

Lubbock County  
Family Network



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June / July 2016

## PREPARING FOR THE UNEXPECTED

Since September 11, 2001, much has changed in our world, nation, state and community. We have become much more aware of the devastation that can be caused by unexpected disasters—whether they are caused by nature, by accident or by terrorist attacks.

We often worry about the “what ifs” and wonder what we can do to protect ourselves and our families. To reduce the threats to Texans, the Governor’s Division of Emergency Management, Texas Homeland Security, Texas AgriLife Extension Service, the Texas Department of State Health Services and many local and national agencies are working together to help prepare our state for potential disasters.

But each individual, family and community also need to take steps to prepare for a possible disaster. This guide and the Texas Extension Disaster Education Network (EDEN) Web site were developed to explain different types of disasters, suggest protective measures for yourself and your family, and offer sources of additional information. You and your family can be safer during and after a disaster if you become informed and prepared now.

In a disaster, response agencies and public health departments will manage the crisis and rely on the public to follow instructions and react quickly. To know exactly what to do if a disaster occurs, you will need to monitor TV, radio or on-line news reports for official news. The health department, county emergency management officials and law enforcement agencies will inform you of what your appropriate response should be. They will tell you what level of danger or possible health hazards there may be, where to get medications or vaccines if necessary and where to go for medical help or shelter. They will also help you determine if you should evacuate or remain where you are and shelter-in-place.

An important part of disaster preparedness is becoming involved with your community. The Protect Texas Volunteer program, along with many other organizations, is an excellent way to help enable your community and state to prepare for and recover from a disaster.

Government and other agencies are working to help keep you safe if a disaster occurs in our state. We hope this guide will help you do your part in protecting yourself and your family.

### Get informed

If a disaster occurs in your community, local government and disaster-relief organizations will try to help you. But your need to be ready as well. Although we cannot prevent disasters, we can reduce the risk of injury and even death by becoming informed.

A first step for disaster preparedness is to learn about what could happen and how to respond.

### Disasters

Disasters can result from natural hazards, accidents or terrorism.

**Natural hazards:** Natural disasters in Texas can be caused by drought, fire, floods, hurricanes, ice storms, tornados and less commonly, by disease epidemics.

As a natural disaster occurs, check your local radio or television station or the Internet for current information. The National Weather Radio and the Emergency Alert System alert the public about dangerous conditions. You need to know what the different terms mean and how to respond. *Watches* are alerts to potential danger; *warnings* alert you to impending danger.

The ultimate goal of the emergency Alert System is to get critical information to the people who need it. The Federal Communications Commission designed the Emergency Alert System in cooperation with the National Weather Service (NWS) and the Federal Emergency Management Agency (FEMA).

**Accidental disasters:** Some disasters are caused by accidents, such as explosions, equipment failure, hazardous materials incidents, household chemical emergencies and nuclear power plant emergencies.

If a chemical incident occurs in your area, you can minimize your risk of contamination by staying as far away from the site as possible. There usually is little or no warning before accidental disasters. So advance preparation is essential for protecting your family and maintaining a safe environment.

Emergency management agencies are trained to get the word out to the public. Listen to them for directions on what to do and where to shelter in order to minimize your exposure to the disaster.

**Terrorism:** There are many forms of terrorist attacks. According to the Department of Homeland Security, acts of terrorism include assassinations, bombings, cyber attacks, hijackings, kidnappings, threats of terrorism and the use of chemical, biological, nuclear and radiological weapons. No community is immune from the possibility of a terrorist attack.

The Governor's Division of Emergency Management, Texas Homeland Security, and many local agencies are working together to reduce the risk of terrorist threats in our state. They will alert the public as to the perceived risk level.

### **Help in Texas**

In addition to listening to the emergency alert system and local health officials, you also need to know about other sources of help that are available when a disaster happens. Please become familiar with the following resources; they can provide emergency assistance and critical information during a time of disaster.

