



# Safety and Environmental Newsletter

August 2022 — 124<sup>th</sup> Edition

5 page Issue

## Eastern Shore Soil and Water Conservation: Plant Three Native Plants

### The Value of Native Plants

Native plants are adapted to the climate and soil conditions in which they naturally occur. The plants serve an important role as food and habitat for native butterflies, humming-birds, bats, insects, birds, and other animals.

### Benefits of native plants include:

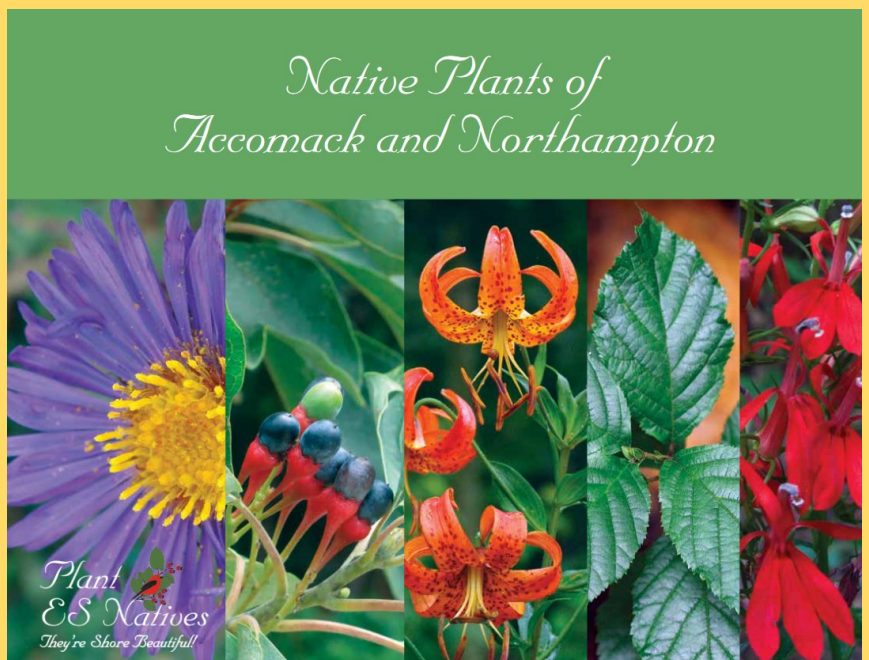
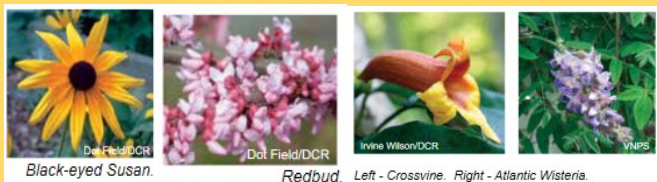
- Native plants usually do not require fertilizers and require fewer pesticides than lawns and non-native species.
- Native plants evolved to survive on natural rainfall and need less water.
- Native plants can significantly reduce water runoff and help prevent erosion.
- Native plants do not require mowing and thus help to reduce air pollution.
- Native plants provide shelter and food for local pollinators, birds, and wildlife.
- Native plants promote biodiversity and stewardship of our natural heritage.
- Native plants are beautiful and increase scenic value.

For more information on plants native to the Eastern Shore of

Virginia: [click here](#)

Information brought to you by:

[Eastern Shore Soil and Water Conservation District](#)





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AUGUST IS  
BRAKE SAFETY  
AWARENESS  
MONTH



## 7 Signs to Inspect your Brakes:

- ♦ **Noise:** Screeching, grinding, or clicking noises when applying the brakes.
- ♦ **Pulling:** Vehicle pulls to one side while braking.
- ♦ **Low Pedal:** Brake pedal nearly touches the floor before engaging.
- ♦ **Hard Pedal:** Must apply extreme pressure to the pedal before brakes engage.
- ♦ **Vibration:** Brake Pedal vibrates or pulses, even under normal braking conditions.
- ♦ **Grabbing/Sensitive Brake:** Brakes grab at the slightest touch to the pedal.
- ♦ **Light Illumination:** Brake light, ESP, ABS, or other vehicle brake light indicator.
- ♦ **Smell:** Excessive smell of brake pads after normal usage.
- ♦ **Periodically check emergency brake function at low speed/controlled setting.**





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## CAMPUS FIRE SAFETY for students

THE CENTER FOR  
Campus Fire Safety®



### FIRE SAFETY CHECKLIST FOR STUDENTS

- ☐ 1. Make sure your sleeping room has working smoke detectors.
- ☐ 2. Plan to survive ... know two ways out from your room.
- ☐ 3. Have food on hand that doesn't require cooking. Cooking when you've had too much to drink increases the chance you'll make a mistake or start a fire.
- ☐ 4. Buy flameless candles. They come in all sizes, colors and scents.
- ☐ 5. Make sure you know and practice a fire escape plan.
- ☐ 6. Talk with your roommates and determine a safe place to meet outside in case of a fire.
- ☐ 7. Clear exits/hallways/stairs. In case of a fire, you'll need to leave quickly.
- ☐ 8. Clean the dryer lint trap before and after each use. Help keep dryers safe.
- ☐ 9. Leave quickly when the fire/smoke alarm sounds. Spending time retrieving items increases your chances of being trapped. Leave everything and GO.
- ☐ 10. Friends keep friends safe from fire-related hazards. Share this checklist ... pass fire safety tips along to friends!



