

## February 2014 Newsletter Update

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# Charlotte City Councilwoman LaWana Mayfield District 3

## Winter Storm 2014

**As you all know we are calling for heavy winter storms in the Charlotte area.  
Please STAY INSIDE unless you absolutely have to go out. Here are some tips on creating  
an  
Emergency Bag/First Aid Kit at home:**



## Medication, Clothing, and other Supplies

Keep a first-aid kit and other necessary medication at hand. Make sure there's at



least a change of warm clothing. Buy mittens, thermal underwear, thick socks, and blankets. Also keep a battery-powered radio at hand, because power outages are common during storms. The radio will enable you to know what is going on and what to expect. Have snow shovels and rock salt handy to help you dig your way out of the snow in your doorway and to help melt the snow.

»

### ***Prepare a Family Disaster Plan***

#### **Make sure that everyone in your household knows what to do during a winter storm.**

» Put together a Disaster Supplies Kit (water, non-perishable food including pets, sanitation supplies, first aid kit, and any other important daily necessities) to survive a power outage of several days.

» Look over your vehicle and make sure that everything is in good order is a potential life-saving measure in the case that you have to go out. Vehicles should have snow tires or allweather tires with good tread. Ensure that the fuel tank is at least half-full during the winter months because being stranded - as the motorists in Georgia a few weeks ago - and running out of fuel could present a life-threatening situation.

The windshield-washer fluid reservoir should be checked regularly, and be sure to have a snow/ice scraper in every vehicle. Make a disaster-supply kit, including blankets, extra gloves, socks, hats, water, snacks, booster cables, a shovel, flashlight and batteries, first aid kit, and a brightly colored cloth to use as a flag.

#### **If the power goes out what food can I keep?**

» Foods that can safely be stored above 41degrees Farenheight for a few days include: whole non-cut fresh fruits and vegetables, ketchup, relishes, olives, jams and jellies, mustard, barbecue sauce, soy sauce, bread, rolls, bagels, cakes (without cream or custard), cookies and muffins and certain hard cheeses.

» Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature. You may safely re-freeze foods that still contain ice crystals or that have been kept at 41degrees Farenheight or below.

» With the door closed, food in most freezers will stay below 41degrees Farenheight for up to 3 days. Thawing rate depends on the amount of food in the freezer; kind of food; temperature of the food; size and insulation of freezer.

» During a snowstorm, do not place perishable food out in the snow. Outside temperatures can vary and food can be exposed to unsanitary conditions and animals. Instead, make ice. Fill buckets, empty milk containers, or cans with water and leave them outside to freeze. Use the homemade ice in your refrigerator, freezer or cooler.

#### **Plan ahead**

- » Group foods together in both the refrigerator and freezer. This helps foods stay cold longer.
- » Keep the freezer full. Fill empty spaces with frozen plastic jugs of water, bags of ice or gel packs.
- » Freeze refrigerated items that you may not need immediately, such as leftovers, milk and fresh meat and poultry. This will keep them at a safe temperature longer.

#### **After a power outage**

Remember, never taste food to determine its safety. When in doubt, throw it out!

Discard the following if your refrigerator has been without power for more than 4 hours:

- » raw, cooked or leftover meat, poultry, fish, eggs and egg substitutes;
- » luncheon meat and hot dogs; » casseroles, soups, stews and pizza;
- » mixed salads (i.e., chicken, tuna, macaroni, potato);
- » gravy and stuffing; » milk, cream, yogurt, sour cream and soft cheeses;
- » cut fruits and vegetables (fresh); » cooked vegetables; » fruit and vegetable juices (opened);
- » creamy-based salad dressing; » batters and doughs (i.e., pancake batter, cookie dough);
- » custard, chiffon or cheese pies; » cream-filled pastries; and garlic stored in oil.
- » Discard opened mayonnaise, tartar sauce and horseradish if they were held above 50 degrees Farenheight for over 8 hours.

» Discard any foods like bread or salad greens that may have become contaminated by juices dripping from raw meat, poultry, or fish.

