TEXAS A&M AGRILIFE EXTENSION

Hockley Home News

Hockley County Ext3nsion 1212 Houston, Ste. 2 Levelland, Texas 79336 806 -894-3159

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Spring

UPCOMING EVENTS:

APRIL . . .

***MATTER OF BALANCE*-MORTON**
2,4,9,11,23,25& 30

County TEEA 'Spring Fling'	10
D2 4H Fashion Show	10
Food Handlers –Mallet	14
RADIO Program	16
Easter	20
Food Protection 2-Day Course—Brownfield	23-24

MAY . . .

D2 4H Roundup	3
TEEA Co. Council	5
Safety Day	9
Mother's Day	11
North Region Spring Admin/4H Trainings Amarillo	14-15
USDA Nutrition Conf.	20
RADIO Program	21
D2TEAFCS As. mtg.	22
Memorial Day	26

JUNE . . .

TEEA Co. Council	2
Tx 4H Roundup	9-13
Father's Day	15
RADIO Program	18
First Day of Summer	21

Time for Reflection

To everything there is a season, and a time to every
purpose under heaven; a time to be born and a time to die;
a time to plant, and a time to pluck up that which is planted;
a time to kill, and a time to heal;
a time to break down, and a time to build up;
a time to weep, and a time to laugh;
a time to mourn, and a time to dance;
a time to cast away stones, and a time to gather
Stones together;
a time to embrace, and a time to refrain from embracing;
a time to get, and a time to lose;
a time to keep, and a time to cast away;
a time to reap, and a time to sow;
a time to keep silent, and a time to speak;
a time to love, and a time to hate;
a time of war, and a time of peace.

— Ecclesiastes 3: 1-8

Agriculture and Natural Resources * Family and Consumer Sciences * 4-H and Youth Development * Community Development

Extension programs serve people of all ages regardless of socioeconomic level, color, sex, religion, disability or national origin. The Texas A & M System, U. S. Depart. Of Agriculture, and the County Commissioners Courts of Texas Cooperating. A member of the Texas A & M University System and its statewide Agriculture Programs.

Preserving The Brain ~~~~~~~~~~~ The Bottom Line

The best way to preserve your brain is, starting in middle age, is to:

- Exercise 30 to 60 minutes a day
- Lose (or don't gain) excess weight
- Keep blood pressure under control
- Consider drinking more coffee if it doesn't make you jittery
- Stay socially and mentally engaged.

It might also help to:

- Get enough vitamin D
- Eat more leafy green vegetables
- Eat more seafood

Don't expect much protection from:

- Vitamin E
- B Vitamins

Nutrition Action, April 2009

Reducing Work Stress

The refreshment that comes from vacations, lunch breaks, and strolls outside the building is important in reducing job stress. Yet a sizeable minority of employees do not, or cannot, take breaks, according to a national survey of 632 men and women conducted for Oxford Health Plans, a managed health care company.

If job pressures are getting you down, taking more breaks can improve both job performance and comfort levels.

Consumer Reports on Health, October 2010

Measures of Job Stress

- Work and eat lunch at same time 32%
- Never leave building after arriving at work 32%
- Job makes them feel older than they are. 19%
- Feel must work when injured or sick. 19%
- Can't take vacation due to work demands. 18%
- Lose sleep because of work worries. 17%
- Must habitually work late to be promoted. 14%

Laughter is man's most distinctive emotional expression. Man shares the capacity for love and hate, anger and fear, loyalty and grief with other living creatures. But humor, which has an intellectual ,as well as an emotional element, belongs to man.

Margaret Mead

Carpet Cleaning Tips:

As spring time begins, many people get in the mood to clean their homes. The carpet or rugs in your home are just one of the many things that may need cleaning. Spots and stains should be treated promptly. Many of today's carpets are treated with a stain-resistant finish, which means with immediate treatment many spots/ stains can be removed. Here's what to do:

*Blot liquid stains, using a clean white cloth or paper towel.

*Scrape up semisolids using a small spoon.

*Break up solids. go gently, using a small spoon and vacuum up debris.

*No rubbing; no scrubbing. It will grind the stain into the carpet.

*Pretest the spot-removal agent in an inconspicuous area of the carpet. Wait 10 minutes, then blot the area with a white cloth to make sure there's no dye transfer to the cloth or color change to the carpet.

*Apply cleaning solution to a white cloth and gently blot it onto the carpet. Work from the edges of the spill to the center so the stain doesn't spread. Blot and repeat as the stain no longer transfers to the cloth. This may take several applications. May take several applications. to directions.) White vinegar is good for many stains (use half water -half white vinegar).

*Rinse area with cold water; blot with a dry white cloth until all the solution is removed.

*Cover the damp spot with a 1/8" thick stack of paper towels. Weight them down with a heavy object, such as a vase or pot, and leave overnight so the paper towels can absorb any remaining moisture in the carpet.

Healthy Water Habits:

Start the morning off right by drinking a glass of water as soon as you wake up (before your coffee).

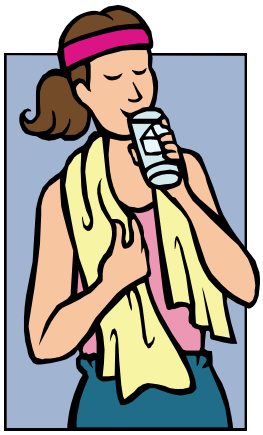
Carry a water bottle wherever you go so you aren't tempted to grab sodas and other sugared beverages.

Oder water with lemon at restaurants.

Drink a glass of water before each meal or snack.

If you're at home, keep a half-gallon pitcher in the refrigerator.

Set goals for yourself. For example, one cup of coffee then switch to tea or water. Stick with tea instead of soda.



"Moments spent listening, talking, playing, and sharing together may be most important times of all. "

Gloria Gaither

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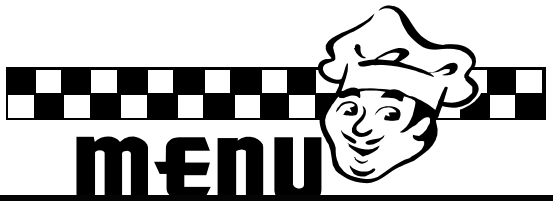
Enjoy. Till next time. . .

Marsha Blair, CEA-FCS

What's Cookin...



Gazpacho

1 cucumber, not peeled
1 garlic clove, minced
1/4 cup scallions, chopped
2 cups spicy tomato juice
3 Tbsp. Vineger
1/2 cup tomato sauce
1/2 red pepper, peeled
2 carrots
1 medium tomato
2 tsp. white sugar
1/2 cup water
15 oz. can navy beans, drained/rinsed

Chop all vegetables into big chunks. Add all ingredients except beans to food processor and process to make chunky puree. Stir in beans and chill until serving.

Nutrition Info per Serving: Calories: 150, Total Fat: 0.5 grams, Total Carbohydrates: 30 grams, Sugars: 9 grams, Dietary Fiber: 7 grams, Protein: 8 grams, Sodium: 420 mg.

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Hockley County

1212 Houston, Ste. 2

Levelland, Texas 79336

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