

# PANHANDLE PATH TO HEALTHY LIVING

## Aim for a Healthy Heart



TEXAS A&M  
**AGRI LIFE**  
EXTENSION

February 2021

### What is heart disease?

The term “heart disease” refers to several types of heart conditions. The most common type of heart disease in the United States is coronary artery disease (CAD), which affects the blood flow to the heart. Decreased blood flow can cause a heart attack.

### What are the symptoms of heart disease?

Sometimes heart disease may be “silent” and not diagnosed until a person experiences signs or symptoms of a heart attack, heart failure, or an arrhythmia. When these events happen, symptoms may include

Heart attack: Chest pain or discomfort, upper back or neck pain, indigestion, heartburn, nausea or vomiting, extreme fatigue, upper body discomfort, dizziness, and shortness of breath.

Arrhythmia: Fluttering feelings in the chest (palpitations).

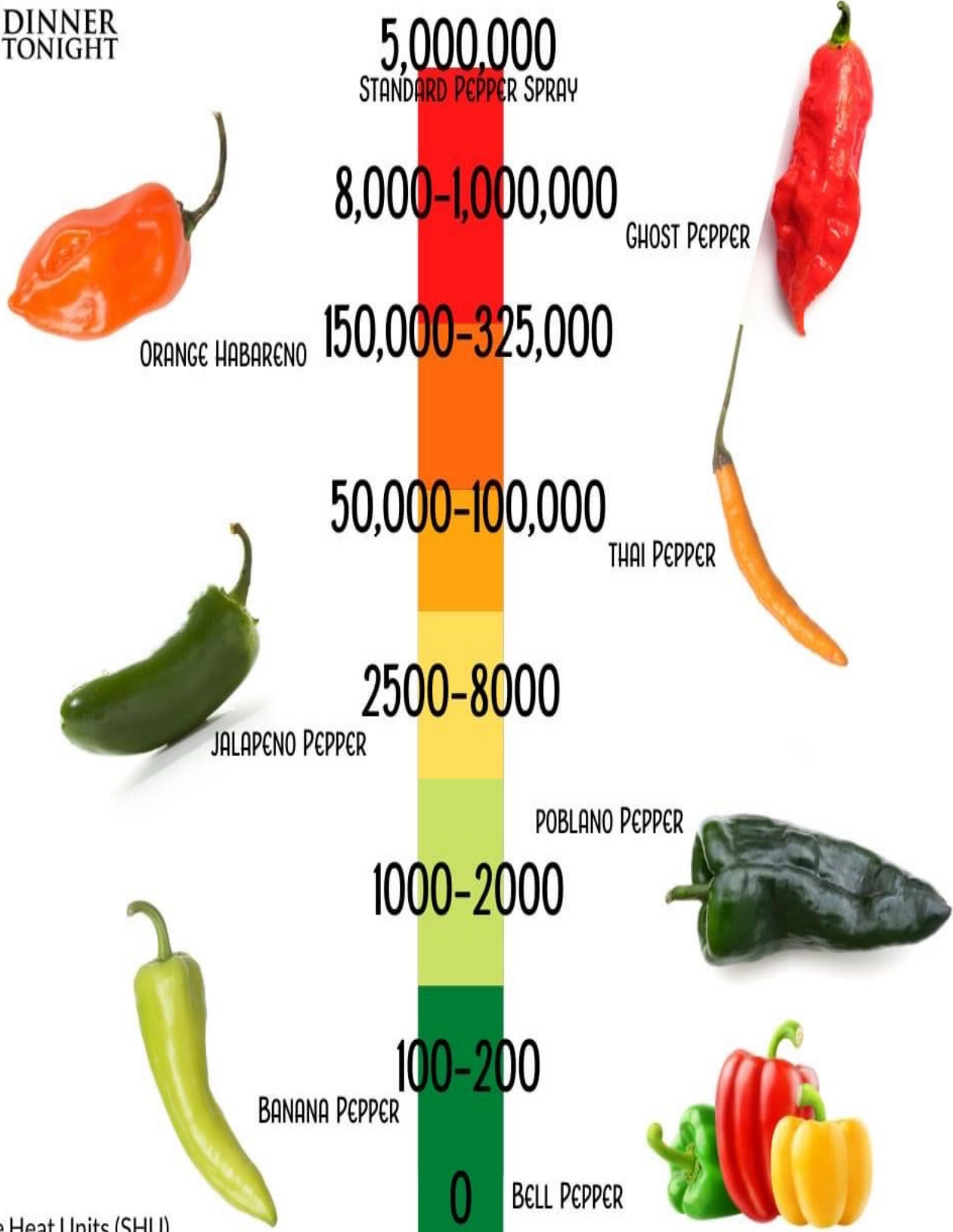
Heart failure: Shortness of breath, fatigue, or swelling of the feet, ankles, legs, abdomen, or neck veins.



