



Family and Consumer Sciences News and Information

From the Editor

Inside this issue:

What you should know about Zika	2
Evacuation "Grab and Go" Box	3
Home Canning Class	4
Spring Cleaning Check Sheet	5
Corn and Summer Vegetable Sauté	6

I hope spring has found everyone in good health and a renewed spirit. Personally I have enjoyed working in the garden and getting the flower beds in shape. However I have been putting off the spring cleaning. In this issue I provided you a simple spring cleaning check-sheet. This is a good way to deep clean your house however it's a good idea to spread the list over several week-ends.

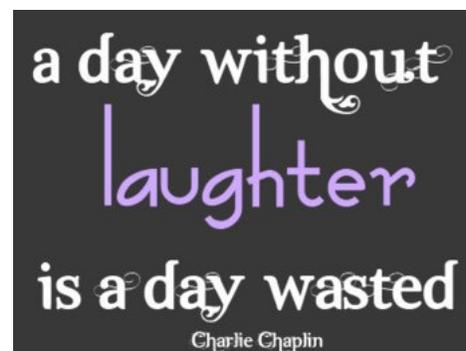
I'm sure we are all enjoying the warmer weather however we know that tornados and server weather will coming. I have included information about an evacuation box.

I enjoying canning and even if you never have come to the workshop and learn what is all about.

I wish everyone a happy and safe spring and summer!

I also wanted to let everyone know about a workshop I will be having this summer. I'm having a canning class. Where you will learn the proper and the safe way to preserve and water bath can food.

With the change of seasons comes more bugs. I have included some information about the Zika virus it has been on the news for several months and continues to be a hot topic.



Spring Cleaning is Based on Practices from Generations Ago

A 2000 Smithsonian exhibit on the history of housecleaning included this diary entry from a housewife in 1864: "Swept and dusted sitting-room & kitchen 350 times. Filled lamps 362 times. Swept and dusted chamber & stairs 40 times." Drudgery journals, such as this one of women's rights activist Lydia Maria Child, detail housekeeping rituals and shed light for historians on why the biggest housecleaning of the year traditionally happened in spring. Because homes used to be lit with whale oil or kerosene and heated with wood or coal, the winter months left a layer of soot and grime in every room. With the arrival of spring, women would throw open windows and doors, and take rugs and bedding outside and beat dust out of them and start scrubbing floors and windows until sparkling. "In most climates, you can't clean very effectively in the middle of the winter," says Barbara Clark Smith, curator at the Smithsonian's National Museum of American History. "Warmer weather made it possible to get the house really clean." In many homes, men would get turned out of the house while women completed the week-long spring chores. "The house would literally be emptied out," says Susan Strasser, history professor at University of Delaware, who wrote the book "Never Done: A History of American Housework." Families today have less time to clean, and standards may have slipped. But spring is often a catalyst to undertake chores that aren't part of the weekly laundry-vacuuming-dusting routine. "I think the tradition has carried on because life really does seem to open up in the spring with the lengthening of days and warmth," says Strasser. "Our bodies respond to the change in seasons."

Source: Washington Post, 3/25/2010

WHAT YOU SHOULD KNOW ABOUT ZIKA

As the Zika virus captures headlines as a global health emergency, with its possible link to birth defects and a rare autoimmune disorder, it's an opportune time to review the facts. Texas A&M experts explain the virus, track its spread and put fears in context.

Q: What is the Zika virus?

A: A member of the Flavivirus family, the Zika virus is an emerging mosquito-borne virus that was first identified in the Zika forest of Uganda in 1947. Until very recently, it was confined to Africa with occasional small outbreaks in Asia. It slowly spread east, with cases on Easter Island off the coast of South America confirmed in 2014 and the first cases in Brazil in May 2015, and it has spread further throughout South and Central America since then. Although usually a mild illness, the virus can be dangerous to pregnant women and their unborn children.

Q: How do you get Zika?

A: Like a number of other diseases such as dengue and chikungunya, which are also spread by mosquitoes, the Zika virus is spread through the bite of the *Aedes aegypti* and *Aedes albopictus* species of mosquitoes. Mosquitoes become infected when they bite a human who has the virus, and are then capable of spreading the virus to other susceptible humans. These mosquito vectors are abundant in many urban environments of Texas and elsewhere and are active during the day and night, increasing the period that humans are at risk of exposure. Between 20 and 25 percent of those persons who become infected will develop symptoms. It's been shown that the virus can be spread through sexual transmission from human to human, but that mode of transmission remains rare.

