Volume 5, Issue 3

PANHANDLE PATH TO HEALTHY LIVING

The dark days of winter are almost behind us - at least when it comes to the time on the clock.

Daylight saving time, the day when we move clocks ahead 1 hour, is set for **Sunday, March 14 at 2 a.m.** For most people, that means it will be time to "spring forward" on the clock 1 hour before going to bed on Saturday, March 13.

The change means where will be more daylight in the afternoon hours.

The origins of daylight saving time, or DST, dates back to 1784 when Benjamin Franklin wrote a letter to a Paris newspaper proposing a tax on those whose windows were closed after sunrise. .The letter was meant to be satirical but the idea of moving the clock to lessen the dependence on energy sources – in Franklin's case candles – began.

DST was officially instituted during World War I when Germany put the plan in place in an effort to conserve fuel. Europe came on board soon after, followed by the U.S. in 1918. The practice was abandoned after the way but started again in 1942 by President Franklin Roosevelt in an effort to conserve resources during World War II. The practice wasn't made permanent in the U.S. until 1973, when President Richard Nixon signed the Emergency Daylight Saving Time Energy Conservation Act.

In 2005, President George W. Bush signed the Energy Policy Act, establishing the current schedule. Clocks are set ahead one hour on the second Sunday in March and back again the first Sunday in November.

This year, daylight saving time ends on Sunday, Nov. 7. It will start again on Sunday, March 13 in 2022.

Like the Texas A&M AgriLife Extension Service - Randall County FCH page for more educational information and upcoming programs.

Kelli Rehman

Physics Explains Why Time Passes Faster As You Age

Mind time cannot be measured on a watch

The brain's complexity changes our sense of time. From Adrian Bejan.

Read when you have spare time.

Mind time and clock time are two totally different things. They flow at varying rates.

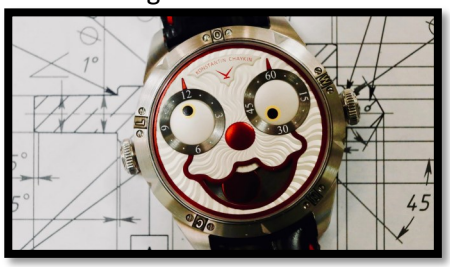
The chronological passage of the hours, days, and years on clocks and calendars is a steady, measurable phenomenon. Yet our perception of time shifts constantly, depending on the activities we're engaged in, our age, and even how much rest we get. A paper in the journal European Review by Duke University mechanical engineering professor Adrian Bejan, explains the physics behind changing senses of time and reveals why the years seem to fly by the older we get.

Bejan is obsessed with flow and, basically, believes physics principles can explain everything. He has written extensively about how the principles of flow in physics dictate and explain the movement of abstract concepts, like economics. Last year, he won the Franklin Institute's Benjamin Franklin Medal for "his pioneering interdisciplinary contributions…and for constructal theory, which predicts natural design and its evolution in engineering, scientific, and social systems."

In his paper, he examines the mechanics of the human mind and how these relate to our understanding of time, providing a physical explanation for our changing mental perception as we age.

The Mind's Eye

According to Bejan—who reviewed previous studies in a range of fields on time, vision, cognition, and mental processing to reach his conclusion—time as we experience it represents perceived changes in mental stimuli. It's related to what we see. As physcal mental-image processing time and the rapidity of images we take in changes, so does our perception of time. And in some sense, each of us has our own "mind time" unrelated to the passing of hours, days, and years on clocks and calendars, which is affected by the amount of rest we get and other factors.



Bejan is the first person to look at time's passage through this particular lens, he tells Quartz, but his conclusions rest on findings by other scientists who have studied physical and mental process related to the passage of time. These changes in stimuli give us a sense of time's passage. He writes:

> The present is different from the past because the mental viewing has changed, not because somebody's clock rings. The "clock time" that unites all the live flow systems, animate and inanimate, is measurable. The day-night period lasts 24 hours on all watches, wall clocks and bell towers. Yet, physical time is not mind time. The time that you perceive is not the same as the time perceived by another.

Time is happening in the mind's eye. It is related to the number of mental images the brain encounters and organizes and the state of our brains as we age. When we get older, the rate at which changes in mental images are perceived decreases because of several transforming physical features, including vision, brain complexity, and later in life, degradation of the pathways that transmit information. And this shift in image processing leads to the sense of time speeding up.

