

COMPILED BY:
SUE OWENS, MOORE COUNTY
COUNTY EXTENSION AGENT
FAMILY & CONSUMER SCIENCES

HEATHER M. EASTERLING, MOORE COUNTY
ADMINISTRATIVE ASSISTANT

EXPECT MOORE TODAY

TEXAS AGRILIFE EXTENSION MONTHLY NEWSLETTER

VOLUME 5, ISSUE 1 FEBRUARY, 2013

FEBRUARY IS AMERICAN HEART MONTH

Heart disease is a broad term used to describe a range of diseases that affect your heart. The various diseases that fall under the umbrella of heart disease include diseases that affect your heart. The various diseases that fall under the umbrella of heart disease include diseases of your blood vessels, such as coronary artery disease; heart rhythm problems (arrhythmias); heart infections; and heart defects you're born with (congenital heart defects).

The term "heart disease" is often used interchangeably with "cardiovascular disease." Cardiovascular disease generally refers to conditions that involve narrowed or blocked blood vessels that can lead to a heart attack, chest pain (angina) or stroke. Other heart conditions, such as infections and conditions that affect your heart's muscle, valves or beating rhythm, also are considered forms of heart disease. Many forms of heart disease can be prevented or treated with healthy lifestyle choices.

Heart disease symptoms vary, depending on what type of heart disease you have.

Symptoms of heart dis-

ease in your blood vessels (cardiovascular disease)

Cardiovascular disease is caused by narrowed, blocked or stiffened blood vessels that prevent your heart, brain or other parts of your body from receiving enough blood.

Cardiovascular disease symptoms can include:

- Chest pain (angina)
- Shortness of breath
- Pain, numbness, weakness or coldness in your legs or arms, if the blood vessels in those parts of your body are narrowed.

You might not be diagnosed with cardiovascular disease until your condition worsens to the point that you have a heart attack, angina, stroke or heart failure. It's important to watch for cardiovascular symptoms and discuss any concerns with your doctor. Cardiovascular disease can sometimes be found early with regular visits to your doctor.

Heart disease symptoms caused by abnormal heartbeats (heart arrhythmias)

A heart arrhythmia is an abnormal heartbeat. Your heart may beat too quickly, too

slowly or irregularly if you have an arrhythmia. Heart arrhythmia symptoms can include:

- A fluttering in your chest
- A racing heart beat (tachycardia)
- A slow heartbeat (bradycardia)
- Chest pain
- Shortness of breath
- Lightheadedness
- Dizziness
- Fainting (syncope) or near fainting

Heart disease symptoms caused by heart defects

Serious congenital heart defects—defects you're born with—usually become evident soon after birth. Heart defect symptoms could include:

- Pale gray or blue skin color (cyanosis)
- Swelling in the legs, abdomen or areas around the eyes
- Shortness of breath during feedings, leading to poor weight gain

Less serious congenital heart defects are often not diagnosed until later in childhood or even during adulthood. Sign and symptoms of congenital heart defects that usually aren't immediately life-threatening include:

SPECIAL POINTS OF INTEREST:

- Cardiovascular disease is caused by narrowed, blocked or stiffened blood vessels that prevent your heart, brain or other parts of your body from receiving enough blood.
- Washing raw meat and poultry can actually help bacteria spread,
- There are children in the community who face hunger issues. A new program is aiming to help ease the worries of these students and their families

INSIDE THIS ISSUE:

Wash hands and surfaces often	2
4-H & Extension Volunteer of the Month	3
February Recipes and Snack Pak 4Kids	4

Happy



Valentines!

- Easily becoming short of breath during exercise or activity
- Built-up fluid in the heart or lungs
- Swelling in the hands, ankles, or feet

Heart disease symptoms caused by thick heart muscle (cardiomyopathy)

Cardiomyopathy is the thickening and stiffening of heart muscle. In early stages of cardiomyopathy, you may have no symptoms. As the condition worsens, cardiomyopathy symptoms include:

- Breathlessness with exertion or even at rest
- Swelling of the legs, ankles, and feet.
- Bloating (distention) of the abdomen with fluid
- Fatigue
- Irregular heartbeats that feel rapid, pounding or fluttering
- Dizziness, lightheadedness and

fainting

Heart disease symptoms caused by heart infections

There are three types of heart infections:

- Pericarditis, which affects the tissue surrounding the heart (pericardium)
- Myocarditis, which affects the muscular middle layer of the walls of the heart (myocardium)
- Endocarditis, which affects the inner membrane that separates the chambers and valves of the heart (endocardium)

Varying slightly with each type of infection, heart infection symptoms can include:

- Fever
- Shortness of breath
- Weakness or fatigue
- Swelling in your legs or abdomen
- Changes in your heart rhythm
- Dry or persistent cough
- Skin rashes or unusual spots

Heart disease symptoms caused by valvular heart disease

The heart has four valves—the aortic, mitral, pulmonary and tricuspid valves—that open and close to direct blood flow through your heart. Valves may be damaged by a variety of conditions leading to narrowing (stenosis), leaking (regurgitation or insufficiency) or improper closing (prolapse). Depending on which valve isn't working properly, valvular heart disease symptoms generally include:

- Fatigue
- Shortness of breath
- Irregular heartbeat or heart murmur
- Swollen feet or ankles
- chest pain
- Fainting (syncope)

When to see a doctor

Seek emergency medical care if you have these heart disease

symptoms:

- Chest pain
- Shortness of breath
- Fainting

Heart disease is easier to treat when it's detected early, so talk to your doctor about any concerns you have about your heart health. If you don't have known heart disease but are concerned about developing heart disease, talk to your doctor about steps you can take to reduce your heart disease risk. This is especially important if you have a family history of heart disease.

