

PANHANDLE PATH TO HEALTHY LIVING



June 2018

Enjoy the Summer Fun in June

Summer has begun, we are all feeling it with the recent hot weather and the noises of children playing outside. With the onset of summer, it is good to be reminded to “wear your sunscreen,” “buckle up,” “wash your fresh vegetables,” and “look before you cross the street.” There are lots of reasons why people usually pick summer as their favorite part of the year. It’s a time when many of us can finally pack our bags and get away... at least for two weeks of adventure :)

We are all busy and we deserve to slow down during sunny days on the beach and long nights over drinks. So in that planning, be reminded that safety and health are important parts of a fun and successful get together with friends and family. As I was looking at Facebook this weekend I noticed two individuals that are starting the summer with broken arms, one preschool and one adult. That is not a fun way to spend the summer so take it easy and think safety. As we charge on thru the summer it is good to be reminded that family matters, and slowing down to take care of yourself is necessary for your health.

It is our wish that you have a safe and happy summer.

Kay Rogers

Educational Programs of Texas A&M AgriLife Extension Service

Path to Wellness

Drinking and Driving

Summer is beginning and there will be many reasons to celebrate the weather, backyard parties, summer games and relaxing after a hot days work; be aware that with the heat of the summer drinking and driving do not mix.

Dallam & Hartley Counties highway safety and law enforcement officials are working with the National Highway Traffic Safety Administration (NHTSA) for a special *Friends Don't Let Friends Drive Drunk*.

In all states, drivers are considered alcohol-impaired if they have a blood alcohol concentration (BAC) of .08 or higher. Drunk driving can be deadly, and even small amounts of alcohol can impair judgement to make driving unsafe. In 2016, there were 10,497 fatalities in motor vehicle traffic crashes involving drunk drivers. Among the 10,497 alcohol-impaired-driving fatalities, 67 percent (7,052) were in crashes where at least one driver had a BAC of .15 — almost twice the legal limit. Texas had 1,438 alcohol-related vehicle fatalities in 2016.

Be sure to have a game plan if there are drinks being served at a summer get together, allowing friends and family to know who the designated driver is. "We want to encourage folks to turn over their keys to a sober driver — our vote for game MVP — before they begin drinking," said Kay Rogers, "Drunk driving can result in serious crashes, injuries or death. If you don't have an MVP to make sure folks get home safely, consider other ride options."

There are many other ways to ensure a safe ride home besides relying on a friend. The options include using public transportation, calling a taxi, or using a rideshare program if available.

In addition, NHTSA's **SaferRide** mobile app is another resource to help fans who have been drinking find a sober ride home. The app can identify their location and help to call a taxi or a friend to pick them up.

Designated sober drivers should be sure to refrain from drinking alcohol. This summer, be a good friend and help keep impaired drivers from getting behind the wheel. Designate your sober driver before the festivities begin. And remember: *Friends Don't Let Friends Drive Drunk*.

The Texas A&M AgriLife Extension Service's *Watch UR BAC* program advises fellow Texans planning on **attending** a backyard barbeque, party, or celebration with family or friends:

If you don't have a designated driver, then ask a sober friend for a ride home — or call a cab/rideshare service, another friend, or relative, to pick you up. If you are at a friend's house, stay the night.

Never let friends drive if they have had too much to drink.

If you're **hosting** a Summer party:

Make sure all your guests have a non-drinking driver to take them home, or arrange for alternate transportation to see that they get home safely.

Serve plenty of food and non-alcoholic drinks at the party.

Host your party just like they do at football stadium events : Stop serving alcohol at the end of the third quarter of the game, and begin serving coffee and dessert.

Take the keys away from anyone who has had too much to drink.

Remember: You can be held liable and prosecuted if someone you served ends up in a drunk-driving crash.

Texas A&M AgriLife Extension Service's *Watch UR BAC* program is funded by TxDOT and is provided at no charge to promote alcohol awareness, the dangers of impaired driving, and friends watching out for friends. Contact: Laura Mooney, ldmooney@ag.tamu.edu, for booking information.

Path to Dallam & Hartley Counties

June Kicks Off National Gardening Week (June 3-9)

National Gardening Week is a wonderful, week long event. It is both a celebration, and an educational opportunity. National Gardening Week celebrates one of America's most popular hobbies. Tens of millions of Americans, young and old alike, grow a garden of some size. This week is a great opportunity to get out into your garden and tend to it, along with enjoying your garden's peacefulness and beauty. Regardless of whether your garden is big or small, show it off to family and gardening friends.

National Gardening Week is also a great time to promote this hobby, and offer educational programs to the general public. Garden clubs, 4H groups, schools, and even business can get into the act, providing some form of educational programs, demonstrations, or seminars. As individuals, gardeners can encourage others to start gardening.

However you celebrate this week, we hope it is a great growing experience for all involved!

