

Family and Consumer Sciences “Connections” in NOLAN County

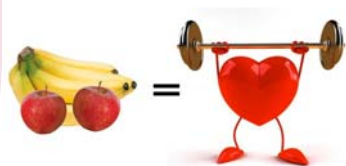
TEXAS A&M
AGRI LIFE
EXTENSION

Volume 2 Issue 14

February 2015

In this issue:

Heart Health	1
Healthy Recipe Alterations	1
Preventing Measles	2
OrganWise Guys	3
Credit Report	3
High Energy Oatmeal	4
Local News	4



Useful Resource:

<http://www.cdc.gov/features/heartmonth/index.html>

Heart Health: Be One in a Million Hearts!

Health and Human Services has a new national campaign with a goal of saving one million hearts by 2017. They are asking individuals to commit to the following recommendations for preventing heart attacks and strokes:

- Talk to your family to understand risks for heart disease and stroke that might be passed down from generation to generation.
- Get active by exercising for 30 minutes on most days of the week.
- Know your ABCS:

Ask your health care professional about taking **Aspirin**.

If you have high **Blood Pressure**, work with your health care professional to get it under control.

Manage high **Cholesterol**.

Stop Smoking—or don't start.

- Eat a heart-healthy diet that is high in fresh fruits and vegetables and low in sodium, saturated and trans fat, and cholesterol.

- Follow your health care professional's instructions when it comes to taking medications or measuring your blood pressure at home.

According to the CDC, February is Heart Health Month.

Million Hearts® brings together communities, health systems, nonprofit organizations, federal agencies, and private-sector partners from across the country to fight heart disease and stroke. For information on simple, evidence based treatment resources for heart health, and to take the pledge, visit:

<http://millionhearts.hhs.gov/>



Heart Healthy Recipe Alterations

Texas A&M AgriLife Extension Service offers suggested adjustments that you can apply to your own favorite recipes to produce a more heart healthy choice. For most people, changes are not noticed or they are accepted easily.

Reduce the sugar by one third. Add vanilla, cinnamon or nutmeg to enhance flavor.

Reduce fat by one third. For cakes and quick breads, use two tablespoons fat per cup of flour.

Omit salt or reduce by one half.

However, for yeast breads, do not omit completely. Herbs, and spices can be added for flavor enhancers. A gradual reduction of salt in your recipes is more easily accepted.

Substitute whole grain and bran flour. Whole wheat can replace up to one half of flour. Bran flour, made from finely blending bran cereal, or oat flour, made from finely blending rolled oats, can replace up to one fourth of the flour.

Preventing Measles is Important

About 1 out of 4 people who get measles will be hospitalized.

One out of 1,000 with measles will develop brain swelling which may lead to brain damage.

One or two of 1,000 people with measles will die, even with the best of care.

Above statistics found at:

<http://www.cdc.gov/measles/about/parents-top4.html>

For further information:

<http://www.cdc.gov/measles/index.html>

Most people today have never experienced caring for a child with Measles. Measles is very contagious and very dangerous for babies and young children—28% must be hospitalized. Even two hours after an infected person leaves a room, you can catch measles just being in that room! Possible complications include pneumonia, lifelong brain damage, deafness and even death.

As a result, the American Academy of Family Physicians, American Academy of Pediatrics, and the Centers for Disease Control and Prevention strongly recommend children receive all vaccines, including the Measles, Mumps, and Rubella (MMR) shot, according to the recommended schedule.

In spite of this recommendation, some parents are still choosing not to immunize their children for a variety of reasons. The main reason these parents cite is they heard there might be a link between the MMR shot and autism.

However, any suggestion that autism is related to receiving the MMR vaccine has been soundly discredited by scientists in the United States and other countries.

When an unimmunized child contracts measles, they expose everyone around them to this dangerous disease. Because babies are not scheduled to be immunized until they are 12 months old, they are at great risk for being infected by someone with measles. If all people around babies are immunized, the babies are not likely to develop measles.

Anyone fearing the MMR or any other immunization should talk to their doctor to get the facts about safety. Making this type of decision without all the facts can be very dangerous, not only to their own children, but also to others who might come in contact with their children. Like many other diseases, a child can be very contagious before they show overt symptoms.

(Information article from Carol Rice, Texas A&M AgriLife Extension Service)



Teaching Kids Heart Healthy Habits: OrganWise Guys!

The OrganWise Guys help “empower children to be healthy and smart from the inside out” by teaching them what each organ in the body needs. The main character is Hardy Heart® who is the leader of the band because he keeps the beat! He introduces and encourages the rules of the OrganWise Guy Club to eat foods that are:

- low fat
- high fiber
- lots of water
- and get exercise.

The OrganWise Guys started in 1993 with a desire to help children take responsibility of

their own health by teaching concepts to help them see the value of making healthy choices. Each puppet can deliver a different message. A few examples are:

Sir Rebrum® (brain) teaches the importance of eating breakfast.

