

Family and Community Health “Connections” in Lampasas County

TEXAS A&M
AGRI LIFE
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New Year's Eve—Quit Smoking Resolutions

You can add years to your life the minute you STOP smoking!
As soon as you quit, your body begins to repair the damage caused by smoking. See the health benefits you'll experience as soon as 20 minutes to 15 years after quitting.



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20 Minutes after Quitting:

- Your heart rate drops to a normal level.

12 Hours after Quitting:

- The carbon monoxide level in your blood drops to normal.

2 Weeks to 3 Months after Quitting:

- Your risk of having a heart attack begins to drop.
- Your lung function begins to improve.

1 to 9 Months after Quitting:

- Your coughing and shortness of breath decrease.

1 Year after Quitting:

- Your added risk of coronary heart disease is half that of a smoker's.

5 to 15 Years after Quitting:

- Your risk of having a stroke is reduced to that of a nonsmoker's.
- Your risk of getting cancer of the mouth, throat, or esophagus is half that of a smoker's.

10 Years after Quitting:

- Your risk of dying from lung cancer is about half that of a smoker's.
- Your risk of getting bladder cancer is half that of a smoker's.
- Your risk of getting cervical cancer or cancer of the larynx, kidney or pancreas decreases.

15 Years after Quitting:

- Your risk of coronary heart disease is the same as that of a nonsmoker.

Source: U.S. Department of Health and Human Services. The Health Consequences of Smoking: A Report of the Surgeon General. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2004.



The Naughty List of Holiday Foods



Knowing which foods are naughty is a good start

Take it a step further... Avoid Holiday Weight Gain by using these tips:

- Eating regular meals and snacks every day makes it easier to resist overdoing it at festive events. When you occasionally skimp on meals because you're busy shopping, wrapping, and baking, nosh on a protein-packed snack such as low-fat yogurt or reduced-fat cheese, to blunt your hunger before gathering with family or friends.
- At parties, pile your plate with lower-fat foods to limit high-calorie splurges. The following top picks have fewer calories, fat, and sodium and more fiber than other holiday fare:
 - Whole grains, such as whole-wheat rolls, wild rice, and quinoa.
 - Shrimp, lobster, and other steamed seafood.
 - Plain or lightly dressed vegetables.
 - Meat and poultry without the gravy.
 - Salad greens (lightly dressed).
 - Fresh fruit.
- EXERCISE!!



<https://www.webmd.com/food-recipes/features/naughty-nice-holiday-foods#1>

'Tis the season of tasty foods. The average person puts on a pound during the holidays. In a decade's time, the effects of nibbling a few cookies here and there may easily add 10 pounds to your frame. And if you're on a special diet because you have high cholesterol or high blood pressure, holiday dishes can be especially tricky. But you can enjoy yourself and make good choices, if you know which items are naughty and nice.

Naughty

- Turkey Skin
- Stuffing
- Buttery Mashed Potatoes
- Sweet Potato Casserole
- Egg Nog
- Mixed Drinks
- Cakes and Cookies
- Pecan Pie
- Pigs-in-a-blanket
- Caramel Popcorn

Nice

- Serve yourself turkey breast or other white meat without the skin.
- Replace butter with low-sodium chicken broth, and skip pork sausage in favor of a low-fat chicken, oyster, or fruit alternative. Or try making wild rice stuffing instead.
- Mash the potatoes with low-fat milk or low sodium, fat-free chicken stock and skip the butter, or salt.
- Leave out the butter, cut the sugar in half, and lightly top with mini marshmallows. This will shave calories and fat, not taste.
- Make low-calorie egg nog with skim milk and egg substitutes, and go easy on the sweetener.
- Mix up a wine spritzer by adding a splash of wine and sparkling water to pomegranate or cranberry juice. This not only shaves calories, but also counts toward your fruit servings for the day.
- The solution is to control portions or snack on complex carbs, such as whole-grain cereal or crackers.
- Nibble on a bowl of mixed nuts instead. If you can't resist the pie, choose pumpkin or opt for a very small slice and don't eat the crust.
- Fruit-in-a-blanket is a great alternative. Wrap figs or fuyu persimmon wedges with a thin strip of prosciutto, and then bake for 8 to 10 minutes.
- Stick to plain popcorn -- the crunch is just as satisfying without the extra calories.

Become a MASTER Wellness Volunteer!



The Master Wellness Volunteer program allows those who have a passion about health and wellness to share that passion with others via worksite wellness programs, community events and more. Obtain knowledge and skills to live a healthier lifestyle and encourage others to do the same. Receive 40 hours of training and give back 40 hours of

Master Wellness Volunteers are:

- Community leaders.
- School/community nurses or teachers.
- Community Health Workers.
- Retirees.
- College Students.
- Worksite Wellness Coordinators.
- YOU!