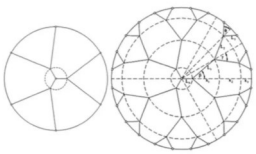


Figure 3. The length of the flow path increases as the body size and complexity increase.[9]

This effect is related to saccadic eye movement. Saccades are unconscious, jerk-like eye movements that occur a few times a second. In between saccades, your eyes fixate and the brain processes the visual information it has received. All of this happens unconsciousl**A Lifetime to Measure By**

Bejan became interested in this topic more than a half century ago. As a young athlete on a prestigious Romanian basketball team, **he noticed that time slowed down when he was rested and that this enabled him to perform better.** Not only that, he could predict team performance in a game based on the time of day it was scheduled. He tells Quartz:

> Early games, at 11 a.m., were poor, a killer; afternoon and evening games
>
> were much better. At 11 AM we were sleepwalking, never mind what each of us did during the night. It became so clear to me that I knew at the start of the season, when the schedule was announced, which games will be bad. Games away, after long trips and bad sleep were poor, home games were better, for the same reason. In addition, I had a great coach who preached constantly that the first duty of the player is to sleep regularly and well, and to live clean.

Now he's experienced how "mind time" changes over the much longer span of his whole life. "During the past 20 years I noticed how my time is slipping away, faster and faster, and how I am complaining that I have less and less time," he says. It's a sentiment he hears echoed by many around him.

Still, he notes, we're not entirely prisoners of time. The clocks will continue to tick strictly, days will go by on the calendar, and the years will seem to fly by ever faster. By following his basketball coach's advice—**sleeping well and living clean—Bejan says we can alter our perceptions. This, in some sense, slows down mind time.**

y, without any effort on your part. In human infants, those fixation periods are shorter than in adults.

There's an inversely proportional relationship between stimuli processing and the sense of time speeding by, Bejan says.

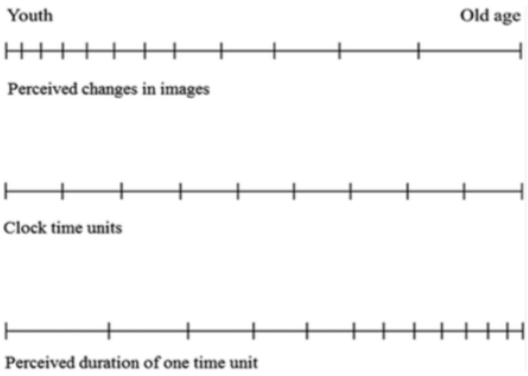
So, when you are young and experiencing lots of new stimuli—everything is new—time actually seems to be passing more slowly. As you get older, the production of mental images slows, giving the sense that time passes more rapidly.

Fatigue also influences saccades, creating overlaps and pauses in these eye movements that lead to crossed signals. The tired brain can't transfer the information effectively when it's simultaneously trying to see and make sense of the visual information. It's designed to do these things separately.

This is what leads to athletes' poor performance when exhausted. Their processing powers get muddled and their sense of timing is off. They can't see or respond rapidly to new situations.

Another factor in time's perceived passage is how the brain develops. As the brain and body grow more complex and there are more neural connections, the pathways that information travels are increasingly complicated. They branch like a tree and this change in processing influences our experience of time, according to Bejan.

Finally, brain degradation as we age influences perception. Studies of saccadic eye movements in elderly people show longer latency periods, for example. The time in which the brain processes the visual information gets longer, which makes it more difficult for the elderly to solve complex problems. They "see" more slowly but feel time passing faster, Bejan argues.



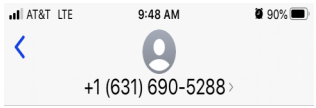
https://sitn.hms.harvard.edu/flash/2019/no-not-just-time-speeds-get-older/

Figure 1. The misalignment between perceived time and clock time during lifetime.

Gone Phishing

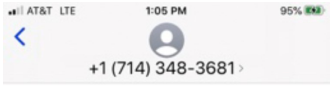
Phishing is the fraudulent attempt to obtain sensitive information or data, such as usernames, passwords and credit card details or other sensitive details, by impersonating oneself as a trustworthy entity in a digital communication.

Below are two phishing texts I received just this last week. Beware, they can be almost believable!



