

## Lubbock County Family Network



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August/September 2019

### TEXAS OUTDOOR ENTHUSIASTS, LIVESTOCK PRODUCERS, HOMEOWNERS ADVISED TO WATCH FOR NEW TICK

Confirmed reports of the longhorned tick, *Haemaphysalis longicornis*, in seven states have prompted a Texas A&M AgriLife Extension Service entomologist to alert Texans to its possible arrival here.



Dr. Sonja Swiger, AgriLife Extension veterinary/medical entomologist at Stephenville, said the longhorned tick isn't named for the iconic bovine symbol of the Lone Star State, but rather for the distinctive, but underrated "horns" sprouting from a portion of its head.

"This tick is a relative newcomer to the United States and though it has not been confirmed here in Texas, it has been confirmed in Arkansas," she said. "It's not at all choosy about who or upon what mammal it feeds on or who it dines with, as it has been found feeding right alongside other external parasites."

Some ticks, like the cattle fever tick, prefer to complete their life cycle on a single host. Not the longhorned tick, which Swiger said is a three-host tick, meaning it requires three different hosts to complete its life cycle. Animals on the menu include, but are not limited to: cattle, white-tailed deer, horses, goats, sheep, dogs, cats, opossum, birds and raccoon.

Swiger said she has no reports of it feeding on people in the U.S., though it is known to attack people in Asia and the Pacific. She did say the longhorned tick is not a known carrier of the pathogen causing Lyme disease.

"Even though there are no reports of it being a Lyme disease carrier, this tick is a known vector of several bacterial, viral and protozoan disease agents that affect both

livestock and humans," Swiger said. "So, it's worth keeping an eye on."

"It's an exotic East Asian tick, originally from China, which moved to Australia and then to different locations in the Pacific and eventually here," Swiger said. "It's highly adaptive to a broad range of climates as evidenced by the six states where it's been documented, which along with Arkansas, include New Jersey, Virginia, West Virginia, North Carolina, New York and Pennsylvania. So, it's at home in climates from tropical to temperate and is also quite cold tolerant."

Swiger said it's an aggressive biter that frequently builds intensive infestations on domestic hosts such as livestock.

"Their presence causes great stress to the animal, which translates to reduced growth and production, and exsanguination, or serious blood loss," she said.

To make matters worse, Swiger said the tick is parthenogenetic, meaning females can reproduce without a male, so a single fed female tick can create a whole population by herself.

To prevent and offset concerns, Swiger said producers, homeowners and hunters this fall should consider conducting surveillance of ticks on their livestock, pets and harvested game and submit any suspicious ticks they find to: Texas Animal Health Commission, State-Federal Laboratory and follow instructions at <https://www.tahc.texas.gov/vets/TicksandFlyLarvaeSubmissions.pdf>

"If historic record is any indication, once it arrives, it appears the longhorned tick is here to stay," she said. "But with diligence and management similar to that used with other tick species, serious trouble can be kept to a minimum."

For more information on this and other ticks, access the Tick App at <http://tickapp.tamu.edu>, or contact Swiger at 254-968-4144, [slsruigar@ag.tamu.edu](mailto:slsruigar@ag.tamu.edu).

Source:

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 Contact: Dr. Sonja Swiger, 254-968-4144, [slsruigar@ag.tamu.edu](mailto:slsruigar@ag.tamu.edu)  
<https://today.agrilife.org/2018/08/01/expert-texas-outdoor-enthusiasts-livestock-producers-homeowners-advised-to-watch-for-new-tick/>

## FOOD SAFETY: BACK TO SCHOOL FOOD SAFETY

It's time to get ready for back to school! While you start planning on what to put inside you or your child's lunchbox, don't forget to keep that food safe. According to the CDC, almost 50% of the Salmonella infections that happen each year happen to infants and school-age children. Keeping food safety in mind while preparing and packaging lunch boxes can greatly reduce food poisoning. Here are a few tips that can help make sure that food is packed safely:

- **Clean:** If you are making lunch the night before, be sure to wash your hands and use clean cutting boards, utensils, and countertops. Making lunch on the same surfaces you used to prepare raw meat or poultry for dinner may result in cross-contamination and lead to Salmonella-related illnesses.
- **Separate:** Use one cutting board for fresh produce and a separate one for meat and poultry.
- **Cook:** Cook foods to the right temperature using a food thermometer.
- **Chill:** If the lunch contains perishable food items like luncheon meats, eggs, and yogurt, make sure to pack it with at least two cold sources (e.g. freezer packs and frozen water bottles).



