

Green Matters

DPW, Environmental Natural Resources Division Newsletter

~Fort Gordon, Ga.



July 2015
Volume 4 Issue 6

Upcoming Events/ Training

- July 15- Hazardous Waste Refresher, 0830;0945 Bldg 11307
- Aug. 4- 4th QTR Cross-Functional Team Meeting, 1300-1430, DPW Conf Rm, Bldg 14600
- Aug. 5- Hazardous Waste Refresher, 0830;0945, Bldg 11307
- Aug 12-13- Hazardous Waste Management Course, 0800-1600, Bldg 11307



The Flag Code

Patriotism! What better way to display your patriotism than by flying Old Glory high in the sky. Whether it's Flag Day, July 4th, or any other holiday, or everyday, the red, white, and blue represents how we as people of the United States of America show our loyalty and respect for

this great nation that so many have fought and died for and continue to do so today. But before you raise that flag up and display it, there is a proper and respectful way to do so according to the U.S. Flag Code.

The Flag Code is a guide to instruct one on how to properly handle and display the US Flag. The Code itself does not impose penalties for not properly handling the flag, but each state does have its own flag law. We should always handle the US flag with respect and be aware of the proper ways to display it, as well as what **NOT** to do with the flag:

- ◆ Never use the flag as a drapery or decoration in general.
- ◆ It should never be used for advertisement on materials such as handkerchiefs, napkins, or anything that might be later tossed in the garbage.
- ◆ It should not be used as part of a costume or uniform, unless attached as a flag patch on military, police, fireman, etc. uniforms.
- ◆ Do not attach it to any mark, letter, word, symbol, or figure of any sort.
- ◆ Do not use it as a vessel for holding, carrying, or transporting anything.

Whenever lowering the flag, it is not to touch the ground or anything else other than waiting arms to handle it and fold it neatly and formally. It is okay to mend a flag when needed and to keep it clean. Once Old Glory has seen her last day, it should be destroyed by burning in a honorable way.

On June 14, 1777 the Continental Congress passed the first Flag Act.: " Resolved, That the flag of the United States be made of thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new Constellation."

The colors red, white, and blue didn't really have a meaning at the time, but the colors in the Great Seal did. According to Charles Thompson, Secretary of the Continental Congress, he stated to Congress on the Seal " The colors of the pales (the vertical stripes) are those used in the flag of the United States of America; White signifies purity and innocence, Red, hardiness & valour, and Blue, the color of the Chief (the broad band above the stripes (signifies vigilance, perseverance & justice." (<http://www.usflag.org/colors.html>)



Inside this issue:

Safe Travels	2
Fun in the Sun	3
Did you Know?	4



July 2015

Safe Travels

This summer before you hit the road make sure that you are prepared for the trip ahead, and I am not referring to if you have packed everything. **SAFETY** on the road is a must. Although we have no control over what the other drivers do, we can prepare our self in such a way to avoid accidents and break downs.

Regular maintenance: Safety first starts before you ever leave your house. Has your vehicle been properly prepped for the trip ahead?

- ⇒ Making sure that the oil has been changed, should be changed every 3-5K miles.
- ⇒ The battery checked- if it's a maintenance free battery just check the cable connections for corrosion and loose connections. If it's not maintenance free, check the fluid level in the battery and top off if needed.
- ⇒ Have tires properly been rotated and inflated- can better assure that you don't break down. Don't forget to check sure the spare tire is properly inflated as well.
- ⇒ Check wiper blades to ensure they are in good condition and if they need replacing.
- ⇒ Make sure the radiator is topped off with sufficient coolant.
- ⇒ Check other fluid levels such as brake fluid, transmission fluid, and wiper wash fluid.
- ⇒ Make sure all signals and lights are functioning properly.
- ⇒ Check A/C and make sure it is cooling. You definitely don't want to travel on a hot summer day without it.
- ⇒ Take a peek at the hoses and belts and check for wear and tear and connections.



Safety

- ⇒ Always make sure that children are properly buckled in the right car seat and make sure the car seats are properly secured as well. Children under the age of 13 should always ride in the back seat.
- ⇒ Adults should always wear seat belts as well.
- ⇒ **NEVER** leave children unattended in vehicles! Hypothermia and heat stroke kill!



- ⇒ Be aware of children outside of the vehicle playing.
- ⇒ Rest up before your trip and stay alert.



Making Tracks. Now that the tires have hit the pavement you have to focus on the task at hand...driving without distractions.

