speelmon. Harriet has been a very active member of Homemakers as well as many other community and civic organizations for many years.

Roll call was taken—clubs present paying dues for the year. Those clubs represented were Adventures, Albion 400, Diligent Doers, Homemaker's Heritage and Willard Homemakers. There was one adult guest, Nichole Sherman, and numerous future homemakers. The secretary minutes from 2011 spring council were read and approved. Treasurer's report: \$764.71 Credit Union—\$14.75 Wells Fargo. Treasurer's report for the Hazel Padden, Sara Kerr, Minniclaire Hoff scholarship was \$1,423.43. Spring silent auction \$246.00

The 2011 recipients of the scholarship were Emma Guyer—Greg Brence alternate—Carter County; Elizabeth Barth—Kendal Sieler alternate—Fallon County. A thank-you card was read from Barbara Peabody, recipient of the Kay Hanley Memorial Angel at the Carter County fair. Need to find out who won at Fallon County Fair.

Lana passed around a mailing list to be updated for the office. County Agent, Elin Westover gave the extension update. There are winter programs being presented both in Carter and Fallon Counties.

For new business Melinda Richard made a motion to raise the amount given for the Padden, Kerr, Hoff scholarship to \$300 per recipient per county. Reneta Phillippi seconded the motion. Motion carried.

Elin Westover gave a very interesting and helpful presentation on 'gardening year round'. Numerous lovely doorprizes were awarded throughout the day. Many items composed the silent auction and much bidding was carried on throughout the day. Meeting was adjourned for lunch. The Homemaker's Heritage served a very tasty lunch. The Hawks Home country school did a very lively job of entertaining after lunch. We made aromatic "Logger Potpourri" after lunch.

Respectfully submitted,
Nita Schallenberger

SILENCE BUSTERS



Funny conversation starters are a perfect way to help liven up conversation while lightening up the overall mood at the end of a busy day. Here are some ideas for starting a fun conversation at your next family meal.

If you were in a circus, what would your job be?

What is the most disgusting food you have ever tasted?

If you are given access to a time machine, where and when would you travel to? Who would you take with you?

Keep it on the light side, leaving serious discussion for another time. Turn off the TV, cell phones and iPods and just listen to what each other has to say.

If You Received a Poinsettia for Christmas...

Here are some tips from the NDSU Extension Service if you were fortunate to have a poinsettia during the holidays.

Avoid displaying your plant in a drafty area.

Water when dry. Then discard excess water in the saucer.

Place in a room with enough light—bright enough to read a newspaper.

Keep out of drafts and away from appliances and radiators; don't put the plant on the television set.

After a few weeks, fertilize with ordinary house plant fertilizer.

Poinsettias need not be dumped after the holidays. They can be grown on as house plants until the danger of frost is past, then set outside near the house and allow to grow as a small summer shrub. The plant can be made to "re-bloom" for the following season by excluding any light from about 6:00 p.m. to 8:00 a.m. starting around the end of September.



BASIC RULES FOR IMPROVING YOUR SELF-ESTEEM

MSU Extension Booklet EB 20

1. DO NOT DEMAND PERFECTION FROM YOURSELF



For most of us, the number one rule for improving self-esteem should be to not demand perfection from ourselves. From infancy, each of us has been taught the “right way” to do things. When we didn’t do something right, we were often encouraged to repeat and repeat until it was “perfect.” We were complimented when we did a task right. We were criticized when we did not do it right. A good person did the task right; a bad person did it wrong (or poorly).

Separating feelings from happenings is nearly impossible. We are not able to leave childhood feelings completely behind us. Writing with crayon on the wall, spilling ice cream on our best clothes. Bad things! Bad people do bad things! Being perfect meant being a good person. Being less than perfect meant being a “not so good” person. Because I know what a perfect cake should be like and have yet to make a perfect one, does that mean I’m a bad person? That I shouldn’t feel good about myself? Because a man’s father homesteaded the land, raised a family and made a living off the land, does it make his son less of a person, if, because of weather and economic conditions, he can’t do the same thing?

It is often good to strive for perfection. But none of us are perfect or will ever be perfect. Our parents weren’t perfect; the neighbors aren’t perfect; our children won’t be perfect; and you and I will never be perfect.

