The Declaration Of Independence

When in the course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the earth, the separate and equal station to which the laws of nature and of nature’s god entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation.

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their creator with certain unalienable rights, that among these are life, liberty, and the pursuit of happiness—that to secure these rights, governments are instituted among men, deriving their just powers from the consent of the governed, that whenever any form of government becomes destructive of these ends, it is the right of the people to alter or to abolish it, and to institute new government, laying its foundation on such principles, and organizing its powers in such form, as to them shall seem most likely to effect their safety and happiness. Prudence, indeed, will dictate that governments long established should not be changed for light and transient causes; and accordingly all experience hath shown, that mankind are more disposed to suffer, while evils are sufferable, than to right themselves by abolishing the forms to which they are accustomed. But when a long train of abuses and usurpations, pursuing invariably the same object, evinces a design to reduce them under absolute despotism, it is their right, it is their duty, to throw off such government, and to provide new guards for their future security, such has been the patient sufferance of these colonies; and such is now the necessity which constrains them to alter their former systems of government. The history of the present King of great-Britain is a history of repeated injuries and usurpation, all having in direct object the establishment of an absolute Tyranny over these state. To prove this, let facts be submitted to a candid world.

He has refused his assent to laws, the most wholesome and necessary for the public good. He has forbidden his governors to pass laws of immediate and pressing importance, unless suspended in their operation till his assent should be obtained; and when so suspended, he has utterly neglected to attend to them.

He has refused to pass other laws of the accommodation of large districts of people, unless those people would relinquish the right of representation in the legislature, a right inestimable to them, and formidable to Tyrants only.

He has called together legislative bodies at places unusual, uncomfortable, and distant from the depository of their public records, for the sole purpose of fatiguing them into compliance with his measures.

He has dissolved representative houses repeatedly, for opposing with manly firmness his invasions on the right of the people.

He has refused for a long time, after such dissolutions, to cause others to be elected; whereby the legislative powers, incapable of annihilation, have returned to the people at large for their exercise; the state remaining in the mean time exposed to all the dangers of invasion from without, and convulsions within.

He has endeavored to prevent the population of these states; for that purpose obstructing the laws for naturalization of foreigners; refusing to pass others to encourage their migrations hither, and raising the conditions of new appropriations of lands.
He has obstructed the Administration Of Justice, by refusing his assent to laws for establishing judiciary powers.

He has made Judges dependent on his will alone, for the tenure of their offices, and the amount and payment of their salaries.

He has erected a multitude of new offices, and sent hither Swarms of offices to harass our people, and eat out their substance.

He has kept among us, in times of peace, standing armies, without the consent of our legislatures.

He has affected to render the military independent of and superior to the civil power.

He has combined with others to subject us to a jurisdiction by our laws; giving his assent to their acts of pretended legislation:

For quartering large bodies of armed troops among us:

For protecting them, by a mock trial, from punishment for any murders which they should commit on the inhabitants of these

...ile:

For cutting our trade with all parts of the world.

For imposing taxes on us without our consent:

For depriving us, in many cases, of the benefits of trial by jury:

For transporting us beyond seas to be tried for pretended offences;

For abolishing the free system of English laws in a neighboring province, establishing therein an arbitrary government, and enlarging its boundaries, so as to render it at once example and fit instrument for introducing the same absolute rule into these colonies:

For taking away our charters, abolishing our most valuable laws, and altering fundamentally the forms of our government:

For suspending our own legislatures, and declaring themselves invested with power to legislate for us out of his protection and waging war against us.

He has, at this time, transporting large armies of foreign mercenaries to complete the works of death, desolation, and tyranny, already begun with circumstances of cruelty and perfidy, scarcely paralleled I the most barbarous ages, and totally unworthy to the head of civilized nation.

He has constrained our fellow citizens taken captive on the high seas to bear arms against their country, to become the executioners of their friends and Brethren, or to fall themselves by their hands.

He has excited domestic insurrections among us, and has endeavored to bring on the inhabitants of our frontiers, the merciless Indian savage, whose known rule of warfare, is an undistinguished destruction of all ages, sexes, and conditions.

In every stage of these oppressions we have petitioned for redress in the most humble terms: Our repeated petitions have been answered only by repeated injury. A prince, whose character is thus marked by every act which may define a Tyrant, is unfit to be the ruler of a free people.

