

PANHANDLE PATH TO HEALTHY LIVING



March should be “Wash Your Hands Month”

March isn't ‘Wash your Hands Month’ but it should be! There are so many things in this world that would be better if everyone would wash their hands properly. From Colds and the Flu to E-Coli, and now Coronavirus has our attention. So many people get sick needlessly.

Germs can get into the body through our eyes, nose, and mouth and make us sick. Handwashing with soap removes germs from hands and helps prevent sickness. Studies have shown that handwashing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the flu, and it is more effective than hand sanitizers.

CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

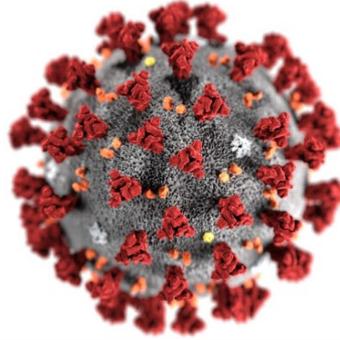
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

Kelli Lehman

Path to Wellness.....

COVID-19

WHAT IS IT?



The name *coronavirus* is derived from the Latin *corona*, meaning "crown" or "halo", which refers to the characteristic appearance reminiscent of a crown or a [solar corona](#) around the virions (virus particles) when viewed under two-dimensional [transmission electron microscopy](#), due to the surface covering in club-shaped protein spikes.

Coronaviruses are a large family of viruses which may cause illness in animals or humans. In humans, several coronaviruses are known to cause respiratory infections.

The most recently discovered coronavirus causes coronavirus disease COVID-19.

Illness due to COVID-19 infection is generally mild, especially for children and young adults. However, it can cause serious illness: about 1 in every 5 people who catch it need hospital care.

What You Can Do

Thorough hand-washing and good respiratory hygiene.

It is not certain how long the virus that causes COVID-19 survives on surfaces, but it seems to behave like other coronaviruses. Studies suggest that coronaviruses (including preliminary information on the COVID-19 virus) may persist on surfaces for a few hours or up to several days. This may vary under different conditions (e.g. type of surface, temperature or humidity of the environment).

FOR MORE INFORMATION VISIT:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>



Step Up Scale Down is a research-based program designed to help you achieve and maintain a healthy weight in **12 weeks**. The USDA Dietary Guidelines inform the program, which focuses on forming habits to promote health and reduce your risk for chronic disease. **Randall County will be offering Step Up Scale Down online starting April 13, 2020!**

Save the Date:

Step Up Scale Down—Online
12 Week Weight Management
April 13—July 6, 2020

Visit agrilifelearn.tamu.edu to register. You'll be able to set up a new account, register and pay for the course all through this website. You can find the Step Up Scale Down course by using the search function, or it is listed under the "Family and Health" category.

<https://stepupscaldown.org/faq/>

Volunteer

If you are interested in serving on the **Family and Community Health Program Area Committee** or becoming a trained Master Wellness Volunteer contact Kelli Lehman @ 806.468.5543 or klehman@ag.tamu.edu

Save the Date:

Step Up, Scale Down—Online 12 Week Weight Management April 13—July 6, 2020



Like us on

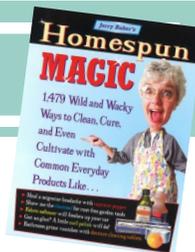
“Texas A&M AgriLife Extension Service - Randall County FCH”

Find us on the web at



<https://randall.agrilife.org/>

Path to County



Basic Tool Kit



AWL

Useful for starting pilot holes for screws and screw-eyes.

MEDIUM-DUTY CLAW HAMMER

(About 13 ounces)

To drive a nail or remove one. The claw on the back of the hammer can also serve as a light-duty pry bar.



SLIP-JOINT PLIERS

These will help you get a grip on a nut, and I don't mean that neighbor who always borrows your tools!

LONG-NOSE OR NEEDLE NOSE PLIERS



Especially helpful for holding a small nail for hammering, keeping your fingers a safe distance away.

Like anything else, when shopping, for tools, you can spend a little or a lot, but you usually get what you pay for. A well-made tool may be expensive, but properly taken care of and used as it was designed, it will last several lifetimes. The moral of the story is to buy within your budget, and upgrade when you can.

Quilt Fundraiser

Support District 1 TEA-FCS!

Drawing will be held July 30, 2020 at the State TEAFCS Annual Conference!



4 1/2 Ft X 5 1/2 Ft

\$1 Each

Handmade quilt constructed by the Potter County Quilt Mafia



See your local FCS Agent for tickets

If you'd like to purchase tickets, contact the Randall County Extension Office.

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.

Path to Better Living

April 1 is Census Day, a key reference date for the 2020 Census. When completing the census, you will include everyone living in your home on April 1, 2020. Census Day will be celebrated with events across the country.

It's mandated by the U.S. Constitution in Article 1, Section 2: The U.S. has counted its population every 10 years since 1790.