The story goes that in doing their bead work, certain Native American tribes intentionally never made anything perfect for to do so would be to anger the gods.

Too often, we are afraid to try something because we know we won’t do it perfectly. What a shame and waste of time and talents! There are too many perfectionists in this world: people who put themselves down when they do less than what they consider perfect. It is important to keep in mind that your perfect and my perfect are probably two different things. Relax. Since you can’t be perfect it’s all right not to be! And, do not expect or demand perfection from others.

2. TALK POSITIVELY TO YOURSELF




All of us talk to ourselves. Listen to what you are saying. Many of us say: “That is terrible,” “I look horrible,” “I should have known better,” “Why did I say that?” “I can’t ever seem to do anything right.”

The secret of commercial advertising is to repeat the message over and over. With enough repetition, the listener accepts what is heard or said as truth. If you continually talk in a degrading manner to yourself, you will believe you are not all right. If you put yourself down, you will function as though you aren’t worthy.

Monitor closely what you say to yourself. Each time you begin to berate or put yourself down, **stop!** Think carefully about what you are saying to yourself. Would you say something like that to your best friend? Probably not. Consciously quit saying negative things to yourself. Refuse to do so! Each time you stop yourself from saying something degrading, replace it with a positive comment. After a lifetime of not saying anything nice to yourself, that may be a hard thing to do. But if you truly want to feel better about yourself, this is necessary.

You are responsible for yourself. Only you can make yourself stop the negative self-talk and replace it with positive statements. It is all right to tell yourself, “I did well!” It’s not going to make you egotistical or too full of pride. It’s all right to like yourself and to take pride in what you can do. In fact, the Bible tells us that the second great commandment is to “love your neighbor as love yourself.” Do you? You are supposed to love yourself.

3. SAY “THANK YOU”

 How often have you been given a compliment and, instead of saying “Thank you,” you have verbally not only refused the compliment but put down the person who gave it to you? “What a nice dress!” “Oh, this old rag? I think it looks terrible on me.” Not only have you refused the compliment, you have also questioned the judgment of the person who gave it and have probably helped to reinforce negative feelings of that person.

Accept the compliment for what it is: a statement made to make us feel good about ourselves. Start today to compliment yourself. You need to accept and take credit for the good things you’ve done and the things you are proud of. You need to tell yourself, “I’ve done well!”

CHOOSE MYPLATE—THE HEALTHY CHOICE!

Use the following guide to help you eat in nutritional balance. The specific amounts you should be eating vary depending on your age, sex and weight (to find what you need, visit www.choosemyplate.gov), but the servings recommended by the Dietary Guidelines here apply to adults eating 2,000 calories a day.

FRUITS

2 cups a day

Fruits are an easy, delicious way to get the antioxidants, fiber and vitamins that help you stay healthy. Yet most of us don't get enough of them or we get our "fruits" through juices (in that case, the fiber has been stripped away).

QUICKWAYS TO GET YOUR DAILY DOSE:

Have an orange at breakfast, slice up a banana for a snack or to mix into your oatmeal, and microwave a cup of applesauce sprinkled with cinnamon for dessert.

DAIRY

3 cups a day

Milk provides calcium (critical for building and maintaining healthy bones) and potassium and (because it is fortified) is one of the few food sources of vitamin D. Choose nonfat or 1% (low-fat) dairy products—better choices for your heart and your waistline.

QUICKWAYS TO GET YOUR DAILY DOSE:

Drink a glass of nonfat milk in the morning, snack on a little reduced-fat cheese and have a cup of low-fat yogurt for dessert at dinner.

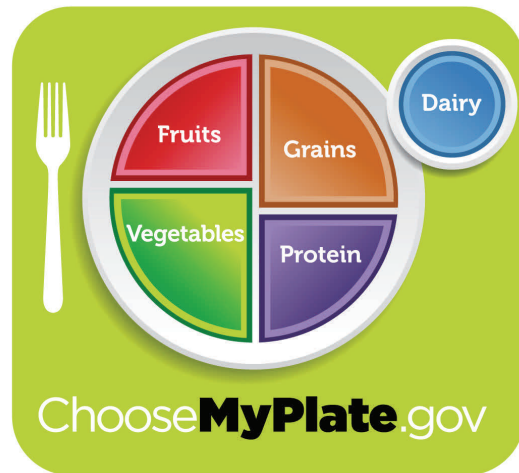
GRAINS

6 ounces a day

Go for grains and make them whole! The fiber in whole grains will help protect your heart. Aim to eat about six 1-ounce servings each day. Make at least half of them whole grains. (A 1-ounce serving equals 1/2 cup brown rice, 1/2 cup oatmeal, 1 slice whole-wheat bread.)