#### **Emergency 9-1-1**

9-1-1 is the universal emergency phone number for resident of the United States to use to request emergency assistance. During a disaster, do not call 9-1-1 unless the situation is life threatening.

Parents should teach their children how and when to dial 9-1-1. For tips on teaching children how to use 9-1-1, visit the children's page of the Texas Commission on State Emergency Communications Web site at [www.911.state.tx.us](http://www.911.state.tx.us)

#### **2-1-1 Texas first Call for Help**

2-1-1 is a nonemergency information and referral hotline. It is available 24 hours a day, 7 days a week to every resident of Texas. Specialists are trained to provide callers with current information such as evacuation routes and locations of food and shelter during a disaster.

2-1-1 Texas is included in Texas Homeland Security strategy as a way to share information and mobilize resources during local, state or national disasters. For more information, visit the Web at [www.211.org](http://www.211.org)

#### **Texas Poison Control Center**

If you suspect that someone has ingested or inhaled a toxic substance, immediately call the poison control center at (800) 222-1222. A trained professional will give you specific instructions on how to handle the incident. Poison control specialists are available to take calls 24 hours a day, 7 days a week. For more information, see the Web site at [www.poisoncontrol.org](http://www.poisoncontrol.org)

#### **Texas Department of State Health Services (DSHS)**

Texas DSHS offers current information on emergency preparedness for families, professionals and responders. For fact sheets, frequently asked questions, emergency checklists and information on volunteering with Protect Texas, see [www.dshs.state.tx.us/comprep](http://www.dshs.state.tx.us/comprep)

### **Get Prepared**

You can help protect your family during and immediately after a disaster by making a family disaster plan and by creating a family disaster kit for your household. You and your family need to be able to take care of yourselves without outside help for at least 3 days.

#### **Make a family plan**

Families differ considerably. It's important to create a plan that fits your family's needs. Regardless, all family members need to know how to respond to severe weather or any disaster that could occur in your area.

When making a family disaster plan, you will need to consider escape routes, family communication, utility shut-off and safety, insurance and vital records, special needs, caring for animals and safety skills.

**Escape routes:** You need to know escape routes from each room in your house as well as from your neighborhood.

To establish escape routes from your house or apartment, draw up a floor plan and make sure that all family members understand the plan. Each room should have two exit points. Include all members of the household when you conduct a practice session. Be sure to select a site outside the home for everyone to meet after they've left the house.

To establish escape routes from the neighborhood, draw a map that shows all the streets and their names so that when authorities provide evacuation instructions, you will know where to go.

**Family communication:** It's important to plan how your family members would contact one another if they were separated when disaster strikes. Fill out a contact card for each family member and have everyone keep a copy of it in a wallet, purse or backpack for easy reference.

**Communication with emergency personnel:** If you are injured because of an accident or disaster, you may be unable to speak with emergency medical technicians. In these cases, paramedics and other emergency response personnel often turn to a victim's cell phone for clues to his or her identity and emergency contacts.

You can make their job much easier by simply adding an entry in the contacts list of your cell phone: ICE. ICE stands for "In Case of Emergency." Add an entry, label it ICE, and enter the name and phone number of the person whom the emergency services should call on your behalf.

Adding this entry takes only a few moments, but it can save time for the emergency personnel who can contact your loved ones quickly. Paramedics know what ICE means, and they look for it immediately.

**Utility shut-off and safety:** For some types of disasters, you may need to disconnect utility services to your home. Natural gas leaks are the number one cause of fires after a disaster.

Be sure that responsible family members can turn off the gas, electricity and water supplies. Contact your local utility company for proper shut-off procedures.

**Caution:** Never turn gas service back on by yourself. Service should be restored only by a trained professional.

**Insurance and vital records:** In an emergency, you may not have time to gather your important documents. Make photocopies of your important documents and secure them in a safe place away from your home.

