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# EXPECT MOORE TODAY

TEXAS A&M AGRILIFE EXTENSION MONTHLY NEWSLETTER

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## RED CROSS RESPONSE EFFORTS CONTINUE IN TEXAS AND BOSTON

**WASHINGTON, Thursday, April 18, 2013** — The American Red Cross is supporting people in West, Texas after the plant explosion there while continuing to help first responders and those affected by the marathon bombings which occurred earlier this week in Boston. In addition, local chapters in the Midwest are responding to the severe weather threat there.

“Our hearts go out to everyone affected by this week’s tragic events in Texas and Boston,” said Trevor Riggen, vice president of Disaster Operations for the Red Cross. “Our teams are on the ground now helping those in need and we will continue to work in close coordination with officials in Texas and Boston to determine how we can best support these communities as they re-

cover.”

**WEST, TEXAS EXPLOSION** Within hours of the plant explosion in Texas, the Red Cross opened a shelter and began supporting a community response center. Red Cross disaster workers have been deployed from all over the state and are providing emotional support and health services with relief items such as comfort kits and water enroute to the region. Red Cross Blood Services is providing blood products to help those injured in the explosion.

**MARATHON BOMBINGS** In Boston, the Red Cross is providing emotional support and health and spiritual care services at the various community vigils and supporting a family assistance center. Red Cross Blood Services has provided about 500

blood products to several hospitals in the Boston area. Nearly 150 disaster workers have deployed to provide support and comfort. Since Monday, the Red Cross has served about 7,000 meals and snacks, distributed relief items like blankets and comfort kits and provided hundreds of mental health and health services to those affected.

### SEVERE WEATHER

Red Cross chapters throughout the Midwest are also preparing for severe weather and flooding as rain and winds continue to move through that part of the country. Volunteers and shelters are ready in several states if needed.

**HOW TO HELP** This week’s tragedies prove that an emergency can happen anywhere, at anytime. While the Red Cross helps in Texas and Boston,

### SPECIAL POINTS OF INTEREST:

- To support Red Cross disaster response, people can donate to Red Cross Disaster Relief at [www.redcross.org](http://www.redcross.org) or by texting REDCROSS to 90999 to make a \$10 donation. People who want to make a donation to directly support victims of the Boston Marathon bombings can visit [www.theonefundboston.org](http://www.theonefundboston.org)
- Springtime may bring exposure to the Hantavirus Pulmonary Syndrome (HPS) viral agent.

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## AMERICAN RED CROSS—CONTINUED

it is preparing to respond to severe weather and flooding in other areas of the country. To support Red Cross disaster response, people can donate to Red Cross Disaster Relief at [www.redcross.org](http://www.redcross.org) or by texting REDCROSS to 90999 to make a \$10 donation. People who want to make a donation to directly support victims of the Boston Marathon bombings can visit [www.theonefundboston.org](http://www.theonefundboston.org). The Red Cross has enough blood in its inventory now to support both the situation

in Texas as well as Boston but reminds everyone that the need for blood is constant. Those who are eligible to give blood are strongly encouraged to schedule an appointment to give in the days and weeks ahead by calling 1-800-RED CROSS or visiting [www.redcrossblood.org](http://www.redcrossblood.org). Many rushed in to provide immediate help for victims of the explosions in Texas and Boston. People can register for a Red Cross First Aid/CPR class at [www.redcross.org](http://www.redcross.org) or take the Family First Aid and

CPR class online by visiting [www.redcross.org/takeaclass](http://www.redcross.org/takeaclass). They can also download the free Red Cross First Aid App which puts simple lifesaving information for first aid emergencies in the hands of smart phone and tablet users. The app is available in the Apple App Store and Google Play Store.

other. The Red Cross has information people can use to cope in the aftermath of these tragedies. For free counseling or support which is available 24 hours a day, seven days a week, people can contact the Disaster Distress Helpline at 1-800-985-5990 or text

courtesy of: <http://www.redcross.org/news/press-release/Red-Cross-Response-Efforts-Continue-in-Texas-and-Boston>

### STEPS TO HELP COPE

It has been a difficult week for people across the country. In times like these, it is important for people to connect with and support each



## HANTAVIRUS PULMONARY SYNDROME (HPS)

A woman in Hooker, OK, located just 45 miles north of Spearman, TX and only 25 miles north of the Texas border, recently died due to Hantavirus Pulmonary Syndrome (HPS) caused by infection with the Sin Nombre virus.

