

TEXAS A&M AGRI LIFE EXTENSION

County Extension Agents

Fallon Foster, M.P.H.
Family & Community Health
County Coordinator

Franny Woods
4-H Program Assistant

Office 409-882-7010



County Judge

John Gothia

Commissioner Precinct 1

Johnny Trahan

Commissioner Precinct 2

Theresa Beauchamp

Commissioner Precinct 3

Kirk Roccaforte

Commissioner Precinct 4

Robert Viator



Scan and go directly to
our AgriLife website
orange.agrilife.org

Orange County AgriLife Newsletter August 2019

Orange County 4-H



Saturday, August 17th

See flyer on page 2



2019-2020 4-H year Begins August 15th.



Scan and go directly to
our Facebook page

Orange County
Texas A&M AgriLife Extension

Family & Community Health

TEXAS A&M AGRILIFE EXTENSION **BETTER LIVING FOR TEXANS**

Fresh Start to a Healthier You



Come join us and learn about tips on:
 saving money at the grocery store, food safety, & meal planning



Location:
 Orange Public Library
 220 5th St. Orange, TX 77630

Dates: Friday August 2nd, 9th, 16th, & 23rd

Time: 11AM-12PM

To R.S.V.P or for Questions Contact Tommy Byers (BLT Nutrition Educator) at 409-882-7010



USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The Better Living for Texans and Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. If can help you buy nutritious foods for a better diet. Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status.

All Youth ages 5-18 and families are welcome to attend. This 4-H Bash is open to the public.

TEXAS A&M AGRILIFE EXTENSION

Orange County 4-H Back to School Bash

August 17, 2019
10:00 AM - 1:00 PM
Claiborne West Park
4105 North St, Vidor, TX

Come out, have fun, and find out what 4-H has to offer!

Activities include:
 Blow-Up Water Slide
 Face Painting
 Outdoor Games
 And more!

Refreshments:
 Drinks
 Hot Dogs
 Popcorn




The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.



Fall Child Care Conference

Lamar Institute of Technology

October 26, 2019
 8:00 a.m. - 4:30 p.m.
 LIT Multi-Purpose Building
 COST: \$40 per person
 (Lunch Included)

Morning Session
The ABC's of Cultural Diversity for Young Children and their Families

Afternoon Session
Learn, Grow, Eat, Go! Junior Master Gardener Curriculum & Activities



FOR REGISTRATION:
 Visit: workforce.lit.edu Click: on Course Offerings, Click: Child Development Seminar or call LIT 409-880-8114 or contact your local AgriLife Extension Agent

TEXAS A&M AGRILIFE EXTENSION **LAMAR INSTITUTE OF TECHNOLOGY**
 MEMBER THE TEXAS STATE UNIVERSITY SYSTEM™

"Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity."



Save the date



Family & Community Health

Gluten-Free

What is Gluten?

Gluten is a protein found in grains such as:

WHEAT BARLEY RYE

Who should avoid eating gluten?

People with:

- Celiac Disease**
- Gluten Intolerant
- Wheat-Gluten Allergies
- Other Autoimmune Diseases

What is Celiac?

Celiac disease ** is a condition in which gluten damages the lining in the small intestine and keeps certain foods from being used or absorbed by the body.

Gluten-Free Foods:

- Fruits and Vegetables
- Legumes and nuts
- All plain meat, poultry, fish and eggs. (No breading or gravies)
- Milk, butter, margarine, cheese and plain yogurt.
- Corn, rice, quinoa, and soy
- Gluten-free oats, hominy and buckwheat

Is Gluten-Free Healthier?

The fact is many foods which are gluten-free are not enriched with essential vitamins and minerals. Reducing foods high in saturated, trans fat, sodium, and added sugar is the best option for a healthier you!

