



Dallam and Hartley Family and Consumer Science

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It is time to.....

"In the spring, at the end
of the day, you should
smell like dirt."

-Margaret Atwood,
Bluebeard's Egg



March 20th will be here before you know it!!

Here are a couple interesting things about Daylight Saving

Time Change...everyone's favorite time!

Time change occurs at 2:00 am on Sunday, March 9, it last until November 2, 2014.

Here are a couple things you may not know about Daylight Saving Time (DST):

- It has mixed effects on people's health. Transitions into and out of DST can disturb people's sleeping patterns and make them more restless at night.
- There is a spike in heart attacks during the first week of DST.
- People are safer drivers dur-

ing daylight hours, and researchers have found that DST reduces lethal car crashes and pedestrian strikes.

- Two states—Arizona and Hawaii and four U.S. territories—American Samoa, Guam, Puerto Rico, and the U.S. Virgin Islands—do not observe DST.
- Benjamin Franklin was the first American to advocate DST. He realized in 1784 that many people burned candles at night yet slept past dawn in the summer, wasting early morning sunlight.



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St. Patrick's Day

The people of Ireland have celebrated Patrick, their patron, every year since his death. Patrick, whose name means "father", was well named. Without question, Patrick was the spiritual father of Christian Ireland. St. Patrick's Day became an official feast day in the early 17th Century and he is the most celebrated saint in the world, today.

The color of blue was originally associated with St. Patrick, but by the 17th Century green was worn in celebration of his life. The wearing of the green comes from the song with that same title and means the shamrock on one's clothing.

In 1737, the first St. Patrick's Day celebration in the United States was held in Boston among its many Irish immigrants. With time the holiday was embraced throughout the United States and the world. It is a time of parade's, drinking, turning the river green for the day and singing songs such as *Danny Boy* and *When Irish Eyes Are Smiling*.

Don't forget to wear green on March 17th or you may get pinched!



6 Tips to Deal with Daylight Saving Time

Here are some time-tested tips for dealing with the time change:

- **Start early.** The time change is usually scheduled for the wee hours of the morning, in order to reduce the disruption of the workweek. To give yourself more time to adjust, reset one of your clocks at the start of the weekend. Try to eat meals, sleep and wake up according to that clock.
- **Exercise.** Working out releases serotonin, a chemical in the brain that helps out bodies adjust.
- **Nap wisely.** Try to resist the urge to take long naps during the day. Try to take a short,

energizing walk around the block. If you must nap, keep it earlier in the day and for no more than 20 minutes.

- **Don't imbibe.** Alcohol interferes with normal sleep cycles, so don't rely on a night-cap to fall asleep.
- **Digest.** After the time changes, you may be hungry for meals earlier or later than before. Be sure to give yourself ample time to digest your dinner before heading off to bed. A heavy meal in your stomach will interfere with the quality of your sleep.
- **Lighten up.** The right combination of light and dark can

help your body's circadian rhythm readjust so you can fall asleep on your new schedule and sleep more soundly. In the morning, open the shades and brighten the lights. Try to spend time outside if possible. Dim the lights in the evening, so that your body understands that it is time to wind down.

I hope these tips help!

MARCH FUN FACTS!!!

- The name March comes from ancient Rome, when March was the first month of the year and named Martius after Mars, the Roman god March is the first of war.
- March is one of the 7 months that has 31 days.
- March in the Southern Hemisphere is the seasonal equivalent of September in the Northern Hemisphere.
- month of Spring!!!! Yeah!!!

United Stickers

Are you collecting the bonus stickers for professional cookware from United? If you do not plan to use your stickers, Dallam and Hartley Extension Office is collecting them to use to obtain cookware for the Dallam and Hartley County 4-H Food Challenge Boxes. If you do not need your stickers please collect them

for the Dallam and Hartley 4-H. Please drop them off at the Extension Office any time before March 20, 2014. Thank you!!



Homemade Dishwasher Detergent Tabs

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We had a request for Dishwasher detergent, so here it is.

