



# The Randolph Review

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## Portage County Randolph Fair County Heaven in 2007 August 21 – 26

Summer time is usually associated with backyard picnics, baseball games, and fairs. Randolph residents don't have to travel far to experience a great fair. The 149<sup>th</sup> Portage County Randolph Fair is just around the corner. The fair has something for everyone to enjoy. Here's a sneak peek at some of the events:

- Demolition Derby August 21 and 22 at 6:30 PM
- Concert featuring August 23 at 7:30 PM  
Billy Currington and Danielle Peck
- Tractor and Semi Truck Pulls August 24 at 7:00 PM
- OSTPA (Tractor Pulls) August 25 at 7:00 PM
- Rough Truck Contest August 26 at 3:30 PM

All of the above take place in the grandstands. Concert tickets have been on sale since May 9, but seats are still available. Presale tickets for the other events will go on sale July 2, 2007. Please call (330-325-7476) or stop in at the fair office to purchase tickets. The fair office will be open 9:00 AM until 4:00 PM.

For additional information on daily events or entries for display, please stop by the fair office for a book. The township office has a few books if you would like to stop in to pick one up. The deadline for all fair entries, other than livestock, is Tuesday, August 14, 2007 at 8:00 P.M. Fax deadline is Tuesday, August 7, 2007. Items may be delivered to the fairgrounds on Monday, August 20, 2007 between 8:00 A.M. and 8:00 P.M. If there are any questions, please read the RULES AND REGULATIONS on page 3 in the fair book.



### COME JOIN US FOR A FREE LUNCH

The Community Action Council is once again sponsoring a free summer lunch for children ages 1 year to 18 years old at the Moyer Field pavilion. The program began on June 4, 2007 and will continue through August 17, 2007. Lunch is served Monday through Friday from 11:30 PM to 1:00 PM, rain or shine. It is on a first come, first serve basis. No paperwork! No forms to fill out!! Just show up and eat lunch!!! For more information, please contact Dyanne Bearshak at 330-325-1911.

## *Password Safety*

In our continuing effort to bring you information on public safety, we are focusing on password safety. Whether you use the internet, ATM machine, or phone calls to take care of routine business, we are usually bombarded with passwords to protect our personal information. As with many areas in our busy lives, there are both positive and negative aspects to consider.

Passwords can help protect unauthorized changes to your accounts. Remembering possibly dozens of passwords can be a chore. Choosing the same password for every account can be very dangerous. According to "PC Magazine" the 10 most common passwords are:

- |             |           |            |              |                       |
|-------------|-----------|------------|--------------|-----------------------|
| 1. password | 3. qwerty | 5. letmein | 7. myspace1  | 9. blink182           |
| 2. 123456   | 4. abc123 | 6. monkey  | 8. password1 | 10. (your first name) |

How many times have you been at a loss to come up with a new password? It is very easy to just pick your birthday or your favorite color, but that can have serious consequences. The following list is just a few things you should avoid:

- |  |                                |
|--|--------------------------------|
| 1. your birthday                           | 4. your street name            |
| 2. your pet's name                         | 5. your social security number |
| 3. your girlfriend/boyfriend/spouse's name | 6. your favorite color/number  |

What's the solution to this dilemma? For those handy with the computer, try an online password generator like <http://www.goodpassword.com> or just put a long number of random letters and numbers together. Possibly having a few ideas ahead of time can prevent frustration and work to keep your information secure. Some people keep a small notebook with their passwords written down. This is a good idea as long as it is kept in a secure place.

## **Cars for Kids Program**

Residents who need to get rid of unwanted, running or non-running cars, trucks, and vans can donate them to Big Brothers & Sisters of Portage County. They will pick up your vehicle in three days or less. There is no charge to the donor and you receive a tax deduction. Donors only need to have keys and title. Big Brothers & Sisters of Portage County have picked up 2,550 vehicles in the past five years!

Big Brothers & Sisters receives money for every vehicle picked up. Proceeds are used to recruit and match adult volunteers with local children in their one-to-one youth mentoring program. They have been serving Portage County youth for 26 years.

How many of us have been inspired by someone who broadened our horizons? Did it seem like some magic came into your life? By becoming a Big Brother or Sister, you can pass on that inspiration and magic to a child who has similar interests. Volunteers agree to meet three or four times a month with their "little brother" or "little sister" for at least one year. There are a number of children on the waiting list for a "big brother" or "big sister".

Call Big Brothers & Sisters at 330-296-6655 to have your vehicle picked up or for additional information about the Big Brothers & Sisters program.