Your response matters.

Health clinics. Fire departments. Schools. Even roads and highways. The census can shape many different aspects of your community.



Census results help determine how billions of dollars in federal funding flow into states and communities each year.



The results determine how many seats in Congress each state gets.

Important Census Dates

In mid-March, homes across the country will begin receiving invitations to complete the 2020 Census. Once the invitation arrives, you should respond for your home in one of three ways: online, by phone, or by mail.

Fun Facts



1790 Census—This was the first United States census.

By horseback and on foot, approximately 650 U.S. marshals and assistants recorded answers on forms made of parchment and animal skins.



2020 Census—Households can now respond online, by phone, or by mail. Hundreds of thousands of temporary census takers will use smartphones to follow up with households that don't respond.



U.S. Population

1790 Census **3,929,214**

109,826. That was the combined population of the country's five largest cities: New York City (33,131 people); Philadelphia (28,522); Boston (18,320); Charleston, South Carolina (16,359); and Baltimore (13,503).

2020 Census **Unknown**



107,601. That is the attendance capacity at the largest college football stadium in the United States—Michigan Stadium in Ann Arbor, Michigan.

Path to Better Living

Daylight Saving Time begins at 2 a.m. on Sunday, March 8.

Remember it is “spring forward, fall behind” so you will be moving your clocks ahead one hour – most likely before you go to bed. This is the one where we lose an hour of sleep but by moving the clocks forward, we will have more light in the evening. Daylight saving time ends Nov. 1, 2020, when we fall back one hour.

According to webexhibits.org, the purpose of Daylight Saving Time is to make better use of daylight. By changing our clocks in the spring, we essentially move an hour of daylight from morning to evening allowing us to be outside longer during the summer.

Some form of Daylight Saving Time has been around for a long time.

Daylight saving time was first used in 1908 by a few hundred Canadians in Thunder Bay, Ontario. Germany popularized DST after it first set the clocks forward on April 30, 1916, to save coal during World War I, according to timeanddate.com.

Daylight saving time became a national standard in 1966 when President Lyndon B. Johnson signed the Uniform Time Act, which was established as a way to continue to conserve energy. The thinking was, if it's light out longer, that's less time you'll need to use the lights in your house.

In 1966, to address inconsistencies, Congress passed the Uniform Time Act. Some states found a loophole. Hawaii and Arizona did not change clocks. Some states had areas that did and others that did not.

The Energy Policy Act of 2005 went into ef-

fect in 2007 and as a result, most of the United States observes Daylight Saving Time. It is not observed in Hawaii, Arizona, Puerto Rico, Guam, Virgin Islands, American Samoa and the Northern Marianas Islands.

There continues to be, however, a debate about the effectiveness of Daylight Saving Time. **What do you think? Should**



All that extra sunshine you get from springing forward helps to extend the life and health of your teeth and bones (among other benefits of vitamin D). That's because the 'sunshine vitamin,' like calcium, is able to counteract deficiencies that may cause inflammation linked to periodontal disease, researchers say.

All your body needs to produce vitamin D is 10-15 minutes of sun exposure on your face, arms, hands, or back at least two times per week. Just be sure to wear sunscreen for prolonged time spent in the sun. And during winter or bouts of rainy, cold weather, boost your intake of vitamin D-rich or fortified foods, like milk, eggs, and tuna.



TEXAS A&M AGRI LIFE EXTENSION

Panhandle Path to Healthy Living is a Family and Community Health 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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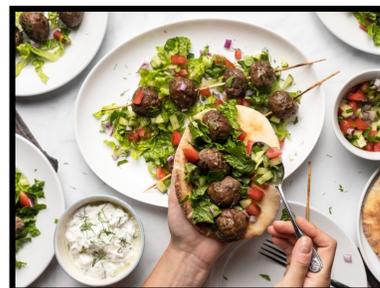
Path to Plate.....

Mediterranean Beef Meatball Kabob

Ingredients

- 1 pound Ground Beef (93% lean or leaner)
- 1/4 cup dry breadcrumbs
- 2 egg whites or 1 whole egg
- 2 tablespoons chopped fresh parsley
- 2 tablespoons water
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 flatbreads (such as naan or pita)

Optional Toppings: Chopped tomatoes, cucumber, red onion, or fresh parsley, Tzatziki sauce



Preparation

- 1 Heat oven to 400 degrees F. Combine Ground Beef, breadcrumbs, egg, parsley, water, garlic, cumin, salt and pepper in a large bowl, mix lightly but thoroughly. Shape into sixteen 1-1/4-inch meatballs.
- 2 Thread meatballs onto four 10-inch skewers. Place on a rack in broiler pan that has been sprayed with cooking spray. Bake in 400 degree oven 18-20 minutes.
- 3 Remove meatballs from skewers. Serve in flatbreads. Garnish with Toppings as desired.

From <https://www.beeflovingtexans.com>