Q: What are the symptoms?

A: Common symptoms of Zika include fever, skin rash, red eyes and joint pain. Some patients report muscle pain, general malaise, headache and vomiting. Symptoms typically last between two and seven days. Complications are rare, but some cases require hospitalization for supportive care.

Q: Who is at risk?

A: Everyone who hasn't had the virus is potentially at risk. For pregnant women, contracting the virus represents a risk to her unborn baby. Though a definitive link has yet to be proven, Zika virus appears to be associated with miscarriages and microcephaly, a birth defect in which the infant has an unusually small head and abnormal brain development. For everyone else, the biggest potential complication is Guillain-Barré syndrome, in which the immune system attacks the body's own nerve cells, causing problems with muscle coordination and breathing. It can be fatal in rare cases, especially in situations without high-quality intensive care.

Q: Is there a treatment?

A: No, other than making the patient more comfortable with symptomatic treatment, there is no specific cure or treatment for Zika. There is also no cure for Guillain-Barré syndrome, although supportive measures in the intensive care unit can typically keep patients alive long enough to recover.

Q: How can the virus be prevented? How can I protect myself?

A: There is no vaccine for the virus yet, so all preventive measures should be focused on preventing mosquito bites. This means eliminating standing water and other mosquito breeding sites, as well as using mosquito screens in windows and using [appropriate insect repellents](#) when outdoors. Men who might be infected should use condoms to avoid infecting their sexual partners.

Q: How is Zika diagnosed? Are there tests available?

A: The U.S. Food and Drug Administration (FDA) approved a test that is available to laboratories certified by the U.S. Centers for Disease Control and Prevention (CDC). The test looks for the antibodies that Zika causes the body to make, but it's not 100 percent accurate. A positive test could mean the person was infected with a similar virus, and a negative test doesn't necessarily mean the person didn't have Zika—just that the antibody levels were too low for the test to detect.

Q: Will we see Zika in the United States?

A: For Zika to spread widely, two things are necessary: The *Aedes* mosquito and appropriate conditions in communities. Crowded tropical areas without air conditioning or window screens are prime opportunities for spread of the virus, while screened-in spaces and air conditioning common in the United States helps to block virus transmission by reducing contact between mosquitos and humans. We are already seeing transmission of Zika within U.S. territories like Puerto Rico and American Samoa, and health officials say it is very likely to spread further, but widespread transmission like we are seeing in tropical countries is unlikely in the continental United States.

For More Information: <https://vitalrecord.tamhsc.edu/zika360/>

Source: Christina Sumners; <http://vitalrecord.tamhsc.edu/fast-facts-what-you-need-to-know-about-the-zika-virus/>

Evacuation “Grab and Go” Box

With the change of seasons comes chances for severe weather and possible tornadoes in the panhandle. Are you prepared for a possible tornado? Does your family have an emergency plan or an evacuation “to-go” box ready for an emergency? If you answered no to these questions the lists below will help you and your family prepare for unexpected.

“Grab and Go” Box should include:

- Cash or traveler’s checks for several days living expenses.
 - Rolls of quarters
 - Emergency phone numbers:
 - Doctors, pharmacies
 - Financial advisors
 - Clergy
 - Repair contractors
 - Family
 - Copies of important prescriptions:
 - Medicines
 - Eyeglasses
 - Copies of children’s immunization records
 - Copies of health, dental, and/or prescriptions insurance cards or numbers
 - Copies of auto, flood, renter’s or homeowner’s insurance policies (at least policy numbers)
 - Insurance company telephone numbers, including local agent and company headquarters
 - Copies of : Deeds, titles, wills and /or trust documents, durable power of attorney, healthcare directives, stock and bond certificates, recent investment statements, home inventory, birth, death, adoption, and marriage certificates, passports and other identity documents, employee-benefit documents, first two pages of previous year’s federal and state income tax returns.
 - Back-up copies of computerized financial records
 - Keys to safe deposit box
 - Combination to safe
 - Negatives for irreplaceable personal photos
 - Computer user name and passwords
 - List of number: Social security, Bank accounts, loan, credit card, driver’s license, investment accounts
 - List of debt obligations, due dates, and contact information
 - Water - one gallon per person (3-day supply for evacuation)
 - Food—non-perishable, easy to prepare items (3 day supply for evacuation)
 - Flashlight
 - Battery-powered or hand-crank radio
 - Extra batteries
 - First Aid Kit
 - Medications (7-day supply)
 - Multipurpose tool
 - Sanitation and personal hygiene items
 - Cell phone with charges
 - Family and emergency contact information
 - Emergency blanket
 - Maps of the area
- Other items that might be needed to meet the needs of your family
- Medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, cane)
 - Baby supplies (bottles, formula, baby food, diapers)
 - Games and activates for children
 - Pet Supplies (collar, leash, ID, food, carrier, bowl)
 - Two-way radios
 - Extra set of car keys and house keys
 - Manual can opener



Steps to Creating Your “Grab and Go” Box

Step 1

Place paper in sealed, waterproof plastic bags. Store in a durable, sealed box. (A portable, fireproof and waterproof box or waterproof back pack is recommended.)