**Like the Texas A&M AgriLife Extension Service - Randall County FCH page for a virtual Heart Health Fair.**

*Kelli Rehman*

# CAN YOU TAKE THE HEAT?



Scoville Heat Units (SHU)

# ALERRT

## Training set for February

The ALERRT Center at Texas State University was created as a partnership between Texas State University, the San Marcos (TX) Police Department, and the Hays County (TX) Sheriff's Office to address the need for active shooter response training for first responders. In 2013, ALERRT was named the National Standard in Active Shooter Response Training by the FBI. Programs are funded by the Department of Justice. ALLERRT has trained more than 50,000 officers, nationwide, using more than \$30 million in state and federal grant money, according to the center.

Presenters are Sam Stock and Cayce Williams of Texas State University and Advanced Law Enforcement Rapid Response Training (ALERRT)® Civilian Response to Active Shooter Events (CRASE). They will educate child care employees about active shooter events with emphasis on child care facilities and the need to have an emergency plan in place.

## Early Childhood Educator Training Program

2021 MONTHLY Virtual Mini-Conference Series



### SAVE THE DATES

January 30th

July 10th

February 20th

August 7th

March 27th

September 18th

April 17th

October 9th

May 15th

November 13th

June 26th

December 4th

TIME: 9AM-12PM Central via Microsoft Teams

COST: \$25 each

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.

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## 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



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SAVE TIME AND MONEY

# HEALTHY SHOPPING TIPS

make life easier by planning

## BUILD YOUR SHOPPING LIST AS YOU GO.

Keep an ongoing list of foods you need on your refrigerator or on a free mobile app and add items as you run out. Some mobile apps allow you to sync grocery lists with others in your household.

## THINK ABOUT YOUR SCHEDULE.

Choose meals you can easily prepare when you're short on time. Save ones that take longer for days off or when family members are free to help.

## MAKE A GROCERY LIST.

Organize your grocery list by store section or food groups to make shopping quick and easy.

## SEE WHAT YOU ALREADY HAVE.

Look in your freezer, cabinets, and refrigerator. You can save money by using these items in the upcoming week's meals..

## PLAN TO USE LEFTOVERS.

Think about making larger recipes with enough servings for another meal. On busy days, just heat and serve.

## BUY A COMBINATION OF FRESH, FROZEN, AND NON-PERISHABLE ITEMS.

Plan for a mix of fresh, frozen, and shelf-stable foods in your meals. Eat your fresh food first so they don't go bad. Stock your freezer and pantry with items you can eat later.

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BETTER LIVING FOR TEXANS  
TEXAS A&M AGRILIFE EXTENSION



**Food safety tip: Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator; use or discard refrigerated leftovers within three or four days.**

# Smitten with Bernie's Mittens...Upcycle Your Own Pair



Mittens. They're now an iconic accessory in the "grumpy chic" meme of the senator sitting with his arms crossed in a puffy jacket and blue mask during the inauguration. Across social media in the last few weeks, Sanders has been photoshopped paired with funny captions, then cut and pasted into different iterations.

Make your own mitten out of repurposed wool sweaters! You'll still achieve the look of a hand-knitted mitten.

If you are after extra-

warm mittens, go for shrunken knitwear—sweaters that have been machine-washed in hot water make for a warmer, denser mitten.

**LINING**—Line with a flannel fleece (made from recycled plastic bottles) or recycled knit will keep wool from being directly against your skin. Also it's an extra layer.

Take a piece of paper and lay your hand on it. Trace around it in a mitten shape, leaving a good 1-2 inches to allow for the seam. Cut out and pin the paper to your lining fabric.