****Requires diagnosis by medical professional**


DINNER TONIGHT
 HEALTHY COOKING SCHOOL
dinnertonight.tamu.edu

10 THINGS TO DO INSTEAD OF EATING OUT OF BOREDOM.

- 1. TAKE A WALK** 🌿
- 2. PAINT YOUR NAILS**
- 3. DRINK WATER OR TEA!** SOMETIMES YOU'RE JUST THIRSTY.
- 4. WATCH A COMEDY.** ❤️
- 5. REORGANIZE SOMETHING (LAPTOP, ROOM, ETC)** ✓
- 6. DON'T KEEP OPENING AND CLOSING THE FRIDGE! THAT'S JUST TEMPTING.** 🚫
- 7. Shower or bathe.** Ahhh relaxing.
- 8. TALK TO A FRIEND.** 💡
- 9. WALK AROUND A MALL. YOU DON'T EVEN HAVE TO BUY ANYTHING (UM AVOID THE FOOD COURT)** ➡
- 10. MEDITATE.** 🧘

Heat Cramps : First Aid

Heat cramps are painful, involuntary muscle spasms that usually occur during heavy exercise in hot environments. The spasms may be more intense and more prolonged than are typical nighttime leg cramps. Fluid and electrolyte loss often contribute to heat cramps.

Muscles most often affected include those of your calves, arms, abdominal wall and back, although heat cramps may involve any muscle group involved in exercise.

If you suspect heat cramps

- Rest briefly and cool down
- Drink clear juice or an electrolyte-containing sports drink
- Practice gentle, range-of-motion stretching and gentle massage of the affected muscle group
- Don't resume strenuous activity for several hours or longer after heat cramps go away
- Call your doctor if your cramps don't go away within one hour or so



Family & Community Health

Summer Time and Those Dreaded Garden Weeds!

By Sheri Bethard, Texas Certified Master Gardener

By now many of you have stopped working in your gardens due to the piercing summer heat and humidity. So, as you have let your garden go, the weeds have POPPED up all over. Well, to keep you from having to do the “back-breaking” task of weeding, I have found a number of easy ways to rid your garden of those pesky weeds. All are organic and will be safe for you and your family and do not contain any harsh chemicals. So, here goes:

Newspaper/Cardboard - Lay down a carpet of newspaper (10 sheets thick) or cardboard on top of the weeds around your plants. This will block the sunlight and keeps oxygen from reaching the soil, thus smothering the weeds. Once you lay this down, lightly wet to keep it in place, then cover with mulch or compost and as it decomposes, you can add more to those areas. The decomposed material is adding beneficial nutrients back into the soil.

Corn Gluten Meal – This corn b-product stops weed seeds from germinating, thus making new weeds. Spread it on the ground around your plants and after your seedlings have taken hold in the soil. After harvest, spread more to prevent late season weeds.

Vinegar – There are two types of vinegar, the store bought which is about 5% vinegar and one your cane get at your garden or farm store which is about 20 – 21% vinegar. Vinegar will suck the life out of the plant’s leaves. It is more destructive to young, tender weed leaves. Those weeds with waxy leaves, the vinegar will just roll off the leaf top, so you will have to be sure to spray the underside. Cover any of your garden plants before spraying to keep the overspray from hitting them.

Alcohol or Vodka – You may think your weeds are dying drunk when using this concoction, but mix 1 ounce with 2 cups of water and a couple of drops of dish soap and this will dry out the weeds that live in the sun.

Soap – The oil in soap can break down the waxy or hairy weed surfaces, making them vulnerable to vinegar and alcohol. Also, the soap makes the leaves shiny, which will tell you which ones you have sprayed. And it helps the mixture stay in place on the leaves causing the destruction of the weed.

Boiling Water – This is good for cracks in driveways and sidewalks and I would not suggest for your garden as you could damage your good plants. Take a kettle of boiling water and pour on the weeds, which will burn up. By the time the water drains to the edge it has cooled enough to not hurt your other plants.

Hope these non-chemical weed treatments help rid you of those pesky garden weeds. Remember for any horticulture or gardening questions, please contact our Master Gardener Hotline at 409 882-7010 Tuesday and Thursdays from 10AM – 2PM. The public is welcome to attend any of our monthly meetings held the 2nd Thursday of each month at 6:30PM at the Orange County EXPO Center. Contact the number above for more information or visit our website <https://txmg.org/orange>



Call or stop by the AgriLife Extension Office

Tuesdays & Thursdays 10am-2pm

Or call and talk with our

Master Gardener on the MG Hotline,
409-745-9708,

You can also call the office Monday-Friday 882-7010 and leave a message for the Master Gardener .

