

TARRANT COUNTY

NEWS & INFORMATION



March 2015



www.tarrantcounty.com

Severe Weather Awareness Begins At KnoWhat2Do

Springtime ushers in the best and the worst of weather conditions in Texas. Along with the days of idyllic temperatures, Tarrant County also gets brief periods of hair-raising storm systems that can bring flooding, hail, lightning, tornadoes or all the above at the same time. When treacherous weather hits, it's critical that citizens KnoWhat2Do!

The www.KnoWhat2Do.com website is a one-stop on-line shop that outlines hazardous weather safety tips and storm spotter training information so that people can be active participants in their own safety and of those around them.

The KnoWhat2Do disaster preparedness program helps people put together a personal severe-weather response plan. Through three simple steps, Think, Prepare and Act, the program details the strategy for avoiding flooded roads and outlines steps for home evacuation drills. Emergency shelter information is also provided, as well as cleanup resources and checklists for emergency kits.

Each Tarrant County community has its own severe weather warning system. Local emergency management offices can provide details on the types of warnings available in their area and how each system may be used.

The KnoWhat2Do website provides lifesaving measures that can be followed in a severe-weather crisis. For example, it recommends the purchase of weather radios which are credited with saving thousands of lives by providing alerts and information on severe weather occurring in specific areas.

By checking out www.KnoWhat2Do.com, Tarrant County residents can review all the scenarios Mother Nature is likely to unleash, and find the solutions that work best for their own circumstances and locations.

Protect yourself and your family during severe weather season. Your safety and survival depend on whether you KnoWhat2Do. Learn more at www.KnoWhat2Do.com. Think. Prepare. Act.



KnoWhat2Do
Think. Prepare. Act.

Master Wellness Volunteer Training Program Offered

The Texas A&M Agrilife Extension Service in Tarrant County will offer its Master Wellness Volunteer training program beginning Tuesday, April 6. The goal of this program is to provide local communities with the education and tools needed for healthy living.

Training classes will be conducted from 9 a.m. to 3 p.m. on April 6, 13, 20, 27 and May 4 at the Extension office in the Tarrant County Plaza Building at 200 Taylor Street in downtown Fort Worth. There is a \$20 fee and lunch will not be provided.

The program consists of 40 hours of in-depth training, including courses in physical activity, nutrition, food safety and food demonstrations, child health, educational programming and more. In return, the volunteers will agree to give back 40 hours of service, including teaching basic nutrition and health classes, conducting or assisting with food demonstrations and distributing information at health fairs and other venues.

The program is ideal for organizations and individuals interested in giving back to their communities and work places by educating about and promoting health and nutrition.

Applicants should register before March 20. For more information, or to obtain the application, contact Tanica Bell, FCS Administrative Assistant, at 817-884-1294, or by e-mail at tbell@ag.tamu.edu.

March is Texas SmartScape Month Making Your Yard Work for You!

Spring-like weather is beginning to spread across North Texas and as the warmer weather creeps up on us, it's time to step outdoors and embrace the green world that's been hibernating all winter. Are you wondering how you can use what you've got to make your yard and flower beds beautiful? The idea behind SmartScaping is to use native plants, native landscaping techniques and what you may already have at home to bring your yard and gardens to their full potential.

Here are some helpful tips that will help make your yard work for you:

- Composting is a great way to boost the mineral content of the soil, and it can also be used to mulch and protect your plants from late frosts. For nutrient rich compost, rake up leaves left on your yard, compost them with scrape fruits/vegetables and shredded paper and you're ready to go. Or composted leaves, alone, may even be left directly on the lawn to add nutrient value as they continue to break down.
- This year, add some native plants to your landscape. Did you know native plants are less likely to be effected by Texas weather changes, local diseases and pests? This will cut down on watering and the need to use chemicals to protect your landscaping.
- Try to avoid using pesticides and fertilizers. First, consider using eco-friendly organic alternatives instead of potentially harmful chemical products. If you must use chemicals, try to utilize them in a way that keeps all chemical products out of the waterways and drainage easements. This will prevent harmful storm water contamination.

If you practice SmartScaping techniques, you can create a beautiful landscape and save money at the same time. If you would like more information on how you can utilize SmartScaping techniques, please visit the Texas SmartScape webpage: <http://www.txsmartscape.com/>.

Free Stop-Smoking Program Available

Smoking and nicotine use is a dangerous habit for your health. Fortunately, as a Tarrant County resident you have a FREE resource that can help you quit for good.

Freedom From Smoking® is a four-week program that you can complete online. The program does not begin with quitting. It takes you through several lessons first, ensuring that solid information about preparing to quit is given before your Quit Day. It can be accessed day or night, seven days-a-week, on any schedule you choose. For more information, please contact 1-844-XSMOKER or smokefree@tarrantcounty.com.