

# EMERGENCY



## GUIDE

Frozen Pipes

Acting **FAST**  
with a Stroke

Prepare Car  
and Yourself for  
Winter

Emergency  
Contacts

January 2017

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**Wilmington News Journal**

**Washington Court House Record Herald**



**Be Prepared  
With An  
Emergency Kit**

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# Prepare yourself and car for winter

In a perfect world, a driver would pack the car away with the beach chairs and swimsuits and back it out of the garage following the spring thaw. Unfortunately, motorists must adapt their driving style to the challenges of each season. AAA offers some winter driving tips to help drivers navigate on ice and snow.

“One of the biggest misconceptions is people think the roadway is wet when it’s actually ice,” AAA Safety Advisor Terri Rae Anthony said. “The problem is that they are driving too fast to safely adjust their speed when they realize they are on ice. Drivers should generally drive slower when the temperatures are around the freezing point,” she added.

As the temperatures drop, drivers should increase the amount of space between their car and others on the road so that they have time to safely react to an emergency situation.

AAA says the best thing to do if you lose control of your car is to remain calm, and turn in the direction you want your car to go. Stay in control of the skid.

## Preventative maintenance is important

- **Windows** — Make sure windows are free of dirt and grime and keep your windshield wiper reservoir full at all times. Replace windshield wipers and fluid.

- **Headlights** — Clean your headlights so that you can see, and be seen by others.

- **Tires** — Cold weather reduces tire inflation pressure so check pressure frequently to maintain the recommended pressure on the driver’s door jamb. Make sure your spare tire also has the correct air pressure.

- **Battery** — Once your battery reaches three years old; have it tested by your repair facility. During harsh winter conditions have your battery checked once a month.

- **Locks** — If locks are frozen, spray with graphite spray or de-icer.

- **Emergency Roadside Kit For Winter** — should include a cell phone and car charger, blankets, a flashlight with extra batteries, a first aid kit, food and water, a small shovel, a sack of sand, cat litter or traction mats, windshield scraper and brush, battery booster

cables and emergency flares or reflectors.

## What to do if you break down on the road

- **Call for help.** Let someone know where you are, then wait for the plows to clear the roads or emergency vehicles to rescue you.

- **AAA recommends that members download the AAA mobile app to their smart phones.**

- **Stay with your car.** Don’t overexert yourself; cover up with a blanket from your emergency kit.

- **Make your car visible.** If you can, put bright markers on the antenna or windows and keep the interior dome light turned on.

- **Don’t run car for long periods.** To avoid asphyxiation from carbon monoxide poisoning, don’t run your car to get heat for long periods with the windows up or in an enclosed space. Limit yourself to about 10 minutes every hour, just long enough to stay warm. If you do run your vehicle, be sure to clear the exhaust pipe of any snow first.

- **Listen to weather reports before leaving on a trip; if**

extreme weather is expected it’s better to postpone any drive.

- **At night, keep your interior dome light on.**

## Driving on slippery or wet roads

- **Adjust your driving habits as road conditions change.**

Easy on the gas and easy on the brake. Nearly one-quarter of weather related vehicle crashes occur on snowy, slushy or icy pavement.

- **Drive distraction free.**

Looking away from the road for even two seconds doubles your chance of a crash.

- **Do not use cruise control.**

Avoiding using cruise control allows you to respond instantly when you take your foot off the gas.

- **Do not tailgate.** Normal

following distances should be increased significantly (8-10 seconds) when driving on icy roads. This will give you more time to react if you have to come to a complete stop.

- **Drive on the clearest lane.** When on a four lane highway, drive in the lane that has the least amount of snow and ice. Avoid changing lanes and driving over snow buildup.

- **Know when to brake and when to steer.** When traveling over 25 MPH, AAA recommends steering over braking, as less distance is required to steer around an object than to brake to a stop. In slick conditions, sudden braking can lead to loss of vehicle control.

- **Always look 20-30 seconds ahead so that you can plan your stops.**



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# Winter is here - taking care of your pets in the cold

**Kathryn Thomas Yager, DVM, MPH**  
Orchard Veterinary Care Inc

December 21 marked the first official day of winter this year. Luckily for us Ohioans, the weather has been fairly mild with a record setting high of 66 degrees Fahrenheit the day after Christmas. However, the cold weather will return and it will effect everyone, including pets and livestock. Here are a few suggestions to keep your furry friends safe and healthy this winter season as recommended by the American Veterinary Medical Association:

## Dogs & Cats

- Keep them inside. Just because dogs and cats have fur, that does not mean they are insulated from the cold weather. I recommend keeping your dog and cats inside whenever possible. Cats and dogs are susceptible to frostbite like humans, and puppies and kittens are at a greater risk. When temperatures are below freezing, keep walks to a short 10-15 minute walk and put a coat or blanket on short-haired pets. Some dogs enjoy wearing booties - a great way to protect their feet!

- Provide adequate shelter. If they must stay outside, an adequate shelter is a must. It should be windproof, waterproof, and warm. Ideally, the shelter should be constructed so that the floor of the shelter is a minimum of 6 inches off the ground. This helps to minimize heat loss into the cold, ohioan ground. The bedding should be thick and dry. Check regularly that the bedding has not been soiled, and

clean or replace it as needed. Always provide unlimited access to fresh, non-frozen water. There are several products on the market that will keep water bowls from freezing. You may be tempted to put a space heater or heat lamp in the shelter, but I urge you to use caution. These items can cause burns and/or fires; I have personally treated pets for burns and smoke inhalation.

- Check your vehicle. Outdoor and feral cats find a warm vehicle engine to be the perfect heat source to snuggle up for the night. Make noise before you start your engine, such as banging on the hood and honking the horn. Look underneath the vehicle to confirm the cat has left.

- Check their feet. Cats that go outside or after walking your dog outside, check their feet. If there is significant snow outside or freezing rain, your pet can accumulate ice or small snow balls between their toes which can be quite painful. Have a towel handy to wipe their feet off after you inspect their toes to remove salt and other deicers which can be toxic to the skin and can be poisonous if ingested.

- Prepare for inclement weather. If sever winter weather causes road closures and power outages, are you prepared to take care of your pets? During these winter months, make sure you have enough food, water and medicine for your pet to get through at least seven days. This includes any prescription medications your pet may need as well as the regular preventative medicine such as heartworm and flea/tick medicine.

