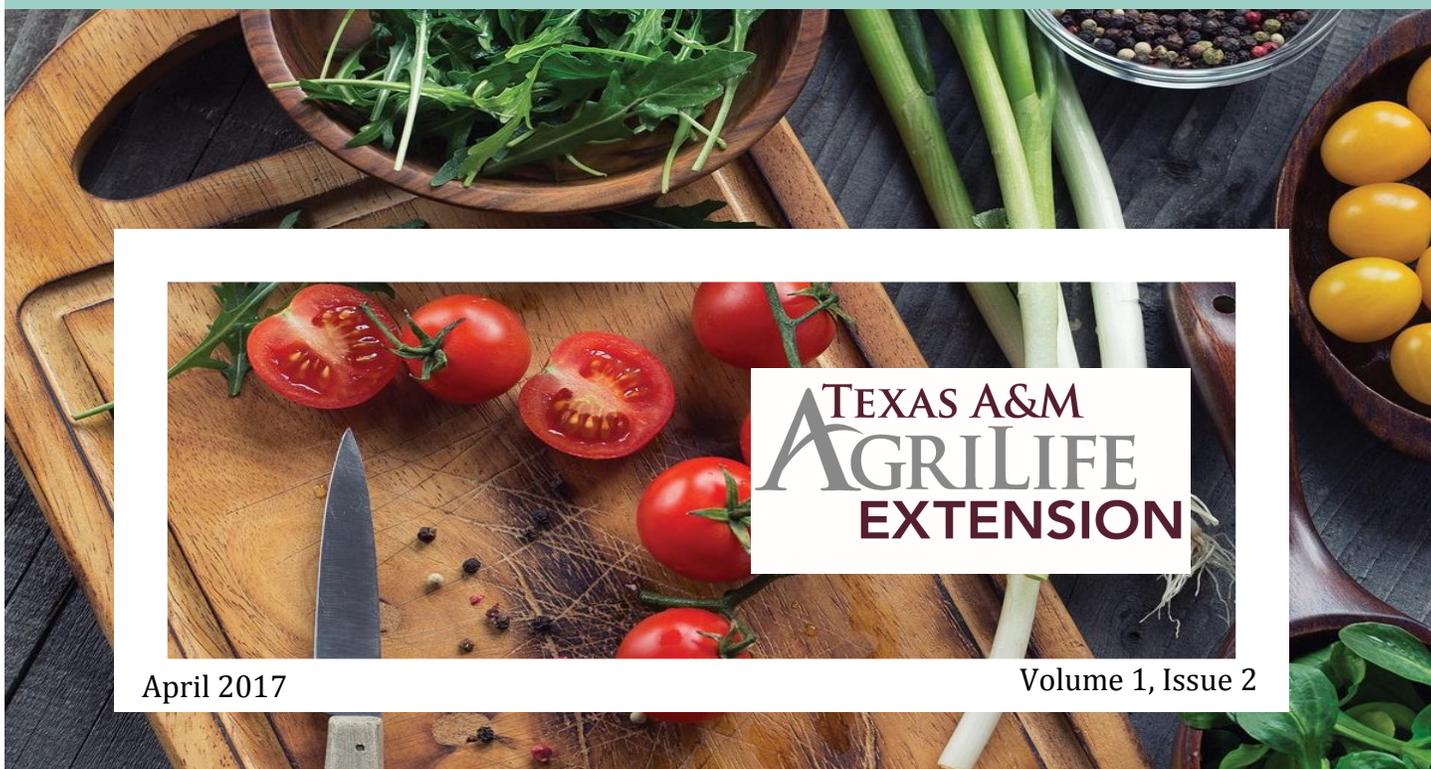


PANHANDLE PATH TO HEALTHY LIVING



April 2017

Volume 1, Issue 2

April is National Volunteer Month

What is a volunteer anyway? Merriam-Webster Dictionary defines a volunteer as: A person who voluntarily undertakes or expresses a willingness to undertake a service such as: 1) one who enters into military service voluntarily 2) one who renders a service or takes part in a transaction while having no legal concern or interest 3) one who receives a conveyance or transfer of property without giving valuable consideration.

Volunteers can be different genders, ages, stages of life and stages of career. They provide time commitments which range from impromptu to regularly scheduled events. Their service may include independent or group projects, episodic, online, and advisory and board service. Volunteers have some characteristics in common: an interest, desire, and/or willingness to do good contributing time, skills, and energy towards something that doesn't benefit only one's self, friends, or family not expecting any sort of reimbursement or payment in return for one's efforts. Benefits to volunteers: they choose how, where, why, and when to get involved, they get to know others. Whether for networking or learning more about working in a particular field, to make new friends, or to just understand a little more about others' ways of life. They have opportunities to gain new skills, practice existing skills in new ways, and learn more about complex issues like hunger, health care, and the environment.