If you think you may have heart disease, based on new signs or symptoms you've been having, make an appointment to see your doctor.

<http://mayoclinic.com>

WASH HANDS AND SURFACES OFTEN

Illness-causing bacteria can survive in many places around your kitchen, including your hands, utensils, and cutting boards.

Unless you wash your hands, utensils, and surfaces the right way, you could spread bacteria to your food, and your family.

Wash hands the right way—for 20 seconds with soap and running water.

Washing your hands the right way can stop the spread of illness—causing bacteria.

- Wet your hands with warm or cold running water and apply soap.
- Rub your hands together to make a lather and scrub them well. Be sure to scrub the backs of your hands, between your fingers, and under your nails. Bacteria can hide out there too!

- Continue rubbing hands for at least 20 seconds. Need a timer? Hum "Happy Birthday" from beginning to end twice.
- Rinse your hands well under running water.
- Dry your hands using a clean towel or air dry.

Wash surfaces and utensils after each use.

Bacteria can be spread throughout the kitchen and get onto cutting boards, utensils, and countertops. To prevent this:

- Use paper towels or clean cloths to wipe up kitchen surfaces or spills. Wash cloths often in the hot cycle of your washing machine.
- Wash cutting boards, dishes, utensils, and counter tops with hot, soapy water after preparing each food item and before you go on to the next

item.

- As an extra precaution, you can use a solution of 1 tablespoon of unscented, liquid chlorine bleach in 1 gallon of water to sanitize washed surfaces and utensils.

Wash fruits and veggies—but not meat, poultry, or eggs!

Did you know that—even if you plan to peel fruits and veggies—it's important to wash them first because bacteria can spread from the outside to the inside as you cut or peel them?

Here's how to wash all your produce effectively....

1. Cut away any damaged or bruised areas.
2. Rinse produce under running water. Don't use soap, detergent, bleach, or commercial produce washes.
3. Scrub firm produce—like

melons or cucumbers—with a clean produce brush.

4. Dry produce with a paper towel or clean cloth towel...and you're done.
5. The good news? Bagged produce marked "pre-washed" is safe to use without further washing.

Why not wash meat, poultry, and eggs?

Washing raw meat and poultry can actually help bacteria spread, because their juices may splash onto (and contaminate!) your sink and countertops.

All commercial eggs are washed before sale. Any extra handling of the eggs, such as washing, may actually increase the risk of cross-contamination, especially if the shell becomes cracked.

<http://www.foodsafety.gov>



EXTENSION & 4-H VOLUNTEERS FOR FEBRUARY

Hip, Hip, Hurray for the volunteers we are saluting this month. Volunteers, Tiffany Turner and Melissa Dickey along with her children, Hannah and Mateo, assisted with conducting nutrition training for the kindergarten classes of Cactus Elementary School.

Tiffany instructed the children on the importance of eating a healthy diet, utilizing the MyPlate eating recommendations. Melissa and her son, Mateo, taught the importance of physical activity in creating and maintaining a healthy lifestyle. Hannah assisted in

teaching the importance of hand washing and preparing healthy snacks. As a result of these volunteers teaching nutritional concepts, these kindergarteners gained knowledge for elements of a healthier lifestyle.

Thank you to these wonderful volunteers who made it possible to conduct nutritional education impacting about 100 youth, teachers and instructional aides at Cactus Elementary.

Donations Needed!

Moore County 4-H Parent Leaders will be offering a community service craft event for all school aged children of Moore County on Friday, March 22, 2013. This event gives our area youth the opportunity to participate in the joy of crafting. This one night program will offer approximately twenty craft booths from which youth can choose several projects. The goal is to expose youth to activities that can provide enrichment to their quality of life and skills to last a lifetime.

The 2012 Craft Rodeo reached over two hundred and fifty youth participants and volunteers. This year, we are expecting more than three hundred youth and volunteers to attend the event, resulting in a greater need for financial resources. Therefore, we are asking you to partner with us through the gift of monetary donations and/or supplies.

Please join Moore County 4-H parents in offering this quality, educational event to the youth of Moore County. Your generosity and support are greatly appreciated.

Pinterest Party

Are you interested in a community wide Pinterest Party? Sue Owens, Family and Consumer Sciences Agent, is forming a committee and task force to plan and conduct an adult Pinterest event. What kind of event are you interested in? An event where you can make a couple of crafts and recipes; or maybe a walk-around, where you can view what others have made and get ideas of your own. Would you be interested in being on the planning committee? Your help is needed to make this event spectacular.