- Know you pet. Every owner knows their pet best, so pay attention to your pet's attitude, food & water intake, activity level, and overall health. Very young and very old pets are more susceptible to freezing temperatures and more often have difficulty walking on snow and ice. You may need to carry these pets outside and/or support their hind-end with a towel to prevent them from slipping and falling. Any pets with a pre-existing disease such as heart disease,

kidney disease, or others, may have a harder time breathing colder air and regulating their body temperature. If you have any concerns, contact your veterinarian immediately to schedule an appointment.

- Contact your Veterinarian. If you pet seems ill, contact your veterinarian. Keep your pet up to date on wellness exams and vaccinations. Discuss with your veterinarian the risks your pet may have with the colder temperatures and any adjustments you might have to make, such as increasing feed rations for the outside pet or implanting a microchip in the pet that tends to wander off your property. Your veterinarian can help identify underlying medical conditions and help you make sure that your pet is as healthy as possible for the winter season.

## Horses:

- Provide adequate water. Horses drink on average approximately 10 gallons of water a day. Always check your horse's water source daily (including creeks!). If the water in the trough or creek is frozen over, your horse is at a higher risk of impaction colic. Either plan to break the ice twice daily, or invest in a heating device specifically designed for horse waterers. Some owners provide a water supplement such as an apple flavor or molasses to encourage their horse to drink. Or, you could provide a mash to encourage water intake. If you have no luck, make sure your horse has access to a salt block. Just like humans, additional salt in the diet will encourage your horse to drink more water.

- Provide adequate food. Horses are designed to graze all day long. Providing good quality hay several times a day promotes good gastrointestinal health. Constant forage in the gut causes the intestines to constantly move food along and therefore, reduce the risk of impaction colic. You may continue to feed a grain or sweet feed, but understand that it is processed in the horse differently than quality hay. Grain is quickly consumed in the foregut, whereas forage is processed slowly by the horse's hindgut; this is

incredibly important. The hindgut produces a lot of excessive heat acting like a little furnace which keeps the horse warm during colder days.

- Exercise your horse carefully. It is best to keep your horse in some level of work throughout the winter months. Just 15-20 minutes 3-4 times a week provides numerous benefits for your horse. Regular exercise maintains muscle tone and body condition. Additionally, it will keep your horse's cardiovascular and respiratory system fitter. If exercising outside in the snow, check your horse's feet several times for the development of ice balls. Carry a hoof pick to remove the ice balls. Be careful before walking the horse on a paved road or back into the barn if the ice balls have not been removed.

- To blanket or not to blanket? Horses have lived for thousands of years, evolving to survive outside by foraging with thick winter coats. If you are considering blanketing your horse, consider several factors. Is your horse older, thinner, short hair coat, clipped for riding purposes, or no access to shelter? If you blanket your horse, check underneath the blanket daily for: blanket rubs or sores, to assess your horses body condition, determine if horse is sweating under the blanket, and if the blanket is no longer waterproof. A wet horse in a wet blanket will quickly become chilled and hypothermic.

- Provide adequate shelter. Horses require a very basic shelter; three sides facing away from the wind and a roof is all they need. Make sure the shelter is large enough for the number of horses in the pasture and so that a horse will not get cornered by another in the shelter and can escape. Horses like to be outside, even in the snow! Do not keep your horse locked up inside a stall. A pasture allows the horse to move throughout the day providing stimulation to the gastrointestinal tract (decreases colic) and provides fresh air. If you must keep you horse inside, make sure to exercise regularly and open barn doors to provide good airflow.



# Acting FAST when spotting stroke symptoms

## From Clinton Memorial Hospital

Clinton Memorial Hospital recently achieved advanced certification from The Joint Commission, our national hospital accreditation agency, as an Acute Stroke Ready Hospital. As the Assistant Medical Director of Emergency Services at CMH, and now Medical Director for the stroke program, and I'm so encouraged by CMH's commitment to life-saving emergency intervention at home. Stroke can strike quickly, and spotting symptoms immediately is critical to a patient's prognosis.

Stroke is, quite simply, a "brain attack," much in the way we think of a heart attack. It occurs when blood flow to the brain is cut off. The loss in blood flow to the brain causes brain cells to die, and abilities typically controlled by the areas of the brain not receiving blood are lost—such as memory and muscle control. Stroke severity depends entirely on the areas of the brain impacted—for some, a stroke may be minor and a full recovery is possible, whereas for others, a stroke may mean permanent loss of motor skills, speech, or even death. More than 2/3 of stroke survivors will have some form of disability following a stroke.

Strokes are serious—and more common than we think. Stroke is the fifth leading cause of death in the United States and the leading cause of adult disability.

Why is it important to spot a stroke quickly? According to the National Stroke Associa-

tion, for each minute a stroke goes untreated and blood flow to the brain is impeded, a person loses about 1.9 million neurons. This could result in temporary or permanent losses to speech, movement, memory, and much more. By recognizing the signs and symptoms of stroke and immediately calling 9-1-1, you ensure medical help is received as quickly as possible.

What are the signs and symptoms of stroke?

- Sudden numbness or weakness of face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking, or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

If you spot any of these symptoms, call 9-1-1 immediately and let them know you're concerned your loved one is experiencing a stroke. Make sure to note the time of the first symptom—as this information is important to emergency providers and can affect treatment decisions.

Once a patient arrives to CMH, our emergency team has three primary objectives that must be completed as quickly as possible: a CT scan of the head, lab results, telemedicine consult with the University of Cincinnati stroke team, and the administration of life-saving thrombolytic medication (used to break up and dissolve blood clots). By watching out for stroke symptoms and calling 9-1-1 immediately, you can help us save lives.

About Lori Niceley, DO

Dr. Lori Niceley is Assistant Medical Director of Emergency Services at CMH Regional Health System, and Medical Director of CMH's newly certified Acute Stroke Program. She received her medical degree from University of Osteopathic Medicine and Health Sciences/College of Osteopathic Medicine and Surgery (UOMHS/COMS) in Des Moines, Iowa and completed a residency at Michigan State University Emergency Medicine Residency program in Lansing, Michigan. Dr. Niceley is a Fellow of the American Board of Emergency Medicine and has over twenty years of emergency medicine experience. Prior to coming to CMH, Dr. Niceley spent ten years practicing emergency medicine at Atrium Medical Center in Middletown, OH.

