

Leon County FCH Focus Newsletter



Pumpkin's Benefits



Fall 2019

Fall's great gourd is so healthy for you that it shouldn't be reserved just for Thanksgiving dinner. According to Julia Zumpano, RD, LD, a dietitian in Cleveland Clinic's Section of Preventive Cardiology & Rehabilitation, pumpkin is good for your:

- **Eyesight and immune system** - That's thanks to vitamin A, which is naturally packed into pumpkin. Eating a 1 cup serving provides 200% of most people's recommended daily intake of the vital nutrient.
- **Heart** - Pumpkin's potassium and antioxidants can help prevent heart disease – as well as some cancers.
- **Cholesterol** - Plant sterols in pumpkin seeds can help lower your LDL (bad) cholesterol. So can the omega 3 fatty acids, which help lower triglycerides (blood fats) and blood pressure.
- **Weight** - Pumpkin is easy on your waistline, with only 50 calories per cup. The same portion also provides 3 grams of fiber, which can keep you feeling fuller longer.

Fall is here, and we've had both warm and cool days. It's a time of year to reflect on our many blessings.

Please enjoy and make use of this newsletter. As usual, we have a lot going on, so check it all out!

I look forward to any feedback. Feel free to contact our office if you have any questions.

Laura Petty

Ways to roll pumpkin into your everyday diet

Rolling pumpkin into your everyday diet isn't hard. Julia recommends you:

1. Roast pumpkin in the oven for a side dish.
2. Stir pureed or canned pumpkin into soups or sauces (even tomato sauce) to thicken them. Pumpkin can even replace fats or carbohydrates in your recipes.
3. Substitute pumpkin for fat or oil in breads, muffins and pancakes.
4. Add pumpkin to plain or vanilla yogurt with some pumpkin spice and a dab of honey.
5. Mix pumpkin into a smoothie.
6. Toast pumpkin seeds to top a salad or roasted vegetables.

Source: <http://health.clevelandclinic.org>



Halloween Makes It More Than Spooky on the Road

Halloween Safety for Motorists and Pedestrians



Halloween is coming soon, and children will be out in their neighborhoods to enjoy treats, fun, and games. Motorists and pedestrians can take steps to make this year's Halloween a safe one! Although Halloween comes before the change back to standard time this year, the days are getting shorter, and the nights are getting longer. With shorter days comes more night driving. Because nighttime driving is more dangerous, it requires extra attention from motorists as well as pedestrians. Sadly, Halloween also increases the number of drunk drivers on the road at night. The National Highway Traffic Safety Administration reporting 42 percent of those killed in traffic crashes on Halloween night from 2013 to 2017 died in crashes involving a drunk driver.

NHTSA also reports that nearly two-thirds of all fatal pedestrian crashes occur in low-light conditions. The large number of young pedestrians out on Halloween evening makes this an especially dangerous time. Here is a scary fact from the National Safety Council, children are more than twice as likely to be hit by a car and killed on Halloween than on any other day of the year. Please keep the following safety tips in mind during Halloween and all year long.

Tips for Motorists

- Avoid using handheld electronic devices.
 - Remember that as soon as you step out of your car, you become a pedestrian.
 - Be especially alert for all road users, including pedestrians, at night.
 - Slowdown in areas where pedestrians are likely to be or where sight distances are limited. Keep your windshield clean. Watch for children walking on roads, medians, and curbs. Enter and exit driveways carefully
 - Be especially alert for children darting out from between parked vehicles and from behind bushes and shrubs. They're excited – and they are not paying attention.
 - Never drink and drive – tonight or any night. If you are partying, designate a driver.
- If you see a drunk driver or impaired pedestrian on the road, contact local law enforcement.

Tips for Parents

- Adults should accompany children at all times and supervise their "trick or treat" activities.
 - Teach children to "stop, look left-right-left, and listen" before they cross the street.
 - Use a flashlight, and wear retro-reflective strips or patches on your clothing or costume to be more visible to motorists.
 - Be certain that the mask does not obstruct vision or hearing.
- Ensure that costumes do not impede walking or driving ability.