ORANGE COUNTY MASTER GARDENERS MONTHLY MEETING Public Welcome

Monthly Meeting is held on the 2nd Thursdays of each month. Starting at 6 pm with a meal social till 6:30 followed by their business meeting and monthly presentation. The public is welcome to visit any of the meeting. The meeting is held at the Orange County Convention and Expo Center, 11475 FM 1442 Orange. If you have further questions about the Orange County Master Gardens contact the Texas A&M AgriLife Extension Office at 409-882-7010.

Family & Community Health

Youth Canning & Bread Making Class



Kids Beginner Sewing



Family & Community Health



Normally, onions can make you cry, but in this instance, they'll put a smile on your face. A group of Master Gardeners and trainees spent time this evening dividing and potting-up multiplying onions at the Field of Plenty. The onions will be distributed as part of the Orange Christian Services food program. Nice job

A DONATION GARDEN

THE FIELD OF PLENTY

VOLUNTEER
2120 Wickard, Orange, Texas
thefieldofplenty@gmail.com
EMAIL US TODAY!

Field of Plenty gives back to community with the fresh vegetables from the garden.

Orange County Master Gardeners taught a gardening class to the children at Circle K Kiddie Ranch. They assisted the children in planting a fig tree, chestnut tree, vitex tree, mimosa, crape myrtle, and a wax myrtle .



Family & Community Health

Let your kids build their own lunch.



play nice.

work hard.

stay kind.

HOW TO PACK HOT FOOD FOR LUNCH



Whether you're reheating leftovers or making something hot and fresh to pack the premise is still the same:

1. Fill the Thermos with hot boiling water and close the lid tightly. Set aside.
2. Cook or reheat your hot lunch items.
3. After a minimum of 5-6 minutes, dump out the water from the Thermos (and dry with a paper towel, if necessary). Fill with warm food, close lid, and pack for lunch!

The New Make-Ahead Breakfast Minis that Will Change you're a.m. Routine

Protein-packed, portable and infinitely pop-able, you can mix and match the ingredients for these gluten-free snacks to fit your family's taste.

Fro-yo Granola Bites

What you'll need:

- 1 bag Gluten Free Chex Granola Mixed Berry*
- Yoplait Original Mixed Berry yogurt*
- Fresh berries—blueberries, strawberries (hulled and halved, blackberries*)
- Mini muffin tin
- Mini muffin tin liners



*Note that how much of each ingredients you'll need depends on how many bites you'd like to make. For example, to make 9 bites, use two containers of Yoplait and about 1-1 1/2 cups Chex granola and a pint of berries. Feel free to scale this up or down, depending on your family's snacking needs!

1. Place a liner in each cup of our mini-muffin tin.
2. Use your hands to roughly crush a handful of Chex granola. Drop, one tablespoon at a time, into the lined muffin-tin cups. Don't worry about being super-precise; as long as the bottom of the cup is covered completely with cereal you're golden.
3. Using a spoon, add yogurt to each cup, spreading lightly so bottom of the cup is covered completely and filling until cups are about three-quarters of the way full.
4. Fresh berries are the finishing touch! Top each cup with one, two or three berries, depending on the size of the fruit and the combination of use. (Banana slices, chopped tropical fruits or nuts would also be yummy toppers!)
5. Freeze your cups until yogurt is firm, about 1 to 3 hours, depending on your freezer's temperature. Once they've hardened, they're ready to eat! You can store your fro-yo granola bites in a zip-top freezer bag or plastic storage container until your ready to grab'em and go.

Family & Community Health

The 4th Annual Michael Hoke Memorial Outdoor Awareness for Kids



Orange County 4-H Pecan Sales coming soon.



Congratulations to these three ladies for their hard word and dedication to become healthier person.