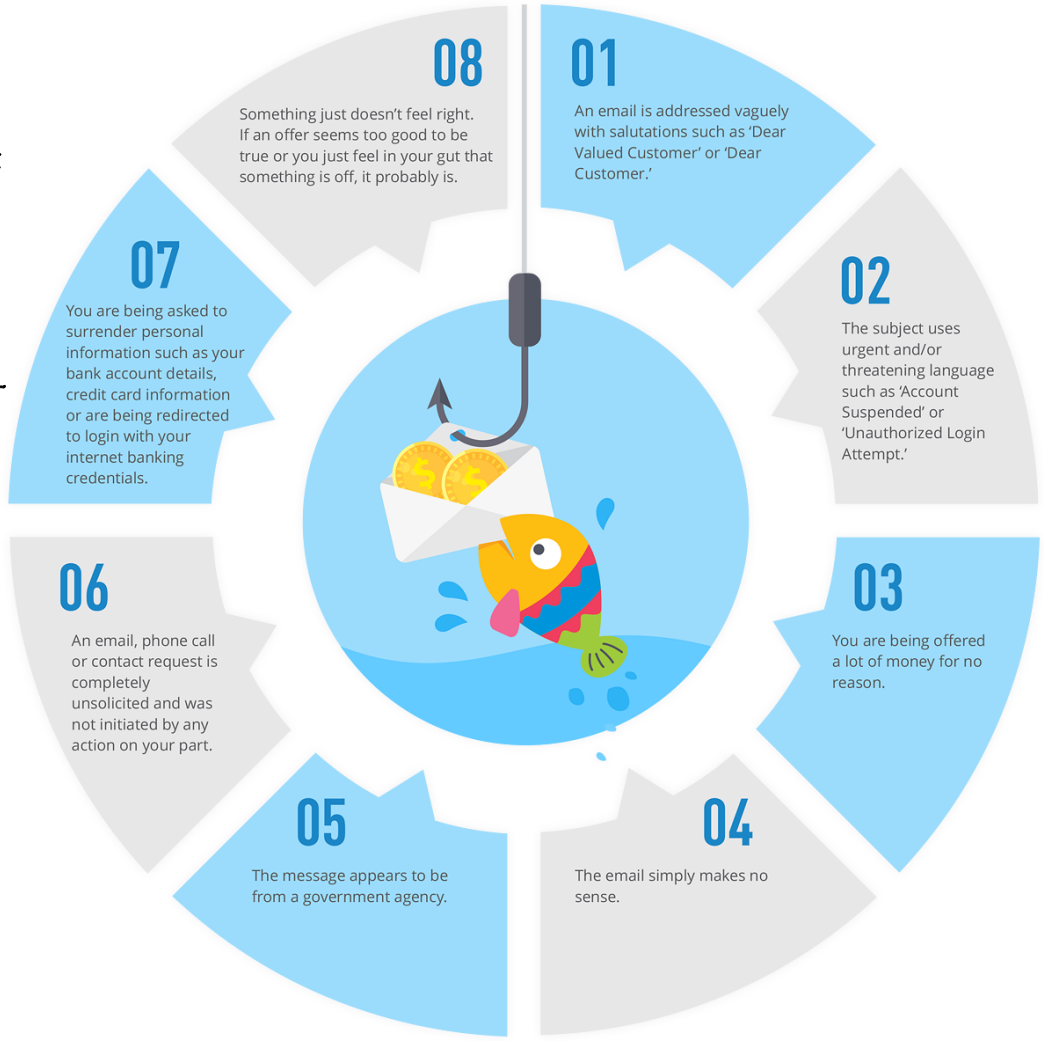
Text Message
Today 9:44 AM

DMV Sent You A New Notice. Read Now - kp04l.com/tLaD2K9wEy



Text Message
Today 12:26 PM

Kelli, this is Kevin of USPS, we tried to deliver your package today but it is returned back to us. Please contact us here ASAP fz15o.com/e9w-DpmpOiT



Don't Get Hooked!