- ⇒ Avoid texting or making phone calls. No phone call or text is worth someone's life.
- ⇒ Share the road with motorcyclists, bicyclists, and pedestrians. Assure there is enough space between you and them in case of an emergency brake.
- ⇒ Always use signals before transitioning lanes and make sure to signal in a timely matter to allow motorists to anticipate you move.
- ⇒ Stay sober! In the United States, every 52 minutes someone dies in an alcohol-impaired accident.

NHTSA's (National Highway Traffic Safety administration) has a new safe ride app available at iTunes or Google play.

Emergency Roadside Kit. Some items to keep handy when traveling include:

- Cell phone and charger
- First aid kit
- Flashlight
- Jumper cables
- Jack for changing a flat
- Tire pressure gauge



Fun in the Sun

Summertime! It's time to have some fun in the sun.but make sure you protect your skin in the process.

UV rays from the sun put you at the greatest risk for skin cancer. This doesn't mean you can't be in the sun at all, but you do need to take precautions to limit your exposure and protect your skin. Most people only think about sun exposure if they are at the lake or beach or having a pool party, but every time you are exposed to the sun, the effect accumulates over time. Follow these tips to avoid harmful UV rays:

Shade: Of course the best way to protect yourself is to find some shade. Avoid being in direct sunlight if possible. UV rays are the strongest between the hours of 10 am and 4 pm. Use the shadow test to tell how strong the sun's rays are: if your shadow is shorter than you are then the sun's rays are the strongest. Protect yourself! Even when it's cool out, you still could get overexposed to sun rays. You can even get sunburned in the water.



Cover up: Wear cool, protective clothing to protect you from UV rays-long sleeve, long pants, or long skirts. Dark colors provide more protection than light colors. If the sun can go thru it, then you can still get burned.

Apply sunscreen: Sunscreen acts as a filter for the sun, but it does not block out all UV rays. You can buy sunscreens in lotions, creams, lip balms, sprays, etc. Never rely on just sunscreen to protect you. Use it in combination with other methods above. What does the SPF mean? Sun protection factor- it is the level of protection that the sunscreen provides against UVB rays. It is important to understand the SPF number. For example, SPF 30 filters out about 97% of UVB rays whereas SPF 50 filters out 98%. Remember, no sunscreen protects you 100%.



Sunscreens are usually good for 2-3 years but make sure you shake it well to remix the ingredients. If sunscreens have been stored in high heat such as in a glove box, they may prove to be less effective.

Applying sunscreen: make sure that you always apply sunscreen first before makeup or bug repellent. Normally, 1 ounce of sunscreen, about a palm full is enough to cover the average adult's arms, legs, neck and face. Just make sure to cover the spots that aren't covered by clothing. Don't forget the lips and ears! For the best protection, be sure to reapply every 2 hours and if you are in the water or sweating a lot you may need to apply more often. Always read the label directions.



Wear a hat: A 2-3 inch brim all the way around is best. It helps protect the neck, ears, forehead, nose and scalp.

Wear sunglasses that block UV rays. Being in the sun for extended periods without sunglasses has been shown by research to make you more prone to developing certain eye diseases. The label on sunglasses should state that it blocks 99% to 100% of UVA and UVB rays for the best protection.

Cover up and have some fun in the sun!!





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SOURCES:

Cancer.org/cancercauses

<http://www.usflag.org/uscode36.html>

<http://www.usflag.org/history/flagevolution.html>

<http://www.safercar.gov/SummerDrivingTips>

<http://www.distraction.gov/>

<http://www.history.com/topics/holidays/july-4th/interactives/4th-of-july-by-the-numbers>

<http://www.usnews.com/news/blogs/data-mine/2015/07/03/four-fast-facts-for-the-fourth-of-july>

Did You Know?

Interesting Facts about the 4th of July

- ◆ There were 56 signers of the Declaration of Independence- Benjamin Franklin was the oldest at 70 and Edward Rutledge from South Carolina was the youngest at the age of 26.
- ◆ George Washington celebrated the Fourth in 1178 by giving double rations of rum to his soldiers.
- ◆ In 1941 Congress declared Independence Day a federal legal holiday.
- ◆ U.S News reports that according to AAA, 41.9 million people travel at least 50 miles on the Fourth.
- ◆ An estimated 150 million hot dogs will have been consumed over that weekend, 700 million pounds of chicken bought, and 190 million pounds of beef purchased. In 2013 68 million cases of beer was sold over the weekend.
- ◆ Fireworks imported from China: \$247.1 Million
- ◆ In 2014, 10,500 people sustained injuries from fireworks.