» In general, if any food has an unusual odor, color, or texture, throw it out.

Extension is a joint program of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and state and local governments.

For more information, contact Kevin Camm at [kecamm@vt.edu](mailto:kecamm@vt.edu), Karen Tanner at [karent76@vt.edu](mailto:karent76@vt.edu), or Susan Prillaman at [sprillam@vt.edu](mailto:sprillam@vt.edu).

Read more: [http://www.ehow.com/list\\_6924258\\_list-winter-emergency-kit.html#ixzz2t7x4Qjfq](http://www.ehow.com/list_6924258_list-winter-emergency-kit.html#ixzz2t7x4Qjfq)

**IN THE COMMUNITY**  
*Highlights from January*  
**2014 Dr. Martin Luther King Jr. Wreath Laying Memorial**



This year's Memorial was led by Brother Nimish Bhatt of the Asian Chamber of Charlotte with a welcome by Mayor Cannon and opening prayer by Rev. Clifford Matthews of St. Luke Missionary Baptist Church

**Chúc mừng năm mới 2014**  
**(Happy New Year 2014)**

**Celebrating the Vietnamese New Year Celebration and the Miss Vietnamese Pageant**



**Serving You in Charlotte and Beyond**

**Mayfield Appointed to National League of Cities  
Human Development Steering Committee**

Washington, D.C. – Charlotte City Council member LaWana Mayfield has been appointed to the National League of Cities (NLC) 2014 Human Development Steering Committee. This committee has the lead responsibility for developing NLC federal policy positions on issues involving social services, children and learning, poverty and income support, employment and workforce development, equal opportunity, Social Security and seniors, individuals with disabilities, public health care, mental health parity and immigration reform. The appointment was announced by NLC President Chris Coleman, mayor, St. Paul, Minn.

"As a two term elected official it is truly an honor to be selected to represent not only the National League of Cities but also the City of Charlotte as a Steering Committee member" said Mayfield on her appointment.

As a member of the committee, Council member Mayfield will play a key role in shaping NLC's policy positions and advocate on behalf of America's cities and towns before Congress, with the Administration and at home.

The chair of this year's Human Development Steering Committee is Vicki Welch, councilmember, Louisville, Ky. Serving as this year's vice chairs are Mia Gregerson, deputy mayor, SeaTac, Wash. and Angelia Williams, councilmember, Norfolk, Va.

For more information on NLC's other committees and councils, visit <http://www.nlc.org/influence-federal-policy/policy-committees>.

The National League of Cities (NLC) is dedicated to helping city leaders build better communities. NLC is a resource and advocate for 19,000 cities, towns and villages, representing more than 218 million Americans.

*"YOUR COMMUNITY EVENT FEATURED HERE!!!"*

### ***West Boulevard Heritage Festival***

*We will be having the West Boulevard Heritage Festival on Sunday, February 16<sup>th</sup> and Monday, February 17<sup>th</sup> at Arbor Glen Outreach Center. This community wide event is an opportunity for families to get together and experience the West Boulevard History; and to see how it will be growing into the future.*

*Councilwoman Mayfield wants to know about your upcoming community and business events in District 3! Share your community meetings, neighborhood clean-ups, or any thing you may have coming up so Councilwoman Mayfield can show her support!*

*Submit all events in District 3 to [lmayfield@charlottenc.gov](mailto:lmayfield@charlottenc.gov) or [ccurtis2@ci.charlotte.nc.gov](mailto:ccurtis2@ci.charlotte.nc.gov)*

### *Stay Connected*



*Dear Friend,*

*Thank you for sharing your time with me. Please share this with your friends and family and stay connected. Like Us, Follow Us, and Add Us!*

*We can't move forward without you, stay involved!*

*Councilwoman LaWana Mayfield  
City of Charlotte, District 3*

*"Be the change that you want to see in the World."*

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Councilwoman LaWana Mayfield | 600 East Fourth Street | Charlotte | NC | 28262