## **Summer Heat Safety**

Enjoying the summer sun can be fun, but extra caution is needed during the hot and humid weather. Sweating is the body's primary defense against overheating. As sweat evaporates, it cools the body. Heavy sweating usually depletes the body of salts and fluids needed for nerve impulses to function properly. If relative humidity is 60 percent or higher, it's too sticky for perspiration to evaporate. This may cause the sweat mechanism to temporarily shut down which can bring on one of three types of heat illness.

**Heat Cramps** are muscle pains or spasms that may occur with strenuous activity. If you have heart problems or are on a low sodium diet, get medical attention for heat cramps. If medical attention is not necessary, take the following steps: • Stop all activity and sit quietly in a cool place. • Drink clear juice or a sports drink. • Do not return to strenuous activity for a few hours after the cramps subside because further exertion may lead to heat exhaustion or heat stroke. • Seek medical attention for heat cramps if they do not subside in one hour.

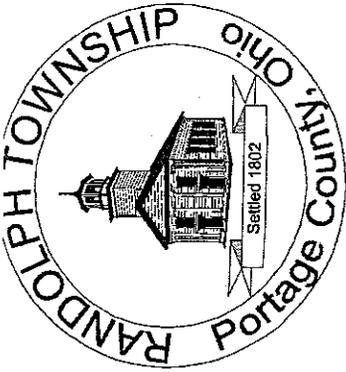
**Heat Exhaustion** is a milder form of heat related illness that can develop after several days of exposure to high temperatures and inadequate fluid replacement. Elderly people, people with high blood pressure, and people working or exercising in a hot environment. Warning signs of heat exhaustion include heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, and fainting. The skin may be cool and moist. The victim's pulse rate will usually be fast and weak, and breathing will be fast and shallow. If heat exhaustion is not treated, it may progress to heat stroke. Seek medical attention immediately if symptoms are severe or the victim has heart problems or high blood pressure. Cooling measures that may be effective are cool, non-alcoholic beverages, as directed by your physician; rest; cool shower, bath, or sponge bath; an air-conditioned environment; and lightweight clothing. Seek medical attention if symptoms worsen or last longer than one hour.

**Heat Stroke** is most dangerous heat related illness. Heat stroke is a true medical emergency that can be fatal if not treated properly and promptly. Infants, elderly people (often those with heart, lung, or kidney disease, or on certain medications), athletes, and outdoor workers who are physically exerting themselves under the hot sun. Symptoms of heat stroke can sometimes mimic signs of a heart attack or other conditions. A person may have the symptoms of heat exhaustion leading to heat stroke. Some people may develop symptoms of heat stroke suddenly and rapidly without any warning. Common heat stroke symptoms may include high body temperature (up to 106° F); absence of sweating, with hot red or flushed dry skin; rapid pulse; difficulty breathing; strange behavior; hallucinations; confusion; agitation; disorientation; seizure; and coma. Always call emergency services (911) immediately. Victims of heat stroke must receive immediate medical attention to avoid permanent organ damage. First and foremost, cool the victim. Get the victim to a shady area, remove clothing and apply cool or tepid water to the skin; fan the victim to promote sweating; place ice packs under armpits and groin area. If emergency services are delayed, they can give you further instructions for treatment of the victim.

The two very important ways to prevent heat related illnesses is to avoid becoming dehydrated and to avoid strenuous physical activity in hot and humid weather. If you must perform physical activity in hot weather, drink plenty of fluids such as water and Gatorade; avoid alcohol, coffee, and tea which can lead to dehydration. Take frequent breaks to hydrate yourself. Wear hats and loose, light colored clothing.



Thank you to all the residents who participated in the Roadside Clean-up and the annual spring Recycle Day. Many hands made light work in cleaning up the township. We look forward to continuing these clean-up days and renewing our commitment to Randolph Township.



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## Summer Crisis Cooling Program

The Summer Crisis Cooling Program, administered by the Community Action Council of Portage County, Inc., began on June 1<sup>st</sup> and will continue through August 31<sup>st</sup>, or until funds are exhausted. The program provides emergency cooling assistance to eligible households. This is not an emergency program. Please note that making an appointment will not avoid disconnection of electric service.

The program can provide one-time assistance for a current electric bill if the following conditions are met:

- Must be income eligible (175% of the Federal Poverty Guidelines);
- Must have the electric bill in an adult household member's name;
- Must have a household member who would benefit from air conditioning (documented by a doctor) **or** have an income eligible household member who is 60 years of age or older.

The program can provide a window air conditioner if the following conditions are met:

- Must be income eligible (175% of the Federal Poverty Guidelines);
- Must have a household member who would benefit from having air conditioning (documented by a doctor);
- They have not received one in the past three program years.

For more information on the Summer Crisis Cooling Program or to make an appointment, please contact the Community Action Council of Portage County, Inc. at 330-297-1456.

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