About CMH

Established in 1951, CMH Regional Health System has been providing quality health-care to area residents for over 60 years. CMH Regional Health System's Clinton Memorial Hospital is a 124-bed hospital located centrally in Wilmington, Ohio, only an hour drive from three of Ohio's major metros: Cincinnati, Dayton, and Columbus. Clinton Memorial Hospital offers a full range of inpatient and outpatient specialized services, including emergency services, medical and radiation oncology, orthopedics, obstetrics, surgery, diagnostic and interventional radiology and more.

CMH Regional Health System's network of outpatient physician practices and services—including primary care, internal medicine, neurology, and sports medicine—extends through Clinton, Fayette, and Highland counties.

## We always encourage people to remember the warning signs of stroke and act F-A-S-T:

FACE Ask the person to smile. Does one side of the face droop?

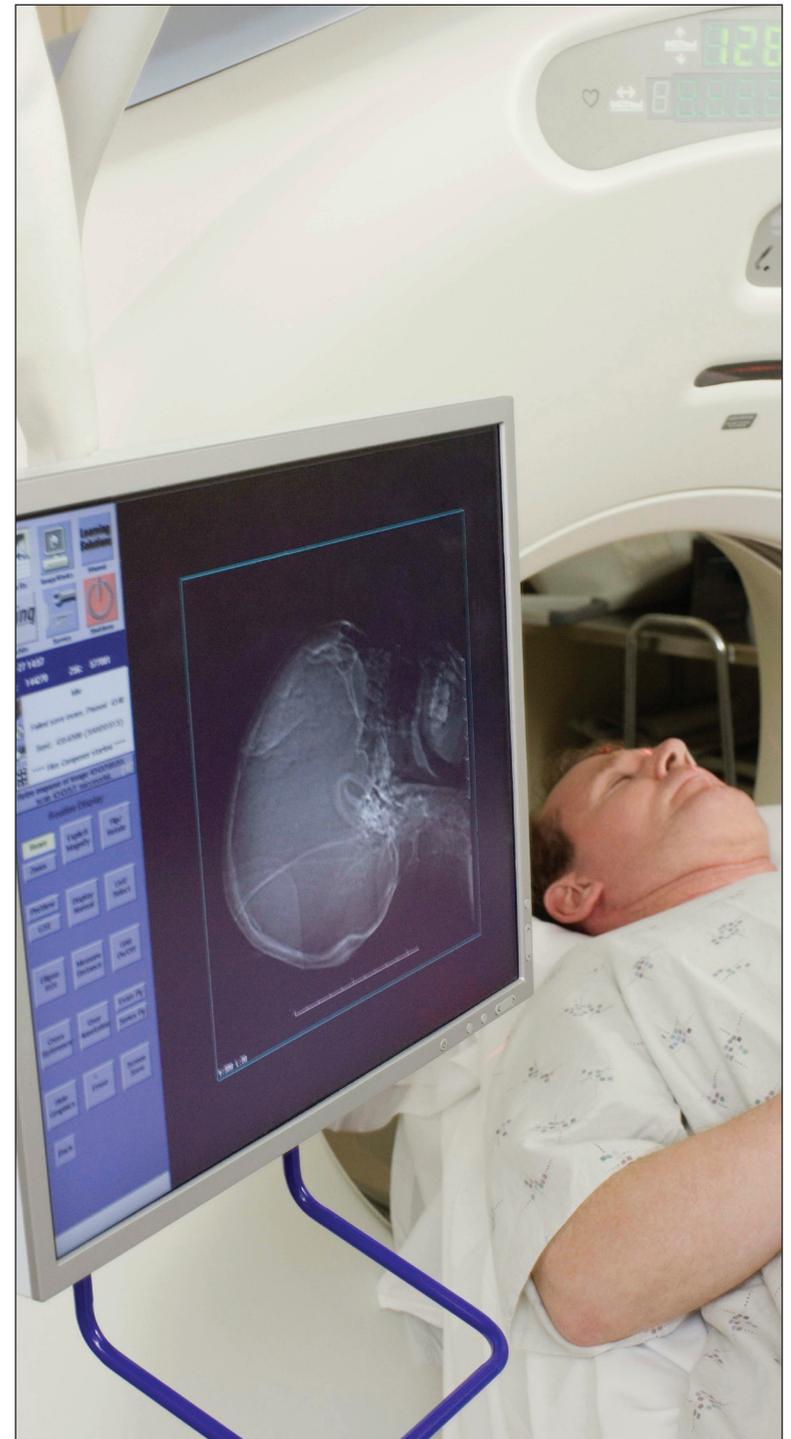
ARMS: Ask the person to raise both arms. Does one arm drift downward?

SPEECH: Ask the person to repeat a simple phrase. Is their speech slurred or strange?

TIME: If you observe any of these signs, call 9-1-1 immediately.



Dr. Niceley



# Storms: disaster safety prep checklist for seniors

From Fayette Cty EMA

- **Tune in:** Stay abreast of what's going on through your local radio or television
- **Take stock:** Decide what your senior can or can't do in the event of a natural disaster. Make a list of what he or she might need to prepare. (Example) If your loved one is wheelchair-bound, determine how he/she is going to be evacuated if necessary.
- **To go or to stay?:** When deciding to evacuate, older adults should go sooner rather than later. By waiting too long, they may be unable to leave if they require assistance.
- **Make a plan:** Call a family meeting to develop a plan of action. Include in your plan key people - such as neighbors, friends, relatives and professional caregivers - who could help.
- **More than one way out:** Seniors should develop at least two escape routes - one to evacuate their home and one to evacuate their community.
- **Meet up:** Designate a place to meet relatives or key support network people outside the house, as well as a second location outside the neighborhood, such as a school or church .
- **Get up and "Go Kit":** Have an easy-to-carry backpack including three days non-perishable food and water with an additional four days of food and water readily accessible at home. Have at least one gallon of bottled water per person per day. Refresh and replace your supplies at least twice a year. Don't forget the blanket and paper products such as toilet paper.
- **Pack extras and copies:** Have at least one-month supply of medication. Make sure you have important documents in a waterproof protector including copies of prescriptions, car title registration and driver's license, insurance documents and bank account numbers, and spare checkbook. Also, take extra eyeglasses and hearing-aid batteries. Label every piece of important equipment or personal item in case they are lost.
- **Your contact list:** Compile a contact list and include people on a senior's support network as well as doctors and other important health-care professionals.
- Invest in a portable radio and flashlight. Stay tuned to your local news media.