Nor have we been wanting in attention to out British Brethren. We have warned them from time to time of attempts by their legislature to extend an unwarrantable jurisdiction over us. We have reminded them of the circumstances of our immigration and settlement here. We have appealed to their native justice and magnanimity, and we have conjured them by the ties of our common kindred to disavow these usurpations, which, would inevitably interrupt our connections and correspondence. They too have been deaf to the voice of justice and of consanguinity. We must, therefore, acquiesce in the necessity, which denounces our separation, and hold them, as we hold the rest of mankind, enemies in war, in peace, and friends.

We therefore, the representatives of the United States Of America, in general congress, assembled, appealing to the supreme judge of the world for the rectitude of our intentions. In the name and by authority of the good people of these colonies, solemnly publish and declare, that these United Colonies are, and of right ought to be free and independent states. That they are absolved from all allegiance to the British Crown, and that all political connections between them and the state of great-Britain, is and ought to be totally dissolved; and that as free and independent states, they have full power to levy war, conclude peace, contract alliances, establish commerce, and to do all other acts and things which independent state may of right to.—And for the support of this declaration, with a firm reliance on the protection of divine providence, we mutually pledge to each other our lives, our fortunes, and our sacred Honor.

"The Declaration of Independence ……[is the] declaratory charter of our rights, and of the rights of man."

———Thomas Jefferson, 1819
The summer heat!!!

The smell of hamburgers on the grill mmmm! The sound of fireworks can only mean one thing it’s fourth of July. With warm weather and family events, the Fourth of July can be a fun time with great memories. But before your family celebrates, make sure everyone knows about fireworks safety.

If not handled properly, fireworks can cause burn and eye injuries in kids and adults. In 2003, six deaths were linked to fireworks and hospital emergency departments treated 9,300 fireworks injuries.

The best way to protect your family is not to use any fireworks at home—period. Attend public fireworks displays, and leave the lighting to the professionals.

Lighting fireworks at home isn’t even legal in many areas, so if you still want to use them, be sure to check with your local police department first. If they’re legal where you live, keep these safety tips in mind:

- Kids should never play with fireworks. Things like firecrackers, rockets, and sparklers are just too dangerous. If you give kids sparklers, make sure they keep them outside and away from the face, clothing, and hair. Sparklers can reach 1,800˚ Fahrenheit (982˚ Celsius) — hot enough to melt gold.
- Buy only legal fireworks (legal fireworks have a label with the manufacturer’s name and directions; illegal fireworks usually go by the names M-80, M100, blockbuster, or quarterpounder. These explosives were banned in 1966, but still account for many fireworks injuries.)
- Never try to make your own fireworks.
- Always use fireworks outside and have a bucket of water and a hose nearby in case of accidents.
- Stay clear of others—fireworks have been known to backfire or shoot off in the wrong direction. Never throw or point fireworks at someone, even in jest.
- Don’t hold fireworks in your hand or have any part of your body over them while lighting. Wear some sort of eye protection, and avoid carrying fireworks in your pocket— the friction could set them off.
- Point fireworks away from homes, and keep away from brush and leaves and flammable substances.
- The National Fire Protection Association estimates that local fire departments respond to more than 50,000 fires caused by fireworks each year.
- Light one firework at a time (not in glass or metal containers), and never relight a dud.
- Don’t allow kids to pick up pieces of fireworks after an event. Some may still be ignited and can explode at any time.
- Soak all fireworks in a bucket of water before throwing them in the trash can.
- Think about your pet. Animals have sensitive ears and can be extremely frightened or stressed on the Fourth of July. Keep pets indoors to reduce the risk that they’ll run loose or get injured.

If a child is injured by fireworks, immediately go to a doctor or hospital. If an eye injury occurs, don’t allow your child to touch or rub it, as this may cause even more damage. Also, don’t flush the eye out with water or attempt to put any ointment on it. Instead, cut out the bottom of a paper cup, place it around the eye, and immediately seek medical attention—your child’s eyesight may depend on it. If it’s a burn, remove clothing from the burned area and run cool, not cold, water over the burn (do not use ice). Call your doctor immediately.

Fireworks are meant to be enjoyed, but you’ll enjoy them much more knowing your family is safe. Take extra precaution this Fourth of July and your holiday will be a blast!!!!

Source:
http://kidshealth.org/parent/firstaid_safe/outdoor/fireworks.html
North Plains Groundwater Conservation District


North Plains Groundwater Conservation District is a regional governing body with jurisdiction over groundwater. The district was created by a petition of the people and authorized by the Texas Legislature in 1955.