Tips for Pedestrians (children and adults)

- Before crossing a street, stop at the curb or edge of the road and look left, right, and left again to be sure no cars are coming. Continue to check for traffic while on the street.
- Walk – never run – from house to house or across the road.
- Cross the street only at intersections and crosswalks.
- When crossing at an intersection with a traffic light, be sure to watch for turning cars. Obey all pedestrian signals.
- Walk on sidewalks whenever possible. If there are no sidewalks, walk on the left side of the street facing traffic.

Golden Rules



ATV
SAFETY
INSTITUTESM

1

Always wear a DOT-compliant helmet, goggles, long sleeves, long pants, over-the-ankle boots, and gloves.

2

Never ride on paved roads except to cross when done safely and permitted by law - another vehicle could hit you. ATVs are designed to be operated off-highway.

3

Never ride under the influence of alcohol or drugs.

4

Never carry a passenger on a single-rider ATV, and no more than one passenger on an ATV specifically designed for two people.

5

Ride an ATV that's right for your age.

6

Supervise riders younger than 16; ATVs are not toys.

7

Ride only on designated trails and at a safe speed.

8

Take a hands-on ATV RiderCourseSM and the free online E-Course.



Interested in hosting a ATV Rider Course locally? You can contact ASI (800-887-2887, atvsafety.org), visit <http://www.txteamm.org> or call our office.

Freezing Casseroles, Soups and Stews

Source: <http://nchfp.uga.edu>

There is nothing like a hot bowl of homemade soup on a cold day. But who has time to make it? Schedules are busy during school days and holidays. Just imagine having a freezer full of delicious, homemade meals ready to be heated and served when you get home from work. Even better than that, picture yourself stress-free during the holidays because you prepared and froze your holiday meals and treats in advance. Freezing prepared foods in advance allows you the satisfaction of homemade meals with the convenience of store-bought ones.

There are just a few things to keep in mind when freezing prepared foods. Freezing will not improve the texture, flavor, or quality of food. It simply acts to preserve the quality of the food. Therefore, you should only freeze high quality products. After cooking the food you plan to freeze, be sure it is cooled quickly to maintain the safety of the food. Be sure to package foods for the freezer in moisture-vapor resistant materials to prevent freezer burn. Clearly label each package with the name of the food, ingredients, packaging date, special instructions, and the amount of food. Package foods only in amounts that you will be able to use at one time. Freeze food as soon as it is packaged and sealed, and place in the coldest part of the freezer. Visit <http://nchfp.uga.edu> for tips and resources.

Several options are available for thawing prepared foods. The frozen food can be taken directly from the freezer and immediately placed in the oven for thawing and heating as long as it is in a freezer-to-oven safe container. Some foods can be thawed and heated using a double boiler. Foods that contain fish, meat, eggs or other high protein ingredients should be thawed in the refrigerator or microwave. To ensure the safety of your food, do not allow these potentially hazardous foods to stay in the temperature danger zone (40°F-140°F) for more than 2 hours. Pre-cooked items like breads and cookies may be thawed at room temperature. Reheat all prepared foods except non-meat baked goods, sweets and fruits to at least 165°F quickly, within 2 hours.

Planning ahead and freezing prepared foods is a great way to keep homemade food on your dinner table without all of the stress and hassle.



Canner Lid Testing

Whether you have finished canning summer produce or are gearing up for some winter canning, get your pressure canner lid inspected, which is a service we offer here at our office.

Gauges that read high cause under-processing and may result in unsafe food. Low readings cause over-processing. Pressure adjustments can be made if the gauge reads up to 2 pounds high or low. Replace gauges that differ by more than 2 pounds.

Please feel free to schedule a testing/inspection with Laura by calling our office.



Master Food Preserver Training

Master Food Preservers are trained and certified volunteers who assist Extension's efforts to provide up-to-date food safety and preservation information to local residents. Many state Extension programs offer the training, so I'm hoping we can organize a county or multi-county training next year. If you would be interested in participating, please contact our office.