Why is volunteering important? Volunteers have an enormous impact on the health and well-being of communities worldwide; 1) Volunteers deliver critical services 2) Volunteers tutor, teach, mentor, coach, and support 3) Volunteers educate the public on health and safety 4) Volunteer hours served have an economic impact on communities, states, countries and our world.

Volunteers assist with spreading Extension's mission! Over the last century, extension has adapted to changing times and landscapes, and it continues to address a wide range of human, plant, and animal needs in both urban and rural areas. Today, extension works to: 1) Translate science for practical application 2) Identify emerging research questions, find answers and encourage application of science and technology to improve agricultural, economic, and social conditions 3) Prepare people to break the cycle of poverty, encourage healthful lifestyles, and prepare youth for responsible adulthood 4) Provide rapid response regarding disasters and emergencies 5) Connect people to information and assistance available online through extension.org and through Extension created social media programming.

Volunteers of Randall County, Thank You!

Amy Wagner



Educational Programs of Texas A&M AgriLife Extension Service

Path to Wellness.....

Natural Disasters and Severe Weather cdc.gov

Wildfires More and more people make their homes in areas that are prone to wildfires. You can take steps to be ready for a wildfire and prepare your home and landscaping to reduce your risk. Learn how to protect yourself and your family from a wildfire, evacuate safely during a wildfire, and how to stay healthy when you return home.

Basic Safety Tips:

1) If you see a wildfire and haven't received evacuation orders yet, call 9-1-1. Don't assume that someone else has already called. 2) If ordered to evacuate during a wildfire, do it immediately- make sure and tell someone where you are going and when you have arrived. 3) Many communities have text or email alerting systems for emergency notifications. To find out what alerts are available in your area, search the Internet with your town, city, or county name and the word "alerts." 4) If you or someone you are with has been burned, call 9-1-1 or seek help immediately; cool and cover burns to reduce chance of further injury or infection.

Fire Weather Watch: Fire weather watch = dangerous fire weather conditions are possible over the next 12 to 72 hours.

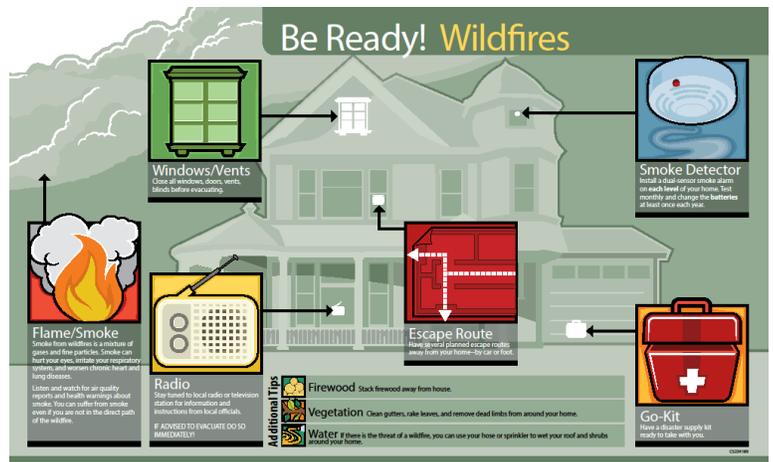
Steps to Take: 1) Turn on your TV/radio. You'll get the latest weather updates and emergency instructions. 2) Know where to go. If you are ordered to evacuate, know the route to take and have a plan of where you will go. Check-in with your friends and family. 3) Keep your car fueled, in good condition, and stocked with emergency supplies and a change of clothes.

Prepare Your Home: 1) Regularly clean the roof and gutters. 2) Maintain an area approximately 30' away from your home that is free of anything that will burn, such as wood piles, dried leaves, newspapers and other brush. 3) Connect garden hoses long enough to reach any area of the home and fill garbage cans, tubs, or other large containers with water. 4) Review your homeowner's insurance policy and also prepare/update a list of your home's contents.

After A Wildfire: Returning Home 1) Return home only when authorities say it is safe. 2) For several hours after the fire, maintain a "fire watch." Check and re-check for smoke, sparks or hidden embers throughout the house, including the roof and the attic. 3) Use caution when entering burned areas as hazards may still exist, including hot spots, which can flare up without warning. Evacuate immediately if you smell smoke.