The Texas AgriLife Extension Office was happy to participate in the Water Festival. The program teaches 4th grade students about water resources and their role in protecting and preserving those resources for the future, several school districts engage in fun, hands-on activities and learning experiences.

Thank you North Plains Groundwater Conservation District for allowing us to be a part of this successful program.

If you have any requests to be published in the Expect Moore Today Newsletter, please let the Texas AgriLife Extension Service, Moore County Office know.

Sincerely,

Sue Owens-
Moore County Extension Agent-
Family And Consumer Sciences
Picnics, barbecues, and potlucks are wonderful ways to celebrate Spring and Summer holidays, but whatever your plans, take care to prepare and transport food safely. Whether your picnic is an elaborate affair for a few dozen friends and relatives or a simple cook-out for a few, a little planning will help prevent food borne illnesses so common during the summer months.

Bacteria begin to multiply between 40°F and 140°F, so it’s important to keep it either cold or hot right up to the moment of cooking and/or serving. To make cleanup easier, take garbage bags, paper towels and damp washcloths in plastic bags.

The following safety tips have been gleaned from various Extension Service publications. Have a safe and happy cookout season!

Transporting Food:

Make sure your cooler will keep foods at 40°F, or plan foods that are less perishable, such as luncheon meats, cheese, peanut butter, etc… Keep drinks in a separate cooler, since it will be opened more often.

Plan ahead; try to take only what will be eaten so you won’t have to worry about leftovers.

Don’t partially precook meat or poultry before transporting; if it must be precooked, cook until done then chill before packing in the cooler.

Pack condiments in small containers rather than the hot car trunk, and keep it in the shade at your destination; replenish ice often.

If you cool food ahead of time, chill thoroughly before putting it in the cooler. If you take hot food, wrap the dish in aluminum foil and towels to keep it above 140°F; if it’s a long trip it may be best not to take a hot dish.

Take-out foods like fried chicken or barbecue should be eaten within 2 hours of purchase or thoroughly chilled before adding to the cooler and transporting.

Safe Grilling:

Be sure all utensils, plates, and cooking surfaces are clean, and your hands are washed well before handling food.

Take only as much food out of the cooler as you’re going to cook right then.

When meat is cooked, transfer to a clean plate or platter-- never place cooked meat on a platter which held raw meat.

The USDA recommends fully cooking meats to ensure bacteria is destroyed. To be sure bacteria is destroyed, hamburgers and ribs should be cooked to 160°F and poultry to 165°F and poultry parts to 180°F. Reheat pre-cooked meats until steaming hot.

Never reuse marinades that have come in contact with raw meat, chicken or fish, and don’t put cooked food back into an unwashed container or the dish that contained the marinade.

Source:
http://southernfood.about.com/cs/bbqgrillrecipes/a/cookout_safety.htm
Comprehending all the different cuts of beef can be a little confusing. For example, did you know that a strip steak, New York strip, Kansas City steak, club steak, shell steak, and top loin steak all come from the same section of beef? Who wouldn't be confused with such jargon?

Beef is muscle tissue. The first thing that must be understood is that frequently used muscles are tougher and generally require long, slow, moist heat cooking methods to loosen their connective tissue, while lesser used muscles are tender and need dry heat methods. Moist heat cooking methods for beef include braising, boiling and stewing. Dry heat methods include sautéing, grilling, roasting, and broiling.

The chuck, brisket, round and shank are the most exercised muscles and hence, the toughest. A pot roast can be made from chuck with braising, (cooking the meat in a small amount of liquid for an extended period of time). Chuck is also useful for stew meat, making stock, and ground beef. Your average hamburger is mostly ground chuck.

The brisket is home to corned and barbequed beef. The infamous corned beef and cabbage is made from boiling the meat. Pot roast can also be done with brisket, again by braising.

The round includes the top round, bottom round, heel round, eye round, and rump roast. Sometimes, ground beef is made from the round as well. Although all round cuts are tough, the top round is the tenderest, relatively speaking. Because of this, it can be roasted. London broil comes from the top round and can be grilled. All of the others however, do best made into roasts with moist heat methods. One exception is your deli roast beef. Because it is sliced thin, producers can get away with roasting, (dry Heat), the bottom or eye round which are cheaper than the top round. Notice that making a “roast” does not necessarily mean that the meat will be roasted. At the risk of belaboring the point for clarification, roasts such as pot roasts from tough cuts, require braising. Roasts made from more tender meat are made by actually roasting.