QUICKWAYS TO GET YOUR DAILY DOSE:

Microwave 1/2 cup instant oatmeal with 1 cup water (2 servings), heat up 1/2 cup brown rice (1 serving), snack on a cup of microwaved popcorn (1 serving) and use whole-wheat bread on your sandwiches (2 servings).



VEGETABLES

2 1/2 cups a day

Did you know that fewer than one in three Americans eats the recommended servings of vegetables a day? Eating a diet rich in vegetables and fruits can help protect against diabetes, heart disease, bone loss and even certain types of cancer. Get the widest array of nutrients by eating vegetables of many colors, including dark green and orange ones.

QUICKWAYS TO GET YOUR DAILY DOSE:

Slice a large tomato onto a sandwich at lunch, microwave 1 cup of broccoli or cauliflower and cook 2 medium carrots for dinner.

PROTEIN

5 1/2 ounces a day

Meat, poultry, fish, dry beans and legumes, eggs, nuts, seeds and soy products supply protein (the building block for bones, muscles, cartilage, skin and blood). They also deliver B vitamins, vitamin E, iron, zinc and magnesium. However, some meats can also be a source of saturated fat, so limit yourself to leaner cuts.

QUICKWAYS TO GET YOUR DAILY DOSE:

Have an egg for breakfast, 1/2 can of tuna for lunch and 1/2 cup beans with dinner.



SLEEP and HEALTH

Eat Right Montana & Mayo Clinic

Getting enough sleep is an essential part of a healthy lifestyle—equal to eating well and being active. For overall health and well-being, as well as for success at work and school, a good night's sleep (7 to 8 hours for adults, 9 to 12 hours for children) is the recommended amount. Too little sleep has been linked to overeating and overweight, increased risk of diabetes and heart problems, and more depression in adults.

No. 1: Stick to a sleep schedule

Go to bed and get up at the same time every day, even on weekends, holidays and days off. Being consistent reinforces your body's sleep-wake cycle and helps promote better sleep at night. If you don't fall asleep within about 15 minutes, get up and do something relaxing. Go back to bed when you're tired. If you agonize over falling asleep, you might find it even harder to nod off.

No. 2: Pay attention to what you eat and drink

Don't go to bed either hungry or stuffed. Your discomfort might keep you up. Also limit how much you drink before bed, to prevent disruptive middle-of-the-night trips to the toilet. Nicotine, caffeine and alcohol deserve caution, too. The stimulating effects of nicotine and caffeine—which take hours to wear off—can wreak havoc with quality sleep. And even though alcohol might make you feel sleepy at first, it can disrupt sleep later in the night.

No. 3: Create a bedtime ritual

Do the same things each night to tell your body it's time to wind down. This might include taking a warm bath or shower, reading a book, or listening to soothing music—preferably with the light dimmed. Be wary of using the TV as part of your bedtime ritual. Some research suggests that screen time use before bedtime interferes with sleep.

No. 4: Get comfortable

Create a room that's ideal for sleeping. Often, this means cool, dark and quiet. Consider using room-darkening shades, earplugs, a fan or other devices to create an environment that suits you.

No. 5: Limit daytime naps

Long daytime naps can interfere with nighttime sleep—especially if you're struggling with insomnia or poor sleep quality at night. If you choose to nap during the day, limit yourself to about 10 to 30 minutes and make it during the midafternoon.

No. 6: Include physical activity in your daily routine

Regular physical activity can promote better sleep, helping you to fall asleep faster and to enjoy deeper sleep. Timing is important, though. If you exercise too close to bedtime, you might be too energized to fall asleep.

