

Family and Community Health “Connections” in Lampasas County

All Aboard! November is National Model Railroad Month

What fun your family could have this holiday season visiting a railroad museum or going on a train ride. Old and young would enjoy a visit at the Lehnis Railroad Museum at 700 E. Adams St., Brownwood TX. Check out their Facebook page. Another idea would be to take a

ride on the North Pole Flyer, the Hill Country Flyer or the Pumpkin Express.

The Pumpkin Express takes you from Austin to Bertram where you can step off to pick a pumpkin from the Depot Pumpkin Patch, and tour a 1912 train depot and sip cider. Learn more at: www.austinsteamtrain.org



Thanksgiving Safety Tips from the U.S. Fire Admin.



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“Showing gratitude is one of the simplest yet most powerful things humans can do for each other”

- Randy Pausch

Of course, Thanksgiving just wouldn't be Thanksgiving without the turkey. And deep-fried turkey has become a favorite Thanksgiving tradition in many households. But if used improperly, an overloaded fryer can easily tip over and set an entire house ablaze. USFA offers the following helpful tips to backyard chefs who plan to deep-fry a turkey for Thanksgiving:

1. Turkey fryers should always be used outdoors a safe distance from buildings and any other flammable materials.
2. Never use turkey fryers in a garage or on a wooden deck.
3. Make sure the fryers are used on a flat surface to reduce accidental tipping.
4. Never leave the fryer unattended. Most units do not have thermostat controls. If you do

not watch the fryer carefully, the oil will continue to heat until it catches fire.

5. Never let children or pets near the fryer even if it is not in use. The oil inside the cooking pot can remain dangerously hot hours after use.
6. To avoid oil spillover, do not overfill the fryer.
7. Use well-insulated potholders or oven mitts when touching pot or lid handles. If possible, wear safety goggles to protect your eyes from oil splatter.
8. Make sure the turkey is completely thawed and be careful with marinades. Oil and water do not mix, and water causes oil to spill over causing a fire or even an explosion hazard.
9. The National Turkey Federation (NTF)

recommends thawing the turkey in the refrigerator approximately 24 hours for every five pounds in weight.

10. Keep an all-purpose fire extinguisher nearby. Never use water to extinguish a grease fire. If the fire is manageable, use your all-purpose fire extinguisher. If the fire increases, immediately call the fire department for help.

USFA recognizes that Thanksgiving is a time of food, fun, and fellowship with loved ones. And as you sit down with family and friends this Thanksgiving, DHS, FEMA and USFA want you to be safe. So please visit USFA's '[Put a Freeze on Winter Fires](#)' to learn what you can do to protect your loved ones during the holidays.

Source: U.S. Fire Administration



Maintain No Gain this Holiday Season



The average person puts on some extra pounds in the six weeks between the Thanksgiving holiday and the New Year. Unfortunately, weight that's gained in a short

six weeks may take six months to lose. And if you had already been trying to shed a few pounds, putting on that holiday weight can really give you the blues.

Don't despair. Gaining weight during the holidays is not inevitable. You can enjoy your holiday meals and still face that scale with confidence by the New Year. One way you can do that is by moving your resolution date up two months and making a November Resolution to "Maintain No Gain" this holiday season.

AgriLife Extension has these tips to follow during the holidays:

- Eat slowly, because your body needs time to realize you are full.
- Eat mindfully, and really think about the color, smell, taste and texture of what you're eating so that you can truly savor your food.
- Stop eating when you feel slightly full. You don't have to eat everything on your plate.
- Don't skip meals on the day of a big party, where you know you'll eat more. Just eat a smaller portion.
- Watch your alcohol intake and follow the recommended guideline of one drink per day for women and two per day for men. Drink water or sparkling water with a splash of juice.
- Keep track of what you're eating with a food journal. Research shows that those who keep a record of meals between Thanksgiving and New Year's Day lose weight instead of gaining it..

Check with your county agent about this program and other AgriLife programs to benefit you & your family.

SCREEN TIME AND CHILDREN - HOW TO GUIDE YOUR CHILD

Screens are everywhere. As a result, controlling a child's screen time has become much harder for parents. To complicate matters, some screen time can be educational for children as well as support their social development.

So how do you manage your child's screen time? Here's a primer on guiding your child's use of screens and media.

Screen time guidelines

The American Academy of Pediatrics discourages media use, except for video-chatting, by children younger than 18 to 24 months. If you want to introduce digital media to children ages 18 to 24 months, make sure it's high quality and avoid solo media use. For children ages 2 to 5, limit screen time to one hour a day of high quality programming. As your child grows, a one-size-fits-all approach doesn't work as well. You'll need to decide how much media to let your child use each day and what types of media are appropriate.

The problems with screen time

Unstructured playtime is more valuable for a young child's developing brain than is electronic media. Despite the fact that many digital media programs claim to be educational, children



younger than age 2 are more likely to learn and remember information from a live presentation than they are from a video.

Also, it's crucial to monitor the shows your child is watching and the games or apps he or she is playing to make sure they are appropriate.

Seek out information from organizations such as Common Sense Media to help you determine if a program, game or app is appropriate.