Tommy Byers, Better Living for Texans Program Assistant, Rita Laughlin, Kathy Smith and Melanie Oxley

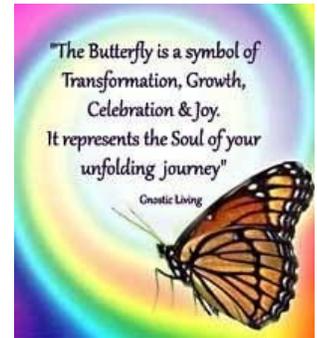


Magen Lee, Lamar Intern, Rita Laughlin, Kathy Smith and Fallon Foster, County Extension Agent, Family & Consumer Science

Family & Community Health

NECTAR PLANTS FOR BUTTERFLIES

FLOWER	FLOWER COLOR
Asters	Pink, purple, lavender, white
Black-eyed Susan	Yellow
Blazing Star	Lavender
Butterfly bush	Purple, lavender, white
Butterfly weed	Yellow
Coneflower	Dark pink
Cosmos	Yellow, orange
Flame Bush	Red-orange (good for hummingbirds also)
Golden dewdrop	Lavender
Goldenrod	Yellow
Ironweed	Purple, pink
Jatropha, Peregrina	Red, pink
Joe Pye Weed	Pink, lavender, white
Lantana	Yellow, orange, white, pink, lavender, and combinations
Mexican flame vine	Orange
Mexican heather	Lavender
Mexican sunflower	Orange
Pentas, Star cluster, Egyptian star flower	Red, pink, lavender, white
Phlox	Purple, pink, red, white
Pink candle celosia	Pink and white
Porterweed	Purple, blue coral
Salvia (some species)	Red, pink, lavender, blue
Verbena	Purple, lavender, blue, red, pink, white
Zinnia	Yellow, orange, red, pink, white



Butterflies are the heaven sent kisses of an angel



Pond Stocking Order

- What happens if you stock 100 bass & 1,000 sunfish at the same time?
 - Next spring you get 100 slightly larger bass & almost no sunfish
- Fish stocking order is critical:
 - Fathead minnows - 10-15 lbs/acre in spring or early summer
 - Allow to reproduce during summer
 - In hurry or short timeframe - stock more fathead minnows
 - Sunfish (bluegill/redear) - fall (September/October)
 - Allowed to grow through spring
 - Ready to start reproducing by following summer
 - In hurry or short timeframe - stock adult sunfish
 - Largemouth Bass - spring/early summer following sunfish
 - Spawn March/April
 - Stocking size available May/June
 - Catfish - with bass or within 9 months of stocking bass



4-H/Youth Development

Dusty Trails 4-H & Clover Kids Club

1st Tuesday
6pm @ 4-H Office
Tommy Byers 409-216-9865

Adult Leaders Association

2nd Monday @ 7 pm
4-H Office

Mighty Pirates 4-H

2nd Tuesday @ 7 pm,
Vidor Junior High Cafeteria
Tammy Glawson 409-474-2811
Sandy Byers 409-201-8523

Boots & Bridles 4-H Horse Club

3rd Monday
6 pm @ T2 Arena
Debbie Vance—409-365-9027
Lori Bailleau

All Hearts 4-H Homeschool Club

3rd Monday
1 pm @ 4-H Office
Tammy Swindell 409-239-6026

Clay Busters Shooting Sport

Meetings—3rd Tuesday
6 pm 4-H Office
Tuesdays Shooting practice 6 pm
Orange County Gun Club
Robert Caffey 409-767-6222
robert.caffey@kodiakgas.com

County Council

4th Monday @ 4-H Office
6:30 pm

Enrollment opens August 15th on 4-H Connect for the 2019-2020 year. Early bird registration \$20 per child from August 15th—October 31st. After the 31st fee is \$25 per child.

4-H Connect
Texas.4honline.com

PLEASE...If you have been previously enrolled, do not set up a new profile. Select, I have a profile and continue from there. If you have forgotten your password, contact our office and we will reset it for you.

If you are enrolling for the first time on 4-H Connect, you will need to set up a new profile and continue from there. If you have any problems or questions contact the office and we will be happy to assist you.
409-882-7010

My 4H project

Projects will resume in September

Food & Nutrition

3rd Tuesday
6 pm @ 4-H Office

Clothing & Textiles

4th Tuesday
6 pm @ 4-H Office

Livestock Judging

Every Thursdays
6:30 pm @ 4-H Office
(Do not have to own an animal to participate)

4-H FAMILIES

Please be sure to check your email and or the AgriLife Facebook page daily. If there is a change to a meeting or project it will be sent out through email and Facebook.

