

Family and Consumer Sciences “Connections” in Lampasas County



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Fascinating Facts About Your HEART

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Take care of your **HEART**.

It's an *incredible* organ. Here are 22 amazing facts about your heart courtesy of the Cleveland Clinic that is celebrating twenty-two years as America's #1 **HEART** Center.

1. The more education you have, the lower your risk of heart disease.
2. A normal heart valve is about the size of a half dollar.
3. The first heart pacemakers plugged into a wall socket.
4. Happiness and a strong sense of emotional vitality helps lower your risk of heart disease.
5. The number of heart attacks peaks on Christmas Day, followed by December 26, and New Year's.
6. The first heart cell starts to beat as early as four weeks.
7. The first “study” showing benefits of a vegetarian diet appears in the Bible's Book of Daniel (600 BCE)
8. The blue whale has the largest heart — weighing over 1,500 pounds.
9. Modesty prompted the invention of the stethoscope. Before it existed, doctors had to press their ears directly to the patient's chest.
10. Heart disease has been found in 3,000 year old mummies.

11. Your heart is about the size of your two hands clasped together.
12. Your heart beats 100,000 times a day.
13. Regular exercise is the single most important key to heart health AND it's FREE!
14. Heart disease is your greatest health threat, and is a greater danger than breast cancer in women and prostate cancer in men.
15. The beating sound is the clap of valve leaflets opening and closing.
16. Each minute your heart pumps 1.5 gallons of blood.
17. Your heart is a coordinated machine. The right side pumps blood into your lungs, while the left side pumps it back into your body.
18. Celebrities who've had open heart surgery in recent years include: David Letterman, Bill Clinton, Barbara Walters, Arnold Schwarzenegger and Regis Philbin.
19. You control your heart through diet, exercise and managing stress.
20. Heart cancer is very rare, because heart cells stop dividing early in life.
21. A woman's average heartbeat is FASTER than a man's by almost eight beats a minute.
22. The heart has its own electrical supply and will continue to beat when separated from the body.



Since 1963, February has been celebrated as American Heart Month to urge Americans to join the battle against heart disease. Since 2004, February also has been the signature month for the American Heart Association's Go Red For Women campaign and the message that heart disease is not only a man's problem.





Say It With Roses . . .



PINK: You are gentle, graceful and lovely.

RED: I Love You.

YELLOW: Joy and Friendship.

PINK & WHITE: I will always love you.

RED & YELLOW: Congratulations.

ORANGE & YELLOW: Passionate Thoughts.

The passion for roses (especially at this time of year) has expressed itself in wondrous ways. A rose by any other name spells "love." The most glamorous cut rose is the American Beauty, an 1880 French import, originally called "Madame Ferdinand Jamin". The president of Churchill Downs liked its rich red so much he made it the official flower of the Kentucky Derby, now known as the "run for the roses." A blanket of five hundred or so roses goes to the winning horse, however, Miss America receives only a few dozen!?!?!

Roses are named by the people who "invent" them, the hybridizers, the best way to have one named for you is to be famous. The American Rose Society registers the names of the new rose, making sure no existing rose has the same one.

The rose is a . . . fruit?? The rose family, Rosaceae, also includes apples, cherries, raspberries and other fruits. Some roses produce fruitlike "hips" a source of Vitamin C concentrate and good for jellies and jams.

Source: Woman's Day Magazine



P. S. If your interest goes beyond GIVING and GETTING ROSES, our Texas A&M AgriLife Extension Service can also provide information on growing and pruning roses.

REFLECTIONS. . .

Raising children can be a joy and a challenge. They grow up very quickly and there never seems to be a dull moment. Child Development and Parenting is very important and should never be taken lightly. As you read the following reflection, perhaps you can relate it to your family and your life as a parent or a grandparent.

If I had my child to raise over again. . .

If I had my child to raise all over again, I'd finger paint more, and point fingers less. I'd do less correcting and more connecting. I'd take my eyes off my watch and watch with my eyes. I would care to know less, and know to care more. I'd take more hikes and fly more kites. I'd stop playing serious and seriously play. I'd do more hugging and less tugging. I would be firm less often, and affirm much more. I'd build self-esteem first and the house later. I'd teach less about the love of power, and more about the power of love.