Ingredients:

- 2 cups Washing Soda or Baking Soda (cuts grease, great all purpose cleaner)
- 2 cups Borax (natural cleaner and disinfectant)
- 1/2 cup Kosher Salt or Epsom Salt (reduces the effects of hard water)
- 1/2 cup Vinegar (added cleaning power, liquid to help bind the ingredients)
- 15-20 drops of Lemon essential oil (added cleaning power, antibacterial properties, smells great!)
- 2 Ice Cube Trays

Directions:

- Mix all ingredients together with a spoon. (The addition of the vinegar will cause a little fizzing, but not much.)
- Once all ingredients are well combined you will notice it start clumping by itself.
- Transfer the mixture into two ice cube trays and press down until each ice cube compartment is hard pack with detergent. If you packed them all down really well, you should use all of the mixture in those two trays.
- These need to dry good and

hard before you use them. Put them in a dry, sunny spot and let them sit for at least 24 hours.

- When they are hard and dry transfer them to a container with a tight-fitting lid.

To use:

- Add 1 tablet to your dishwasher detergent compartment along with 3 drops of dishwashing liquid. (This is optional. If you use more than 3 drops, the dishwasher will overflow.)
- Splash 1/2 to 1 cup of white vinegar into the bottom of the dishwasher (or put it into a cup on the top rack of the machine.)

- Time to start the machine.
- Note:** If you have hard water a vinegar rinse agent is crucial to avoid cloudy glasses and dishes.



Light Bulb Buying Guide

When it comes to buying light bulbs, there are so many choices out there.

There are CFL, LED, Incandescent, Fluorescent and Halogen.

Here are some differences between all of these.

Compact Fluorescent (CFL) and Light Emitting Diode (LED) are the most energy-efficient light bulb options. They have lower wattage than incandescent bulbs, but emit the same light output. The CFL and LED are what most of us will use in our house.

Compact Fluorescent Lights. These are available for indoor and outdoor use. Just make sure when buying for outdoor use that the label specifies it for outdoor use.



Light Emitting Diode. These are available for indoor and outdoor use. Just make sure when buying for outdoor use that the label specifies it for outdoor use.



Incandescent Light bulbs are being phased out and will no longer be produced. These are the bulbs we are all used to buying and using in our house.



Fluorescent Bulbs are bulbs or tubes filled with mercury vapor. These are the long circle lights that are usually in office buildings.



Halogen Bulbs use a filament that's heated to the point of glowing. They are used in automotive headlamps, under-cabinet lighting, work lights, spotlights and floodlights.



Also, when shopping for lights we see different lumens, watts and colors.

Lumens are the amount of light emitted from a light bulb. More lumens means brighter light. Fewer lumens means dimmer lights.

Watts is the amount of energy a light bulb uses. The lower the watts, the lower the electric bill. CFL's and LED's have a lower wattage than incandescent bulbs, but emit the same light output.

Light Color or light appearance is measured on the Kelvin (K) temperature scale. The lower the Kelvin number means more yellow light: the higher the Kelvin number means whiter or brighter light.

Warm White—2500K-3000K. Perfect for bedrooms, living rooms or dens.

Bright White or Cool White—3500K-4100K. Perfect for kitchens, workspaces and bathrooms.

Daylight—5000K-6500K. Perfect for reading.

CFL	LED
Save up to 75% a year in energy costs	Save up to 80% a year in energy costs
Last up to 9 years	Last up to 20+ years
Contain a small amount of mercury	Do not contain mercury
Available in medium bases to fit standard light sockets, such as table lamps	Available in medium bases to fit standard light sockets, such as table lamps
Less expensive	Slightly more expensive



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TEXAS A&M
AGRI LIFE
EXTENSION

Chewy Chocolate Chip Oatmeal Breakfast Cookies



Ingredients:

- 2 Medium ripe bananas, mashed
- 1 Cup of uncooked quick oats*
- 1/4 Cup Chocolate Chips

* Use gluten free oats such as Bob's Red Mill quick oats to make them gluten free.

Nutrition Information:

Servings: 8
Size: 2 Cookies
Calories: 99
Fat: 3 grams
Carbs: 19 grams
Fiber: 2 grams
Protein: 2 grams
Sugar: 8 grams
Sodium: 0.4 mg
Cholesterol: 0 grams

Directions:

- Preheat oven to 350°F. Spray a non-stick cookie sheet with cooking spray or use a Silpat
- Combine the mashed bananas and oats in a bowl. Fold in the chocolate chips and place a tablespoon of each on the cookie sheet.
- Bake 15 minutes. Makes 16 cookies.



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**If you have any topics that you would like to have published, please contact me or email me.