Thank you!

4-H/Youth Development

August 2019 4-H Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 OCLSA meeting 7 pm	6 Dusty Trails 6 pm	7	8	9	10 Sabine River Shootout
11	12 ALA 7 pm	13 Mighty Pirates 7pm	14	15 4-H Connects opens for regis- tration	16	17 4-H Back to School Bash. Claiborne Park
18	19 All HEART 1 pm Boots & Bridles 6 pm (New Club Mgr)	20 Claybusters 6 pm	21	22 4-H Awards Banquet 6 pm Pot Luck Meal	23	24
25	26 County Council 6:30 pm	27	28	29	30	31

September 2019 4-H Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Office Closed 	3 Dusty Trails 6 pm	4	5	6	7
8	9 Adult Leaders 7 pm	10 Mighty Pirates 7 pm	11 OCLSA Rabbit Entry Deadline	12	13	14
15	16 All Heart 1 pm Boots & Bridle 6 pm	17 Clay Busters 6 pm Food & Nutrition 6 pm	18	19 YMBL Steer/F -1 entry deadline. Office deadline will be an earlier date.	20	21
22	23 County Council 6:30 pm	24 Clothing & Textiles 6 pm	25	26	27	28
29	30					

4-H/Youth Development

SABINE RIVER SHOOTOUT

August 10, 2019

PROSPECT SHOW



Pigs, Goats, Lambs, Steers, & Heifers



- * Check-in 4 pm - 6pm
- * Show Starts at 7pm
- * Entry Fee \$25 per head
- * 2 Judges
- * 2 Arenas
- * Pigs, Lambs, & Goats show by Weight
- * Steer show by division and weight
- * Heifers show by division and age



AWARDS

- * Grand & Reserve Buckles for all species
- * Buckle cups for Cattle Division Grand Champions
- * Showmanship 60/40 Split



**Come one
Come all
Bring the best you have!**

Location :
T2 Arena & Event Center
3810 Old Peveto Rd.
Orange, TX 77632

Call for information :
Sandy Byers (409) 201-8523
Tammy Clawson (409) 474-2811
Franny Woods (409) 330-7024

* Generators Welcome

T2
Coolest arena in SETX!



Orange County 4-H members Dylan Pyatt and Cody LaBry attended 4-H Leadership Lab at Sam Houston State in July.



Orange County 4-H Pecan Sales coming in August/September.

Friday, October 11th and
Saturday, October 12th



mark your calendar

Orange County Livestock Show

Help Support Your Local 4-H Program!

Make a donation by adding **1** to your next in-store purchase
October 9—18th, 2019




To thank you for your donation a clover will be posted with your name!
AVAILABLE AT YOUR LOCAL TSC STORE - NOT AVAILABLE ONLINE

John Smith
I'M SUPPORTING 4-H

Family & Community Health

Serves 4

Ingredients

1 lb Smoked Brisket, sliced
 1 red bell pepper, cut into strips
 1 green bell pepper, cut into strips
 1 onion, cut into strips
 4 sandwich rolls, toasted
 1/2 Tbps. Olive oil

Queso ingredients

10 oz. melting cheese, cubed
 10 oz. can diced tomatoes and green chiles
 8 oz. pepper jack cheese, shredded
 4 oz. canned diced green chiles



1/2 cup whole milk

1 tsp. cumin

1. Combine all queso ingredients in a large microwave safe bowl and microwave until cheese is hot and melted, stirring occasionally.
2. Heat olive oil in a skillet over high heat and sautee peppers and onions until soft and slightly browned on the edges.
3. Place Brisket slices on the toasted roll and top with queso, sautéed peppers and onion.

Beeflovingtexans.com

TAKE A WALK ON THE CALM SIDE.

Walking with friends lowers stress.