If you have any topics that you wish to have published in the Expect Moore newsletter, please let the Texas A&M AgriLife Extension Service, Moore County Office know.

Sincerely,

Sue Owens,
County Extension Agent-Family & Consumer Sciences

TEXAS A&M
AGRI LIFE
EXTENSION

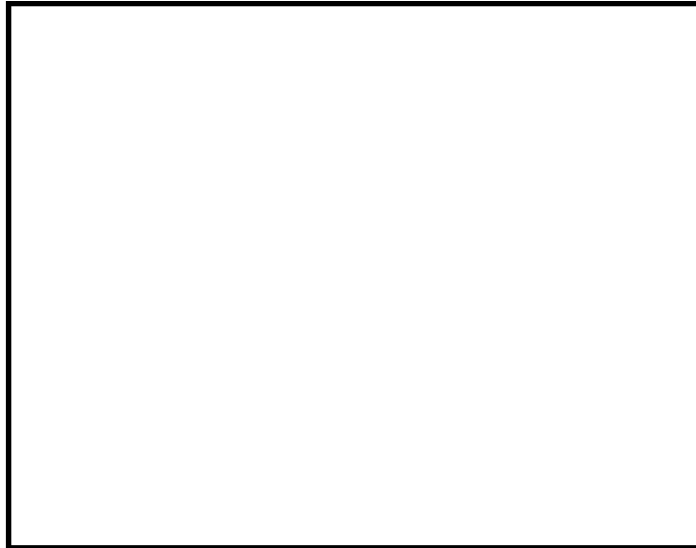
Moore County Office
310 East First Street, Room 100
Dumas, Texas 79029
Phone: 806-935-2593
Fax: 806-934-9765
E-mail: csowens@ag.tamu.edu
Website: moore-tx.tamu.edu

Educational programs of Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

TEXAS A&M AGRI LIFE EXTENSION

Moore County Office
310 East First Street, Room 100
Dumas, Texas 79029
Phone: 806-935-2593
Fax: 806-934-9765
E-mail: csowens@ag.tamu.edu
Website: moore-tx.tamu.edu



February Recipes

Garden Chicken Wrap

Ingredients:

- 4 whole wheat (8")wraps
- 2 c. store-bought rotisserie chicken, shredded
- ½ c. shredded carrots
- 1 avocado, thinly sliced
- 1 c. baby spinach leaves
- ¼ c. of your favorite fat free/low fat dressing (about 1tbsp/wrap)

Directions:

1. Place wraps side by side on a flat surface. Divide chicken into four portions (about 1/2 cup each). Place a portion of chicken on each wrap
2. Top each wrap with carrots, avocado, and spinach.
3. Drizzle dressing evenly over each wrap.
4. Roll each wrap up tightly and cut on the diagonal.
5. Serve immediately or wrap tightly in aluminum foil and refrigerate for lunch the next day.

<http://kidshealth.org>

Cheesecake Stuffed Strawberries

- 20 strawberries
- 8 oz. pkg. cream cheese softened
- ½ c. powder sugar
- ½ tsp. vanilla
- 1 sleeve graham crackers
- ½ c. mini chocolate chips (optional)

Directions:

1. Wash strawberries and cut off tops
2. Using either a thin ended apple peeler or a paring knife, core the strawberries
3. Beat the cream cheese, add powdered sugar & vanilla, beat until smooth.
4. Put cream cheese mixture into a Ziploc baggie and snip one corner
5. Put graham crackers in Ziploc bag and beat with a meat mallet until completely crushed; pour crumbs into a small bowl.
6. Fill strawberries with cheese mix; overflowing slightly.
7. Dip cheese end of strawberries in crushed graham crackers.
8. Melt chocolate chips, put in Ziploc bag, snip the tip and drizzle over strawberries.

sugar derby.com/blog/2011/1/31/cheesecake-stuffed-strawberries-what-yes.html

Snack Pak 4Kids

Imagine being a school student who dreads the weekend. Imagine trying to hoard food or wonder when and where your next meal will come.

There are children in the community who face hunger issues. A new program is aiming to help ease the worries of these students and their families by providing snack packs to bridge the gap between school lunch on Friday and school breakfast on Monday.

Through the program, qualifying students are provided a snack package each week to help them have something to eat on the weekend. There are several items included in a Snack Pak 4kids package and the items provided will help the children make it the 66 hours between school lunch on Friday and school breakfast on Monday.

Dumas ISD has 70 percent of its

students on free-reduced meals. The district is currently working to identify which students qualify for the Snack Pak 4Kids program and the goal is to launch the program prior to spring.

The cost for such a program is \$135 per child per school year. Individuals, clubs, organizations, churches, businesses and others may make donations and/or volunteer their time.

If you are interested in learning more about the local Snack Pak 4Kids effort contact the Dumas ISD Central Office at 935-6461. You may also visit www.snackpak4kids.org to learn about the program in general.

excerpt from and to read the full article, please see the February 3 edition of The Moore County News Press