Managing your child's use of screens and media will be an ongoing challenge. But by developing household rules - and revisiting them as your child grows - you can help ensure a safe and fun experience.

Source: Mayo Clinic Staff
<https://www.mayoclinic.org/healthylifestyle/childrens-health/in-depth/screen-time/art-20047952>

Choosing Healthy Fats: The Power of Omega-3 Fats

With so many different sources of dietary fat—some good and some bad—the choices can get confusing. The bottom line is simple: don't go no-fat; go good fat.

Good Fats – Choose These

Monounsaturated fats and polyunsaturated fats are known as the “good fats” because they are good for your heart, your cholesterol, and your overall health.

Monounsaturated fats include:

- Olive oil
- Canola oil
- Sunflower oil
- Peanut oil
- Sesame oil
- Avocados
- Olives
- Nuts (almonds, peanuts, macadamia nuts, hazelnuts, pecans, cashews)
- Peanut butter

Polyunsaturated fats include:

- Soybean oil
- Corn oil
- Safflower oil
- Walnuts
- Sunflower, sesame, and pumpkin seeds
- Flaxseed
- Fatty fish (salmon, tuna, mackerel, herring, trout, sardines)
- Soymilk
- Tofu

Bad Fats – Avoid These

Saturated fats and trans fats are known as the “bad fats” because they increase your risk of disease and elevate cholesterol. Appearance-wise, saturated fats and trans fats tend to be solid at room temperature (think of butter or traditional stick margarine), while monounsaturated and polyunsaturated fats tend to be liquid (think of olive or corn oil).

Saturated fats include:

- High-fat cuts of meat (beef, lamb, pork)
- Chicken with the skin
- Whole-fat dairy products (milk and cream)
- Butter
- Cheese
- Ice cream
- Palm and coconut oil
- Lard

Trans fats include:

- Commercially baked pastries, cookies, doughnuts, muffins, cakes, pizza dough
- Packaged snack foods (crackers, microwave popcorn, chips)
- Stick margarine
- Vegetable shortening
- Fried foods (French fries, fried chicken, chicken nuggets, breaded fish)
- Candy bars

If you are concerned about your weight or heart health, rather than avoiding fat in your diet, try replacing saturated fats and trans fats with good fats. This might mean replacing some of the meat you eat with beans and legumes, or using olive oil rather than butter.

Try to eliminate trans fats from your diet. Check food labels for trans fats. Avoiding commercially baked goods goes a long way. Also limit fast food.

Limit your intake of saturated fats by cutting back on red meat and full-fat dairy foods. Try replacing red meat with beans, nuts, poultry, and fish whenever possible. Switch from whole milk and other full-fat dairy foods to lower fat versions.

Eat Omega-3 fats every day. Good sources include fish, walnuts, ground flax seeds, flaxseed oil, canola oil, and soybean oil. Omega-3 fatty acids are a type of polyunsaturated fat. While all types of mono-unsaturated and polyunsaturated fats are good for you, Omega-3 fats are especially beneficial.

-Research has shown that Omega-3 can:

- Prevent and reduce the symptoms of depression
- Protect against memory loss and dementia
- Reduce the risk of heart disease, stroke, and cancer
- Ease arthritis, joint pain, and inflammatory skin conditions
- Support a healthy pregnancy.



Source: www.helpguide.org

Family and Community Health "Connections" is provided by the following AgriLife Extension Family & Community Health Agents:

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Lampasas Co. News

4-H Enrollment: Now is the time to register for 4-H at: <https://texas.4honline.com>. Cost is \$30, adult volunteers \$10. Anyone interested in helping with Food and Nutrition, Consumer Decision-making or Fashion/Sewing projects contact Karen. Support the 4-H Fundraiser at the Carol of Lights Parade. 4-Hers will be selling Glow Sticks, Apple Cider and Pretzels.

Maintain No Gain (Over the Holidays) - Free program at Lampasas Library, Tuesday, Nov. 10 at 5:30 p.m.

Health and Wellness Partnership meeting, Wednesday, November 20, 2 p.m. at Co. Annex Conf. Rm. New members welcome.

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WE'RE ON THE WEB AT
LAMPASAS.AGRILIFE.ORG

Holiday Helper

Ingredients:

- 1 cup cooked diced turkey
- 1/4 cup diced onion
- 1/2 cup skim milk
- 2 cups cooked macaroni (whole wheat optional)
- 1/2 cup reduced fat grated cheddar cheese
- 2 Tablespoons 100% whole wheat flour
- 1/2 cup peas
- Salt, pepper, and garlic to taste

Directions:

1. Boil macaroni according to package directions and drain excess liquid
2. Spray large skillet with cooking spray and add meat and onion to skillet. Cook on low for one minute
3. In a small bowl, combine milk, cheese, flour and spices
4. Add macaroni, peas, and flour mixture to skillet and cook on medium heat for several minutes until cheese is fully melted. Remove from skillet & serve



Nutrition Facts

(Serving Size 1 cup
4 servings per recipe)

250 calories

4 grams fat (2 grams saturated)

35mg cholesterol

210mg sodium

30 grams carbohydrate

3 grams sugar

3 grams fiber

21 grams protein

10% Vitamin A

4% Vitamin C

20% Calcium

10% Iron

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