Serves 8

Ingredients

12 ounces extra lean ground beef, chuck or round
 1 large onion, finely chopped
 1 15 ounce can no salt added diced tomatoes, undrained
 2 tablespoons all purpose flour
 1 teaspoon Worcestershire sauce
 1/2 cup water
 1/4 cup chili sauce
 1/4 cup ketchup
 8 whole wheat hamburger buns

Instructions

1. Crumble beef into a large nonstick skillet; cook over medium heat until it starts to sizzle, about 1 minute.
2. Add onion and cook, stirring occasionally, breaking up the meat with a wooden spoon until the onion is soft and the moisture has evaporated, 8 to 10 minutes.

3. Add tomatoes and flour; stir to combine.
4. Stir in water, chili sauce, ketchup and Worcestershire sauce and bring to a simmer, stirring often.
5. Reduce heat to a low simmer and cook, stirring occasionally, until the sauce is thickened and the onion is very tender, 8 to 10 minutes.
6. Serve on warm buns. Enjoy!



Dinnertonight.tamu.edu

Family & Community Health

Scarecrows – what happened to them?

Sheri Bethard, Texas Certified Master Gardener



I am visiting my son and his family in the Corn Belt of Indiana surrounded by cornfields and not once do I see a scarecrow. I remember growing up seeing farms with homemade scarecrows, and seeing pictures of scarecrows in books and of course everyone remembers the Scarecrow from *The Wizard of Oz*,

then you have those scary ones in the sci-fi movies. So, my question, what happened to using scarecrows? So, this week, I am going to get off the subject of plants and delve into scarecrows.

Where did scarecrows come from?

Looking back in history, scarecrows have been around for 3000 years or more. The Egyptians used a form of them to protect their crops from flocks of quail along the Nile River. Actually, they used wooden frames and netting to cover the crops and capture the quail in the nets then having them for dinner, Yum!

The Greeks were the real first ones to use wooden statues of some type to ward off birds away from their vineyards ensuring a good harvest around 2500 years ago. They would add a club and sickle in the hands and paint them, as tho it was human.

The Japanese scarecrows were called *kakashi*. It was made of old dirty rags, bells and other noisemakers and sometimes lit on fire to scare the birds and animals away from the rice fields. Sometime later they started making them in the form of people using raincoats and hats with weapnry to make them look angry.



During the Middle Ages, small children worked in the fields running around scaring the birds away by clapping blocks of wood together. As the Medieval Period went past with the decrease in population due to the plague, there were not many children to spare so farmers started using old clothes stuffed with straw placing gourds on top as the head. These lifelike guardians did a good job

keeping the birds away.

Scarecrows in the Americas –

Native Americans have been found to use some form of scarecrows in Virginia and the Carolinas before the white man arrived. Adult men would sit on raised platforms and shout at the birds or ground animals and came near the crops.



Scarecrows also came with the immigrant settlers, such as the Germans to Pennsylvania. They called theirs *bootzamon* or bogeyman. I guess that is where we get the term bogeyman. Sometimes a female counterpart was added at the other end of the field.

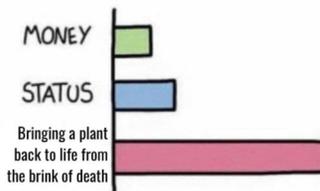
Scarecrows remained a part of the farmers' tools until after World War II when they realized they could accomplish more by spraying their crops with pesticides like DDT. But this stopped in the 1960's when it was discovered it was bad for us.



So, as to where are the scarecrows, well, they aren't in the fields anymore, but come fall, you will find them in many yard decorations, especially in rural counties. I remember driving thru New England a number of years ago viewing the fall colors of the leaves and there were so many beautiful yard decorations up there and most all had at least one scarecrow in it along with many flowers and pumpkins.

Now, you know the history of the scarecrow. I hope this little sidetrack from our regular weekly article you found as interesting as I did researching it. If you have any horticulture questions, please contact our Hotline at 409 882 -7010, or visit our Facebook page Orange County (Texas) Master Gardeners Association to post your question or our website <https://txmg.org/orange> . Our monthly meetings are held every 2nd Thursday of the month at the Orange County EXPO at 11475 FM 1442 in Orangefield staring at 6PM with a pot luck dinner/social and 6:30PM is our business meeting. Most meetings we do have a speaker on a horticultural subject of some kind. The public is welcome to come and there is no charge.