You may also want to keep an extra set of copies in your disaster supply kit along with a small amount of cash. A *Personal and Family Financial Records Inventory* booklet (publication number B-1330) may also be helpful. It can be ordered from the Texas AgriLife Extension Bookstore at <http://www.agrilifebookstore.org/>.

## Important Documents

The documents that you might want to have copies of include:

- List of medications
- Insurance policies
- Driver's license or other photo ID
- Bank account information
- Credit card information
- Financial records
- Inventory of home possessions
- Cash and travelers checks

**Special needs:** Because disabled, elderly, unhealthy or non-English-speaking people have special needs, you must take additional steps to protect them. This chart offers tips on preparing for people with special needs.

| Disability/Special Need           | Additional Precaution  |
|-----------------------------------|--|
| Hearing impaired                  | Make special arrangements to send warnings.  |
| Mobility impaired                 | Provide special assistance to get to a shelter.                                    |
| Single working parent             | Offer help in planning for disasters and emergencies.                              |
| People who don't speak English    | Contact community and cultural groups that can help keep them informed.            |
| People without vehicles           | Make arrangements for transportation.  |
| People with special dietary needs | Be sure that the emergency food supply is appropriate.                             |
| People with medical conditions    | Consult with a pharmacist about storing extra medications in case of an emergency. |

Source: Federal Emergency Management Agency, Are You Ready?

Special assistance may be available in your area. Call your local emergency management office or local fire department to ask about special assistance programs. For more information, visit

[www.prepare.org/disabilities/disabilities.htm](http://www.prepare.org/disabilities/disabilities.htm).

**Safety skills:** Responsible family members should know how to administer first aid and cardiopulmonary resuscitation (CPR) and how to use a fire extinguisher. For more information on training courses in your area, visit

<http://www.redcross.org/>.

**Pet care:** If you must evacuate your home, what will you do with your pets? Emergency shelters generally do not accept pets, so you need to make plans for a safe place to take yours.

Keep in mind that most animal control shelters accommodate lost and stray pet disaster victims first. They will probably be unable to take your pets.

When creating a disaster plan for pets, consider taking these steps:

- Ask hotels/motels about their policies concerning pets and whether they would waive a “no pets” policy in an emergency.
- Make a list of pet-friendly places.
- Make a list of phone numbers and addresses of veterinarians and pet-boarding facilities.
- Ask friends outside the area if they would be willing to care for your pets.
- Prepare an emergency pet supply kit.

Produced by Agricultural Communications, The Texas A&M University System

Extension publications can be found on the Web at

<http://www.agrilifebookstore.org>

Visit Texas AgriLife Extension at

<http://agrilifeextension.tamu.edu/>

For more information and a list of items to include in a “Disaster Supply Kit,” go to <https://www.ready.gov/kit>

Sources: Janie Harris, Extension Housing and Environment Specialist; Lisa Norman, Extension Assistant; Bruce Lesikar, Professor and Extension Agricultural Engineer; David Smith, Extension Assistant, The Texas A&M University System.

### **WHAT TAKES ONLY 3 SECONDS AND CAN SAVE YOUR LIFE?**

Buckle Up—Time for ‘Click It or Ticket’ Campaign,  
May 23-June 5

Taking those few seconds to buckle your seat belt is the most important step you can take to protect yourself in a crash. Fortunately, most Texans now buckle up, but some groups of motorists continue not taking the message to heart and not consistently using their seat belts. The demographic of motorist most likely to be unrestrained are men and young adults, especially pickup truck drivers and passengers. According to the National Highway Traffic Safety Administration (NHTSA), nearly 50 percent of people killed in crashes nationally are unrestrained, which goes up to 61 percent for pickup truck occupants. The Texas Department of Transportation reports that last year, 40 percent of those killed in Texas crashes were found to be unrestrained. According to NHTSA, in 2015 alone, seat belts prevented 370 fatalities and 6,652 serious injuries in Texas. When the “Click It or Ticket” campaign began in 2002, just 76 percent of Texans used seat belts. Today, more than 90 percent of Texans buckle up.

