

THE RIVER FRONT MASTER

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Hurricane Season is Here. Are you prepared? Hurricane Watches and Warnings

Each year, from June 1 through Nov. 30, an average of six hurricanes form in the Atlantic Ocean, Gulf of Mexico and the Caribbean Sea combined. Hurricanes are one of nature's most powerful forces that turn warm ocean water into powerful winds capable of mass destruction. It's critical to be aware of the dangers associated with hurricanes and their somewhat weaker counterparts, tropical storms, and to learn how you can reduce the loss of life and property if you're prone to these powerful forces.

During A Hurricane Watch

- Listen to a battery-operated radio or TV for hurricane progress reports.
- Check emergency supplies.
- Fuel car.
- Bring in outdoor objects such as lawn furniture, and anchor objects that cannot be brought inside.
- Secure buildings by closing and boarding up windows. Remove outside antennas.
- Turn refrigerator and freezer to coldest settings. Open only when absolutely necessary and close quickly.
- Store drinking water in clean bathtubs, jugs, and cooking utensils.
- Review evacuation plan.
- Moor boat securely or move it to a designated safe place. Use rope or chain to secure boat to trailer. Use tiedowns to anchor trailer to the ground or house.

During A Hurricane Warning

- Listen constantly to a battery-operated radio or TV for official instructions.
- If in a mobile home, check tiedowns and evacuate immediately.
- Store valuables and personal papers in a waterproof container on the highest level of your home.
- Avoid elevators.

If at home:

- Stay inside, away from windows, skylights, and glass doors.
- Keep a supply of flashlights and extra batteries handy. Avoid open flames, such as candles
- If power is lost, turn off major appliances to reduce power "surge" when electricity is restored.

If officials indicate evacuation is necessary:

- Leave ASAP. Avoid flooded roads and watch for washed-out bridges.
- Secure your home by unplugging appliances and turning off electricity and the main water valve.
- Tell someone outside of the storm area where you are going.
- If time permits, and you live in an identified surge zone, elevate furniture to protect it from flooding or better yet, move it to a higher floor.
- Bring pre-assembled emergency supplies and warm protective clothing.
- Take blankets and sleeping bags to shelter.
- Lock up home and leave.

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DON'T FORGET THE SUNSCREEN

According to the American Cancer Society, sunscreen use by adults and young people has fallen significantly in the last eight years. Only 40 percent of adults regularly used sunscreen in 2003, down 14 percent from 1996. In people under 25, only 34 percent used sunscreen regularly.

In addition to these concerning statistics, the use of tanning salons has tripled for people under 25. Tanning in general is becoming more and more popular. Many people believe that indoor tanning is safer than tanning under the sun. But a February 2003 study found that tanning devices doubled the risk of common types of skin cancer. People who used tanning devices were 1.5 times more likely to develop basal cell carcinoma and 2.5 times more likely to develop squamous cell skin cancer.



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What causes teens and young adults to ignore the warnings from doctors? Blame the media. According to A.G. Geller, lead author of the study, images of tanned models and celebrities compel many teens to want that sun-kissed look. Since the chance of getting cancer seems 30 or 40 years in the future, most teens ignore the dangers.

What are the best ways to protect your skin? It really is simple. Wear a hat, sunglasses, and sunscreen when heading outdoors, and try to avoid sun exposure between the hours of 10:00 am and 4:00 pm.



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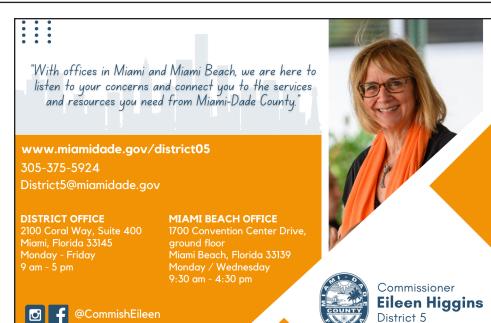
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Inside D5 Newsletter

Best Hamburger Ever

- 1 ½ pounds lean ground beef
- ½ onion, finely chopped
- ½ cup shredded Colby Jack or Cheddar cheese
- 1 large egg
- 1 (1 ounce) envelope dry onion soup mix
- 1 clove garlic, minced
- 1 tablespoon garlic powder
- 1 teaspoon soy sauce
- 1 teaspoon Worcestershire sauce
- 1 teaspoon dried parsley
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- ½ teaspoon crushed dried rosemary
- salt and pepper to taste

Preheat an outdoor grill for high heat and lightly oil the grate. Meanwhile, combine ground beef, onion, cheese, egg, onion soup mix, minced garlic, garlic powder, soy sauce, Worcestershire sauce, parsley, basil, oregano, rosemary, salt, and pepper in a large bowl. Use your hands to form the mixture into 4 patties. Cook patties on the preheated grill until no longer pink in the center and the juices run clear, about 4 to 5 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F.





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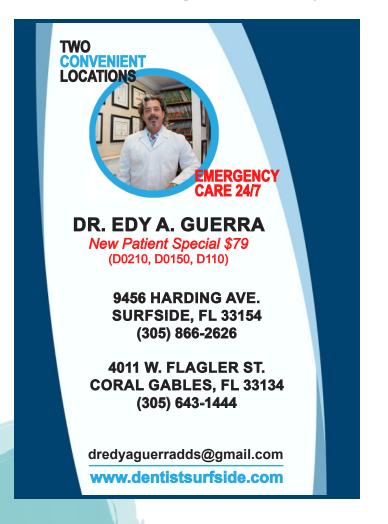


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Dad is Great! Quotations for Father's Day

- It is a wise father that knows his own child. William Shakespeare
- When I was a boy of 14, my father was so ignorant I could hardly stand to have the old man around. But when I got to be 21, I was astonished at how much the old man had learned in seven years. Mark Twain
- A man's children and his garden both reflect the amount of weeding done during the growing season. Author Unknown
- It doesn't matter who my father was; it matters who I remember he was. Anne Sexton
- For rarely are sons similar to their fathers: most are worse, and a few are better than their fathers. Homer
- It's only when you grow up, and step back from him, or leave him for your own career and your own home...it's only then that you can measure his greatness and fully appreciate it. Pride reinforces love. Margaret Truman
- You don't have to deserve your mother's love. You have to deserve your father's. Robert Frost
- Blessed indeed is the man who hears many gentle voices call him father! Lydia Maria Child
- The most important thing a father can do for his children is to love their mother. Theodore Hesburgh
- The father who does not teach his son his duties is equally guilty with the son who neglects them. Confucius
- You know, fathers just have a way of putting everything together. Erika Cosby
- Be kind to thy father, for when thou were young, who loved thee so fondly as he? He caught the first accents that fell from thy tongue, and joined in thy innocent glee. Margaret Courtney
- One father is more than a hundred schoolmasters. Herbert
- Directly after God in heaven comes a Papa. Wolfgang Amadeus Mozart as a boy
- A father is a man who expects his son to be as good a man as he meant to be. Frank A. Clark





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