This is a good opportunity to remind everyone that springtime may bring exposure to the HPS viral agent.

As the days warm up and people get outside to escape cabin fever and start cleaning the outdoor structures on their property, or indoor closets and cabinets that need a good cleaning after a cold winter, the potential increases for exposure to rodent contaminated areas. If rodent droppings are

seen, then precautions should be taken.

The common house mouse has not been implicated as a reservoir of the virus. The deer mouse and its cousin, the white-footed mouse, are the predominant species of concern. The western harvest mouse is also a potential reservoir. If you live near any open areas where field mice may live, the risks go up.

The mice excrete the virus in their urine and feces. If contamination is detected, the area should be treated with a viricide. The simplest is a 10% bleach solution. If bleach would damage the contaminated surface, a commercial viricide labeled specifically for the hantavi-

rus family is recommended. If that isn't available, a product labeled for killing viruses in general would be the next best product.

The area should be sprayed and then remain undisturbed for 30 minutes. A second application should be made and then the area cleaned while it is still damp. If there is risk of exposure to dry dust, then it is advisable to wear eye protection and use a HEPA (N-95) mask. If the contaminated area is in a structure that can be aired out, open the windows/doors and let the stale air exchange with the fresh air to reduce any possible air-borne viral concentrations.

We don't see many cases of this disease, but the fatality rate in HSR 1 has been 50% for the 16 confirmed HPS cases recorded beginning in 1995. Our last confirmed case was in 2007 in Crosby Co. There have been two cases of hantavirus infections without the pulmonary involvement in HSR 1 that survived.

Please be sure to practice self-protection as you begin your spring cleaning for 2013.

Here is a link to the CDC's website on HPS: <http://www.cdc.gov/hantavirus/>



## EXTENSION & 4-H VOLUNTEER FOR APRIL: EASTERLING FAMILY

Willingness to help others, is one of the hallmarks of a community volunteer. Brent and Shauna Easterling and daughters Chasidy and Tara, were essential in bringing together final details for this year's Kids Craft Night. Brent was a booth manager for making flip-flop holders and Shauna helped with a sewing booth. Shauna,

who homeschools Chasidy and Tara, helped get ready for the event weeks in advance. They gathered supplies for booths, made samples for the marketing boxes and helped haul boxes and equipment to and from the community building. The entire family rolled up their sleeves and helped set

up and take down the tables, chairs and put away equipment after the event.

The Easterling family is active in several areas of Extension. They are a part of our parent leader's association and the Clover Kids Club. Shauna is also a leader in the newly formed Du-

mas Homeschoolers organization. She writes a monthly news letter focusing on the homeschooled in Moore County. For more information on this organization, call the Extension office.

Easterling family, thank you.

## THANK YOU!!!!

The Moore County Extension Office would like to express our sincere gratitude to all those who helped and donated supplies and monetary donations to the Kids Craft Night at the community building on Friday, March 22. There were 220 kids ranging from as young as 3 years old through seniors in high school that participated in this event. More than 50 adult and student volunteers came together to manage and teach more than 20 crafting booths. Without our community volunteers, this night could not come together as a successful event for the youth of Moore County and the surrounding areas.

The organization of all Extension programming, both youth and adult, rely heavily on volunteers. We would like to THANK each of you for all you do!!



# HAPPY SPRING!



If you have any topics that you wish to have published in the Expect Moore newsletter, please let the Texas A&M AgriLife Extension Service, Moore County Office know.