The shank is definitely best when braised as in the classic dish buco. It can also be used for stews and stocks.
The ribs, short loin, and sirloin render the most delicate cuts of beef. Broiling, grilling, sautéing and roasting reign supreme here. Ribeye steaks (without the bone) and rib roasts, naturally, come from the rib. The sirloin provides a variety of sirloin steaks differing on where in the sirloin they are cut from. Sirloin can also be ground and mixed with ground chuck for primo hamburgers. Finally, the crème de la crème of beef: the short loin. Picture a porterhouse or T-bone steak. The larger side is referred to by all the names at the top of the article: top loin, strip, New York strip, shell steak, etc. The smaller side is the tenderloin or filet mignon. The porterhouse and the T-bone are the same except that the porterhouse is cut from the larger end of the short loin and thus provides more of the filet mignon. Both the top loin and the tenderloin can be cut into individual steaks, or larger roasts. In the case of the top loin, the steaks may or may not be attached to the bone. The tenderloin is always boneless except when part of a porterhouse or T-bone steak.

This article for beef cuts has been approved by Moore County Extension Agriculture Agent Marcel Fischbacher Jr.

Source:
http://www.seekingsources.com/cuts-of_beef.htm
The recent wildfires have had a very profound and real affect on families we know and others we have read about. Not only have the fires disrupted the lives of family units and individuals, but they also left their mark on the land, animals, and personal property.

With these circumstances fresh on everyone’s mind, we felt it was in the best interest of our clientele to provide resources that help families deal with the recovery process. This information addresses issues pertaining to food, replacing personal documents and securing reliable contractors.

There are many resources available on the internet pertaining to disaster recovery. One recommended site that Texas AgriLife Extension Service contributes and sponsors is the EDEN (Extension Disaster Education Network) website located at: http://texashelp.tamu.edu/. It covers a variety of disaster situations including fires. If you or someone you know has personally experienced the recent fires, I hope you will share this resource with them. Also, the Potter County office of AgriLife Extension Service has a publication entitled, "After a Disaster," that we would be happy to share with you. Just give us a call at (806) 373-0713, and we can mail you a copy.

**Getting Rid Of Spoiled Odors In A Refrigerator Or Freezer**

After removing the spoiled food items, below are recommended treatments for eliminating odors from your refrigerator or freezer:

- Use a solution of 1 tablespoon baking soda mixed with a quart of water or 1 cup of vinegar diluted in a gallon of tap water
- If after drying the odor persists, use activated charcoal (this charcoal is extra dry and absorbs odors) available at drug and pet supply stores.

To use activated charcoal:
1. Unplug the refrigerator or freezer.
2. Leave charcoal in pans or on paper in the bottom of the refrigerator or freezer for several days.
3. If the odor is not gone, put in new charcoal.
4. Once the odor is gone, rinse and dry the inside of the refrigerator or freezer.
5. Turn on the freezer or refrigerator.

Caution: If the odor gets into the appliance’s insulation, contact the manufacturer for suggestions. In some instances, nothing can be done to get rid of the odor.

Source: Clemson University Extension Food Safety Program

**Food That has Been In A Fire**

During a fire, food might be exposed to any one or all three of the following factors: heat, smoke and/or chemicals used to put out the fire.

- Heat can activate high-temperature food spoilage bacteria in commercial or home canned food. With home canned items, the food can become unsealed with the heat and reseal again when the air temperature drops. Smoke and chemicals can both release toxic fumes that contaminate food, tableware, and cookware. Discard food:
  - stored in permeable packaging such as cardboard, plastic wrap, home-canned food, and screw top jars,
  - raw items stored outside the refrigerator,
  - if there was a power failure that caused the refrigerator temperature to exceed 40°F,
  - if the freezer rose above 0°F,
  - or any commercially-canned goods which smell or look spoiled.

Source: Oregon State University Extension Service

**Importance Of Meal Time During Crises**

When families experience a disaster, it is important to eat together whenever possible. In addition to serving as an opportunity to come together, it also helps re-establish routines that are familiar to families.

Eating together has been proven to provide more nutritious meals and generally saves money. This is also a good time for communicating with family members. Communication is an important element in reintroducing stability for the family members.