Cleaning Your Home – 1) Wear a NIOSH certified-respirator (dust mask) and wet debris down to minimize breathing dust particles. 2) **Discard any food that has been exposed to heat, smoke or soot.** 3) **Do NOT use water that you think may be contaminated to wash dishes, brush teeth, prepare food, wash hands, or to make ice or baby formula.** 4) Photograph damage to your property for insurance purposes.

Before Wildfire Season - Make A Wildfire Plan: 1) Know your wildfire risk. 2) Make a wildfire emergency plan. 3) Build or restock your emergency preparedness kit, including a flashlight, batteries, cash, and first aid supplies. 4) Familiarize yourself with local emergency plans. Know where to go and how to get there should you need to evacuate. Stay tuned to your phone alerts, TV, or radio, for weather updates, emergency instructions or evacuation orders.



For larger graphic, go to: BE READY! WILDFIRES

PREPARE YOUR EMERGENCY FOOD SUPPLY

If a disaster strikes your community, you may not be able to get food, water, or electricity for several days. Take steps now to stock up on long-lasting foods that don't spoil, so that you will be prepared if something happens.

STEP 1: GATHER YOUR EMERGENCY FOOD SUPPLY

You will need at least a 3-day supply of food per family member, including pets. You may want to store more than this amount. Remember, it is better to have extra food that you can share than to run out of food during an emergency. Choose foods that last a long time, do not need to be refrigerated, and are easy to make. Also, try to pick items that are high in calories and nutrition. Check out the box below for ideas of foods to use, and how long they last! Try to use as many familiar foods as possible! These foods can help lift the mood, and provide comfort to your family during stressful times. Plan ahead for family members with special diets and allergies, including babies and elderly people. Look for special canned foods, juices, and soups for them. Nursing mothers should have formula, in case they are unable to breastfeed during the emergency. Make sure you have a manual can opener and disposable utensils.

Foods that last for about 6 months: boxed potatoes, dried fruit, dry, crisp crackers, powdered milk

Foods that last for about 1 year: canned food like soups, fruits, vegetables, canned fruit juices, canned nuts, peanut butter and jelly, ready-to-eat cereals and uncooked instant cereals.

Foods that can last many years (in proper containers and conditions): bouillon products, seasoning packets, dried corn, dry pasta, instant coffee, tea, and rice.

STEP 2: TAKE CARE OF YOUR EMERGENCY FOOD SUPPLY

Keep food in a dry, cool spot. If possible, choose an area out of the sun. Check your food supply at least every 6 months. Use foods before they expire, and replace them with fresh items. Immediately throw away canned goods that look swollen, dented, or rusty.

April

Important Dates:

District TEEA Spring Conference

Thursday, April 6
First United Methodist Church
Canyon

Robotics Game Day

Saturday, April 8
Texas Tech University

Big Fun in D1

April 20-22, 2017
Spring Roundup includes:
Ag Judging contests, Livestock
Skillathon, Fashion Show,
Duds to Dazzle, Storyboards,
Educational Presentations, Share
the Fun, and Consumer Decision
Making.

Please Remember:

4-H Big Fun In D1 District
Roundup is fast approaching.
Register on 4-H Connect **March
20-April 7, 2017**. District
Roundup is a qualifying event
for senior 4-Hers to attend State
Roundup in June.

Watch KAMR Studio 4

Wednesdays
From 4:00 to 5:00 PM
Studio 4 highlights events
happening in our panhandle
region. You might even see
someone you know!



Path to Randall County

Randall County TEEA Information

Can you believe April is already here? The time has come to host the District 1 Spring TEEA Conference. As a reminder, the Conference is Thursday, April 6, 2017 at the First Methodist Church in Canyon. We hope that you will be able to make it to the conference!!

Upcoming dates and events:

April 4, 2017 - Walk Across Texas Kick-Off event. We will start the Kick-Off Event at 6:00 PM here at the Randall County Extension Office!

April 6, 2017 - Spring TEEA Conference in Canyon

April 24th - Randall County TEEA Association Meeting at the Extension Office. Start thinking about who your club member of the year will be.

Walk Across Texas (WAT!)

We will kick off WAT on Tuesday, April 4th!! Call today and we'll get your teams ready to Walk!!