HOUSEHOLD HAZARDOUS WASTE SATURDAY



October 19, 2019

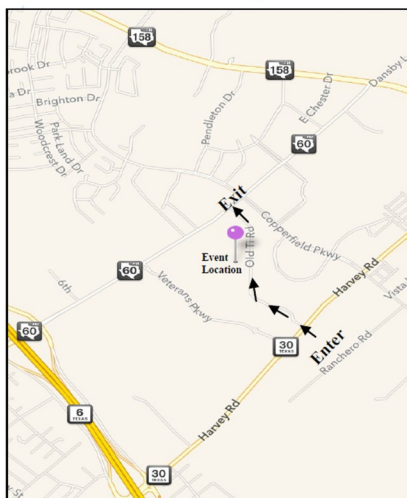
Twin Oaks

Household Hazardous Waste
www.TwinOaksHHW.com

979-764-3809

TAMU UNIVERSITY
SERVICES BUILDING- PARKING LOT

7am-2pm



Enter HWY 30/Harvey Rd.

Entrance is between Veteran's Park & Copperfield Pkwy

*NO ENTRY ALLOWED FROM UNIVERSITY DR. EAST/HWY 60

HHW is FREE and OPEN to the residents of the Brazos Valley. NO Commercial Business Generated Waste.

Accepting New/Used Books & Donations for Books & a Blanket.

www.booksandablanket.com



ACCEPTED MATERIALS:

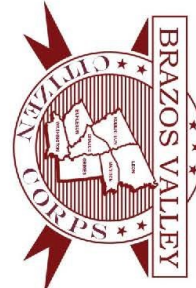
- AEROSOL CANS -AUTOMOBILE FLUIDS -BATTERIES
- COMPUTERS & ELECTRONICS
- COOKING OIL -CFL'S
- HOUSEHOLD CLEANING AGENTS
- MEDICATIONS -OIL & FILTERS
- PAINTS/THINNERS
- CHEMICALS -TVS
- NO HOUSEHOLD GARBAGE/TIRES



Community Emergency Response Team (CERT) Training



BRAZOS VALLEY
citizen corps
UNITING COMMUNITIES
PREPARING THE NATION
<https://brazosvalleytxcert.samariteam.com/>
<https://www.facebook.com/BVcitizenCorps/>



The CERT Program educates people about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help. CERT members also are encouraged to support emergency response agencies by taking a more active role in emergency preparedness projects in their community. Best of all the cost to you is nothing but time. Time that could be paid back to you by saving you or your family in the event of an emergency or disaster.

For more information and class schedule contact:

Rene Ramirez, Citizens Corps Program Manager

979-595-2800 ext 2046; 979-595-2010 Fax; rene.ramirez@bvcog.org

<http://brazosvalleytxcert.samariteam.com>

Program Highlights & Information



October 24-December 19

Seeking teams to participate in



WALK
ACROSS TEXAS!

TEXAS A&M AGRILIFE EXTENSION



A free 8-week program in which teams of 8 people "travel"
830 miles toward a healthier lifestyle!

Register and enter mileage online

Track your team's progress across Texas

Find out more at

<http://walkacrosstexas.tamu.edu> or contact

Laura Petty at 903-536-2531 or

ljpetty@tamu.edu.



More details will be posted at
<http://leon.agrilife.org>. Just click on the
"Walk Across Texas" link for details on kick-
off activities within your communities.

Program Highlights & Information

Health Fair & Safety Day

We extend a big thank you to everyone who helped make this year's Health Fair and Safety Day both great successes!! Health Fair, on Oct. 8th, included about 45 booths, flu shots, blood drive, seminars and a 42 tournament. There was good attendance, and everyone had positive comments to share.

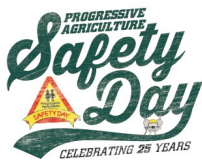
Safety Day, on Oct. 9th, taught about 450 6th and 9th graders a variety of skills to help them be safer and healthier!



Health Fair participants received great info and resources from booth and seminars.



Students learned skills that will enable them to make safe and healthy choices throughout life.