Cost
 Regular \$75
 College Student \$25

Registration Deadline:
 January 15, 2018

To register online:
<http://agrilife.org/mwv/>

Session Topics:

- Master Wellness Volunteer Program.
- Nutrition & Weight Management.
- Health & Wellness.
- Food Safety.
- Physical Activity.
- And more!



For more information contact your local County Extension Agent



Christmas Tree Shopping!!!!

The tradition in my family has always been to wait until after Thanksgiving to put up the tree and Christmas decorations. Now that we've enjoyed the Thanksgiving feast it's time to get into Christmas mode! For those that prefer a real tree, going out to choose a Christmas tree can be a fun family tradition. There are two options for getting a real tree – a living tree that is potted and can be planted outside after Christmas, or a fresh tree that is cut from a tree farm.

If going with a **live tree to plant** after the holiday, species selection is important. We are limited as to what kinds of evergreen trees will thrive or can survive in West Texas, but the Afghan pine is one option that should do fairly well. Live trees can only be used inside for a limited amount of time because of the warm, dry air and the lack of light; wait until less than 10 days to Christmas before bringing in a live tree and plant it immediately after. Winter is a good time of year for tree planting, so that's favorable for going with a live tree.

Tips to ensure success include:

- Digging a hole that's wider than the root ball but no deeper.
- Plant in an area with full sun and plenty of room to grow to mature size.
- Apply a layer of wood-based mulch over the root ball after planting.
- Water the tree well after planting, and then water as needed until established (allow to dry out slightly between watering and then soak thoroughly).



If a large live tree is not an option, another fun way to get into the Christmas spirit with a plant is to buy a tree shaped rosemary bush, which can be found at nurseries and garden centers this time of year. Rosemary is also evergreen, smells good, and can be planted outside as a great landscape plant.

If going with a **pre-cut tree**, be sure to select a fresh one. Look for strong, resilient needles that are a nice color. To keep a cut tree fresh, cut off an inch from the base and immediately place in water. Keep the tree in water at all times, don't let the bottom of the trunk dry out at any time.

*****Live and cut trees can be found at local nurseries and garden centers, or at the local Christmas tree farms. Enjoy the holidays and have fun choosing a Christmas tree!**

Guiso

Ingredients:

- 2 lbs stew meat
- 1 1/2 Tbsp salt
- 3 Tbsp oil
- 3 Tbsp flour
- 1 small onion - chopped
- 3 large tomatoes - pureed
- 1 qt water
- 1/2 Tbsp garlic powder
- 1/2 tsp cumin
- 2-3 jalapenos (to taste)
- 2-3 medium potatoes-diced (optional)
- Black pepper (to taste)



Instructions:

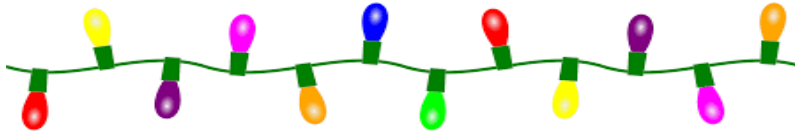
1. While heating the oil over medium high heat in a 4 qt (cast iron works great) dutch oven, sprinkle the stew meat with salt.
2. Brown the meat in a small amount of oil, add flour and stir to coat.

Add all other ingredients, reduce heat to medium low simmer for at least an hour. Servings: 8

Try serving over rice or with a tortilla!!

Take this recipe to a pot luck and you are SURE to be the hit of the party with this mouth watering favorite!

Recipe from : Connor Pence, Tom Green 4-H



Lampasas County News!

As of October 9, 2017 there has been an agent title change to Family & Community Health Agents. With the shifting focus of our work to addressing chronic disease, nutrition and wellness, this title change better reflects the direction and focus of our work.



SAVE THE DATE **Patricia Sulak, MD**

Nationally known speaker
January 25, 6:00 p.m.
Lampasas Old Middle School
Free of charge for this life changing event!

In a dynamic and genuine fashion, Patricia Sulak (author of "Should I Fire My Doctor?") Motivates audiences to seriously look at their lives and make dramatic changes to decrease death and disability. She uniquely appeals to audiences of all demographics, conveying complex medical information in an entertaining and understanding fashion empowering individuals on a path of Living

Family & Community Health "Connections" is provided by :

Texas A&M AgriLife Extension Service
Family and Community Health Agents:

- Courtney Levens, Brown County
- Linda Wells, Burnet County
- Kandice Everitt, Sterling/Coke Counties
- Janet Nelson, Coleman County
- Melissa Wright, Concho County
- Vacant, Irion/Schleicher Counties
- Kim Miles, Jones County
- Karen DeZarn, Lampasas County
- Vacant, Llano County
- Jacque Behrens, McCulloch County
- Vacant, Menard/Mason Counties
- Vacant, Nolan County
- Vacant, Runnels County
- Vacant, San Saba County
- Jane Rowan, Taylor County
- Courtney Redman, Tom Green County
- Mandi Seaton, D7 Regional Program Leader

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