

# Family and Consumer Sciences “Connections” in Lampasas County

## Flag Day



Flag Day is always celebrated on June 14. It is a day for all Americans to celebrate and show respect for our flag, its defenders, designers and makers. Our flag is representative of our independence and our unity as a nation.....one nation, under God, indivisible. Our flag has a proud and glorious history. It is at the lead of every battle fought by Americans. Many people have died protecting it. It even stands proudly on the surface of the moon.

As Americans, we have every right to be proud of our culture, our nation, and our flag. So raise the flag on June 14 and every day with pride!

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### Properly Display Our Flag

Care and handling of the American flag is steeped in tradition and respect. There is a right way and a wrong way to display the flag. This is called **Flag Etiquette**. The American flag should be held in the highest of regards. It represents our nation and the many people who gave their lives for our country and our flag. Here are the basics on displaying the American flag:

- The flag is normally flown from sunrise to sunset.
- In the morning, raise the flag briskly. At sunset, lower it slowly. Always, raise and lower it ceremoniously.
- The flag should not be flown at night without a light on it.
- The flag should not be flown in the rain or inclement weather.
- After a tragedy or death, the flag

is flown at half staff for 30 days. It's called "half staff" on land, and "half mast" on a ship.

- When flown vertically on a pole, the stars and blue field, or "union", is at the top and at the end of the pole (away from your house).
- The American flag is always flown at the top of the pole. Your state flag and other flags fly below it. (Except in Texas).
- The union is always on top. When displayed in print, the stars and blue field are always on the left.
- Never let your flag touch the ground, never...period.
- Fold your flag when storing. Don't just stuff it in a drawer or box.



When your flag is old and has seen better days, it is time to retire it. Old flags should be burned or buried. Please do not throw it in the trash.

**Did you Know?** There is a very special ceremony for retiring the flag by burning it. It is a ceremony everyone should see. Your local Boy Scout group knows the proper ceremony and performs it on a regular basis. If you have an old flag, give it to them. And, attend the ceremony. [www.holidayinsights.com](http://www.holidayinsights.com)



# ZIKA 101: WHAT YOU SHOULD KNOW

With its possible link to birth defects, the World Health Organization has labeled the Zika virus a global health emergency. Here is what you should know:

**WHAT IS THE ZIKA VIRUS?** Zika is an emerging mosquito-borne virus that usually causes a mild illness or no symptoms at all, but the virus can sometimes have serious complications, especially to developing fetuses.

**HOW DO YOU GET IT?** The main way the Zika virus is spread is through the bite of certain Aedes species mosquitoes. Mosquitoes become infected when they bite a human who has the virus, and they are then capable of spreading the virus to other susceptible humans. It's recently been shown that the virus can be spread from human to human through infected bodily fluids, but that mode of transmission remains rare.



(Aedes aegypti mosquito—James Gatha...jpg)

## ZIKA: PREVENTION TIPS

### WHAT WE KNOW:

- No vaccine exists to prevent Zika.
- Zika is an emerging mosquito-borne virus.
- Zika causes a mild illness or no symptoms at all, but the

virus can sometimes have serious complications, especially to developing fetuses.

- Mosquitoes that spread chikungunya, dengue and Zika are aggressive daytime biters, but they can also bite at night.
- These mosquitoes are abundant in many urban environments of Texas.
- The best prevention is to avoid mosquito bites.
- It's been shown that the virus can also be spread human to human through sexual interaction, but this mode of transmission remains rare.

### PREVENT BITES:

- Cover exposed skin with long-sleeves and pants.
- Wear light-colored clothing (mosquitoes like dark colors).
- Use an insect repellent containing 25% DEET or 20% Picaridin.
- Apply sunscreen first and insect repellent second. Consider permethrin-treated clothing and gear (or treat them yourself).

### PROTECT YOUR HOME:

- Screen in windows and doors and repair holes to keep mosquitoes at bay.
- Use air conditioning when available, mosquitoes prefer hot environments.
- Eliminate standing water by emptying, scrubbing and turning over or throwing out items that hold water (once per week).
- Mosquitoes can breed in standing water as small as what is contained in a bottle cap and the eggs can survive even without water for months.

### IF YOU HAVE ZIKA, PROTECT OTHERS FROM GETTING SICK:

- Prevent mosquito-borne transmission by avoiding mosquito bites during the first week of illness.
- Prevent Zika from spreading through sexual contact, use barrier contraceptives.

SOURCE: Vital Record: News from Texas A&M Health Science Center  
FOR MORE INFO ONLINE: [vitalrecord.tamhsc.edu/zika360](http://vitalrecord.tamhsc.edu/zika360)



## Fresh Veggies Day



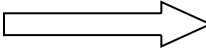
June 16 is *Fresh Veggies Day*. Take a vow to eat healthy today (and everyday), with fresh veggies for every meal, and for snack, too. Better still, be a vegetarian for a day. Your body will like it.

Fresh vegetables are tasty, far better tasting than canned or frozen vegetables. They are also healthy and highly nutritious. This makes it easy to add fresh vegetables to the menu at every meal, and for snacking. This time of year, there are plenty of fresh vegetables at your local grocery store, or in your backyard vegetable garden. So relish *Fresh Veggies Day* with a bountiful supply of fresh picked veggies.



## Stress: Friend or Foe?

Do you think stress is a friend or foe? Good or bad? Stress can be both a friend and a foe. It's a friend because some amount of stress keeps us motivated and productive, but too much stress can harm our health.