# Keeping your critters safe

**Robert Gano, D.V.M.**

Orchard Veterinary Care, Inc.

The most important nutrient for your pets or livestock is water. Limited intake of water due to freezing, spilling, or neglect will limit food intake, risk salt poisoning, and can be harmful to their kidneys. Be sure that fresh water is always available. I have seen pigs on nipple waterers that became clogged, cattle when electric tank heaters shorted and created a shock, or creeks counted on for water frozen over, and pets with frozen water bowels, suffer from water deprivation. Most animals with a good hair coat and adequate body fat can withstand cold weather, but freezing rain and wind are especially dangerous, so be sure you have reasonable shelter available.

Several items in and around your home can be poisonous to your pets. A

short list includes chocolate—especially baking chocolate, where as little as 2 oz can be toxic to a 20 pound dog, causing vomiting, diarrhea, restlessness, and tremors. They are not able to metabolize the theobromine and caffeine in chocolate like people. Grapes and raisins can poison their kidneys. The sugar substitute Xylitol found in sugar free gum, candy, breathe mints, cough syrup, cake mix, etc. can cause hypoglycemia, seizures, and liver failure. Antifreeze with ethylene glycol destroys kidneys rapidly if an antidote is not given immediately. There are basically 2 kinds of rat poison. The original warfarin product at least has an antidote for the ensuing bleeding disorder. The newer bro-methalin bait has no diagnostic test or antidote, and causes brain swelling, seizures, paralysis, and death. The human non-steroidal anti-inflammatory acetaminophen is toxic to a pet's

liver and should not be used for pain in pets. There are other toxic concerns including houseplants (especially lilies and poinsettias), mole and slug bait, fly bait, mushrooms, cleaning agents, and human medications that get dropped on the floor. If in doubt, call your veterinarian or the Animal Poison Control Center—855-764-7661.

If your pet is having an allergic reaction to a bug bite, bee sting, etc., human Benadryl (diphenhydramine) is acceptable to use at a dose of 1 mg/pound - a 25 mg human dose will treat a 25-50 pound dog.

A final thought as skunk season is approaching is how to get the smell off of you skunked dog. There are commercial shampoos and sprays available, but a home remedy in an emergency is 1 quart of peroxide (H<sub>2</sub>O<sub>2</sub>) with 1/4 cup of baking soda and 1teaspoon of liquid dish soap. Keep your pet safe and healthy!



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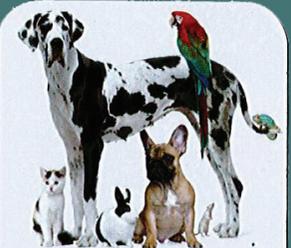


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# Stockpile of salt ready for roads

WILMINGTON — The Ohio Department of Transportation's (ODOT) Clinton County facility has about 9,000 tons of salt stockpiled, the county manager said at a preseason storm planning meeting.

Clinton County ODOT Manager Mike Lovelace reported that state officials a couple years ago said ODOT would not be using grit. He said he thinks for some roads — not the Interstate — grit sometimes works out well. "But the state pretty much is 100 percent all salt, so that's the way we go," Lovelace said in the information-sharing meeting held with other road and emergency officials at the county's main ODOT facility south of Wilmington.

ODOT in Clinton County is responsible for treating I-71 and state highways in the county. Lovelace remarked at one point, "An inch of snow can be major if you have a lot of wind with it. You can really battle an inch of snow for days sometimes if the wind blows."

Lt. Stanley Jordan, who is the commander at the Wilmington post of the Ohio State Highway Patrol, sounded a similar note. Even after everything has been cleared off roadways, there's the problem with drifting snow, he said. Open fields and open areas invite



blowing snow, he said, specifically mentioning "[State Route] 72 and down Second Creek [Road] and some of those places down there."

Col. Brian Prickett with the Clinton County Sheriff's Office spoke of the winter weather advisories that the office declares — after it consults with the county highway department and the local ODOT.

There are three weather advisory levels, with Level 3 the most hazardous. Under a Level 3, all roads are closed to non-emergency personnel, and those traveling on the roads may subject themselves to arrest.

Prickett said local businesses are encouraged to designate certain workers as an essential employee, when applicable. The designation should be put on work badges, so if law enforcement does question a motorist when a weather advisory has been declared, the driver will have something from his employer.

As an example of a non-essential employee, Prickett mentioned a custodial person who doesn't necessarily need to go in to work every day.

"It takes extra people off the road, so you guys [road crews] can do your job by keeping as many cars off the road as we can," Prickett told the attendees.

Airport Operations Assistant Director Stephen B. Vibbard of LGSTX Services was one of the attendees. There is a Snow and Ice Control Committee for the Wilmington Air Park.

LGSTX Services has added four new state-of-the-art Tempest deicers to the air park, according to an informational handout Vibbard brought to the meeting.

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## SNOW EMERGENCY LEVELS

**Level 1 Snow Emergency:** Roadways are hazardous with blowing and drifting snow. Roads are also icy: drive carefully.

**Level 2 Snow Emergency:** Roadways are hazardous with blowing and drifting snow. Only those who believe it is necessary to drive should be out on the roadways. Contact your employer to see if you should report to work.

**Level 3 Snow Emergency:** All roadways are closed to non-emergency personnel. No one else should be out during these conditions unless it is absolutely necessary to travel. All employees should contact their employers to see if they should report to work. Person(s) traveling on the roadways may be subject to arrest. (Level 3, is usually made by the sheriff dept.)



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# When disaster strikes in the winter months

## From Fayette County EMA

Disaster by definition is any happening that causes great harm or damage; this can be either a personal event or a large scale public occurrence. Every day people wake up, go to work or school, farm their land, involve themselves in daily routines and anticipate few interruptions. But, every so often, the unexpected will occur; a personal emergency, a fire, flooding, a snow storm, a chemical spill on a highway, rail, and/or farmland, and even a major weather incident. Routines change drastically, and people are suddenly aware of how fragile their lives can be.