No. 7: Manage stress

When you have too much to do—and too much to think about—your sleep is likely to suffer. To help restore peace to your life, consider healthy ways to manage stress. Start with the basics, such as getting organized, setting priorities and delegating tasks. Give yourself permission to take a break when you need one. Share a good laugh with an old friend. Before bed, jot down what's on your mind and then set it aside for tomorrow.

INDOOR ACTIVITIES FOR WINTER DAYS

Eat Right Montana

Playing outside is nearly always more fun and usually more vigorous than indoor activity. However, the weather is sometimes just too frightful and families need to have many inside alternatives. Active video games (like Wii) are an option. Video games usually expend more energy than sitting on a couch in front of the TV or playing regular video games. The energy used does vary dramatically from person to person and is generally in the same range as moderate walking.

PLAY

Here is a short list of indoor activity options for your family. Need more ideas? Get together for a family brainstorm and put your list up on the fridge or bulletin board.

1. Dance, dance, dance: Put on some tunes and rock the house with fun moves.
2. Show off your talents: Let each family member take turns leading an activity.
3. Activate commercial breaks: Get up and get moving during TV breaks.
4. Plan a scavenger hunt: Maybe you can find missing socks and other stuff?
5. Build a crawl-thru obstacle course: Use big pillows, chairs, and blankets.
6. Have a hula contest: All it takes is a hoop or two and a wide open space.
7. Play charades: Use an active theme (like animals) and move like your word.
8. Hide & seek: Use the whole house, basement, and garage (if heated).
9. Twist yourself in knots: For about \$15, the game of Twister is a ton of fun!

ENJOY!

Make it fun, do it together!
Turn off the TV and the other screen entertainment (DVD, computers, and video games). Fill your home with active fun any month of the year.



MAKE IT SLOW



Some ideas on how to adapt your favorite stovetop or oven recipe for the slow cooker.

CHECK THE METHOD

If a recipe calls for cooking the dish covered in the oven or on the stovetop at a long low simmer, it's probably great for a slow cooker. More good choices: your favorite beef stew, pot roast, chili, or anything using a tougher cut of meat such as pork shoulder, beef chuck, brisket or lamb shoulder.

LAYER INGREDIENTS

Root vegetables like carrots, turnips, potatoes and parsnips take longer to cook than meat because they are harder, so put them in the bottom of the slow cooker, then put the meat on top.

CHANGE THE COOKING TIME

Recipes that cook for 2 to 4 hours in the oven or stovetop will cook in the slow cooker on high for 4 to 6 hours or low for 7 to 9 hours. All slow cookers are slightly different, so check the progress regularly.

GO LIGHT ON SPICE

Start with a moderate amount of seasoning and add extra flavor (fresh herbs, salt or spices) after cooking has finished. Hot spices like cayenne, curries and some chili powders can become more intense during slow cooking, while fresh herbs, such as basil, chives or parsley, can become flavorless. Adjusting the flavors at the end means the finished dish will be just as you like it. Make sure to cook any added dry spices for 5 minutes before serving.

USE LESS LIQUID

Liquid doesn't evaporate in a slow cooker the way it does on the stovetop or in the oven, so start with less. A half-cup of liquid—such as stock, wine or water—should be enough to create steam and start everything cooking. For soups and some stews, however, the slow cooker should be two-thirds full. Add all of the dry ingredients first, then add enough liquid to reach the correct level.

REDUCE THE LIQUID

Leaving the lid off for the last half-hour of cooking will help excess liquid evaporate. If the end result still has too much liquid, spoon it into a small saucepan and whisk in a slurry (2 tsp. cornstarch dissolved in 1 TBS. cooking liquid). Bring the mixture to a boil, then reduce heat and simmer the mixture until thickened. Add the thickened mixture back to the slow cooker before serving.

BAKED APPLES

- 4 apples (Granny Smith apples work well), cored and unpeeled
- 1 tsp. cinnamon
- 1/4 cup brown sugar
- 5 TBSP butter

Place apples in slow cooker. Combine brown sugar and cinnamon, stuff into the center of the apples. Top each with butter. Cover and cook on low for 4-5 hours.