Our research has not identified the creator of this week, or when it first began. We do know that the National Gardening Club has at least adopted this important week, promoting organized events and activities.

FLAG DAY is Always June 14th

Flag Day, is a day for all Americans to celebrate and show respect for our flag, its designers and makers. Our flag is representative of our independence and our unity as a nation.....one nation, under God, indivisible. Our flag has a proud and glorious history. It was at the lead of every battle fought by Americans. Many people have died protecting it. It even stands proudly on the surface of the moon.

As Americans, we have every right to be proud of our culture, our nation, and our flag. So raise the flag today and every day with pride!

Properly Display Our Flag

Care and handling of the American flag is steeped in tradition and respect. There is a right way and a wrong way to display the flag. This is called **Flag Etiquette**. The American flag should be held in the highest of regards. It represents our nation and the many people who gave their lives for our country and our flag. Here are the basics on displaying the American flag:

The flag is normally flown from sunrise to sunset.

In the morning, raise the flag briskly.

At sunset, lower it slowly.

Always, raise and lower it ceremoniously.

The flag should not be flown at night without a light on it.

The flag should not be flown in the rain or inclement weather.

After a tragedy or death, the flag is flown at half staff for 30 days. It's called "half staff" on land, and "half mast" on a ship. **When flown vertically on a pole, the stars and blue field, or "union", is at the top and at the end of the pole (away from your house).**

The American flag is always flown at the top of the pole. Your state flag and other flags fly below it.

The union is always on top. When displayed in print, the stars and blue field are always on the left.

Never let your flag touch the ground, never...period.

Fold your flag when storing. Don't just stuff it in a drawer or box.

When your flag is old and has seen better days, it is time to retire it. Old flags should be burned or buried. Please do not throw it in the trash.

Did you Know? There is a very special ceremony for retiring the flag by burning it. It is a ceremony everyone should see. Your local Boy Scout group knows the proper ceremony and performs it on a regular basis. If you have an old flag, give it to them. And, attend the ceremony.



4-H Spotlight



Photos of the District 1 Archery Shoot



June Events

4-H Photography workshop

June 27

Competition practices

Texas State Roundup



Path to Protection: Food Safety

E. Coli in Cut Leafy Greens

According to previous CDC estimates, each year roughly 1 in 6 Americans or 48 million people get sick, 128,000 are hospitalized, and 3,000 deaths occur from foodborne illness

What is E.coli?

E. Coli (*Escherichia coli*) is a bacterium that is often found in the intestines of warm blooded animals or people. Some types of E. Coli are harmless while others can make a person very sick. E. Coli can make a toxin called Shiga. This toxin is very harmful often causing abdominal cramps, vomiting, fever, and bloody diarrhea. It is also the leading cause of acute kidney failure in children.

Why are cut leafy greens often associated with E. Coli outbreaks?

A report done by the CDC estimated that about 1 in 5 illnesses were linked to leafy greens. Leafy greens are grown on the ground, subject to potentially contaminated waters, animal waste, pathogens in the soil etc. Also workers hygiene could play a role in the transmission of harmful pathogens as well as contamination later in the food chain in the kitchen or at a restaurant.

How to protect yourself and customers.

To help prevent E. Coli or any other foodborne infection, it is recommended to wash your hands thoroughly before and after preparing and eating food. Additionally, clean and sanitize counters, wash cutting boards and utensils after they touch raw meat to avoid contaminating other foods. Finally, avoid preparing food when you are sick, particularly if you are sick with fever, diarrhea, vomiting, or have other symptoms associated with foodborne illness.

If you are concerned that you might have an E. Coli infection or any foodborne illness, please seek medical care.

E. Coli update: The last romaine lettuce shipments from the Yuma growing region were harvested on April 16 and are now past their 21-day shelf life. The romaine lettuce being sold and served today is NOT the romaine linked to illnesses. <https://go.usa.gov/xQUUt>



Path to Plate



June 4th is *National Cheese Day*. From breakfast to late night snack, this is a day to enjoy ample amounts of a wide variety of cheeses. People around the world love cheeses. Americans consume on average around 31 pounds of cheese a year.

Homemade Macaroni and Cheese

Ingredients:

- 8 ounces uncooked elbow macaroni
- 2 cups shredded sharp Cheddar cheese
- 1/2 cup grated Parmesan cheese
- 3 cups milk
- 1/4 cup butter
- 2 1/2 tablespoons all-purpose flour
- 2 tablespoons butter
- 1/2 cup bread crumbs
- 1 pinch paprika

Directions

1. Cook macaroni according to the package directions. Drain.
2. In a saucepan, melt butter or margarine over medium heat. Stir in enough flour to make a roux.
3. Melt butter or margarine in a skillet over medium heat. Add breadcrumbs and brown.
4. Bake at 350 degrees F (175 degrees C) for 30 minutes. Serve.



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