Step 2

Store box/backpack at home in a secure, easily accessible location.

Step 3

If you must evacuate: Grab box and take with you, keep the box with you at all times, don’t leave box unattended in your car.

TEXAS A&M
AGRILIFE
EXTENSION

Home Canning

Learn the Art of Home Canning

July 18th 1:30pm Pressure Canning

July 19th 8:30am Water Bath Canning

\$30 per person includes handouts, hands on instruction, recipes,
2 jars of food to take home and a copy of

So Easy to Preserve Handbook
Register by July 11, 2016 by calling 806-826-5243
Class size is limited.

Date: July 18-19

Cost: \$30

For More Information Contact:

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Spring Cleaning Checklist

Kitchen

- ◇ Dust Refrigerator Coils
- ◇ Deep Clean Dishwasher
- ◇ Wash Windows
- ◇ Clean blinds/wash curtains
- ◇ Throw away expired food and organize pantry items
- ◇ Wipe down the outside of all cabinets
- ◇ Clean stove
- ◇ Clean behind/under appliances
- ◇ Clean out refrigerator and/or freezer

Bathroom

- ◇ Discard expired cosmetics and beauty products
- ◇ Update first Aid-Kit
- ◇ Wash toothbrush holder
- ◇ Wash Children's bath toys
- ◇ Clean windows
- ◇ Clean blinds/Wash curtains
- ◇ Wash shower curtains/bath mats
- ◇ Clean base boards

Living Room/Bedrooms/Office

- ◇ Clean curtains, Windows and Dust Blinds
- ◇ Wash Windows
- ◇ Clean under Beds
- ◇ Clean baseboards
- ◇ Rotate bed and change out blankets
- ◇ Clean pillows
- ◇ Pack away winter clothes
- ◇ Replace batteries in remotes
- ◇ Organize entertainment center/shelves
- ◇ Clean Computer
- ◇ Organizes Computer Files and Paper files

Outdoors

- ◇ Clean porch ceilings and walls
- ◇ Scrub decks, patios, driveways and walkways
- ◇ Wash outdoor furniture
- ◇ Inspect light fixtures
- ◇ Clean windows
- ◇ Clean out gutters
- ◇ Begin gardening plans

Laundry Room

- ◇ Clean washing machine
- ◇ Clean behind the washer and dryer
- ◇ Clean/vacuum dryer vent
- ◇ Change batteries in smoke detectors
- ◇ Replace blown bulbs

Closets

- ◇ Change out clothing (winter for summer)
- ◇ Donate apparel you no longer use
- ◇ Sell/Donate apparel that children have outgrown or no longer wear

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Improving Lives, Improving Texas

Family and Consumer Sciences News and Information is an information resource for Wheeler County area families. Readers are encouraged to read the newsletter and then pass it on. Any information may be reproduced for education purposes in any form and credit cited appropriately.

Wendy Hazzard
County Extension Agent
Family & Consumer Sciences



Corn and Summer Vegetable Sauté

Ingredients

- 1 tablespoon canola oil
- 1/2 cup chopped green onions (about 4)
- 1 garlic clove, minced
- 1 cup sliced fresh okra (about 4 ounces)
- 1 cup chopped red bell pepper (about 1)
- 1 finely chopped seeded jalapeño pepper
- 1 cup fresh corn kernels (about 2 ears)
- 1 (15-ounce) can black beans, rinsed and drained
- 1/3 cup minced fresh cilantro
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper

Directions

Heat oil in a large nonstick skillet over medium-high heat. Add onions and garlic; sauté 1 minute. Add okra; sauté 3 minutes. Reduce heat to medium. Add bell pepper and jalapeño; cook 5 minutes. Add corn; cook 5 minutes. Stir in beans; cook 2 minutes. Stir in cilantro; sprinkle with salt and black pepper.

Source: *Cooking Light*