

TEXAS A&M AGRI LIFE EXTENSION

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HOW CAN WE HELP? HUTCHINSON COUNTY EXTENSION NEWSLETTER



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ALWAYS BE PREPARED

This year alone, our state has seen numerous disasters. In the wake of the Moore, Oklahoma and Granbury, Texas tornadoes, I ask you this question, "If disaster were to strike today, would you be prepared?" If you can easily answer that question with a yes, then great! If you cannot, then the following is for you! These are a few steps that you can take today to help make sure you and your family are prepared if disaster strikes. *Make a family plan*-Make a plan that fits your family's needs. Make sure all family members know which escape routes to use (in your house and your neighborhood), how you will stay in communication with each other and with emergency personnel, how to safely shut-off the utilities and who will do this, have all important documents (insurance papers, identification cards, etc), and who will care for your animals. Having a plan for all of these will go a long way in helping you be prepared. *Create a disaster supply kit*-This kit is a collection of basic necessities that members of a household will need during and immediately after a disaster. Items that might be included in this

pack are: water, food, clean air items, extra clothing, first aid kit, emergency items, and special needs items (baby items, medication, ect.). *Deciding to stay or go*-you may be faced with the decision to evacuate or shelter-in-place. Evacuation means moving from an unsafe place to a safe place in a hurry. Sheltering-in-place is staying exactly where you are during a disaster; it may be at home, school, work, or a friend's house. *Get involved*-Becoming involved with your community's disaster response efforts can help make your home, community and state a safer place to live. You can become involved by being aware of your surroundings, reporting suspicious activity and volunteering your time. *Discuss a disaster with your children*-During emergencies, children often feel afraid, anxious, confused and worried. To help give them a sense of comfort and security, discuss the disaster with them. Help them understand what could happen and what to do in case of emergency. Each one of these components is an important part of preparing for disaster. Prepare today, for tomorrow!

Beat the Heat!



While being prepared for disaster is extremely important, being prepared for the excessive heat and very high temperatures is just as important. When we are exposed to high temperatures and high humidity, our bodies can lose water and salt as we sweat to stay cool. This can lead to heat cramps. If not addressed, dehydration can lead to heat

exhaustion and, possibly, heat stroke. Elderly people, and people with chronic illnesses, are at a higher risk of developing either heat cramps or heat stroke. Those people taking diuretics and/or beta-blockers are at special risk.

- ⇒ Some warning signs of heat exhaustion are: *dizziness, weakness, headache, nausea, vomiting, cool/moist skin, dark urine.*
- ⇒ Symptoms of heat stroke include: *fast, shallow breathing, pulse is fast and weak, confusion and strange behavior, fever, skin is red, hot, and dry, seizures, loss of consciousness.*

- ⇒ What to do if you or someone you know experiences this: *take the victim to a cool place, have them lie down with their feet up, apply cool, wet cloths to their skin, have them drink water or a salted drink. Do not offer drinks with caffeine or alcohol. Call 911 if the person has blue lips and fingernails, a high fever, difficulty breathing, a seizure, is confused or behaving irrationally, or has lost consciousness.*

As people age, they feel less thirsty and must make a special effort to drink fluids. Fluid balance can be affected by medication, emotional stress, exercise, nourishment, general health, and the weather. Remember, air-conditioning is one of the best protections against heat-related illness and death. Visit senior centers, movie theaters, libraries, or malls to cool off-even if just for a few hours.



Exercise: It Does a Body Good!

Exercise can be done at any age! It is a vital part of everyday life and has many important benefits. Each month, we will be featuring a new low impact exercise that anyone can do, at any age. This month's feature exercise is the **Knee Flexion**. This exercise strengthens muscles in back of thigh. Use ankle weights, if you are ready. Stand straight holding onto a table or chair for balance. Slowly bend knee as far as possible. Don't move your upper leg at all; bend your knee only. Hold position for 1 second. Slowly lower foot all the way back down. Pause. Repeat with other leg. Alternate legs until you have done 8 to 15 repetitions with each leg. Rest; then do another set of 8 to 15 alternating repetitions. Be sure to consult your doctor before engaging in any physical activity, as we do want you to injure yourself. Check back next month for the next monthly exercise!



Corn Salsa

Ingredients

- 4 ears Sweet Corn
- 2 whole Very Firm Avocados, Diced
- 1/2 Red Onion, Diced
- 1/2 Jalapeno, Seeded And Finely Diced
- 1/2 Hot Chili Pepper, Seeded And Finely Diced
- 1 whole Juice Of Lime
- Plenty Of Chopped Cilantro
- Salt To Taste
- 1 Tablespoon Vinegar
- 1 teaspoon Sugar (optional)

Preparation Instructions

Slice kernels off the corn, and combine it with all remaining ingredients in a bowl. Cover and refrigerate before serving.



A Recipe for You!

Traditional Pasta Salad

Ingredients:

- 12 oz Rotini Tri Colored Pasta
- 1 chopped red pepper
- 1 sliced cucumber
- 2 tomatoes, chopped
- 1 red onion (diced)
- 1 small package pepperoni (cut into quarters, or you can use the new mini pepperoni)
- 8 oz block of marbled cheddar, cut into cubes (any cheese will work)
- 16 ounces Italian Dressing (any brand works great)
- 1 chopped green pepper
- 1 small can of mushrooms
- 1 can of sliced black olives

Cook the pasta as it directs on the package. Pour cooked pasta into a large bowl. Then add red and green peppers, cucumber, sliced olives, tomatoes, mushrooms, pepperoni, cheese cubes, and onion. Pour Italian dressing on salad (you can use fat-free or low-fat if you want). Mix well. Put salad in fridge for a couple of hours before serving. Stir again before serving. Sprinkle grated Parmesan cheese on top.

Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability or national origin.

The Texas A&M University, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.