

EXPECT MOORE TODAY

TEXAS AGRILIFE EXTENSION MONTHLY NEWSLETTER

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PREPARE FOR UNPREDICTABLE SPRING WEATHER

Spring is the time of year when many things change—including the weather. Temperatures can swing back and forth between balmy and frigid. Sunny days may be followed by a week of stormy weather. Sometimes extreme weather changes can occur even within the same day. Mark Twain once said, “In the spring I have counted one hundred and thirty-six kinds of weather inside of four and twenty hours.”

Thunderstorms cause most of the severe spring weather. They can bring lightning, tornadoes and flooding. Whenever warm, moist air collides with cool, dry air, thunderstorms can occur. For much of the world, this happens in spring and summer.

Because spring weather is so unpredictable, you may be unprepared when severe weather hits—

particularly if you live in a region that does not often experience thunderstorms, tornadoes or flooding. And when severe weather hits unexpectedly, the risk of injury and death increases. So planning ahead makes sense; prepare for storms, floods, and tornadoes as if you know in advance they are coming, because in the spring, they very likely will.

Advance planning for thunderstorms, lightning, tornadoes and floods requires specific safety precautions. Still, you can follow many of the same steps for all extreme weather events. You should have on hand:

- A battery operated flashlight, a battery-operated NOAA Weather Radio, and extra batteries for both
- An emergency

evacuation plan, including a map of your home, and for every type of severe weather emergency, routes to safety from each room.

- A list of important personal information, including:
 - telephone numbers of neighbors, family and friends
 - insurance and property information
 - telephone numbers of utility companies
 - medical information
- A first aid kit including
 - prescription medication
 - hydrogen peroxide
 - antibiotic ointment
 - over-the counter medicines such as aspirin and diarrhea medicine
 - bandages and dressings for injuries
- A 3-5 day supply of bottled water and non-perishable food

SPECIAL POINTS OF INTEREST:

- Show family members where the emergency supplies are stored, and make sure they know how to turn off the water, gas, and electricity in your home.
- some fish and shellfish contain higher levels of mercury that may harm an unborn baby or young child's developing nervous system.
- There are children in the community who face hunger issues. A new program is aiming to help ease the worries of these students and their families.

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Happy



St. Patty's Day!

- Personal hygiene items
- Blankets or sleeping bags
- An emergency kit in your car

Prepare your family members for the possibility of severe weather.

Tell them where to seek appropriate shelter as soon as they are aware of an approaching storm.

Practice your emergency

plan for every type of severe weather. Show family members where the emergency supplies are stored, and make sure they know how to turn off the water, gas, and electricity in your home.

Unfortunately, few of us get much advance notice of a severe weather event. Often by the time we are

aware of an approaching storm, we have little if any time to prepare for it. But we do know that when spring arrives, thunderstorms, tornadoes, and floods are real possibilities. So why not take the surprise factor out of severe weather and prepare yourself, your family, and your home for severe weather? Of

course, you may not have to deal with extreme weather this spring, but if thunderstorms, tornadoes and floods do occur, you'll be ready for them.

courtesy of cdc.gov/features/springweather

WHAT YOU NEED TO KNOW ABOUT MERCURY IN FISH & SHELLFISH FOR PREGNANT WOMEN

Fish and shellfish are an important part of a healthy diet. Fish and shellfish contain high-quality protein and other essential nutrients, are low in saturated fat, and contain omega-3 fatty acids. A well-balanced diet that includes a variety of fish and shellfish can contribute to heart health and children's proper growth and development. So, women and young children in particular should include fish or shellfish in their diets due to the many nutritional benefits.

However, nearly all fish and shellfish contain traces of mercury. For most people, the risk from mercury by eating fish and shellfish is not a health concern. Yet, some fish and shellfish contain higher levels of mercury that may harm an unborn

baby or young child's developing nervous system. The risks from mercury in fish and shellfish depend on the amount of fish and shellfish eaten and the levels of mercury in the fish and shellfish. Therefore, the Food and Drug Administration (FDA) and the Environmental Protection Agency (EPA) are advising women who may become pregnant, pregnant women, nursing mothers, and young children to avoid some types of fish and eat fish and shellfish that are lower in mercury.

By following these 3 recommendations for selecting and eating fish or shellfish, women and young children will receive the benefits of eating fish and shellfish and be confident that they have reduced their expo-

sure to the harmful effects of mercury.

1. Do not eat

- o Shark
- o Swordfish
- o King Mackerel
- o Tilefish

They contain high levels of mercury.

2. Eat up to 12 ounces (2 average meals) a week of a variety of fish and shellfish that are lower in mercury.

- o Five of the most commonly eaten fish that are low in mercury are shrimp, canned light tuna, salmon, pollock, and catfish.
- o Another commonly eaten fish, albacore ("white") tuna has more mercury than canned light tuna. So, when choosing your two meals of fish and

shellfish, you may eat up to 6 ounces (one average meal) of albacore tuna per week.

3. Check local advisories about the safety of fish caught by family and friends in your local lakes, rivers, and coastal areas.

If no advice is available, eat up to 6 ounces (one average meal) per week of fish you catch from local waters, but don't consume any other fish during that week.

Follow these same recommendations when feeding fish and shellfish to your young child, but serve smaller portions.