Fayette County Emergency Management Agency (EMA), Homeland Security (HLS), and Local Emergency Planning Committee (LEPC) are prepared to assist you when disaster strikes. Our mission statement: Fayette County EMA/HLS/LEPC is taking a 'Systematic Approach' to coordinate the emergency services, by unifying all emergency services within the city and county to save LIVES and

## PROPERTY.

Winter is nearby and knowing the difference between a WATCH and a WARNING is important. These can be issued for all types of weather, including tornados, floods, or blizzards. Whatever the season, a WATCH or a WARNING will always signify the same meaning.

A WATCH is issued by the national Weather Service when weather conditions could produce severe weather.

A WARNING is issued by the National Weather Service when severe weather is IMMINENT. Severe winter weather conditions are imminent when a combination of heavy snow, freezing rain or sleet is expected to occur.

**Winter Weather Advisory:** Issued when 2 to less than 4 inches of snow is expected to fall, within 12 hours.

**Winter Storm Warning:** A snowfall of at least 4" in 12 hours or 6" in 24 hours in expected.

**Blizzard Warning:** Issued for sustained or gusty winds of 35 mph or more



and falling or blowing snow creating visibilities below one-quarter of a mile or less for 3 hours or more.

**Wind Chill watch/warning:** Wind chill -25F or less with winds of around 10 MPH or greater.

**Wind Chill Advisory:** Wind chill of -1 OF to -24F with winds of around 10 MPH or greater.

**Ice Storm Warning:** Expectancy one-quarter greater of ice accumulation.

**Freezing Rain Advisory:** Issued when 1/4 inch or greater expectancy.

**High Wind Warning:** sustained winds in excess of 40 mph gusts in excess of 58 mph likely

**High Wind Watch:** sustained winds in excess of 40 mph or wind gusts in excess of 58 mph possible

**Wind Advisory:** sustained between 30 and 39 mph or wind gusts in excess of 45 mph likely.

Keep ahead of the storm by listening to NOAA Weather Radio for the latest winter storm watches, warnings and advisories.

Monitor your local news media for updates.

**Before:** Prepare - Prepare now in case a winter storm hits and you are home for several days without power and heat.

**During:** Survive - Stay indoors and avoid driving as much as possible.

**After:** Recover - Driving conditions will still be dangerous; only drive if necessary.





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- ✓ Sudden shortness of breath
- ✓ Intense chest pain
- ✓ Severe and sudden stomach pain
- ✓ Broken bone
- ✓ Severe burn or bleeding
- ✓ Crushing intense headache
- ✓ Open wounds

## Same Day

- ✓ Cold, flu or sinus pain
- ✓ Sprain
- ✓ Rashes and minor burns
- ✓ Sore throat
- ✓ Ear pain
- ✓ Animal or insect bite
- ✓ Fever over 101.5

**Remember, if you have a medical emergency, go to your nearest emergency room or call 911.**

Visit [fcmh.org](http://fcmh.org) or call 740-335-1210.

**SCHOOL CLOSINGS**

**For School Closings in Fayette County**

Miami Trace Local Schools: <http://www.miamitrace.k12.oh.us/>

Washington City Schools: <http://www.washingtonch.k12.oh.us/>

Fayette Christian School: <http://www.fayettechristian.org/>

**For School Closings in Clinton county**

Wilmington  
Call the Weather Hotline at 937-283-7549 or go to [www.wilmingtoncityschools.com](http://www.wilmingtoncityschools.com)

Blanchester  
[www.blanschools.org/onecall](http://www.blanschools.org/onecall) to enroll for school closings, delays, etc...

Clinton Massie  
[www.clinton-massie.k12.oh.us](http://www.clinton-massie.k12.oh.us)

East Clinton  
[www.east-clinton.k12.oh.us](http://www.east-clinton.k12.oh.us)

Wilmington Christian Academy  
Students/Parents will be notified

**EMERGENCY CONTACTS**

**Fayette County**

For Emergencies .....Dial 911  
Washington Court House Police Department:..... 740-636-2375  
Fayette County Sheriff's Office:..... 740-335-6170  
Washington Court House Fire Department: ..... 740-636-2362  
Fayette County Memorial Hospital: ..... 740-335-1210

**Clinton County**

For Emergencies ..... dial 911  
Wilmington Fire Department ..... 937-382-3833  
Clinton Memorial Hospital..... 937-382-6611  
ODOT ..... 937-382-2229  
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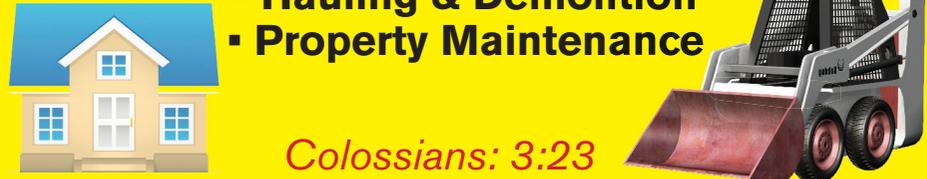
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*Colossians: 3:23*

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# When disaster strikes in the spring months

## From Fayette Cty EMA

Disaster by definition is an; happening that causes great harm or damage; this can be either a personal event or a large scale public occurrence. Every day people wake up, go to work or school, farm their land, involve themselves in daily

routines and anticipate few interruptions. But, ever so often, the unexpected will happen; a personal emergency, a fire, flooding, a snow storm, a chemical spill on a highway, rail, and/or farm land, and even a major weather incident. Routines change drastically, and people are suddenly aware of how fragile their lives can be.

Fayette County Emergency Management Agency (EMA), Homeland

Security (HLS), and Local Emergency Planning Committee (LEPC) are prepared to assist you when disaster strikes. Our mission statement: Fayette County EMA/HLS/LEPC is taking a "Systematic Approach" to coordinate the emergency services, by unifying all emergency services within the county and to save LIVES and PROPERTY.

Spring is coming to the close with summer nearby. With the change from winter, we are faced with the challenge of the season. It is important that plans are made ahead of time to help eliminate serious injuries and/or loss of lives. Severe weather conditions may affect our area. Do you know the difference between a "watch" and "warning"?

## SEVERE THUNDERSTORM WATCHES

A severe Thunderstorm

Watch means that conditions are favorable for development of a severe thunderstorm in the area. Monitor TV and radio weather broadcasts for current information and advisories.

