

PANHANDLE PATH TO HEALTHY LIVING



January 2021

~~Welcome to 2020~~ 2021

It is January and that time of year when many of us reassess our busy lives and set New Year Resolutions. According to *Psychology Today*, 80 percent of people who set New Year goals/resolutions abandon them. That's because making behavioral changes is one of the toughest things a person can do. Breaking old patterns and creating new, healthy habits take time and dedication. This year, why not try preparing for the new year by making New Year goals that are both meaningful and realistic?

Be specific and realistic about your 2021 New Year goals: It's natural to want to start a new year by changing just about everything. But you'll have a better chance of succeeding if you limit the number of New Year's resolutions you make. By being specific about your wellness goals and realistic about what you hope to achieve, you can focus on measurable, attainable results.

Don't punish yourself for not being perfect. As noted above, the success rate when it comes to New Year's goals is not very high. So don't punish yourself if you're having a hard time establishing new health goals or breaking an unhealthy habit. Studies show that people who are self-compassionate are actually more motivated to improve themselves. Be gentle, forgive yourself, and start again.

Stay hydrated. This might seem like it comes out of left field, but it does apply to almost all New Year goals. When we don't drink enough water and get dehydrated, we lose focus and become less effective across the board. Staying hydrated supports your body and mind, increasing your strength and endurance so you can more easily make behavioral changes.

Be grateful for each mini-goal you achieve. When it comes to 2021 New Year goals/resolutions, progress takes time. Focus on setting and achieving mini-goals—and when you do, take time to savor them and to appreciate your hard work and dedication. Research shows that cultivating and expressing gratitude builds self-esteem and resilience—two qualities that will reinforce your progress forward.

Kelli Lehman

Path to Wellness.....

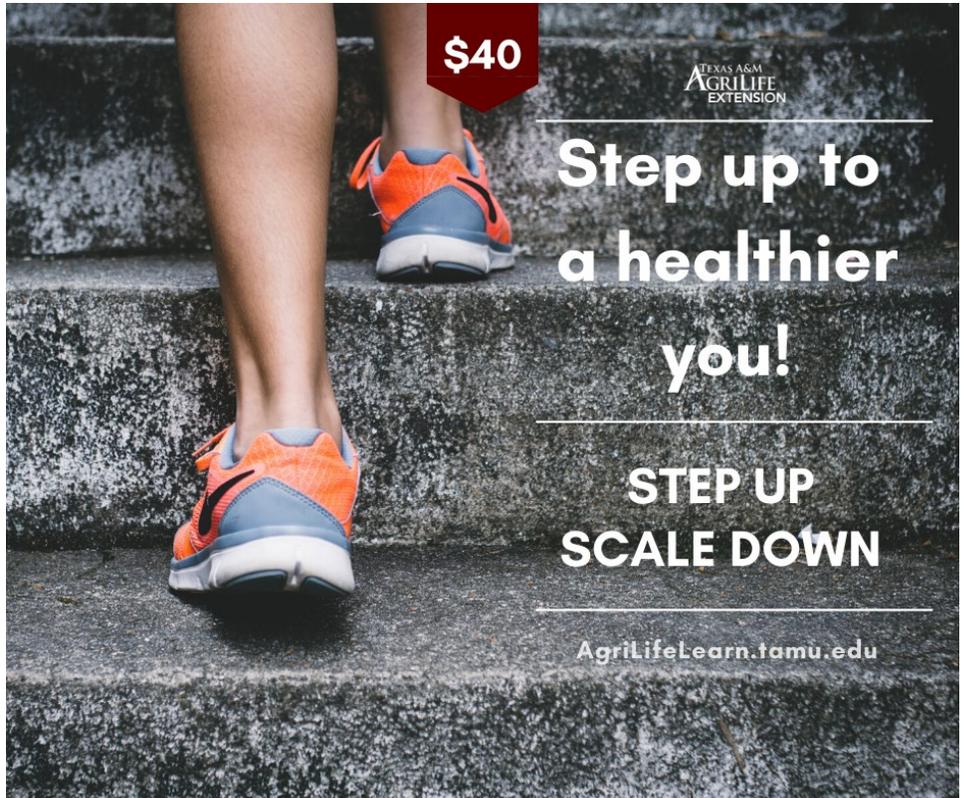
Start Date: January 11, 2021

Step Up Scale Down is a 12-week online weight loss and wellness program. It promotes healthy weight loss and lifestyle habits based on USDA guidelines and scientific research to promote health and reduce your risk for chronic disease.

Each week focuses on a different topic related to nutrition, healthy eating, exercise, and more to support you in your weight loss journey.