## Easy Tips to Pack a Safe Lunch:

1. Frozen juice boxes can also be used as freezer packs. By lunchtime, the juice should be thawed and ready to drink!
2. Perishable food can be unsafe to eat by lunchtime if packed in a paper bag. Use an insulated box or bag instead.
3. Children should wash their hands for 20 seconds with warm soapy water before eating. Have them sing the ABCs twice while washing if they sometimes finish early.
4. If possible, your child's lunch should be stored in a refrigerator. But leave the lid of the lunchbox or an insulated, soft-sided bag open in the fridge so that cold air can circulate and keep the food cold.
5. If you are packing a hot lunch, like soup, chili, or stew, use an insulated container to keep it hot. Fill the container with boiling water, let it stand for a few minutes, empty it, and then put in the piping hot food. Tell your child to keep the insulated container closed until lunchtime to keep the food hot- 140° or above.
6. After lunch, discard all leftover food, used food packaging, and paper bags. Do not reuse packaging because it could contaminate other food.



Source:

<https://dinnertonight.tamu.edu/food-safety-back-school/>

**AUGUST IS NATIONAL IMMUNIZATION  
AWARENESS MONTH**  
**Texas A&M AgriLife Extension Offers Tips to Reduce  
Risks**

With summer vacations coming to a close and preparations for back-to-school underway, it is important to safeguard your family's health by having their immunizations up-to-date. August marks Immunization Awareness Month with various themes focused on preventing diseases through a person's lifetime. From pregnancy to babies, young children to teens, and adults to seniors, vaccines play a vital role.

**How do vaccines work?**

Vaccines help the body develop immunity by imitating infections. The imitations almost never causes an illness, but they can cause mild symptoms such as a fever. Once the imitating infection has passed, the body is able to recognize how to fight the disease in the future and the person is said to be immunized.

**What are the different types of vaccines?**

Vaccines vary across the world because they are dependent on the strains specific to the regions where they are administered. Some vaccines are one-and-done, while others require more than one dose. For example, the vaccine against meningitis requires a second dose to strengthen protection when young adults are most vulnerable to exposure. In other instances, immunity may begin to lose effectiveness over time and a "booster" is needed to increase the immunity once more. Vaccines that require boosters include the DtaP (diphtheria, tetanus, pertussis) for younger children and Tdap for teens and adults. Some vaccines are even needed yearly, such as the flu vaccine, because the virus varies from season to season and immunity wears off fairly quickly.

**Planning ahead**

Planning ahead is important if you will be traveling abroad, as diseases rarely seen in the United States may be common in other countries. It is important to talk to your physician before embarking on international travel and to ask them about any vaccines you may need both before leaving and after returning.

Future moms-to-be can protect themselves and their babies from serious diseases, such as whooping cough and flu, by getting vaccinated during pregnancy. By doing so, their bodies produce protective antibodies that are then passed on to baby before birth. Once the baby is born, vaccines are recommended to protect against serious and sometimes deadly diseases. Depending on their age, health and development, babies are vaccinated at specific stages for chickenpox (varicella), mumps, polio, diphtheria, flu (influenza), hepatitis A and B, pneumococcal, rotavirus, rubella, tetanus, Haemophilus influenzae type b (Hib), measles and whooping cough (pertussis).

**What vaccines to get and when**

As children grow, some of their immunizations begin to lose effectiveness, so they get four vaccinations: Tdap booster, meningococcal, human papilloma virus (HPV) and flu. It is important to talk to your child's pediatrician to make sure they are up-to-date on their vaccines and to ask any questions you may have about them. If you don't know or have misplaced your child's immunization record, these can be requested through the Texas Immunization Registry (IMMTrac2). Note that after age 26, records are deleted. Forms can be found at:

<https://www.dshs.texas.gov/immunize/immtrac/clients.sh>  
[tm](#)

As we get older, 'immunizations begin to wear off over time...and adults may be at risk for vaccine-preventable diseases due to age, lifestyle, travel, or health conditions,' the Centers for Disease Control and Prevention (CDC) states. Recommendation for adults include an annual flu vaccine, a Tdap vaccine if it was not received as an adolescent, and Td (tetanus, diphtheria) booster every 10 years. For adults 19 to 26 years of age, the HPV vaccine is also recommended. For adults age 50 and older, the risk of certain diseases increases as the immune system begins to weaken. The CDC recommends that in addition to the annual flu vaccine, adults age 50 and older get the Td/Tdap vaccine and shingles vaccine. Those 65 years and older should also get the pneumococcal vaccine. It is vital to talk to your physician regarding additional vaccine needs for certain health conditions.