## SEVERE THUNDERSTORM WARNING

A severe Thunderstorm Warning means there is a severe thunderstorm in the area. Stay indoors. Monitor local weather broadcasts for current information. Lightning, large hail, high wind, blowing debris and flooding are possible. REMEMBER: Tornadoes can form during thunderstorms.

## Tornado Safety Tips:

A. Develop a plan for you and your family for home, work, school and when outdoors.

B. Have frequent drills.

C. Know the area in which you live, and keep a highway map nearby to follow storm movement from weather bulletins.

D. Have a NOAA Weather Radio with a warning alarm and battery back-up to receive warnings.

E. Listen to radio and television for information.

F. If planning a trip, listen to the latest forecasts and take necessary action.

G. Stay away from windows.

H. Get out of automobiles.

## WHEN THREATENING WEATHER APPROACHES:

A. In a home or building, move to a pre-designated shelter, such as a basement. If an underground shelter is not available, move to an interior room or hallway on lowest floor and get under a sturdy piece of furniture

B. Do not try to outrun a tornado in your car; instead, leave it immediately. If caught outside or in a vehicle, lie flat in a ditch or depression.

C. Mobile homes, even if tied down, offer little protection from tornadoes and should be abandoned.

If storms are severe, stay indoors if at all possible. Don't jam phone lines - save them for emergency use. Listen to weather bulletins and information from state and local authorities. The warning systems (sirens) will continue to be activated until the warning is over.

Fayette County tests all outdoor sirens and indoor weather monitor systems on the 4th Friday at 12 noon for operational concerns each month (unless threatened conditions).

Test for the mall will be conducted between 8:30-8:45am.

The outside warning system (sirens) is activated when the potential

for inclement weather conditions may occur. They are not meant to be heard indoors. Person(s) should consider purchasing weather monitors and having a portable radio (with back up batteries) available. Again, listen to weather bulletins and information from state and local authorities.



# Build a disaster kit

**From: Department of Homeland Security**

A disaster supplies kit is simply a collection of basic items your household may need in the event of an emergency.

Try to assemble your kit well in advance of an emergency. You may have to evacuate at a moment's notice and take essentials with you. You will probably not have time to search for the supplies you need or shop for them.

You may need to survive on your own after an emergency. This means having

your own food, water and other supplies in sufficient quantity to last for at least 72 hours. Local officials and relief workers will be on the scene after a disaster but they cannot reach everyone immediately. You could get help in hours or it might take days.

Additionally, basic services such as electricity, gas, water, sewage treatment and telephones may be cut off for days or even a week, or longer. Your supplies kit should contain items to help you manage during these outages.

## BASIC DISASTER SUPPLIES KIT

A basic emergency supply kit could include the following recommended items:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries

- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps
- Cell phone with chargers, inverter or solar charger



# Dealing with frozen pipes

**American Red Cross**

Being prepared and informed may help you to avoid the messy and often expensive issue of frozen pipes. The American Red Cross provides information and suggestions around how to prevent water pipes in the home from freezing, and how to thaw them if they do freeze.

## Why Pipe Freezing is a Problem

Water has a unique property in that it expands as it freezes. This expansion puts tremendous pressure on whatever is containing it, including metal or plastic pipes. No matter the "strength" of a container, expanding water can cause pipes to break. Pipes that freeze most frequently are those that are exposed to severe cold, like outdoor hose bibs, swimming pool supply lines, water sprinkler lines, and water supply pipes in unheated interior areas like basements and crawl spaces, attics, garages, or kitchen cabinets. Pipes that run against exterior walls that have little or no insulation are also subject to freezing.

## Preventing Frozen Pipes

Before the onset of cold weather, prevent freezing of these water supply lines and pipes by following these recommendations:

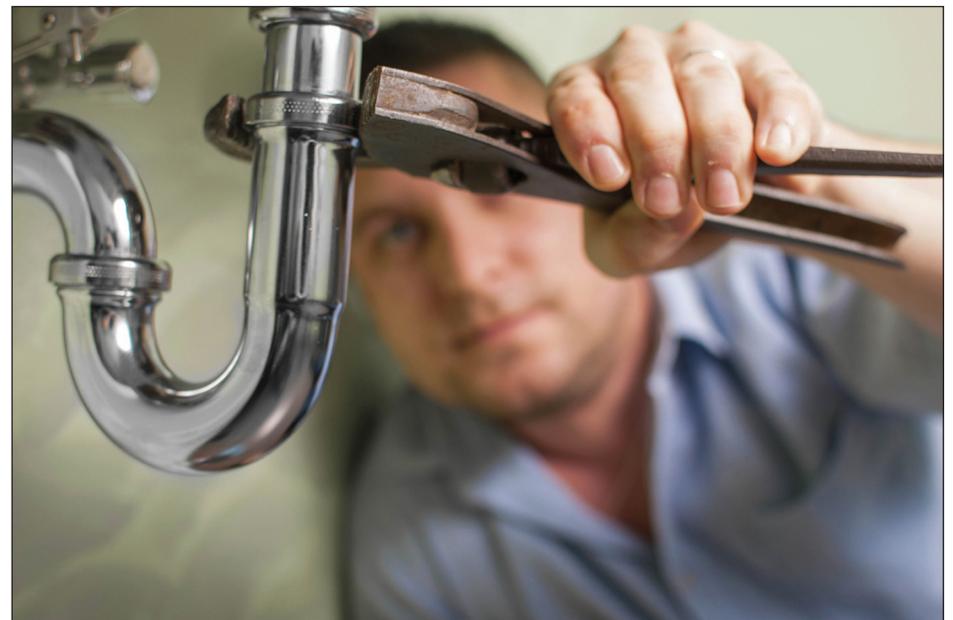
- Drain water from swimming pool and water sprinkler supply lines following manufacturer's or installer's directions.
- Do not put antifreeze in these lines unless directed. Antifreeze is environmentally harmful, and is dangerous to humans, pets, wildlife, and landscaping.

- Remove, drain, and store hoses used outdoors. Close inside valves supplying outdoor hose bibs. Open the outside hose bibs to allow water to drain. Keep the outside valve open so that any water remaining in the pipe can expand without causing the pipe to break.

- Check around the home for other areas where water supply lines are located in unheated areas. Look in the basement, crawl space, attic, garage, and under kitchen and bathroom cabinets. Both hot and cold water pipes in these areas should be insulated.