After many years of having seat belts as a standard part in vehicles, it would seem that buckling your seat belt before driving off would be second nature. However, pickup truck drivers and their passengers depend on their larger size vehicle to protect them in a crash. Yet, pickup trucks are

twice as likely to rollover as passenger cars. Due to pickup truck’s tendency to rollover in crashes, the consequences are more severe for drivers and occupants not wearing seat belts – including being thrown from the vehicle, or even death.

Unbuckled passengers can also be deadly to others in the vehicle. Most people are not aware of the dangers posed by unbuckled backseat passengers. In a crash, they can become projectiles that are tossed around inside the vehicle, often injuring or killing those in the front seat. Passengers in the back seat who use lap and shoulder belts are 44 percent more likely to survive in a crash than unrestrained occupants in passenger cars, and 73 percent more likely to survive in passenger vans and SUVs.

Here’s another good reason to buckle up: It’s the law! Unbelted drivers and adult passengers can face fines and court costs of up to \$200. Children younger than 8-years-old must be in a child safety seat or booster seat unless they are taller than 4 feet 9 inches. Fines issued to drivers for unrestrained children in their vehicle can be as high as \$250, plus court costs.

“Click It or Ticket” campaign this year is scheduled for May 23 - June 5, which includes Memorial Day weekend. During this time, extra law enforcement will be on the road enforcing the seat belt and child restraint laws in an effort to save lives. Those officers are not out to write tickets, but instead want to help prevent the needless tragedy from motor vehicle accidents. Remember to buckle up and save your life – not just during “Click It or Ticket,” but every day of the year!

### **FOOD HANDLERS CLASS June 11**

The “Texas Food Establishment Rules (TFER)” was revised and updated and was October 11, 2015. A major change in the revision now requires all food employees to complete an accredited food handlers training program within 60 days of employment, effective September 16, 2016.

A food handlers course accredited by the Texas Department of State Health Services is being offered by Texas A&M AgriLife Extension Service, Lubbock County Office. The two-hour class *Food Safety: It’s In Your Hands* is scheduled for Saturday, June 11, 2016 from 9:30 to 11:30 a.m. and a second class from 1:30 to 3:30 p.m. at the Extension office at 916 Main Street, First Floor Lobby Meeting Room, Lubbock, TX 79401.

This 2-hour course will now be required for all food service employees to help promote the service of safe food. This requirement also includes day care teachers and others who handle serving food to children and adults. The certificate is good for 2 years and is valid anywhere in the State of Texas. The course is a basic overview of food safety practices that are necessary to ensure that safe food

is served at your establishment. Practices discussed include good personal hygiene, cross contamination, and time and temperature abuse.

To register for the course, call the Lubbock County Extension office at 806-775-1740. The cost is \$20.00 per person and must be paid in full by Wednesday, June 8, 2016.

Individuals with disabilities who require auxiliary aide service or accommodation in order to participate in the event are encouraged to contact our office within 5 working days prior to the program. Educational programs of Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, national origin, genetic information or veteran status.

The class is taught in English but Spanish handouts are available if requested in advance.

## FOOD SUBSTITUTES AND YOUR HEALTH

Recipe or ingredient substitution is an excellent way to enjoy the foods you love most while making the dish healthier. There are many ways to create healthy alternatives to some of our favorite—not so healthy—meals by substituting an ingredient or two. These substitutes won't sacrifice the flavor of the dish, so let's explore some alternatives.