Topics covered in this program include:

- Setting realistic and healthy goals
- How to calculate calorie needs for weight loss to reach a healthy weight
- Why fad diets are not recommended
- Portion sizes for adults
- How to read nutrition labels and identify food claims
- Meal planning for weight loss and weight management
- Motivation to workout and exercise
- Signs and symptoms of dehydration
- Healthy snacks for weight loss
- Fruits and vegetables to consume for a healthy diet
- How to eat healthy while socializing at work, restaurants and parties
- What are normal blood pressure and cholesterol levels
- Rewards for weight loss milestones and success



What are you waiting for? Sign up for Step Up and Scale Down, and start stepping up to a better you!

How does the online course work?

After you complete the registration process, you will receive an email with a link to your course where you can access the course introduction.

On the start date, the first lesson will be posted and new weekly lessons will be posted every Monday. Once the lesson is posted, it will be available for the duration of the 12-week course. Participants will have access to the course for two weeks after the course end date. **Course fee is \$40.**

Visit <https://stepupscaledown.org/> to register for this statewide course.

Path to REACH YOUR GOALS



Step number 1: find a tool to do all your planning! In this day and age you can find practically any style to fit your personality! There are daily planners, weekly planners, monthly planners, online planners, and note taking planners. The list goes on and on! And of course you aren't limited to just one of these options. You can always mix and match what works best for you!

Start defining attainable 3 month goals.

This exercise can take a bit of time. It requires you to get clear on what you want out of all this planning. Not only that, it is sometimes difficult to know what is attainable or simply just too far out of reach in the specified time. That being said, be easy on yourself if you didn't set reasonable goals the first time. If you've never tried to frame your goals in this time frame it is unlikely you'll get it perfect on the first try. That doesn't mean the exercise is useless! It still helps you clearly define what you want. And how can you expect to achieve anything if you don't even know what you want to achieve? Below is an example of my 3 month goals to give you an idea.

Start planning how to achieve those 3 month goals.

Goals are all well and good, but how do you actually get there? Think of a goal as a jigsaw puzzle. Each puzzle piece is a task to help you put together the entirety of the goal. The planner that I am using has an exceptional method for helping you define these tasks. After it leads you through defining you 3 month goals, it asks you to plan out your month (from a higher birds eye view). Below the month it has a section called "Most Important Goals This Month". This allows you to start focusing in on what you want to prioritize on a month to month basis. Next, the planner has you plan 1 week. Again, it asks you to list your goals for the week, slowly narrowing down on what is important to you. In addition, it has an available to do list (split into work and personal). This to do list is getting you closer and closer to those individual tasks which can help you achieve your 3 month goals!

Do what you said you would do.

Commit. Planning is all well and good. But it doesn't really matter if you don't actually do anything. Once you're happy with your plan you have to start executing. If you have problems with motivation, get an accountability partner. If you feel there isn't enough time in the day, re-evaluate your goals and subsequent plan. This is all about being attainable, meaning, YOU CAN DO IT! I know you can.

Upcoming BLT Programs

2021—New Year! New Start! New You!

Fresh Start To A Healthier You &
Walking Program — Virtual

Educational videos will be sent to your email address each week.
The class is self-paced to allow flexibility with your schedule.
Just tune in when you can from a smart phone, lap top, or tablet.

Walking Program will run 8 weeks beginning
January 12th—March 2nd

Nutrition Series will run 4 weeks beginning
January 12nd—February 2nd

Participants who completes all four sessions & log 8 weeks physical activity will receive items to help you with your fresh start in 2021! There is no fee.



**new Year
New You**

Email klehman@ag.tamu.edu to **RSVP** or call the
Randall County Extension office at 806.468.5543
DEADLINE to register is January 8th.

JANUARY 11, 2021

RANDALL COUNTY

*new year
virtual*

PROGRAMS

SUSD

STEP UP SCALE DOWN \$ STATE

FEBRUARY 1, 2021 - APRIL 5, 2021

\$ Smart

DEBT, SAVINGS, & BUDGETING -10 WK
VIRTUAL SERIES FREE LOCAL

SATURDAY, FEBRUARY 20, 2021 9 A.M. - 12PM

**Early Childhood
Online Conference**

EMERGENCY PREPAREDNESS,
YOUTH LITERACY, INCLUSION \$ STATE



Contact the Randall County Extension office for more information or
to RSVP for a local event 806.468.5543

To register for state program visit <https://agrilifelearn.tamu.edu/>

healthy eating for an active lifestyle



10 tips for combining good nutrition and physical activity

For youth and adults engaging in physical activity and sports, healthy eating is essential for optimizing performance. Combining good nutrition with physical activity can lead to a healthier lifestyle.