3 rules to avoid phishing cybersecurity attacks

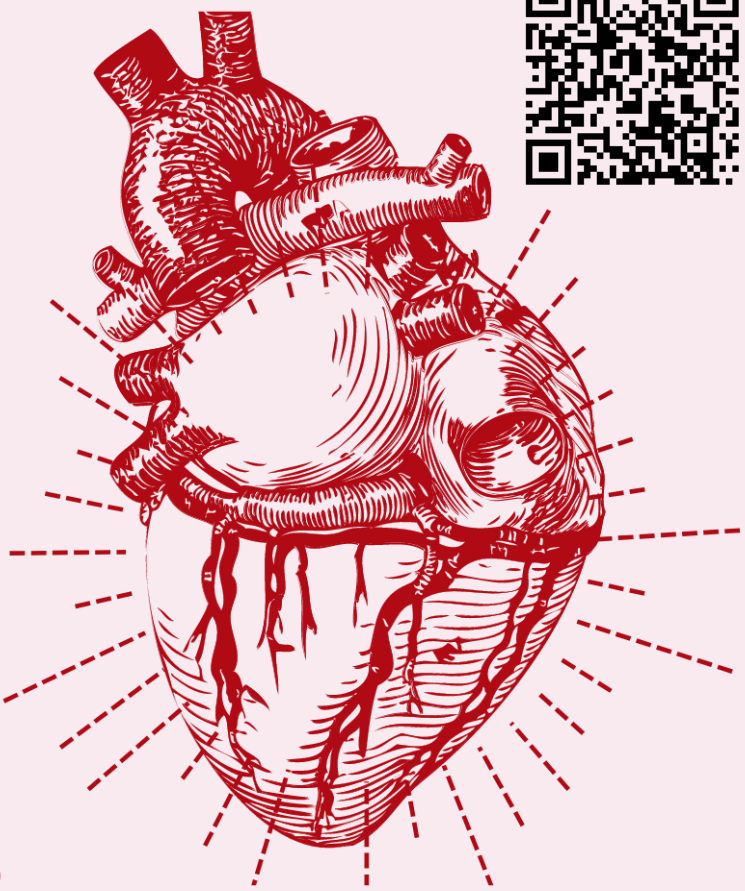
1. Stop and think before clicking any links or attachments.
2. If things look "phishy," verify with the sender through a different medium.
3. "When in doubt, throw it out." You are the last line of defense.

AGH CPAs & ADVISORS

Scan QR Code to listen

new season, new episode!

Heart Health: the basics



AVAILABLE ON APPLE PODCASTS & SPOTIFY.

BETTER LIVING FOR TEXANS
TEXAS A&M AGRILIFE EXTENSION

What's in Season for March?

Just like the changing landscape outdoors, the Fresh produce aisle is also showing changes in that, there is more greens like **Broccoli, Brussel Sprouts, Spring Onions** along with **Fresh mint and green peas** hinting at the gradual change in season. The strawberries have begun to roll in too, what better way to say Spring than with the arrival of **strawberries and citrusy fruits?**

VEGETABLES	FRUITS
Broccoli	Avocado
Brussel Sprouts	Clementine
Carrots	Orange
Cauliflower	Grapefruit
Peas	Lemon
Mint	Pear
Radish	Pomegranate
Spring Onion	Strawberries

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

Path to Randall County

Try these fresh ideas!

Don't hide your fresh-smelling fabric softener sheets in your laundry room. They're not just for laundry day—put 'em to work all around your home. You won't believe how versatile they can be

- Keep a sheet in your dresser drawer or garbage can to make the air smell oh-so-sweet.
- Rub a sheet over your clothes or furniture to attract loose dog and cat hairs like a magnet. Rub a sheet on the bristles of your hairbrush or smooth one directly over your hair. Electric flyways will settle down, and your hair will look shiny and smooth.
- You can scrub and scrub, but sometimes baked-on food just won't budge from your pots and pans. Put a dryer sheet in the bottom of the pan and fill it with hot water. Let it soak overnight, and the next morning the gunk will wash right off. *(one of my favorites!)*
- Just thread a sheet through your belt loop, or stick one under your hat, and the bugs will stop buggin' you.

Money $mart Mobile Learning Series

COMING TO YOUR PHONE
MONDAY'S IN MARCH

FREE
Self-Paced
Series

SAVINGS & EMERGENCY FUND

How to Keep Track of Your Money so that it's there when you need it.

BANKING SERVICES

Consumer awareness & how to use banking services effectively.

CREDIT

How Your Credit History Affects Your Credit Future

Scan QR Code to Register

MARCH
1, 8, 15, 22, 29

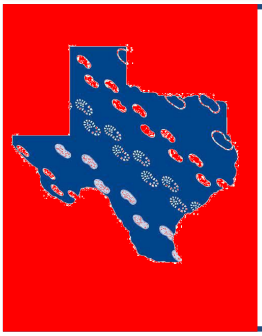
Join us at 12 o'clock noon April 6, 13, 20, & 27 for different aging-related topics and provides facts and resources to include in your conversations with loved ones.