#### Fire Safety Outreach provided by:

The Center for Campus Fire Safety Student Committee  
and the National Fire Protection Association  
[campusfiresafety.org](http://campusfiresafety.org) | [nfpa.org](http://nfpa.org)





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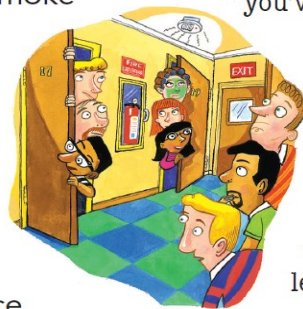
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## College Campus Fire Safety

College students living away from home should take a few minutes to make sure they are living in a fire-safe environment. Educating students on what they can do to stay safe during the school year is important and often overlooked.

### SAFETY TIPS

- Look for fully sprinklered housing when choosing a dorm or off-campus housing.
- Make sure you can hear the building alarm system when you are in your dorm room.
- If you live in a dormitory, make sure your sleeping room has a smoke alarm, or your dormitory suite has a smoke alarm in each living area as well as the sleeping room. For the best protection, all smoke alarms in the dormitory suite should be interconnected so that when one sounds, they all sound.
- If you live in an apartment or house, make sure smoke alarms are installed in each sleeping room, outside every sleeping area, and on each level of the apartment unit or house. For the best protection, all smoke alarms in the apartment unit or house should be interconnected so that when one sounds, they all sound.
- Test all smoke alarms at least monthly.
- Never remove batteries or disable the alarm.
- Learn your building's evacuation plan and practice all drills as if they were the real thing.
- If you live off campus, have a fire escape plan with two ways out of every room.
- When the smoke alarm or fire alarm sounds, get out of the building quickly and stay out.
- Stay in the kitchen when cooking.
- Cook only when you are alert, not sleepy or drowsy from medicine or alcohol.
- Check with your local fire department for any restrictions before using a barbeque grill, fire pit, or chimenea.
- Check your school's rules before using electrical appliances in your room.



### Smoking Sense

If you smoke, smoke outside and only where it is permitted. Use sturdy, deep, non-tip ashtrays. Don't smoke in bed or when you've been drinking or are drowsy.

### Candle Care

Burn candles only if the school permits their use. A candle is an open flame and should be placed away from anything that can burn. Never leave a candle unattended. Blow it out when you leave the room or go to sleep.

### FACT

- ❗ Fires in dormitories are more common during the evening hours, between 5–11 pm, and on weekends.
- ❗ Roughly six out of seven fires in dormitories are started by cooking.







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## The Frugal Energy Savings Guide

Simple (but effective!) tricks to keep costs under control

1

### Clean Light Bulbs and Fixtures

Brightens your home by 30%



2

### Trim Branches Blocking Windows

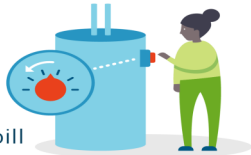
Captures natural (and free!) warmth



3

### Lower Water Heater Temp

Every 10° saves 3%–5% on your bill



4

### Use Insulating Shades at Night

Keeps warm air in and cold out



5

### Fill Your Fridge

Requires less energy to cool



6

### Switch Direction on Ceiling Fans

Clockwise distributes warm air



Have a great money-saving energy tip?  
Share it on Facebook, tagging @HouseLogic



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## Did you know the Eastern Shore of Virginia is an EPA Region 3 designated Sole Source Aquifer?

The Yorktown-Eastover Multi-aquifer is the only aquifer to provide water to Eastern Shore of Virginia.

### Source Water Protection Tips

Protection of drinking water is everyone's responsibility. You can help protect your drinking water sources, both at WFF and in your community, in several ways:

- Eliminate excess use of lawn and garden fertilizers and pesticides - they contain hazardous chemicals that can reach your drinking water source.
- Pick up after your pets.
- If you have your own septic system, properly maintain your system to reduce leaching to water sources or consider connecting to a public wastewater system.
- Dispose of chemicals properly; take used motor oil to a recycling center.
- Volunteer in your community. Find a watershed or wellhead protection organization in your community and volunteer to help. If there are no active groups, consider starting one. Use EPA's Adopt Your Watershed to locate groups in your community or visit the Watershed Information Network's How to Start a Watershed Team.
- Organize a storm drain stenciling project with your local government or water supplier. Stencil a message next to the street drain reminding people "Dump No Waste - Drains to River" or "Protect Your Water." Produce and distribute a flyer for households to remind residents that storm drains dump directly into your local water body. Or drinking water aquifer.