Walk Across Texas is an 8-week program created by Texas A&M AgriLife Extension Service with the goal of getting people in the habit of regular physical activity. WAT! gets its name from the 830 miles it would take to walk across the state of Texas. The goal of WAT! is to participate in physical activity that is equivalent to walking 830 miles. There is a range of activities that count towards your goal such as jogging, swimming, biking, rollerblading, or using cardio machines at the gym. Dancing and gardening even count and there is a mileage calculator to identify the miles/activity on the website. You can start at any time.

Many Schools or agencies use this opportunity to create some health competition with dozens of 8-person teams. Contact your County Family Consumer Sciences agent at your county Extension Office or find out more at <http://walkacrosstexas.tamu.edu/>.



Path to Youth Development.....

If you are interested in 4-H, now is the time to get involved!! We have a lot of upcoming projects and activities! Check the weekly Newsblast or call the office @ 468-5543 for more information!!

Randall County 4-H Dates

Tuesday, April 4: County Fashion Show paper work due to Amy.

Thursday, April 6: County Fashion Show & Storyboards Contest

Friday, April 7: 4-H Connect entries due for Big Fun in D1!

Saturday, April 8: Robotics Game Day, Texas Tech

Wednesday, April 12: District Fashion Show paperwork and all District Storyboards due to Extension Office by 5pm

Friday, April 14: Good Friday, office closed

Monday, April 17: County Roundup. Covered Dish Dinner

Thursday-Saturday, April 20-22: District 1 Roundup in Canyon

Tuesday, April 25: County Council Meeting @ 6:00 PM

The time for our Big Fun in D1 is just around the corner. Please check with the office to make sure we have you registered for the contests you will be competing in. Registration is due on Friday, April 7th!!

If you would like to practice your Educational Presentation, Share the Fun skit, or Public Speaking, we will be having a practice on Monday, April 17th here at the office. This will be a pot luck dinner so bring an item or two to share and we will work with you on your presentation!!

It's already time to start thinking about recordbooks. You are in luck because Shawnte Clawson, District 1 4-H Specialist will be providing a training on May 4th. See the information below.

If any parents or volunteers are available, we could use your help with the upcoming Big Fun in D1 contests. It takes a lot of people to make those contests happen, so if you are available anytime from Thursday, April 20 - Saturday, April 22, please let the Extension Office know. Your time and dedication to our County 4-H Program are greatly appreciated!!



D1 RECORDBOOK TRAINING
May 4th, 2017
District Extension Office
6500 Amarillo Blvd.

Session 1
6:00-6:30pm
"Back to the Basics"

Session 2
6:30-7:00pm
"From Good to Great"
Q&A with a panel of experts

For more information please contact
Shawnte Clawson:
sfclawson@ag.tamu.edu
806.677.5600



Path to Protection..... Food Safety



Egg Safety: What You Need to Know

Fresh eggs, even those with clean, un-cracked shells, may contain bacteria called Salmonella that can cause foodborne illness, often called "food poisoning". Most people infected with Salmonella develop diarrhea, fever, abdominal cramps, and vomiting 12 to 72 hours after infection. Symptoms usually last 4 to 7 days and most people get better without treatment. However, in some people, the diarrhea may be so severe that they need to be hospitalized.

FDA requires all cartons of shell eggs that have not been treated to destroy Salmonella to carry this safe handling statement:

Safe Handling Instructions

To prevent illness from bacteria: keep eggs refrigerated, cook eggs until yolks are firm, and cook foods containing eggs thoroughly.

Eggs that have been treated to destroy Salmonella by in-shell pasteurization, for example—are not required to carry safe handling instructions, but the labeling will usually say that they have been treated.

Buying: You can help keep eggs safe by making wise buying decisions at the grocery store. Buy eggs only if sold from a refrigerator or refrigerated case. Open the carton and make sure that the eggs are clean and the shells are not cracked. Store promptly in a clean refrigerator at a temperature of 40° F or below. Use a refrigerator thermometer to check. Store eggs in their original carton and use them within 3 weeks for best quality.

Storing: Proper storage of eggs can affect both quality and safety. Use hard-cooked eggs (in the shell or peeled) within 1 week after cooking. Use frozen eggs within 1 year. Eggs should not be frozen in their shells. To freeze whole eggs, beat yolks and whites together. Egg whites can also be frozen by themselves. Refrigerate leftover cooked egg dishes and use within 3 to 4 days. When refrigerating a large amount of a hot egg-containing leftover, divide it into several shallow containers so it will cool quickly.