Special
THANKS
To our Sponsors

*Happiness is found when you stop
comparing yourself to other people.*
unknown

Leon County
Last Chance Designs
Carter Enterprise
(Pizza Hut & Subway)
Brookshire Brothers
MCNA Dental
Nucor
Extension Education Club members

Program Highlights & Information



Successful State Conference



Congratulations to our local EE members who participated in their State Conference in San Marcos in September: Donna Barrilleaux, Cecelia Bell, Mamie Bell, Wanda Crowder, Gail Huffine, Judy Hutchison, Clara Jones, Jackie Morrow, Nyanza Price and Donna Warren. Nyanza and Clara continue to serve as state President and 2nd Vice President, respectively, and they both did a fabulous job! Congrats on these awards as well:

- Leon Co. EE nearly \$322,000 in volunteer service during 2018-19
- Leona/Centerville EE Club for 85 years of existence
- Clara honored with Texas Leader-

ship Award

- Brenda Rae for her 1st place Cultural Arts entry

EE clubs meet monthly to conduct business, learn from educational programs and conduct community service. These activities strengthen our community by providing information that focuses on family, education and service. Get involved with a club, and enjoy fun and fellowship while you learn. Club info:

- **Jewett** - meets 2nd Mon., 10 am
- **Leona/Centerville** - meets 2nd Tue., 10 am
- **Normangee** - meets 3rd Wed., 10 am
- **Oakwood** - meets 3rd Mon., 6 pm

*"Volunteers are not paid
-- not because they are
worthless, but because
they are priceless."*

I alone cannot change the world, but I can cast a stone across the water to create many ripples.

Mother Teresa



Program Highlights & Information

Food Pantries Here to Help

We are blessed in Leon Co. with 9 food pantries to serve those in need. One of the priorities of our recently formed Food Pantry Coalition was to compile a *list of our pantries*, so this is now available (including a map) at <http://leon.agrilife.org>.

Our Coalition is also looking at hosting a county-wide food drive in the spring, so be looking for more details on this soon.

We continue to provide the monthly "Nutrition Know How" newsletter (in both English and Spanish) to all pantries to distribute to more than 300 visitors.

FCH Advisory Committee

Our committee is up and running, and I so much appreciate those who are serving! Special thanks to our officers: Kathleen Buchanan - President, Erica McCoslin - Vice President and Mamie Bell - Secretary/Treasurer!

A reminder to our members that our next meeting is set for **Mon, Nov. 18**, 10 am, Extension office.

We will also continue to plan and host educational programs, so be looking for those details soon.



Better Living for Texans (BLT) is a **nutrition education** program for SNAP-eligible adults and children. BLT helps people make healthy meals, improve their physical fitness, save money on food, grow their own foods, and adopt better food safety habits.

Just contact our office if you are interested in scheduling a program.

The Leon County Family & Community Health Advisory Committee invites you to their upcoming...

FREE!

Educational Seminars



First Aid & CPR Basics

Thur., Oct. 17, 2019, 10-11 am,
Roberta Bourne Memorial Library,
Marquez

Wills and Documents

Wed., Nov. 20, 2019, 6-7 pm,
Flynn Volunteer Fire Department



FSHY participants show off their certificates of completion.

Our "A Fresh Start to a Healthier You" wrapped up in September. Thank you to everyone who participated! The program focuses on increasing fruit and vegetable intake, cooking nutritious meals and spending less on groceries. I'm hoping to host another 4-session series in January.

Program Highlights & Information

We are working with Farm Bureau to plan the **Ag Fair** for all 4th graders on Tue., Nov. 5th, at the Expo Center. We are looking forward to showcasing the daily impact agriculture has in our lives, and we appreciate everyone who supports this very important program!!



School Programs

We have many valuable yet free resources we can provide within classrooms. Below are a few program opportunities, so please contact Cassie at 903-536-2531 or Cassie.Ferguson@ag.tamu.edu to inquire and/or schedule these and other programs.

Welcome to the Real World! (WTTRW!) - Program consists of 2 parts: financial education and real world expenditure decision-making opportunities. Real World is an active, hands on program that gives young people the opportunity to explore careers and make lifestyle and spending choices similar to those faced by adults. Geared

toward high school, but could also be used at the upper junior high level.

Hatching in the Classroom - Incubating and hatching chicken eggs is a hands-on learning experience that's great for students in all grades. Students learn biological concepts and develop a deeper understanding of the life sciences. Basic skills could include data measurement, collection, and analysis while higher level experiments teach complex systems such as nutrition and the circulatory system.