Cut two of those for each hand and sew them together. Be sure to leave an opening unsewn, 3-4 1/2 inches on one side. If you leave a gap in your lining you will be able to turn the whole mitten through this hole, thus hiding all your stitching. Sew up the gap and push the lining into the woolen mitten.

**OUTER LAYER**—Next, repeat the process, but with the wool. Trace around your hand while wearing the lining layer, to make sure the mitten is bigger. Then, sew the outer layers of each hand together.

**STITCH THE LAYERS TOGETHER**—Now that you have your lining layers and your outer layers, it is time to sew them together. Do this by placing the left-hand glove

inside the left-hand lining, so that the mitten is inside-out. Repeat for the right hand.

Then sew the inner and outer layers of each side together being careful not to sew it shut. Recommend using whip stitch and thick cotton to sew the two layers together at the cuff.



**WHAT IS WORSTED WEIGHT YARN?** In North America, yarns are often referred to by their descriptive names, like a "worsted yarn" instead of a "number four yarn." Under this system, worsted yarn is considered a medium weight number four yarn with a knitting gauge of 16-20 stitches for every four inches of knitting.

FYI—There are eight weights of yarn, zero being like dental floss, seven being the width of your thumb. Worsted is number four.

| Yarn Weight      | Yarn Category                   | Needle Sizes                 | Ideal Projects                          |
|------------------|---------------------------------|------------------------------|-----------------------------------------|
| 0<br>Lace        | Lace<br>Fingering 10 Count      | 000-1 (US)<br>1.5 - 2.25 mm  | Baby Clothes, Socks, & Lace             |
| 1<br>Superfine   | Baby<br>Sock<br>Fingering       | 1 - 3 (US)<br>2.25 - 3.25 mm | Baby Clothes, Socks, & Lace             |
| 2<br>Fine        | Baby<br>Sport                   | 3 - 5 (US)<br>3.25 - 3.75 mm | Baby Clothes, Socks, & Lace             |
| 3<br>Light       | Double Knit<br>Light<br>Worsted | 5 - 7 (US)<br>3.75 - 4.5 mm  | Sweaters, Afghans, & Tank Tops          |
| 4<br>Medium      | Afghan<br>Aran<br>Worsted       | 7 - 9 (US)<br>4.5 - 5.5 mm   | Afghans, Sweaters, & Accessories        |
| 5<br>Bulky       | Chunky<br>Rugs<br>Craft         | 9 - 11 (US)<br>5.5 - 8 mm    | Hats, Scarves, Rugs, & Afghans          |
| 6<br>Super Bulky | Bulky<br>Roving                 | 11 - 17 (US)<br>8 - 12.75 mm | Afghans, Winter Accessories, & Sweaters |
| 7<br>Jumbo       | Jumbo<br>Roving                 | 17 + (US)<br>12.75 + mm      | Afghans, Sweaters, & Rugs               |

ALLFREEKNITTING  
For more patterns, tips, and inspiration, visit [www.allfreeknitting.com](http://www.allfreeknitting.com)

# 2020 Family & Community Health Programing Review

**Child Care Conferences**— Texas A&M AgriLife Extension Service partnered with PECE and TAEYC to deliver educational child care conferences both face to face in spring and virtually in fall. Child care provider conferences in 2020 impacted **425 child care providers and directors** who provide care for **7316 children** enrolled in **63 childcare centers or family day homes**. **A total of 1854 clock hours of training were provided to childcare professionals** seeking to meet state mandated training requirements established by the state of Texas.

**Grilling 101**—Thirty-two Randall County employees representing 14 different county departments participated in the series. In response to the COVID-19 Pandemic we opted to educate virtually through a series of recorded videos

**Mindfulness**—An online 4-week series to learn ways to **cope and maneuver the negative effects of COVID-19**. **Sixty-six adults participated in the 4 week series**. A one shot program with Child Care providers to learn ways to cope and maneuver the negative effects of COVID-19 and year-around stress related to work and daily life. **Fifty-seven adults participated in the** two hour program covering mindful breathing, living, and eating. Behavior Change— As a result of the program **77% reported that they have set time aside for mindful breathing**. **Five percent indicated that they had not yet but intend to do so**.