Still unsure which vaccines you need? Use the CDC's Adult Vaccine Assessment Tool to determine which vaccines are recommended for your age, health conditions, employment and other factors at:

<https://www2.cdc.gov/nip/adultimmsched/>

**What to do if someone is not vaccinated**

If a child or an adult is not immunized, it is important to become aware of signs and symptoms of vaccine-preventable diseases that may be in your community and seek immediate help if early signs develop. Inform your doctor(s), ambulance personnel and/or emergency room staff that your child or family member has not been fully vaccinated so correct treatment is provided and medical staff can take precautions for the vaccine-presentable disease to not spread to others.

Talk to your primary care physician about what you can do to reduce risks by having up-to-date immunizations. Visit your local health department, federally qualified health center and clinic, or ask for more information from your local County Extension Office (counties.agrilife.org).

Resources:

National Immunization Month -

<https://www.cdc.gov/vaccines/events/niam/html>

Immunizations during pregnancy -

[www.cdc.gov/pertussis/pregnant/](http://www.cdc.gov/pertussis/pregnant/)

How vaccines work -

<https://www.cdc.gov/vaccines/hcp/conversations/downloads/vacsa-fe-understand-color-office.pdf>

Teen Immunizations -

<https://www.webmd.com/children/vaccines/vaccines-for-teens-and-tweens#2>

Texas Immunization Registry -

<https://www.dshs.texas.gov/immunize/immtrac/clients.shtm>

Adults -

<https://www.cdc.gov/vaccines/adults/rec-vac/>

If not vaccinated -

<https://www.cdc.gov/vaccines/hcp/conversations/downloads/not-vacc-risks-color-office.pdf>

Quiz -

<https://www2.cdc.gov/nip/adultimmsched/>

**5 Tips Why Immunize?**  
TEXAS A&M AGRILIFE EXTENSION

- Moms-to-Be**  
Vaccines can protect moms-to-be and their babies by creating protective antibodies that are then passed on to baby before birth.
- Infants / Toddlers**  
Vaccines are important and recommended to protect against serious and sometimes deadly diseases. Ask pediatrician if your child is protected from the 14 vaccine-preventable diseases.
- School-age Children & Teens**  
As children grow, vaccines begin to lose effectiveness. Ask pediatrician if child is current with 'boosters' and age appropriate vaccines.
- Young Adults to Seniors**  
As a person gets older, immunizations begin to wear off over time placing adults at risk for vaccine preventable diseases due to age, lifestyle, travel, or health conditions. Talk to your physician(s) regarding up-to-date vaccines and any additional needed for certain health conditions.
- Did You Know?**  
August is National Immunization Awareness Month. Immunizations are one of the most effective ways to protect children and adults against many common infectious diseases. Talk to your doctor TODAY to see if you are immunized.

Source: Centers for Disease Control

## RECALL BASICS

According to recent research\* most Americans say they pay close attention to news reports about food recalls, and 81% say that when they hear about a food recall they tell others. Yet fewer than 60% of Americans have ever checked their homes for a recalled food item. This suggests that, for many Americans, food recalls are seen as important, but not particularly relevant to themselves. The Partnership for Food Safety Education has created simple tools designed to orient consumers to the need to take notice of recalls, and to take action to identify whether a recalled product is in their home.

\*Rutgers University Food Policy Institute, April 2009

**FOOD RECALLS**  
What to look for if there's a food recall.

RECALLED FOOD	LOOK FOR
FRESH, FROZEN, & CANNED <b>Meat &amp; Poultry Products</b> (including deli in-store products)	<ul style="list-style-type: none"><li>Product name</li><li>Product brand</li><li>Establishment number (Est. number may appear within inspection seal or elsewhere on packaging)</li><li>Product weight/size</li><li>Lot code</li><li>Date code</li></ul>
FRESH PRODUCE <b>Fruits &amp; Vegetables</b>	<ul style="list-style-type: none"><li>Is recall of whole fresh produce or of produce in a packaged form?</li><li>For bulk produce without a label, check with the store where you bought the product</li><li>Packaged produce check for brand, best if used by date (BIUD) and production code</li></ul>
<b>Frozen Products</b>	<ul style="list-style-type: none"><li>Product name</li><li>Product brand/manufacturer</li><li>Product weight/size</li><li>Product code</li><li>Best if used by date</li></ul>
<b>Canned Products</b>	<ul style="list-style-type: none"><li>Product name</li><li>Product brand/manufacturer</li><li>Product size (ounces)</li><li>UPC Code</li></ul>
<b>Other Processed Food Products</b>	<ul style="list-style-type: none"><li>Product name</li><li>Product brand/manufacturer</li><li>Product weight/size</li><li>Product code</li><li>Best if used by date</li></ul>
<b>In-store Prepared or Deli Products</b> (pre-made sandwiches, salads, etc)	<ul style="list-style-type: none"><li>Product type (salad, sandwich, etc)</li><li>Product and/or store brand</li><li>Look for label information as listed in recall notice</li><li>Check with the store where you bought the product</li></ul>

The non-profit Partnership for Food Safety Education saves lives and improves public health through research-based, actionable initiatives that reduce food-borne illness. www.fightbac.org

**FOOD RECALLS**  
What you should know about food recalls.

Recall notices can be found in the news, at your local grocery store, or online at [www.recalls.gov](http://www.recalls.gov).