- Consider installing specific products made to insulate water pipes like a "pipe sleeve" or installing UL-listed "heat tape," "heat cable," or similar materials on exposed water pipes. Newspaper can provide some degree of insulation and protection to exposed pipes – even ¼" of newspaper can provide significant protection in areas that usually do not have frequent or prolonged temperatures below freezing.

See PIPES | 15



# A guide to protecting yourself from fire hazards

Wilmington, Ohio - Municipal Services

## Grilling

Keep grills far away from anything that can burn – your home, cars, dry vegetation, etc. The City of Wilmington requires that all grills in multi-family dwellings (more than three apartments) are kept more than 15-feet away from any combustible surface. Supervise the grill when lighted, and keep children and pets well away from the area. If lightning appears, stop grilling, seek shelter and wait for the storm to pass. When barbecuing, protect yourself by wearing a heavy apron and an oven mitt that fits high up over your forearm. If you get burned, run cool water over the burn for 10 to 15 minutes. Never put butter or a salve on burns because these seal in heat and can damage the tissue further. If you receive a serious burn (with charred skin, for example) seek medical attention promptly. Barbecue grills must never be used inside the home. In addition to the fire hazard indoor grilling presents, it can easily cause carbon monoxide poisoning. New Consumer Product Safety Commission (CPSC) regulations now require cautionary measures, hazards and consequences of indoor grilling be on revised labels of all charcoal packaging sold in the U.S.

For charcoal grills, only use starter fluids designed for grills - NEVER USE GASOLINE. Use a limited amount of starter fluid before lighting the fire. If the fire is too slow, rekindle with dry kindling and add more charcoal if necessary, but NEVER ADD LIQUID FUEL to re-ignite or build up a fire, as flash fires can result. Soak the coals with water before you discard them.

For gas grills, always store the gas cylinder outside, away from structures and turn off the valves when not in use. Check frequently for any leaks in connections by using a soap-and-water mix that will show bubbles where gas escapes. When purchasing a gas grill, select one that has been tested and bears the mark of an independent testing laboratory. Use the grill according to the manufacturer's instructions and if needed, have it repaired by a trained professional.

## Fireworks

Pyrotechnic devices (illegal in the State



of Ohio), designed to burn and explode, are a leading cause of injuries in the U.S. Fireworks used by amateurs cause thousands of injuries serious enough to require emergency room treatment every year.

Fireworks caused an estimated 9,200 injuries that required treatment in U.S. hospital emergency rooms in 2006, according to the U.S. Consumer Product Safety Commission. Seven out of 10 of those injuries, approximately 6,400, occurred during the one-month period surrounding the Fourth of July.

The damage isn't limited to life and limb, either. In 2004, fireworks started an estimated 1,600 structure fires and 600 vehicle fires, according to the National Fire Protection Association, resulting in 20 injuries and \$21 million in direct property damage.

All fireworks should be used only by trained professional pyrotechnicians. Even sparklers, often considered safe, burn as hot as 1200 degrees Fahrenheit. Leave any area where amateurs (adults included) are using these devices, and do not pick up or touch found fireworks. Attend an outdoor public display put on by professionals, the safest way to enjoy fireworks.

## Landscaping/Gardening

Trim tree limbs so they don't hang over your roof, and keep eaves and gutters free of leaves and other debris that burns easily. Clear weeds, brush and other flam-

mable vegetation at least 30 feet away from your home, and store firewood away from all structures.

## Lawnmowers and Other Equipment

Store gasoline outside the home, preferably a locked, detached shed, and store just enough to power your gasoline-fueled equipment. Keep gasoline up high, inside a clearly marked can that's labeled and approved for gasoline storage. Make sure gasoline and all flammable liquids are well away from any heat source or flame.

Use gasoline as a motor fuel only, never as a stain remover or for other purposes. To transport gasoline in an automobile from the filling station, place a sealed, approved container in the trunk with the trunk lid propped open and drive directly to the fueling site. Never store gasoline in a vehicle.

Don't smoke when using gasoline or gasoline-powered equipment. When fueling, take the equipment outside and move it away from combustibles. Wipe up any spills immediately and move the equipment at least 10 feet away from the fueling area to start the engine. Before re-fueling, turn off the equipment and let it cool completely.

## Enjoying Your Pool

Liquid and solid chlorine-based oxidizers are commonly sold for home pool care as hydrogen chloride products. These chemicals can spontaneously combust if

contaminated by organic materials (such as body fluids, acid rain, etc.) or hydrocarbon liquids such as fuel or motor oil. This type of fire will result in toxic fumes that can be extremely dangerous, and require resident evacuation. Store and use pool chemicals according to the manufacturer's recommendations, and always store them outside the home, away from any heat source or flame. Keep the containers in a dry place, well away from other items. If the container is punctured or otherwise damaged, properly dispose of the chemicals and replace.

For more information on proper storage of other hazardous chemicals or flammable and combustible products, contact your local pool supplier.

## Boating

Before fueling your boat, make sure to extinguish smoking materials and shut down all motors, fans and heating devices. Be sure the fueling nozzle is grounded to the fuel intake and don't fill to capacity, leave room for expansion. Wipe up fuel spills immediately and check the bilge for fuel leakage and odors. After fueling and before starting the motor, ventilate with the blower for at least four minutes.

## Camping

Pitch your flame retardant tent well away from your campfire. Only use flashlights or battery-powered lanterns inside the tent or any other closed space, as opposed to liquid-fueled heaters or lanterns. In addition to the fire hazard posed by liquid-fueled devices, carbon monoxide poisoning can easily result in unvented spaces.

Build your campfire downwind, away from your tent, clearing away all dry vegetation and digging a pit surrounded by rocks. Look for signs that warn of potential fire hazards in national forests and campgrounds, and always obey park service regulations. Pour water over or cover the fire with dirt before going to sleep or leaving the campsite. Store liquid fire starter, NEVER use gasoline, away from your tent and campfire and use only dry kindling to freshen a campfire, not liquid fuel.

By following these quick and simple steps, we can all keep our activities fun and fire-safe.