The information will help families to begin or continue conversations about aging.

Texas Talks Aging...
Tuesday's in April

Contact the Randall County Extension office to reserve your spot for the Texas Talks highlights 806.468.5543

Listen in from smart device or call in on phone.



Walk Across Texas! is a health and wellness program designed to encourage Texans to establish the habit of regular physical activity. Each team participating in the Walk Across Texas! challenge may have up to eight members — all working together to reach the goal of walking the 832 miles that represent the distance between the farthermost points of the state. Receive weekly educational emails

For registration information for the April—May WAT event contact the extension office.

Winter Storm Damage?

THERE ARE 146 TEXAS COUNTIES NOT CURRENTLY DECLARED A DISASTER.

The Texas Division of Emergency Management (TDEM) is providing Federal Emergency Management Agency (FEMA) with additional damage totals so they can make a determination to provide assistance to individuals in these counties as well.

Please report your damages to TDEM.Texas.gov/warm.

TDEM
THE TEXAS A&M UNIVERSITY SYSTEM

REPORT DISASTER DAMAGES
tdem.texas.gov/warm

Listening to the citizens of Texas

Identify Strengths and Needs & Understand Issues Facing Texas Communities

QUICK, ONLINE, ANONYMOUS SURVEY

We want to engage as many Texas citizens as possible to create the most accurate and helpful data to support Texas communities at both the state and local levels. Identifying relevant issues is fundamental to the program change model of Texas A&M AgriLife Extension Service

RESULTS

provided to local stakeholders, state agencies, and decision markers.

Texas A&M AgriLife Extension

TEXAS SPEAKS

Scan the QR code to provide your input!!!

TEXAS A&M AGRILIFE EXTENSION

Panhandle Path to Healthy Living is a Family and Community Health information resource for area families in the Texas Panhandle Counties. The newsletter is published monthly. 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.

Kelli D. Lehman

Texas A&M AgriLife Extension Service – Randall County, Panhandle District 1

County Extension Agent –

Family & Community Health

http://randall.agrilife.org/

806.468.5543

TEXAS A&M AGRILIFE EXTENSION SERVICE
Randall County
Herbert F. & Jeanine Kuhlmann Extension Center
200 N. Brown Road
Canyon, Texas 79015

Postage

Return Service Requested

Path to Plate…….Beef and Broccoli Stir Fry

Ingredients

1/3 cup water

2 tbsp low sodium soy sauce

1 tbsp low sodium, reduced chicken broth

2 tsp cornstarch

1 lb. beef round steak cut into strips

1 cup broccoli florets

1 red bell pepper cut into thin strips

1/2 medium onion sliced

1 cup sliced mushrooms

1 (8 oz.) can water chestnuts drained

Vegetable oil cooking spray

Instructions

Wash your hands and clean your preparation area.

Mix the water and the corn starch together, stirring to break up clumps.

Add chicken broth and soy sauce to cornstarch mixture and set aside. Pre-heat large skillet, and lightly coat the skillet with vegetable oil spray.

Add the beef strips to the skillet and stir-fry for about 4 to 5 minutes

Remove meat from pan and set aside and keep warm.

Add the broccoli flowerets and stir-fry 2 for 3 minutes. If using fresh garlic, add it to the skillet, stir-fry for 1 minute.

Add red bell pepper and stir-fry for 2 minutes.

Add onion and stir fry for 1 minute followed by the addition of mushrooms and water chestnuts and stir -fry for an additional 1 minute.

Return the meat to the skillet and stir in corn starch mixture.

Cook and stir about 2 to 3 minutes until mixture is heated and sauce is thickened.

Cook's Note: In place of the beef you may use chicken breast, pork or tofu. You may also use other vegetables such as yellow squash, zucchini, celery or cauliflower. If you want to reduce sodium, omit soy sauce from sauce mixture.

Makes 6 servings.

Scan QR Code to view recipe demonstration video .

Nutrition Facts

Serving Size (390g)
Servings Per Container 4

Amount Per Serving	
Calories 280	Calories from Fat 100
	% Daily Value*
Total Fat 11g	17%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 570mg	24%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 33g	

Vitamin A 20% • Vitamin C 230%
Calcium 10% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4