Stress is not just an emotion or an unpleasant feeling. It is a complex biological response to a perceived threat—all functions are aimed at survival. To better understand stress and its effect on our health, check out the four common  myths about stress.

Aside from preventing potential harm from chronic stress, stress management activities offer other advantages.

- Positive thinking changes your outlook on life and increases your ability to handle stressful situations.
- Physical activity is a way to relax when you feel stress building up. Exercising increases our body's production of feel-good endorphins, a type of neurotransmitter in the brain.
- Engaging in pleasurable activities can bring satisfaction and contentment.
- Accepting help from family and friends is way to build a support system that can get you through difficult times.
- Getting enough sleep will energize you to function well during the day and be mentally alert to deal with stressful events.

Understandably, there are times when stress keeps us up at night, but with good health habits, we can better cope with the stress so we're able to sleep.

In summary, preventing illness, maintaining a high-level of functioning, and making our health a priority are all the rewards of managing stress.

### ▪ **Myth #1. Stress is the same for everyone.**

To manage stress, we need to learn what our "stress triggers" are and how we respond physically and psychologically.

### ▪ **Myth #2. Stress is always bad for you.**

A mild amount of stress is needed for our body to function at its best. Acute stress can even boost our immune system. Chronic, unmanaged stress is toxic to our health and can lead to serious health conditions.

### ▪ **Myth #3. Stress is everywhere, so you can't do anything about it.**

Effectively managing your stress involves setting priorities to work on simple problems first, solving them, and moving on to more complex issues.

### ▪ **Myth #4. No symptoms, no stress.**

Minor symptoms such as headaches or stomach acid cannot be ignored. Because stress is a normal part of life, managing stress has to be part of your daily lifestyle habits. Learning what are your stressors and symptoms will help you find positive ways to counteract the bad effects of stress so that you can live a balanced, satisfied life.

*For a presentation and more information about dealing with stress talk to your Texas A&M AgriLife County Extension Agent and ask about the Health Talk Express program, Stress: Friend or Foe by Ninfa Pena-Purcell*



## Father's Day

Did you know? The first Father's Day celebration was in Spokane, Washington on May 18, 1910. It is celebrated the third Sunday in June. A Father is more than the biological paternal source of our being. It is the person who cares and provides for us. It is the man who helps to set the standards, the family values and the example. So, add to this group, step fathers and other men who willingly and eagerly accept and cherish the role. Whether biological, adopted or informally, if they are the father figure to you, give him some recognition today and don't hesitate to call him "Dad". Is it a day to honor Dad? No. Rather, it is a day to enjoy time with Dad and appreciate all he does for you. What Dad really wants are healthy, happy and successful kids. And, he wants you to spend a few moments with him on Father's Day. Today's life style is busy for both dads and kids. So, a little time with dad on Father's Day is just what he wants.

## No-Guilt Guacamole



### Ingredients:

- 3 avocados
- ½ cup frozen black-eyed peas, thawed
- ½ cup frozen peas, thawed\*
- 2 tablespoons lime juice
- 1 medium tomato, diced
- ½ cup onion, chopped
- 2 cloves garlic, minced
- 2 tablespoons fresh cilantro leaves, chopped
- 1 small jalapeño pepper, seeded & diced
- ½ teaspoon ground cumin

### What to do:

1. Wash your hands and clean your cooking area.
2. Scoop the avocado flesh into a large bowl. Mash into small chunks with fork.
3. Add the black-eyed peas, peas, lime juice, tomato, onion, garlic, cilantro, jalapeño, and cumin to avocado.
4. Add salt and pepper to taste.
5. Chill if not serving immediately.

- Avocados are high in the antioxidant Vitamin E, as well as being very high in fiber. Avocados pack in a whopping 12 grams of fiber per medium sized avocado, which is about half a days' worth.
- Avocados also provide 20 essential nutrients including B-vitamins, fiber, folic acid, lutein, vitamin c, and potassium. Because Vitamin E is a fat-soluble vitamin, avocados assist the body in absorbing nutrients such as beta-carotene and lutein.
- While the fat content of a medium avocado is approximately 30 grams of fat, it contains monounsaturated fat, otherwise known as "healthy fat".

### Nutrition Facts

Serving Size 1/4 cup	
Servings Per Container 18	
Amount Per Serving	
<b>Calories 70</b>	<b>Calories from Fat 45</b>
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 5mg</b>	<b>0%</b>
<b>Total Carbohydrate 6g</b>	<b>2%</b>
Dietary Fiber 3g	12%
Sugars 1g	
<b>Protein 1g</b>	
Vitamin A 4%	Vitamin C 10%
Calcium 0%	Iron 2%



**Prep Time:** 15 minutes  
**Cost per serving:** \$0.18

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## LAMPASAS LOCAL NEWS



The Lampasas County Fair is a part of the Spring Ho Festival. The County fair is July 6-8. Entries are due Wed. July 6 at the County Annex Building from 4-7 p.m. The categories are : Art, Baked **Goods**, Canned Goods, Crafts/Textiles, and Horticulture. The 2016 County Fair Catalog can be picked up at the Extension Office at 409 S. Pecan Street or go to our website at <http://lampasas.agrilife.org> . We have so much talent in our county so let's showcase it. Please spread the word and help others meet the deadline for entry. For the Spring Ho brochure and all county fair viewing times and other festival events go to:

<http://springho.com/docs/2016-Spring-Ho-Brochure.pdf>