1 maximize with nutrient-packed foods
Give your body the nutrients it needs by eating a variety of nutrient-packed food, including whole grains, lean protein, fruits and vegetables, and low-fat or fat-free dairy. Eat less food high in solid fats, added sugars, and sodium (salt).

2 energize with grains
Your body's quickest energy source comes from foods such as bread, pasta, oatmeal, cereals, and tortillas. Be sure to make at least half of your grain food choices whole-grain foods like whole-wheat bread or pasta and brown rice.

3 power up with protein
Protein is essential for building and repairing muscle. Choose lean or low-fat cuts of beef or pork, and skinless chicken or turkey. Get your protein from seafood twice a week. Quality protein sources come from plant-based foods, too.

4 mix it up with plant protein foods
Variety is great! Choose beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), and unsalted nuts and seeds.

5 vary your fruits and vegetables
Get the nutrients your body needs by eating a variety of colors, in various ways. Try blue, red, or black berries; red and yellow peppers; and dark greens like spinach and kale. Choose fresh, frozen, low-sodium canned, dried, or 100 percent juice options.



6 don't forget dairy
Foods like fat-free and low-fat milk, cheese, yogurt, and fortified soy beverages (soymilk) help to build and maintain strong bones needed for everyday activities.

7 balance your meals
Use MyPlate as a reminder to include all food groups each day. Learn more at www.ChooseMyPlate.gov.

8 drink water
Stay hydrated by drinking water instead of sugary drinks. Keep a reusable water bottle with you to always have water on hand.

9 know how much to eat
Get personalized nutrition information based on your age, gender, height, weight, current physical activity level, and other factors. Use SuperTracker to determine your calorie needs, plan a diet that's right for you, and track progress toward your goals. Learn more at www.SuperTracker.usda.gov.

10 reach your goals
Earn Presidential recognition for reaching your healthy eating and physical activity goals. Log on to www.presidentschallenge.org to sign up for the Presidential Active Lifestyle Award (PALA+).



Going over Niagara Falls in a barrel, 1901-1985

Serbian-American engineer and physicist Nikola Tesla (1856-1943) made dozens of breakthroughs in the production, transmission and application of electric power. He invented the first alternating current (AC) motor and developed AC generation and transmission technology. Though he was famous and respected, he was never able to translate his copious inventions into long-term financial success—unlike his early employer and chief rival, Thomas Edison. The electric car company is named after Nikola Tesla but is not related to the inventor

Tesla made history in 1896 with his alternating current induction motor, in fact, while his Niagara experiments marked the earliest use of a system that still carries electricity around the world today. His knowledge of alternating current, he was able to divert power more than 20 miles away from Niagara Falls to Buffalo, New York.



And more than 100 years later, hydroelectricity is still generated by the falls, with the plants there able to produce up to 2.4 million kilowatts of power.

Interestingly, though, the amount of water coming over the falls significantly decreases at night. You see, a treaty from 1950 allows local companies to divert more of the flow into their power plants at times when the spectacular view will be least affected. And that's not the only time that the volume of Niagara Falls has altered over the years.

The falls—American Falls, Horseshoe Falls and the small Bridal Veil Falls—formed some 12,000 years ago, when water from Lake Erie carved a channel to Lake Ontario. The name Niagara came from “Onguiaahra,” as the area was known in the

language of the Iroquois people who settled there originally. After the French explorer Samuel de Champlain described the falls in 1604, word of the magnificent sight spread through Europe.

A visit to Niagara Falls was practically a religious experience. “When I felt how near to my Creator I was standing,” Charles Dickens wrote in 1842, “the first effect, and the enduring one—instant lasting—of the tremendous spectacle, was Peace.” Alexis de Tocqueville described a “profound and terrifying obscurity” on his visit in 1831, but he also recognized that the falls were not as invincible as they seemed. “Hasten,” Tocqueville urged a friend in a letter, or “your Niagara will have been spoiled for you.”

Today, erosion of the American Falls is estimated at 3 – 4 inches every 10 years (used to be on average 4 feet a year). The water flow which is regulated at a minimum level of 10% of the estimated 100,000 cubic feet per second during the summer (50,000 cubic feet per second during winter) is insufficient to cause major erosion.

Do you know about the daredevils who go over the Niagara Falls in barrels?



George Stathakis poses on his barrel before taking the plunge. 1930.

It is said that Niagara Falls has a mystic allure that gives some people the uncontrollable urge to jump in and blend into the swirling waters. Officials say that they recover an average of 20 people per year who chose Niagara Falls as the place to end their lives. But there are those who choose to go over the Niagara Falls in the name of adventure, not suicide.