WHAT GIVES PEOPLE FEELINGS OF POWER



Family & Community Health

Breathe In Light, Breathe Out Darkness

You need the right exercises to relieve stress and you need to face whatever is bringing negativity into your life head on. Combine the two with this breathing visualization exercise. The goal of this exercise is to focus on the good things in your life while moving on from everything that's holding you back.

If you're looking for a new way to start fresh on Mondays (or any other day), as well as relax and keep your life positive, try this meditation practice:

- 1. Find the right position:** You need to be comfortable while you're breathing so you can keep your mind on your goals. You can either sit upright in a chair or lay down in your bed or on the floor in a way that keeps you from falling asleep.
- 2. Go into the light:** Visualize an orb of light as a tranquil place to manage your energy. The light can take the form of positive aspects of your life, such as your relationships with friends and family, your progress in working out, your achievements at your job, or aspirations you have for your future. Breaths should be slow to give your lungs an easy time. A few rounds should do the trick.
- 3. Breathe in:** Now breathe in the light you visualize. Give yourself a second or two to hold the breath so that the light enters your head, neck and shoulders. Take your time so the light work for your entire body.
- 4. Breathe out:** Let your air out while visualizing that your physical, mental, and emotional stress is leaving with it. This energy should take the form of black smoke that dissolves into the light around you. The smoke can represent anything from toxic relationships and past experiences to a physical injury and worries about your financial future.
- 5. Repeat breaths:** Four breaths in and out should do the trick. Keep your breaths slow so that the right amount of light and smoke enters and leaves your body.
- 6. Move to the rest of your body:** This exercise must now shift to the rest of your body. First, bring the light and exhale the smoke in your arms, hands and chest, then shift to your abdomen, hips, legs, genitals and feet.
- 7. Open your eyes:** Open your eyes, get back on your feet, and tackle the day.

Give this breathing exercise a shot this Monday so you can replace any negativity with positive energy.

#DeStressMonday

The 5-4-3-2-1 Coping Technique
Ease your state of mind in stressful moments.

- 5:** Acknowledge 5 things that you can see around you. (Illustrated with an eye icon)
- 4:** Acknowledge 4 things that you can touch around you. (Illustrated with a hand pointing icon)
- 3:** Acknowledge 3 things that you can hear around you. (Illustrated with an ear icon)
- 2:** Acknowledge 2 things that you can smell around you. (Illustrated with a nose icon)
- 1:** Acknowledge 1 thing that you can taste around you. (Illustrated with a tongue sticking out icon)

#DeStressMonday DeStressMonday.org **DeStress Monday**

DeStress Monday is not only for Monday's but useful for everyday of your life.

MASSAGE AWAY STRESS
This Monday, try simple, self-massage exercises to relax tight muscles and release tension from stress.

(Illustrations show: a person massaging their neck/shoulder, hands being massaged, and hands being massaged.)

DeStress Monday DeStressMonday.org #DeStressMonday



- 2 lbs cauliflower florets
- 1/2 lb red grapes, halved
- 1 tbsp minced garlic
- 2 tsp rosemary (fresh or dried) chopped
- 1/2 cup olive oil
- 1/3 cup pecans, chopped

4. Pour olive oil over cauliflower mixture.
5. Toss well. Spread cauliflower mixture onto a foil lined baking sheet, add a small pinch of salt and pepper, place in the oven at 425 degrees for 25 minutes. In the last 5 minutes of cooking, sprinkle chopped pecans across the sheet pan and continue to bake for remaining 5 minutes.

Serves 4

Nutrition Facts: Calories 250, Total Fat 17g, Saturated Fat 2g, Cholesterol 0mg, Sodium 70mg, Total Carbohydrate 25g, Dietary Fiber 7g, Total Sugars 14g, Protein 6g.

1. Cut cauliflower into florets and place in large bowl.
2. Slice grapes and place them in the bowl with the cauliflower.
3. Mince garlic and chop rosemary and add to bowl with the grapes and cauliflower.