To identify if a recalled product is in your home, match identifying marks on the product with the recall notice details such as:

- Product name
- Brand
- Container codes
- Container size

\*Identifying information may vary by type of food product.

If you determine that a recalled product is in your home:

- Do not eat the product.
- Dispose of the product carefully.
- Do not provide the product to others (eg: do not give to food bank, your pet).
- Do not puncture or otherwise open cans.
- Wash hands with warm water and soap after handling the product.

The recall of one product does not mean all forms of that product are a potential problem.

Occasionally recalls are expanded to include additional products as more information is gathered.

The non-profit Partnership for Food Safety Education saves lives and improves public health through research-based, actionable consumer food safety initiatives that reduce food-borne illness. www.fightbac.org

Source:

<http://www.fightbac.org/food-safety-education/recall-basics/>

## GRILLING ESSENTIAL: FOOD THERMOMETERS

You cannot determine if food is fully cooked just by looking at it. The only way to make sure food has reached a safe minimum internal temperature is to use a food thermometer. Before using any food thermometer, read the manufacturer's instructions.

### Tips for Using a Food Thermometer:

- These thermometers are not designed to remain in food while it is cooking.
- To ensure safety and prevent overcooking, check the internal temperature of the food toward the end of the cooking time, before the food is expected to finish cooking.
- The food thermometer should be placed in the thickest part of the food and should not be touching bone, fat, or gristle. Check the temperature in several places to make sure the food is evenly heated.
- Clean your food thermometer with hot water and soap before and after each use!

### The best types of food thermometers for grilling:

#### Digital Instant-Read (Thermistor)

- Reads in 10 seconds
- Place at least ½" deep
- Can measure in thin and thick foods

#### Thermometer-Fork Combination

- Reads in 2-10 seconds
- Place at least 1/4" deep in thickest part of food
- Sensor in tine of fork must be fully inserted
- Can be used in most foods, convenient for grilling

### Be sure to include safe food handling in your cookout plans!

CLEAN - Wash hands and surfaces often.  
SEPARATE - Don't cross-contaminate!  
COOK - Cook to proper temperature.  
CHILL - Refrigerate promptly!

Safe Minimum Internal Temps	
160°F	Ground Beef
165°F	Poultry, including ground poultry.
145°F Plus 3 min stand time for safety.	Beef, Veal, lamb, steaks & roasts.

Source: The Partnership for Food Safety Education  
fightbac.org

## STAY SAFE THIS LABOR DAY HOLIDAY Spread the Word: Drive Sober or Get Pulled Over

During the 2019 Labor Day holiday, Texas A&M AgriLife Extension, will partner with the U.S. Department of Transportation's National Highway Traffic Safety Administration (NHTSA) to get drunk drivers off the roads and help save lives.

The high-visibility national enforcement campaign, Drive Sober or Get Pulled Over, runs from August 14 through September 2, 2019. During this period, local law enforcement will show zero tolerance for drunk driving. Increased state and national messages about the dangers of driving impaired, coupled with enforcement and increased officers on the road, aim to drastically reduce drunk driving on U.S. roadways.

Unfortunately, statistics prove that there is still a lot of work to do to put an end to drunk driving. According to NHTSA, 10,874 people were killed in drunk-driving crashes in 2017. On average, 10,000 people were killed each year from 2013 to 2017 - one person was killed in drunk-driving crashes every 48 minutes in 2017. That's the equivalent of 20 jumbo jets crashing each year, with no survivors. This is why Texas A&M AgriLife Extension is working with NHTSA to remind drivers that drunk driving is not only illegal, it is a matter of life and death.

During the 2017 Labor Day holiday period (6 p.m., Sept. 1, until 5:59 a.m., Sept. 5), there were 376 vehicle crash fatalities nationwide. Forty-four percent of those fatalities involved drivers who had been drinking (.01+ BAC). More than one-third (36 percent) of the fatalities involved drivers who were drunk (.08+ BAC), and more than one-fourth (26 percent) involved drivers who were driving with a BAC almost twice the legal limit (.15+ BAC). Age is a particularly risky factor: Among drivers between the ages of 18 and 34 who were killed in crashes over the Labor Day holiday period in 2017, 42 percent of those drivers were drunk, with BACs of .08 or higher.