The first person to ride over the falls and live to tell the tale was not a famous daredevil or performer, but a widowed teacher named Annie Edson Taylor. **Taylor was struggling financially when she came up with the perfect attention-getting stunt: She would go over Niagara Falls in a barrel.**

She used an oak-en barrel with a crudely cushioned interior, which she tested by sending it over the falls with a cat stuffed inside. **The traumatized feline survived the plunge, so on Oct. 24, 1901 — her 63rd birthday**

— Taylor climbed inside the barrel and was set adrift from a rowboat upstream. Less than twenty minutes later, she was recovered from the bottom of the falls, bleeding from the head but otherwise uninjured. She later recalled “If it was with my dying breath, I would caution anyone against attempting the feat ... I would sooner walk up to the mouth of a cannon,

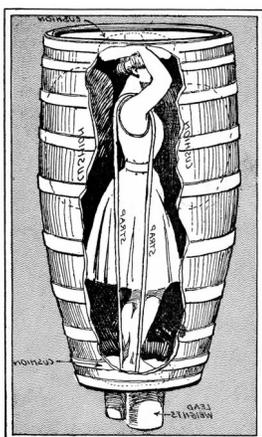
knowing it was going to blow me to pieces than make another trip over the fall.”

A decade after Taylor’s pioneering plunge, Bobby Leach became the first man to survive the falls in a custom metal barrel, shattering his kneecaps and jaw in the process. **Leach managed to parlay his title of “first man to go over Niagara Falls” into a successful touring career before slipping on an orange peel and dying in 1926.**

In 1920, English barber Charles Stephens made history as the first person to die attempting to go over the falls in a barrel, when the anvil he packed as ballast burst through the bottom of the barrel, taking him with it. Only his right arm in its safety harness was ever recovered. Canadian-American daredevil Jean Lussier decided against using a barrel, and in 1928 survived the falls in a six-foot rubber-and-steel ball, which he later sold to tourists piece by piece.

In 1930, Greek immigrant George A. Stathakis decided to take a barrel over the falls, hoping to raise money to publish his books on metaphysics. He constructed a hulking ten-foot barrel that weighed nearly a ton — a surely indestructible vehicle. On the day of his plunge, Stathakis brought along his more than 100-year-old pet turtle Sonny Boy as a good luck charm, and to tell his story if he didn’t make it. The behemoth of a barrel survived the plunge, but was trapped behind a curtain of water at the base of the falls for 18 hours before it could be extricated. When the barrel was finally freed, Stathakis had died of suffocation. Sonny Boy the turtle survived.

Anne Edson Taylor’s barrel design. 1901.



Anne Edson Taylor’s barrel design. 1901.



Scan QR Code for interesting facts about Nikola Tesla.



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

Watch KAMR Studio 4

From 4:00 to 5:00 PM

Studio 4 highlights events happening in our Panhandle region.



Like us on



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



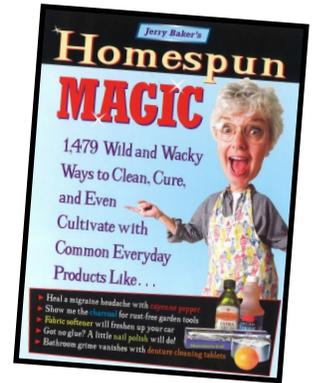
Find us on the web at

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

Path to Randall County

All That Glitters May Be...

Silverfish. These little critters love damp areas, and they feed on organic matter such as paper. So storing books and magazines as well as fabric like cotton and wool in a damp garage can be like ringing the dinner bell for these critters. Be sure to put anything that could potentially become infested in a sealed plastic bags, or wrap them tightly in plastic. While you're at it, include a small amount of mothballs or moth flakes around the packaging for extra insurance.



Top new year's resolutions for 2021 included...



63% Improve their overall wellness



62% Save more money for future expenses



58% Have a more positive outlook



54% Better budget their finances or create a monthly budget



49% Pay down debt

TEXAS A&M
AGRI LIFE
EXTENSION

Let AgriLife Extension help you keep your New Year's Resolution!

Sign up for one of our virtual wellness and financial classes!

Survey conducted by OnePoll for Affirm in October 2020 with a sample of 2,000 Americans.

affirm

TEXAS A&M
AGRILIFE
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.



Kelli D. Lehman

Texas A&M AgriLife Extension Service –
Randall County, Panhandle District 1

County Extension Agent –
Family & Community Health

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

806.468.5543

TEXAS A&M AGRILIFE EXTENSION SERVICE
Randall County
Herbert F. & Jeanine Kuhlmann Extension Center
200 N. Brown Road
Canyon, Texas 79015

Postage

Return Service Requested

Path to Plate.....