Source:
<http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm110591.htm>



EXTENSION & 4-H VOLUNTEER FOR MARCH: TIFFANY LEWIS

Tiffany Lewis has been instrumental in beginning the rabbit project in Moore County. The purpose of bringing the rabbits into the stock show this year was twofold; allow the Clover Kid age 4-H'ers an opportunity to participate in the Moore County Junior Livestock

show and to allow a broader range of youth to experience a livestock project but on a smaller scale. She has been a key volunteer who has recruited parents to help with 4-H projects and activities. She is a stock show mom to the core

and is passionate about helping others. Her son and daughter raise and show sheep, goats, and rabbits; traveling to stock shows all over the state. While she is helping feed animals, raise her children, and organizing the rabbit project,

she is also a coach's wife. Her community spirit and volunteerism pales in comparison to her devotion to her family, whom her world revolves around. She is a blessing to have in the Moore County 4-H programs and activities.

Kid's CRAFT Night
 Friday, March 22, 2013 ~ 6 to 9 p.m.
 Community Building, Beside Demon Stadium 16th and Maddox

Moore County

Headbands
 Pillowcases
 Tie Dye Shirts
 Duct Tape Crafts
 Washer Necklaces
 Finger Crochet Scarves
 Leather Work
 Jack Sparrow Bandana Headbands
 Twist Necklaces
 Wood Burning
 Shrinky Dink Necklaces
 Flip Flop holders

\$10 per person
 Ages 4 & UP

...and so much more!

Moore County 4-H Parent Leaders will be offering a community service craft event for children ages 4 and up of Moore County. This event gives our area youth the opportunity to participate in the joy of crafting. This one night program will offer approximately twenty craft booths from which youth can choose several projects. The goal is to expose youth to activities that can provide enrichment to their quality of life and skills to last a lifetime.

The event will be held at the Moore County Community Building on Friday, March 22, 2013 from 6:00—9:00 p.m. Cost will be \$10.00 per person

We are still needing volunteers to help with the craft booths, if you are interested in helping, please contact Sue Owens at the Extension Office.

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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AGRILIFE
EXTENSION

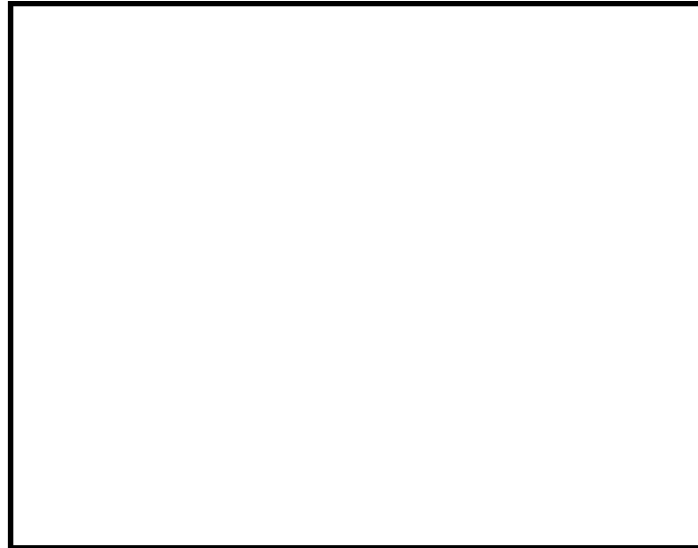
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Educational programs of Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin.

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

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March Recipe

Grilled Cheddar Cheese Sandwich

Ingredients:

- 4 tbsp unsalted butter, at room temperature
- 1/4 cup mayonnaise
- 1/2 tsp smoked paprika
- Salt and freshly ground black pepper
- 8 slices sourdough bread
- 2 tbsp cream cheese, at room temperature
- 1 cup shredded cheddar

Directions:

1. Preheat a skillet over medium heat. Mix butter, mayo and smoked paprika in a small bowl until well combined. Sprinkle with salt and pepper.
2. Lightly butter one side of each of the bread slices with the mayo mixture. Add the cream cheese to the remaining mayo mixture and mix well to combine. Spread some of the

cream cheese mixture on the other side of each of the bread slices.

3. Distribute the Cheddar on the cream cheese-side of the 4 bread slices. Place the remaining 4 bread slices on top. Place the sandwiches in the skillet and cook until golden on the bottom, about 3 minutes. Flip the sandwiches and place a heavy-bottomed skillet on top of the sandwiches and cook until golden brown and the cheese is melted, about 4 minutes.

courtesy of foodnetwork.com

Snack Pak 4Kids

Imagine being a school student who dreads the weekend. Imagine trying to hoard food or wonder when and where your next meal will come.

There are children in the community who face hunger issues. A new program is aiming to help ease the worries of these students and their families by providing snack packs to bridge the gap between school lunch on Friday and school breakfast on Monday.

Through the program, qualifying students are provided a snack package each week to help them have something to eat on the weekend. There are several items included in a Snack Pak 4kids package and the items provided will help the children make it the 66 hours between school lunch on Friday and school breakfast on Monday.

Dumas ISD has 70 percent of

students on free-reduced meals.

The district is currently working to identify which students qualify for the Snack Pak 4Kids program and the goal is to launch the program prior to spring.

The cost for such a program is \$135 per child per school year. Individuals, clubs, organizations, churches, businesses and others may make donations and/or volunteer their time.

If you are interested in learning more about the local Snack Pak 4Kids effort contact the Dumas ISD Central Office at 935-6461. You may also visit www.snackpak4kids.org to learn about the program in general.

excerpt from and to read the full article, please see the February 3 edition of The Moore County News Press