Source: Oregon State University Extension Service
Grilled Beef Ribs

**Ingredients**

- 3 to 4 Pounds beef back ribs
- 1 Teaspoon salt
- 1 Teaspoon black pepper
- 1 Large onion, finely chopped
- ½ Cup honey
- ½ Cup ketchup
- 1 4 ounce can diced green chilies
- 1 Tablespoon chili powder
- 1 Clove garlic, minced
- ½ Teaspoon dry mustard

**Preparation method:**

1. Trim fat from ribs. For rub, stir together the salt and black pepper. Sprinkle mixture evenly onto both of the ribs; rub into surface.
2. In a grill with a cover, arrange preheated coals around a drip pan. Test for medium heat above the pan.
3. Place the ribs on the grill rack directly over the drip pan. Cover and grill for 1 to 1¼ hours or until the ribs are tender. Add more coals as needed.
4. Meanwhile, for sauce, in a small saucepan, stir together the onion, honey, ketchup, chili peppers, chili powder, garlic, and dry mustard. Cook and stir over low heat for 10 minutes.
5. About 10 minutes before the ribs are finished grilling, brush sauce generously over ribs. Continue grilling until glazed. Serve with remaining sauce.

Source: http://mantestedrecipes.com

Grilled Stuffed Mushrooms

**Ingredients:**

- 24 Large button mushrooms, or 36 smaller ones
- 2 Cups seasoned bread crumbs
- ½ Cup cooked crabmeat, chopped
- ¼ Cup water
- 2 Tablespoons finely chopped onions
- 2 Teaspoons finely chopped celery
- ½ Teaspoon minced garlic
- 2 Tablespoons vegetable oil
- 1 Large egg, lightly beaten
- ½ Teaspoon salt
- ½ Teaspoon black pepper

Sauté the onion, garlic, and celery in a large sauté pan. Cook until the vegetables are softened. Add the water, bread crumbs, crabmeat, eggs, salt and pepper to the pan and fold the filling together. If it seems too thick, add a bit more water.

Clean the mushrooms and remove the stems. To remove the stems, grasp them firmly and twist out of the caps. That will leave a depression in the mushroom cap for the filling.

Fill the mushrooms so they’re heaping full of the stuffing mix. Don’t pack it down too tightly. Coat the mushrooms with a bit of oil.

**Grilling Crab Stuffed Mushrooms**

These need to be cooked in a covered grill. An open indoor grill work if it has a lid. They’re best cooked in a gas or charcoal grill outdoors. Cook for 15 to 20 minutes over medium heat. When done the filling will be firm and hot, and the mushrooms tender.

Make grilled stuffed mushrooms whenever the mood for something extra-special strikes. They’re great as a snack, an appetizer, or could even be served as a main course.

Source: http://www.grilled-vegetable-recipes.com/grilled-stuffed-mushrooms..
It is finally summer time and the sun is hotter than ever so if you find yourself spending the day in the sun without sunscreen on here are some tips on how to bear through the pain and heal faster.

**Noxzema:** Yes the face wash slather it all over yourself it takes the sting out and cools the skin.

**Solarcaine spray:** This is a spray with aloe in it and it feels so cool when going on. This also helps with moisturizing to minimize peeling. You can buy this at any drugstore.

**Aloe:** The trick is to keep it in the fridge this gets it all nice and cold and the relief last twice as long!

**Apple cider:** Apply apple cider vinegar to the burn with a cotton ball, or make a cooling compress for a large area to relieve the pain. Keep the skin moistened. This remedy will prevent blistering and peeling.

**Aspirin:** Aspirin kills the pain and reduces inflammation and redness of sunburn. It short-circuits the whole sunburn process. It must be taken within 24 hours of getting sunburned. Aspirin is preferable to ibuprofen or acetaminophen because it is less stressful on the liver and kidneys.

**Baking soda:** Dissolve some baking soda in water and make a compress using a clean clothe. Another remedy is to add ½ cup of baking soda to a tepid bath and soak. Instead of drying the affected area with a towel, let it air dry. Baking soda is cooling and will help the skin retain moisture.

**Shower:** Take a warm shower to draw out the heat of your sunburn. The warm water will increase circulation to the area while hydrating it, thereby speeding the healing process.

**Tea:** Make some tea, cool, and apply to the burn. While any tea will work, mint tea, such as peppermint or spearmint is especially good. The teas have tannins that help the healing process.