*Courage is what it takes to stand up and speak.
Courage is also what it takes to sit down and listen.*
Sir Winston Churchill



Much appreciation goes to **Greg Pitts, Kathleen Buchanan and Carlene Brand** for their tremendous volunteer efforts each week at Buffalo, Centerville and Oakwood schools!! These Leon Co. Master Gardeners plan, prepare and present weekly lessons that support state standardized testing objectives. Thank you for your commitment to local students!!

Program Highlights & Information

4-H'ers love creating dishes while they learn nutrition, public speaking and teamwork.

Exploring food from around the world, our 4-H'ers learned how to make sushi with Jim & Emma Carrigan.



Great Start!

Our 5 4-H clubs are already well into their new year, and super busy with projects such as food and nutrition, robotics and livestock. Many have already competed in various contests and activities, representing Leon Co. very well! We wish all of our 4-H'ers the best, and salute our 4-H adult volunteers - we could not do it without you!

If you need any information about 4-H, feel free to contact Cassie Ferguson or visit <http://leon.agrilife.org>.

Co. 4-H Food Contest



4-H'ers are gearing up for the Leon Co. 4-H Food Contest, which is set for **Thur., Nov. 14th**, in Marquez. Check-in begins at 4:30, and the awards presentation is set to begin about 8. Come help us recognize the efforts of our outstanding young people.

**VOLUNTEERS
NEEDED!**



Our 4-H'ers are so talented, and we are looking to offer them a chance to exhibit their baked goods, crafts, photos, etc. at a **4-H Project Fair** in the spring. If you would be interested in serving on a planning committee or otherwise helping to plan and host such an event, please contact our office.

4-H'ers Ready to Present

We have some outstanding 4-H'ers who have completed state-level training, and are ready and willing to provide a program for your group:

- Texas 4-H Water Ambassadors - Annika Stevens (Oakwood 4-H) and Kendal Workman (Centerville 4-H)
 - Healthy Texas Youth Ambassador - Zoie Stevens (Oakwood 4-H)
 - Texas 4-H Livestock Ambassador - Nathan Barrett (Normangee 4-H)
 - Texas Brigades (wildlife & natural resources) Cadets - Caraline Dudley, Cole Rappolee and Tanner Henson (all Centerville 4-H)
 - Texas Poultry Institute for Youth - Kendall Workman (Centerville 4-H)
- Please contact Cassie at 903-536-2531 or Cassie.Ferguson@ag.tamu.edu for more details.



The Leon Co. Master Gardeners have worked very hard to create 70 scarecrow displays, with the generous support of many partners. The scarecrows will only be up through the end of October, so be sure to enjoy them before they are gone! A map guide is available at <http://leon.agrilife.org>.

Be sure to visit the



First United Methodist Church, Centerville

Join the Leon Co. Master Gardeners for their final Lunch and Learn for 2019:

**October 22 - Photography in the Garden
with Novalene Thurston**

12:05-1:00 pm, Annex II Great Room (3rd floor)
Bring your lunch and come learn how to improve your gardening skills! The 2020 Lunch and Learn sessions are being planned, so look for those dates soon.

Donate Christmas Cards by Nov. 1st



James Bodine, a Centerville sophomore, is collecting new and unused cards that will be prepared and sent to troops. Collection boxes can be found at the school and throughout the county. Please contact Donna Bodine at 214-264-3639 for more info.

*If you change the way you look at
things, the things you look at change.*
Dr. Wayne Dyer

Texas A&M AgriLife Extension Service - Leon County

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status.

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

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<http://fch.tamu.edu>

Texas A&M AgriLife Extension's Family and Community Health (FCH) unit helps Texans better their lives through science-based educational programs designed to improve the overall health and wellness of individuals, families, and communities.

Sign up for  **CodeRED**
Emergency Alerts

Visit <http://leon.agrilife.org> and click on the "Code Red" icon to register your phone number to receive alerts. You can also stay informed about local emergencies at <http://www.facebook.com/LeonCountyEM>.