- One simple substitution is using applesauce in place of butter, shortening or oils.
- When using a recipe that calls for regular ground beef, try using lean ground beef or lean ground turkey. When considering whether to purchase lean ground meats, don't be discouraged by a higher price. Leaner meats will yield more meat after cooking while also containing less saturated fat and fewer calories.
- Skim or 1% milk can be used in place of whole milk.
- Use whole-wheat flour for half of the recipe and all-purpose flour for the other half as a substitute for all-purpose (plain) flour.
- Sugar can be substituted by reducing the amount of sugar by one-half. If the recipe isn't sweet enough, use cinnamon, nutmeg, or vanilla.
- Recipes that call for sour cream can be just as tasty if the sour cream is replaced with plain fat-free or low-fat yogurt.
- Two-egg whites can substitute for one whole egg.
- Whole-grain bread and whole-wheat pasta can be substituted for white bread and white (enriched) pasta.

These and other steps can help you enjoy your favorite dishes with confidence knowing you're also putting more nutritious foods on your family's table. For more information on food substitutes, contact us at Better Living for Texans.

## Recipe Corner

### Applesauce Loaf Cake



Cinnamon, nutmeg, and toasted walnuts make this loaf cake taste as great as it smells.

$\frac{1}{2}$  cup walnuts (chopped)  
1  $\frac{1}{2}$  cups applesauce  
1 egg  
1 cup sugar  
2 tablespoons vegetable oil  
1 teaspoon vanilla extract  
2 cups all-purpose flour (or substitute with 1 cup whole wheat flour and 1 cup all purpose flour)  
2 teaspoons baking soda  
 $\frac{1}{2}$  teaspoon cinnamon (ground)  
 $\frac{1}{2}$  teaspoon nutmeg (ground)  
1 cup raisins

1. Wash hands well with soap and warm water.
2. Pre-heat the oven to 350 degrees. Grease 2 (8x4x2 inch) loaf pans.
3. Toast walnuts in an ungreased skillet pan. Stir while heating on medium-low heat for 5-7 minutes. They are done when they are brown and smell nutty. Set aside to cool.
4. Mix applesauce, egg, sugar, oil and vanilla in a large bowl.
5. Mix flour, baking soda, cinnamon, and nutmeg together in a smaller bowl.
6. Pour flour mixture into applesauce mixture.
7. Stir in raisins and cooled toasted nuts.
8. Pour half of the batter into each greased pan. Bake for 45-55 minutes.
9. Remove cakes from the oven. Cool for 10 minutes. Remove from pans to finish cooling. For best taste, let cakes cool a few hours before serving.

Makes 16 servings.

Source: On the Track to Better Health... May 2016 BLT Newsletter

Sincerely,

E. Kay Davis, M.S., L.D.  
County Extension Agent -Family and Consumer Science  
Lubbock County

Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in Extension sponsored meetings are encouraged to contact the County Extension Office at 775-1740 to determine how reasonable accommodations can be made. The information given herein is for educational purposes only. References to commercial products or trade names is made with understanding that no discrimination is intended and no endorsement by Texas A&M AgriLife Extension Service is implied.



Texas Department of State Health Services accredited food handlers program is now being offered here! This class is now required for all food service employees to help promote the service of safe food. The class is a basic overview of food safety practices that are necessary to ensure you serve safe food at your establishment. Some practices discussed are:

- Good Personal Hygiene
- Cross Contamination
- Time and Temperature abuse

If you would like to learn more, please come



Registration Form can be found at:  
[http://lubbock.agrilife.org/files/2011/03/Food\\_Handlers\\_Ind\\_RegForm.pdf](http://lubbock.agrilife.org/files/2011/03/Food_Handlers_Ind_RegForm.pdf)  
Or give us a call and one can be mailed to you.

**Registration is transferable but not refundable.**

Date: June 11 2016

Time: 9:30 A.M. - 11:30 A.M.  
OR 1:30 P.M. - 3:30 P.M.

Cost: \$20.00

# Food Handlers class

Contact person: Kay Davis, CEA-FCS  
806-775-1740

Registration Deadline is June 9th  
Bring Form and Payment to:  
916 Main Street, Suite 201  
Lubbock, TX 79401  
or Mail to  
Texas A&M AgriLife Extension  
Service  
PO Box 10536  
Lubbock, TX 79408