Preparing: Wash hands, utensils, equipment, and work surfaces with hot, soapy water before and after they come in contact with raw eggs and raw egg-containing foods. Cook eggs until both the yolk and the white are firm. Scrambled eggs should not be runny. Casseroles and other dishes containing eggs should be cooked to 160° F. Use a food thermometer to be sure. For recipes that call for eggs that are raw or undercooked when the dish is served — like Caesar salad dressing and homemade ice cream — use either shell eggs that have been treated to destroy Salmonella, by pasteurization or another approved method, or pasteurized egg products.

Serving: Follow these serving guidelines for eggs and egg dishes. Serve cooked eggs (such as hard-boiled eggs and fried eggs) and egg-containing foods (such as quiches and soufflés) immediately after cooking. Cooked eggs and egg dishes may be refrigerated for serving later but should be thoroughly reheated to 165° F before serving. Never leave cooked eggs or egg dishes out of the refrigerator for more than 2 hours or for more than 1 hour when temperatures are above 90° F. Bacteria that can cause illness grow quickly at warm temperatures (between 40° F and 140° F). For party planning, keep hot egg dishes hot and cold egg dishes cold; 1) keep egg dishes refrigerated until time to serve 2) serve small platters of reheated egg dishes at a time to ensure the food stays at the proper temperature, replenish as needed, or at least every 2 hours 3) Keep cold egg dishes on ice if they are going to stay out longer than 2 hours.

Transporting: For picnics, pack cooked eggs and egg dishes in an insulated cooler with enough ice or frozen gel packs to keep them cold. Transport the cooler in the passenger compartment of the car, not in the much warmer trunk. At the picnic area, put the cooler in the shade if possible and keep the lid closed as much as you can. For school or work, pack cooked eggs with a small frozen gel pack or a frozen juice box.

For more information, go to:

[EGG SAFETY](#)



TEXAS A&M AGRILIFE EXTENSION

“Panhandle Path to Healthy Living” is a Family and Consumer Sciences information resource for area families in the Texas Panhandle Counties. The newsletter is published monthly. Readers are encouraged to read the newsletter and then pass it on. Any information may be reproduced for education purposes in any form and credit cited appropriately.

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randall.agrilife.org

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Path to Plate.....

INSIDER INFO

Cooking hard-boiled eggs can be easy with our simple tips and tricks.

Create the Perfect Hard Boiled Egg

Hard-Boiled Eggs

Ingredients

- Eggs

Prep time: 1 minute

Ready in: 24 minutes

Directions

- 1) PLACE eggs in saucepan large enough to hold them in single layer. ADD cold water to cover eggs by 1 inch.
- 2) HEAT over high heat just to boiling.
- 3) REMOVE from burner. COVER pan. LET EGGS STAND in hot water about 12 minutes for large eggs (9 minutes for medium eggs; 15 minutes for extra large).
- 4) DRAIN immediately and serve warm. OR, cool completely under cold running water or in bowl of ice water, then REFRIGERATE.

For more about egg cookery, go to:

[EGG COOKERY](#)



For easier peeling, use eggs that are 7 to 10 days old. Pack hard-boiled eggs for lunch. Slice or cut into wedges for tossed salad. Dice for egg salad. Color and decorate for Easter.

Banish the greenish ring. This harmless but unsightly discoloration that sometimes forms around hard-boiled yolks results from a reaction between sulfur in the egg white and iron in the yolk. It occurs when eggs have been cooked for too long or at too high a temperature. Our method – cooking eggs in hot, not boiling, water, then cooling immediately – minimizes this.

Food safety precaution: Piercing shells before cooking is not recommended. If not sterile, the piercer or needle can introduce bacteria into the egg. Also, piercing creates hairline cracks in the shell, through which bacteria can enter after cooking.

Never microwave eggs in shells. Steam builds up too quickly inside and eggs are likely to explode.

Very fresh eggs can be difficult to peel. To ensure easily peeled eggs, buy and refrigerate them a week to 10 days in advance of cooking. This brief “breather” allows the eggs time to take in air, which helps separate the membranes from the shell.

Hard-boiled eggs are easiest to peel right after cooling. Cooling causes the egg to contract slightly in the shell.

To peel a hard-boiled egg: Gently tap egg on countertop until shell is finely cracked all over. Roll egg between hands to loosen shell. Starting peeling at large end, holding egg under cold running water to help ease the shell off.

Storage time: In the shell, hard-boiled eggs can be refrigerated safely up to one week. Refrigerate in their original carton to prevent odor absorption. Once peeled, eggs should be eaten that day.

High altitude cooking: It's almost impossible to hard-cook eggs above 10,000 feet.