



# Monthly Newsletter

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## Hurricane Season is Here. Are you prepared? Hurricane Season is June 1 to November 30

Hurricane preparedness is a natural part of living in Miami-Dade County. Below are some key tips to include in your personal hurricane plan. Make sure everyone in your household knows what they are supposed to do.

### Have disaster supplies on hand.

- Flashlight and extra batteries
- Portable, battery-operated radio and extra batteries
- First aid kit and manual
- Emergency food and water
- Non-electric can opener
- Essential medicines
- Cash and credit cards
- Sturdy shoes

**Check your insurance coverage** and be sure it includes replacement coverage, especially for renters.

### Evacuation Plans:

- **Rehearse your evacuation plan** with your household and leave extra time for traffic.
- If you live in an evacuation zone, make plans to move inland to a friend or family member's home.
- If you are electrically dependent you should evacuate for any category of tropical storm or hurricane.
- **Emergency Evacuation Assistance Program.** Residents who may need assistance evacuating from disaster should register for the Emergency

Evacuation Assistance Program by calling the Office of Emergency Management at (305) 513-7700 to receive an application.

### Communications:

- **Assign** someone in your home the job of a checking the weather everyday during Hurricane Season.
- **Develop an emergency communication plan.** In case family members are separated from one another during a disaster (a real possibility during the day when adults are at work and children are at school), have a plan for getting back together.
- **Ask an out-of-state relative or friend to serve as the "family contact."** After a disaster, it's often easier to call long distance. Make sure everyone in the family knows the name and phone # of the contact person.

### Water Is Life:

- The most important part of your hurricane kit is water. Have 1 gallon per person per day.
- Your water heater can store several gallons of fresh water to use if there is no water pressure, especially in high-rise buildings.

**Protect your windows.** Permanent shutters are the best protection. A lower-cost approach is to put up plywood panels. Do this long before the storm.

## THUNDERSTORM SAFETY

Along with summer’s warm days come thunderstorms. Lightning is one of nature’s most powerful and unpredictable killers. Golfing, swimming, boating, biking riding, mowing the lawn – almost any outdoor activity – can be dangerous if there’s lightning around. So when you hear that rumble in the sky, heed these tips from the National Weather Service:



- If you can hear thunder, you’re close enough to the storm to be struck by lightning.
- Listen to weather reports before you go outside for extended periods. Cancel picnics and such if thunderstorms are likely or move the picnic indoors.
- If you’re caught unexpectedly, move to a sturdy building or car (keep the windows up). Avoid small sheds, isolated trees, or convertible automobiles.
- If there’s no shelter nearby, find a low spot away from trees, fences, and poles. In the woods, stay by the shorter trees.
- If you feel your skin tingle or your hair stand up, squat low to the ground on the balls of your feet. Put your hands on your knees and your head between them. Do not lie flat on the ground. Make yourself the smallest target possible.
- Move to higher ground if a flash flood or any flood seems likely. Abandon cars once a flood begins. Do not attempt to drive to safety. Most flashflood deaths happen in cars.

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## Asian Lettuce Wraps

- 16 Boston Bibb or butter lettuce leaves
- 1 lb lean ground beef
- 1 TB cooking oil
- 1 large onion, chopped
- ¼ cup hoisin sauce
- 2 cloves fresh garlic, minced
- 1 TB soy sauce
- 1 TB rice wine vinegar
- 2 TSP minced pickled ginger
- 1 dash chili pepper sauce, or to taste
- 1 (8 oz) can water chestnuts, drained and finely chopped
- 1 bunch green onions, chopped
- 2 TSPS Asian (dark) sesame oil

Rinse lettuce leaves and pat dry, being careful not to tear them. Heat oil in a large skillet over medium-high heat. Add beef; cook and stir until browned and crumbly. Drain grease and transfer to a bowl. Add onion to the skillet; cook and stir until just tender, 5 to 7 minutes. Stir in hoisin sauce, garlic, soy sauce, vinegar, ginger, and chili pepper sauce until well combined. Add water chestnuts, green onions, sesame oil, and cooked beef; cook and stir until the onions just begin to wilt, about 2 minutes. Arrange lettuce leaves around the outer edge of a large serving platter; spoon beef mixture in the center.





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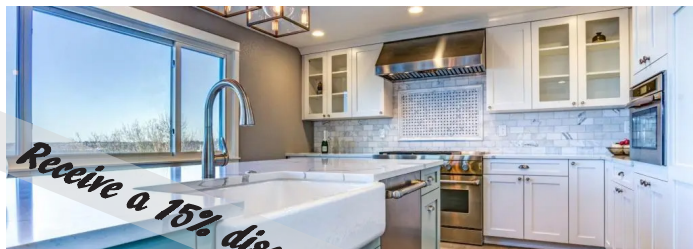
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