

# Safety Sense

## Prepare For Extreme Weather By Being A Force Of Nature

(NAPSA)—When it comes to dealing with extreme weather such as hurricanes, planning and preparedness can pay big dividends. That's the word from the experts at the National Oceanic and Atmospheric Administration, also known as NOAA.

As part of its Weather-Ready Nation initiative, [noaa.gov/wrn](http://noaa.gov/wrn), NOAA, along with partners such as the Federal Emergency Management Agency (FEMA), wants individuals and communities to be more resilient and better prepared to deal with a weather disaster.

It also wants them to share their preparedness steps with others. That's why it is encouraging people to be what it calls a "force of nature." A force of nature knows its risk, takes action and is an example in his or her community.

•**Know your risk**—The first step to becoming weather ready is to understand the type of hazardous weather that can affect the area where you live and work. Start by knowing historical trends, staying well-informed and bookmarking [weather.gov](http://weather.gov) on your computer so you can get the latest forecast information quickly. You can also follow the National Weather Service on Facebook and Twitter.

•**Take action**—Making sure you and your family are prepared for severe weather includes creating a disaster supplies kit, obtaining a NOAA Weather Radio and signing up for local emergency alerts.

Tips on creating a disaster supplies kit can be found at <http://www.ready.gov/kit>.

•**Be an example**—Another way to be a force of nature is to be a positive influence on your friends, family and community by sharing your weather preparedness story. For example, you can Tweet that you're prepared with the hashtag #BeAForce or share your preparedness story and emergency plan on Facebook.

### Preparing For Extreme Weather Can Be Challenging

As a recent movie about a different Noah demonstrates, convincing people to get ready for disastrous weather isn't always



The movie "Noah," starring Russell Crowe, tells the story of a man who must become his own "force of nature" to prepare for extreme weather.

easy. Director Darren Aronofsky ("Black Swan," "The Wrestler," "The Fountain") collaborated with Academy Award winner Russell Crowe to bring to the screen the story of a man chosen by God to undertake a momentous mission of rescue before an apocalyptic flood destroys the world.

Aronofsky and Crowe's Noah must come to believe he is equal to the task, while caring for his family and preparing for the coming deluge by building what has come to be known as the ark.

While the outline of the biblical story is familiar to many, never before has it been brought to life on screen in such a vivid manner. It invites the audience to experience these spectacular events through the eyes and emotions of Noah and his family as they journey through fear and faith, destruction and triumph, hardship and hope.

The movie also demonstrates that doing what is necessary to prepare for extreme weather can sometimes be a test of character in the face of criticism from those who lack your foresight and commitment.

The movie "Noah" is now available on Blu-ray, DVD and Digital HD from Paramount Home Media Distribution. To learn more, visit [www.noahmovie.com](http://www.noahmovie.com).