Sincerely,

Sue Owens,  
County Extension Agent-Family & Consumer Sciences

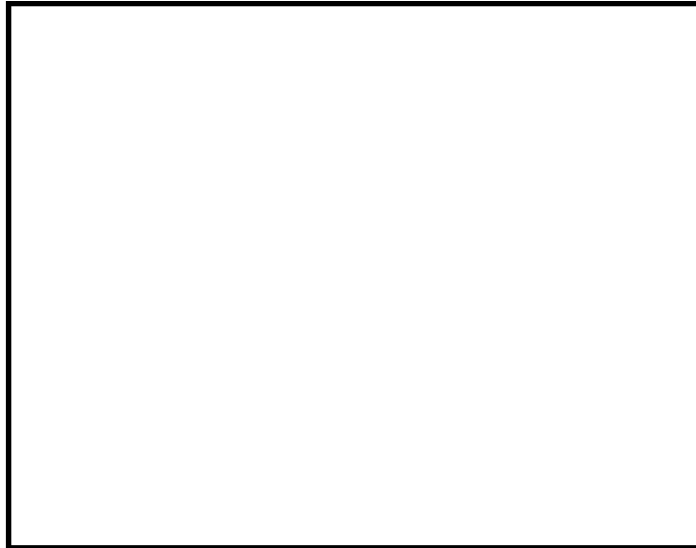
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## April Recipes

### Easy Chicken Enchiladas

**Ingredients:**

- 1 (8 oz) pkg cream cheese
- 1 c. salsa
- 2 c. chopped chicken breast
- 1 (15.5 oz) can pinto beans, drained
- 6 (6 inch) flour tortillas
- 2 c. Colby-Jack cheese, shredded

**Directions:**

1. Preheat oven to 350°. Lightly Grease a 9x13 baking dish.
2. In a small saucepan, over medium heat, combine cream cheese and salsa. Cook, stirring until melted and well blended. Stir in chicken and beans. Fill tortillas with mixture, roll and place into baking dish. Spread cheese over top. Cover with foil.
3. Bake for 30 minutes, or until heated through. Gar-

nish with your favorite toppings such as lettuce, tomatoes and sour cream!

courtesy: allrecipes.com

### Spanish Rice

**Ingredients:**

- 2 tbsp olive oil
- 1 onion, chopped fine
- 1 garlic clove, minced
- 2 c. med. or long-grain rice
- 3 c.\* chicken stock
- 1 heaping tbsp tomato paste or 1 c. fresh or cooked tomatoes strained
- Pinch of Oregano
- 1 tsp. salt

**Directions:**

1. In a large skillet brown rice in oil on medium/high heat. Add onion and garlic. Cook this mixture, stirring frequently, until onions are softened (about 4 minutes).
2. In a separate sauce pan,

bring stock to a simmer. Add tomato sauce, oregano, and salt. Add rice to broth. Bring to a simmer, cover and lower heat. Cook 15-25 minutes, depending on the type of rice and the instruction on the rice package. Turn off heat and let sit for 5 minutes.

*\*Check the instructions on the rice package for the proportions of liquid to rice. They can range from 1:1 to 2:1. If your rice calls for 2 cups of water for every cup of rice, then for this recipe, use 4 cups of stock for 2 cups of rice.*

source: simplyrecipes.com

## Food Safety



### Serving

When serving food, use only clean dishes and utensils. Do not leave food out for more than 2 hours. If the gathering will be long, heat only what you will need for each time period. For picnics, or any time a refrigerator is not available, make sure coolers are well stocked with ice and kept in the shade, if possible. Party foods should be held at 140 degrees F (60 degrees C), but not for more than 2 hours.

### Leftovers

Use shallow containers for storing leftovers so that air will circulate well around the food. When reheating foods, make sure they reach a temperature of at least 165 degrees F (74 degrees C). Sauces should be brought to a rolling boil.

excerpt courtesy of Texas A&M AgriLife Publication "Enjoy Poultry Meat Safely" by Michael A. Davis