**Families Reading Every Day— FRED**—In June, five families participated the weekly reading series. Over the one month program period, **six children spent over 375 minutes reading 28 books with their family members**.

**Walking Across Randall County**—A community challenge to be mindful about being active during COVID-19. **Thirty youth and adults walked 5,091 miles during the eight week program during April and May**.

**Walk Across Texas —WAT**— West Texas A&M Staff and Students and Pantax Employees participated in the eight week series in the Spring 2020.

- **325 participants walked 26632.27 miles for a health care cost savings of \$438,986.**
- **Type 2 Diabetes Economic Impact: \$241,777**
- **Cardiovascular Disease Economic Impact: \$197,118**

Over the lifetime of the 253 participants in 2020, approximately 7.30 could prevent the onset of type 2 diabetes and / or cardiovascular disease through sustained levels of physical activity.

**Food Handler Training**—**39 Canyon ISD Food Service Employees** were trained to help promote the service of safe food for all school age children they serve.

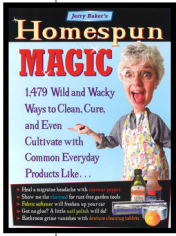


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# Path to Randall County

## THE ORIGIN OF SOUP



The English word for soup comes from the Middle Ages. The term used then, “sop,” referred to a slice of bread over which roast drippings were poured.

These days, we have an infinite variety of soups, both hot and cold, but around 6,000 B.C. according to archeologist discoveries, the main ingredient was hippopotamus bones.



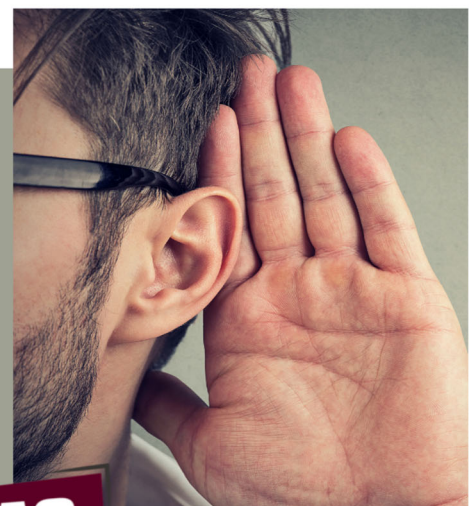
## Listening to the citizens of Texas Identify Strengths and Needs & Understand Issues Facing Texas Communities

### 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 makers.




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Scan the QR code to provide your input!!!

# TEXAS A&M AGRI LIFE 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.



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Canyon, Texas 79015

Postage

*Return Service Requested*

## Path to Plate..... Italian Chicken

### Ingredients

4—1/2 pound chicken breasts  
1/4 cup water  
1 package of Italian dressing mix  
10.75oz can cream of chicken soup reduced fat  
8oz package of cream cheese non-fat  
1 teaspoon of black pepper  
4oz can of mushrooms drained

Wash your hands and clean your cooking area.

Place chicken in slow cooker, mix water and Italian dressing mix together and pour over chicken.

Place lid on slow cooker and cook on high for 3 hours.

Mix cream of chicken soup and cream cheese together and pour over chicken.

Stir mushrooms in and top off with black pepper.

Cook for a remainder of 1.5 to 2 hours or until chicken is cooked and ingredients are melted.

Servings: 8



Scan QR Code to view recipe demonstration video .

| Nutrition Facts          |            |
|--------------------------|------------|
| 8 servings per container |            |
| Serving size             | (202g)     |
| Amount per serving       |            |
| <b>Calories</b>          | <b>190</b> |
| % Daily Value*           |            |
| Total Fat 4g             | 5%         |
| Saturated Fat 1g         | 5%         |
| Trans Fat 0g             |            |
| Cholesterol 90mg         | 30%        |
| Sodium 570mg             | 25%        |
| Total Carbohydrate 6g    | 2%         |
| Dietary Fiber 0g         | 0%         |
| Total Sugars 2g          |            |
| Includes 0g Added Sugars | 0%         |
| <b>Protein 31g</b>       |            |
| Vitamin D 0mcg           | 0%         |
| Calcium 112mg            | 8%         |
| Iron 1mg                 | 6%         |
| Potassium 492mg          | 10%        |

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.