## Pipes

From page 13

### During Cold Weather, Take Preventative Action

- Keep garage doors closed if there are water supply lines in the garage.
- Open kitchen and bathroom cabinet doors to allow warmer air to circulate around the plumbing. Be sure to move any harmful cleaners and household chemicals up out of the reach of children.
- When the weather is very cold outside, let the cold water drip from the faucet served by exposed pipes. Running water through the pipe - even at a trickle - helps prevent pipes from freezing.
- Keep the thermostat set to the same temperature both during the day and at night. By temporarily suspending the use of lower nighttime temperatures, you may incur a higher heating bill, but you can prevent a much more costly repair job if pipes freeze and burst.
- If you will be going away during cold weather, leave the heat on in your home, set to a temperature no lower than 55° F.



### To Thaw Frozen Pipes

- If you turn on a faucet and only a trickle comes out, suspect a frozen pipe. Likely places for frozen pipes include against exterior walls or where your water service enters your home through the foundation.

- Keep the faucet open. As you treat the frozen pipe and the frozen area begins to melt, water will begin to flow through the frozen area. Running water through the pipe will help melt ice in the pipe.
- Apply heat to the section of pipe using an electric heating pad wrapped

around the pipe, an electric hair dryer, a portable space heater (kept away from flammable materials), or by wrapping pipes with towels soaked in hot water. Do not use a blowtorch, kerosene or propane heater, charcoal stove, or other open flame device.

- Apply heat until full water pressure is restored. If you are unable to locate the frozen area, if the frozen area is not accessible, or if you can not thaw the pipe, call a licensed plumber.

- Check all other faucets in your home to find out if you have additional frozen pipes. If one pipe freezes, others may freeze, too.

### Future Protection

- Consider relocating exposed pipes to provide increased protection from freezing.
- Pipes can be relocated by a professional if the home is remodeled.
- Add insulation to attics, basements and crawl spaces. Insulation will maintain higher temperatures in these areas.
- For more information, please contact a licensed plumber or building professional.



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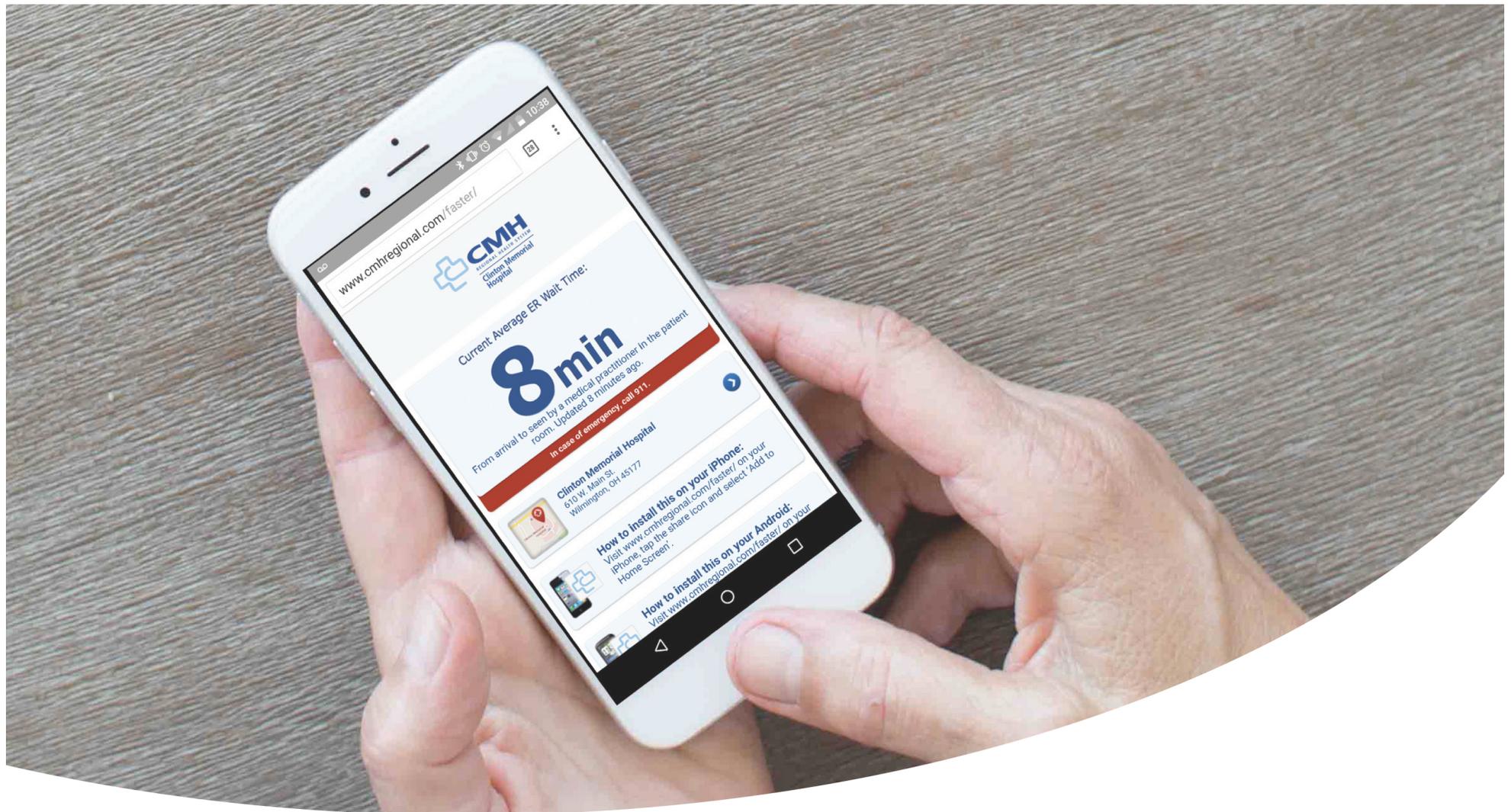
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Check out our current average ER wait-time at [www.cmhregional.com/FastER](http://www.cmhregional.com/FastER)

## IN CASE OF EMERGENCY, CALL 911

### HOW ARE WAIT-TIMES CALCULATED?

Wait times are provided for informational purposes only and are meant for minor emergencies only.

**Patients with life threatening emergencies and women in labor will receive immediate care.**

The wait time represents the average time a patient has had to wait from the time the patient arrived at the emergency department to when the patient was placed in a room and seen by a qualified medical practitioner (physician, advanced practice provider, or physician assistant). Our wait times are continuously averaged (using the last two hours of wait-time data) **and are refreshed every 15 minutes.**



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