Labor Day should be a time for friends and family to come together to enjoy the last days of summer. We need commitment from our community members that they'll keep the streets free of drunk drivers so that everyone can have a safe holiday. This is a campaign to get the message out that drunk driving is illegal and it takes lives. Help us put an end to this senseless behavior.

Texas A&M AgriLife Extension and NHTSA are working together to provide citizens with resources and information to get them home safely. Drunk driving is not acceptable behavior. It is essential to plan a sober ride home before you ever leave for the party. That is why, during the Labor Day holiday, we will make zero exceptions for drunk driving. There are just no excuses.

Texas A&M AgriLife Extension's Watch UR BAC program recommends these safe alternatives to drinking and driving:

- Remember that it is never OK to drink and drive. Even if you've had only one alcoholic beverage, designate a sober driver or plan to use public transportation, or use a ride sharing service to get home safely.
- Use your community's sober ride program.
- If you see a drunk driver on the road, contact local law enforcement.
- Have a friend who is about to drink and drive? Take the keys away and make arrangements to get them home safely.

For more information about the *Drive Sober or Get Pulled Over* campaign, visit:

<https://www.trafficsafetymarketing.gov/get-materials/drunk-driving/drive-sober-or-get-pulled-over-peak-enforcement-kit/national>

Texas A&M AgriLife Extension Service's Watch UR BAC program is funded by TxDOT and is provided at no charge to promote alcohol awareness, the dangers of impaired driving, and friends watching out for friends. Contact: Lauren Verfurth, [lauren.verfurth@ag.tamu.edu](mailto:lauren.verfurth@ag.tamu.edu) for booking information.



### Recipe Corner



### Greek-Style Tuna Salad

Servings: 4  
Prep Time: 10 minutes  
Cook Time: 10 minutes



- 1 (9 oz) package whole wheat elbow pasta
- 1 (12 oz) can chunk light tuna in water, drained
- 1 small red onion, chopped

- ½ cup prepared Greek vinaigrette salad dressing
- ¼ cup pitted black olives
- 2 tablespoons reduced fat feta cheese crumbles
- 1 boiled egg white
- 1 medium celery stalk, chopped

1. Cook the pasta according to the package directions. Drain pasta and place in refrigerator to cool.
2. Mix tuna, onion, salad dressing, feta cheese, celery, egg white, olives, and cooled pasta in a large bowl.
3. Serve cold over a bed of Romaine lettuce.

Source: Dinner Tonight

Nutrition Facts	
4 servings per container	
<b>Serving size</b>	<b>(220g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>380</b>
<b>% Daily Value*</b>	
Total Fat 8g	16%
Saturated Fat 1.5g	3%
Trans Fat 0g	
Cholesterol 25mg	5%
Sodium 530mg	13%
Total Carbohydrate 46g	17%
Dietary Fiber 1g	2%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein 32g</b>	
Vitamin D 0mcg	0%
Calcium 78mg	2%
Iron 4mg	10%
Potassium 440mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Buffalo Chicken Salad

Servings: 4

- 1 lb. Boneless, skinless chicken breast, cubed
- 2 tsp olive oil
- ¼ tsp pepper
- 2 Tbsp Louisiana style hot sauce
- 1 bunch romaine lettuce, chopped
- 3 ribs celery, chopped
- 1 cup shredded carrots
- ½ cup fat-free ranch salad dressing



1. Wash your hands and clean your cooking area.
2. In a large nonstick skillet, saute chicken in oil over medium high heat until the chicken reaches an internal temperature of 165 degrees F. Drain, and stir in hot sauce and pepper.
3. Divide romaine among 4 plates. Top with chicken, celery and carrots. Serve with dressing.

Source: Dinner Tonight

Nutrition Facts	
4 servings per container	
<b>Serving size</b>	<b>(352g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
Total Fat 6g	12%
Saturated Fat 1g	2%
Trans Fat 0g	
Cholesterol 85mg	17%
Sodium 540mg	11%
Total Carbohydrate 15g	3%
Dietary Fiber 4g	8%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein 28g</b>	
Vitamin D 0mcg	0%
Calcium 88mg	2%
Iron 2mg	4%
Potassium 886mg	17%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Sincerely,

E. Kay Davis, M.S.  
County Extension Agent -  
Family and Community Health  
Lubbock County

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