Crockpot Pot Roast:

MSU Mealtime Solutions

Ingredients:

- 1 (2 to 3 lbs.) beef chuck roast
- 1 medium quartered onion
- 1 small bag peeled baby carrots
- 4 medium potatoes quartered (you can peel if you like)
- 1 can of cola

Place roast in crockpot. Place vegetables on top. Pour can of cola over the top. Cook on high for 1 hour, turn to low and cook another 8 hours. This recipe makes the roast so tender it just falls apart.

Options: Add one package of onion soup mix, a can of mushrooms or 1 can of tomatoes.

Italian Chicken

- 2 1/2 to 3 lbs. chicken pieces
- 1-26 oz. pasta sauce of your choice
- 1 bag of frozen Italian vegetables with peppers

Place chicken in slow cooker. Pour pasta sauce over chicken. Cover and cook on a low setting for 6-7 hours. Add vegetables during the last hour of cooking. Serve on whole wheat pasta.

Slow Cooker Spaghetti Sauce

- 1 lb. ground beef
- 1 16 oz. can tomato sauce
- 2 tsp. oregano
- 2 tsp. basil
- 2 14 oz. cans diced tomatoes with juice
- 1 med. onion chopped
- 1-6 oz. can tomato paste
- 1 tsp. garlic powder
- 1/2 tsp. salt
- 1 TBSP sugar

Brown meat and onion. Drain. Transfer to slow cooker. Add remaining ingredients. Cover and cook on low for 7 hours. If sauce seems thin, remove lid during last hour of cooking. You can combine ingredients in slow cooker the night before, refrigerate, and in the morning just plug it in! Serve over cooked whole wheat pasta.

**Because of the recent abduction in our “safe” little corner of Montana,
I thought I would pass on 10 critical tips for your safety.**

1. The elbow is the strongest point on your body. If you are close enough to use it, do!
2. If a robber asks for your wallet and/or purse DO NOT HAND IT TO HIM. Toss it away from you!!! Chances are that he is more interested in your wallet than you and he will go for the wallet. Then run like mad in the other direction!
3. If you are ever thrown into the trunk of a car, kick out the back tail lights and stick your arm out the hole and start waving like crazy.. The driver won't see you, but everybody else will.
4. Women have a tendency to get into their cars after shopping, eating, working, etc., and just sit (doing their checkbook, or making a list, etc. DON'T DO THIS! The predator will be watching you, and this is the perfect opportunity for him to get in on the passenger side, put a gun to your head, and tell you where to go. As soon as you get into your car, lock the doors and leave. If someone is in the car with a gun to your head DO NOT DRIVE OFF. Instead gun the engine and speed into anything, wrecking the car. Your air bag will save you. As soon as the car crashes bail out and run.
5. A few notes about getting into your car in a parking lot: Be aware—look around you and into your car at the passenger side floor and in the back seat. If you are parked next to a big van, enter your car from the passenger door. Most abductors attack their victims by pulling them into their vans while the women are attempting to get into their cars. Look at the car parked on the driver's side of your vehicle and the passenger side...If a male is sitting alone in the seat nearest your car, you may want to walk back into the mall, or work, and get a guard to walk you back out. It is always better to be safe than sorry. (And better paranoid than dead.)
6. Always take the elevator instead of the stairs. Stairwells are horrible places to be alone and especially at night.
7. If the predator has a gun and you are not under his control, ALWAYS RUN! The predator will only hit you (a running target) 4 in 100 times; and even then, it most likely WILL NOT be a vital organ. Run, preferably in a zig-zag pattern.
8. As women, we are always trying to be sympathetic: STOP—it may get you raped, or killed. Walking with a cane, or a limp, and asking 'for help' into a vehicle can make you their victim.
9. If you hear a crying baby outside on your porch, call the police—DO NOT open the door. Trick is to use a baby's cry recorded to coax women out of their homes thinking that someone dropped off a baby
10. If you wake up in the middle of the night to hear all your taps outside running or what you think is a burst pipe, DO NOT GO OUT TO INVESTIGATE! These people turn on all your outside taps full blast so that you will go out to investigate and then attack.

STAY ALERT, KEEP SAFE, AND LOOK OUT FOR YOUR NEIGHBORS!

“How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and the strong.

Because someday in your life you will have been all of these.”

~George Washington Carver~