**Source: Diane Loomans,
American Legion Auxiliary National News Magazine**

Women and Heart Disease

A little over half of women know the leading cause of death for women is heart disease. Almost 500,000 women die annually from cardiovascular diseases, while 270,000 women die from all forms of cancer combined.

Because so many studies are reported in the news — some with conflicting findings — about half of women report being confused about how to reduce their risks for heart disease.

Experts at the National Institutes of Health agree, however, there are five essential things women can do to reduce their risks, even if they know heart disease runs in their family:

1. Do NOT smoke, and if you do, quit. Keep trying even if you have tried many times. Ask your doctor about nicotine patches. Use the counseling offered by the National Cancer Institute at 1-877-44U-QUIT.
2. Aim for a healthy weight.
3. Become more physically active. Aim for 30 minutes on all or almost all days each week.
4. Eat smart. Choose a diet low in saturated fat, trans fat and cholesterol, and moderate in total fats.
5. Know your blood pressure, total HDL and LDL cholesterol and blood glucose. Ask your doctor to do these tests and to inform you as to whether or not the numbers are within the recommended limits. Ask what you need to do if your numbers are outside the recommended range.



Walking is such an important way to reduce cardiovascular risks for both women and men. Every year, many Texas A&M AgriLife Extension Service Family & Consumer Sciences Agents offer an eight– week program called **Walk Across Texas** to help individuals and teams get started and establish the habit of physical activity. To find out more, go to <http://walkacrosstexas.tamu.edu>.

Did YOU Know???

- Valentine's Day is always observed on February 14.
- Esther Howland of Worcester, Massachusetts published the first American Valentine in 1849.
- In addition to the United States, Valentine's Day is celebrated in Canada, Mexico, United Kingdom, France, Australia, Denmark, and Italy.





George Washington's Cherry Treat

What is February without a cherry pie or cobbler to honor our first President George Washington? This recipe has been a family favorite since my mother-in-law gave me the set of recipe books (Favorite Recipes of America) at our wedding shower many years ago! Linda Wells

FILLING:

- 2/3 c. sugar or splenda
- 2 tbsp. cornstarch
- 1 c. cherry juice
- 2 1-lb cans red tart cherries, drained
- 1 tbsp. butter or margarine
- 1/4 tsp. cinnamon
- Few drops of red food coloring
- Few drops of almond extract

DIRECTIONS:

Combine sugar and cornstarch; add cherry juice and cook until thick. Stir in cherries butter, cinnamon and food coloring. Add almond extract and stir before pouring into a buttered 8 inch square baking dish.

TOPPING:

- 1 c. sifted flour
- 2 tbsp. sugar
- 2 tsp. baking powder
- 1/2 tsp. salt
- 3 tbsp. shortening
- 1/2 c. Milk
- 2 tbsp. sugar



DIRECTIONS:

Sift dry ingredients; cut in shortening. Add milk gradually. Mix well with fork. Drop by tablespoonfuls onto cherry mixture. Sprinkle sugar over pastry. Bake at 400° Fahrenheit for 30 minutes. Serve hot. Yield: 8 servings. Enjoy!!

Source: Favorite Recipes of America—Desserts

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Family & Consumer Sciences "Connections" is provided by these Texas A&M AgriLife Extension Service Family and Consumer Science Agents:



Lampasas County News

Karen is interested in providing disease prevention programs around the county. The series is called **HealthTalk Express**. They are 30 minutes or less health presentations using a persuasive public speaking approach that empowers the audience to take action. The topics available are:

Love Your Heart - Cholesterol Matters: Be Heart Healthy

- Pressure Down: Controlling Your Blood Pressure
- Act F.A.S.T. to Prevent a Stroke

Stress Less, Live Best - Stress: Friend or Foe

Senior Health - Go-4-30! Take Action to be Active

Please call to schedule a program or to find out where the next one will be offered.

Be Heart Healthy!!! - *Karen*

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