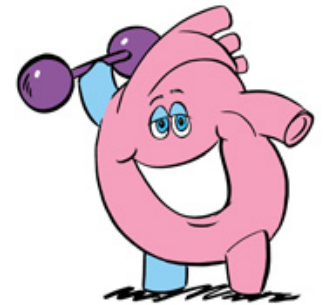
Sid and Kid-The Kidney Brothers® teach the importance of drinking enough water.

Calci M. Bone® teaches ways to make deposits in your Bone Bank.

Peri Stolic® (intestine) teaches the importance of eating whole grains and other high fiber foods every day.

Windy® (lungs) teaches importance of fresh air and no smoking.

Many schools and day care centers are using these enjoyable characters to help reinforce good eating habits.



*OrganWise Guy
Motto:*

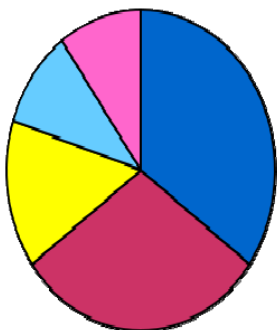
*We love who we
live in so please
take care of us!*



[http://
organwiseguys.com/
index.php](http://organwiseguys.com/index.php)

When was the last time you reviewed your credit report?

CREDIT SCORE FACTORS



- On-time payments
- Capacity used
- Length of credit history
- Types of credit used
- Past credit applications

It is best to schedule one request from a different company every four months to help protect yourself from identity theft. Get one free copy from each of the three bureaus every twelve months at :

[http://
annualcreditreport.com](http://annualcreditreport.com)

A copy of your credit report or fraud alert can also be requested by calling :

1 877-322-8229

You will not be charged for the copy of your **credit report**, however, if you would like to have your **credit score**, there is a small fee.



Start your day off right with a bowl of heart healthy

High Energy Oatmeal Mix



Nutrition Facts

Calories: 210
 Calories from fat: 63
 Total Fat 7g 10.8 %
 Saturated fat: .5g 2.5%
 Sodium: 55mg 2.4%
 Carbohydrates: 27g 9%
 Dietary Fiber: 4g 16%
 Sugar: 10 g
 Protein: 9 g
 Vit.A: 6% Iron:8%
 Calcium:15% Vit.C :0%

Ingredients:

8 cups rolled oats
 (not quick or instant)
 1/3 cup unsalted sunflower seeds
 1/3 cup bran
 1/3 cup toasted wheat germ
 1/3 cup cracked wheat
 1/3 cup ground flax seed
 1/3 cup millet

To make dry mixture:

Add ingredients to bag, shake to mix,
 store in refrigerator. Use within a
 month because flax seeds can go
 rancid if kept too long.

Total Servings: 40

Serving Size mix: 1/4 cup
 Serving Size prepared bowl: 1 cup

Directions for 1 bowl of oatmeal:

1. Take 1/4 cup of High Energy Oatmeal Mixture
2. Add 1/2 cup fat free milk
3. Add tablespoon walnuts (optional)
4. Add table spoon blueberries (optional)
5. Microwave on high for 2 minutes and 35 seconds.
6. Allow oatmeal to stand for a few minutes before eating.

This is a favorite recipe of my grandkids! Of course, the more blueberries the better! -Jacque Behrens

Recipe website:

http://www.quickhealthyrecipes.msstate.edu/view_recipe.phprecipe=129&itk=c2cd60584dc14eb314e8b4e83dfd4089

Labeth Carter CEA-FCS
 Texas AgriLife Extension
 100 E. 3rd St., Suite 305B
 Sweetwater, TX 79556

325-236-6912
 Labeth.carter@ag.tamu.edu
<http://holan.agrilife.org>

**Family Consumer Sciences "Connections"
 is provided by these**

**Texas A&M AgriLife Extension Service
 Family and Consumer Science Agents:**

Kim Miles, Brown County
 Linda Wells, Burnet County
 Recently Vacant, Sterling/Coke Counties
 Janet Nelson, Coleman County
 Milissa Wright, Concho County
 Jenifer Harris, Irion/Schleicher Counties
 Debbie Hailey, Jones County
 Karen DeZarn, Lampasas County
 Jennifer Reeves-Page, Llano County
 Jacque Behrens, McCulloch County
 Kristy Powell, Menard/Mason Counties
 Labeth Carter, Nolan County
 Sandy Taylor, Runnels County
 Melanie Potter, San Saba County
 Jane Rowan, Taylor County
 Kathy Aycock, Tom Green County
 Judy Gully, D7 Regional Program Leader

Nolan County Events

***Monday, March 2nd**

**Texas Extension Education Association
 Meeting (TEEA) - 2:00 p.m.**

**Trinity Baptist Church Fellowship
 Center**

***Monday, March 9th**

**Nolan County 4-H Meeting 5:30 p.m.
 Courthouse 3rd Floor Meeting Room**