

# PANHANDLE PATH TO HEALTHY LIVING



## **April Showers Us With Health Awareness!**

Health, as defined by the World Health Organization (WHO), is "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." Health may be defined as the ability to adapt and manage physical, mental and social challenges throughout life.

One of the biggest tools we have to fight health conditions is the power of human connection. That's why awareness months, weeks, and days are so important: They rally us together to spread awareness and show support. Health educational topics are often conducted at these times to create a ripple effect of positivity and empowerment for not only those living with health conditions, but their loved ones, too.

To learn more on how we, Family Community Health (FCH) agents, can provide you education and assist you in locating resources please contact your county Texas A&M AgriLife Extension Service office.

A handwritten signature in black ink that reads "Kay Rogers".

Kay Rogers

# April Health Awareness Campaigns

You've heard about the bigger April Health Awareness campaigns like Alcohol Awareness Month and National Public Health Week. But what about lesser-known ones, such as Every Kid Healthy Week, National Infant Immunization Week and Occupational Therapy Month? Below are some which maybe of interest to you:

- ♦ Alcohol Awareness Month
- ♦ Irritable Bowel Syndrome (IBS) Awareness Month
- ♦ National Autism Awareness Month
- ♦ National Child Abuse Prevention Month
- ♦ National Donate Life Month
- ♦ National Facial Protection Month
- ♦ National Minority Health Month
- ♦ National Sarcoidosis Awareness Month
- ♦ Occupational Therapy Month
- ♦ Oral Cancer Awareness Month
- ♦ Sexual Assault Awareness and Prevention Month
- ♦ STD Awareness Month
- ♦ Women's Eye Health and Safety Month
- ♦ National Public Health Week (April 1-7)
- ♦ National Alcohol Screening Day (April 11)
- ♦ Rape, Abuse and Incest National Network Day (April 5)
- ♦ World Health Day (April 7)
- ♦ National Youth Violence Prevention Week (April 8-12)
- ♦ National Youth HIV/AIDS Awareness Day (April 10)
- ♦ National Infertility Awareness Week (April 21-27)
- ♦ Every Kid Healthy Week (April 22-26)
- ♦ World Meningitis Day (April 24)
- ♦ National Infant Immunization Week (April 26-May 3)
- ♦ National Minority Cancer Awareness Week (TBA)
- ♦ World Immunization Week (TBA)



# Path to Wellness.....

Peace of Mind Conference set May 21 in Amarillo  
Mental, behavioral health awareness on the agenda

Writer: Kay Ledbetter, 806-677-5608, skledbetter@ag.tamu.edu

AMARILLO — A “Peace of Mind” Conference will be hosted May 21 by the Panhandle Behavioral Health Alliance, or PBHA, and the Texas A&M AgriLife Extension Service at the Texas A&M AgriLife Research and Extension Center, 6500 Amarillo Blvd. West, Amarillo.

The event will be from 4-6 p.m. There is no cost, but advanced registration is required at <https://tinyurl.com/PeaceofMindAmarillo>.

“The need for addressing mental health is great, as that need continues to be an issue identified locally and by elected officials,” said Dr. Angela Burkham, AgriLife Extension state and North Region program leader for family and community health based in Amarillo.

“While our AgriLife agents are not counselors or physicians, they do have connections within the community as well as a base of trust, and they can help with the education to bring awareness and reduce the stigma associated with mental health or behavioral health issues,” Burkham said.

The overall goal of the conference is to reduce that stigma so prevention and early intervention practices will be embraced, she said.

The conference will feature a video message from state Rep. Four Price, Amarillo; a special guest keynote by Terry Bentley Hill addressing suicide; and a panel of experts to answer questions and start a conversation regarding substance abuse and mental and behavioral health.

Hill, a nationally recognized mental health advocate and criminal defense attorney in Dallas, holds a bachelor’s degree in journalism from the University of Texas at Austin and a Doctor of Jurisprudence degree from Texas A&M University School of Law.

Her focus on mental health issues occurred after the suicides of her first husband and 14-year-old daughter. As a result, her mission is to help others suffering from mental health diseases by sharing her story of pain and healing.

She was named by her peers as one of Dallas’ Best Criminal Defense Attorneys for Mental Health representation, and she was awarded the Presidential Citation by the State Bar of Texas for her work with attorneys struggling with mental health and substance use disorders.

Attendees will discover local informational resources for behavioral health; connect with peers, community members and leaders; and collaborate with behavioral health partners, including those for mental health and addiction.

There also will be an art exhibit by local artists with experiences in these areas. The exhibit is designed to raise awareness about behavioral health issues and available resources.

“We want to encourage the community to seek resources and treatment in a preventive manner or at early stages, and to educate the community about behavioral health,” said Sridevi Veeramachaneni, PBHA executive director.

To learn more about PBHA, go to [www.PanhandleBehavioralHealthAlliance.org](http://www.PanhandleBehavioralHealthAlliance.org).

Burkham also said AgriLife Extension identified mental health education as a priority in 2019. As a result, the agency is designing a suite of programs that can be delivered in local communities starting in 2020.

The programs, she said, will focus on mindfulness, behavioral health signs and symptoms, awareness of community-based resources and equipping communities with the appropriate response to mental health educational needs.

## Path to Youth Development.....

If you are interested in 4-H, now is the time to get involved!! We have a lot of upcoming projects and activities! Look for the 4-H Newsletter or call the office at 806-244-4434 for more information!!

## Big Fun in D1 Spring Roundup

SCHEDULE OF THE DAY			
<b>Thursday, April 25, 2019</b>			
Event	Location	Check-In Time	Contest Start Time
Fashion Storyboard (Display Only)	WTAMU Ag Complex Piehl-Schaffer Pavilion	9:00 a.m.	9:30 a.m.
Duds to Dazzle	WTAMU Ag Complex Piehl-Schaffer Pavilion	9:00 a.m.	10:00 a.m.
Soil Judging	WTAMU Stanley Schaeffer Agriculture Education Bldg	12:30 p.m.	1:00 p.m.
Range & Pasture Plant ID	Wolfberry Day Use Area, Palo Duro Canyon	12:30 p.m.	1:00 p.m.
Range Evaluation	Wolfberry Day Use Area, Palo Duro Canyon	1:30 p.m.	2:00 p.m.
Consumer Decision Making	WTAMU Ag Complex - Happy State Bank Academic and Research Building - Rooms 102 & 103	4:00 p.m.	5:00 p.m.
Entomology ID	WTAMU Ag Complex - Happy State Bank Academic and Research Building - Room 101	5:00 p.m.	5:30 p.m.
<b>Friday, April 26, 2019</b>			
Livestock Judging	WTAMU Bain Event Center & Multi-Purpose Arena	9:00 a.m.	10:00 a.m.
Horse Judging	WTAMU Horse Center	9:00 a.m.	10:00 a.m.
Share the Fun -- (Block 1) Choreographed Routine Dramedy Poetry/Prose Vocal	WTAMU Virgil Henson Activity Center Ballroom and Mirror Room	5:30 p.m.	6:00 p.m.
<b>Saturday, April 27, 2019</b>			
Share the Fun -- (Block 2) Celebrate 4-H Musical/Instrumental Solo/Band Performance	First Christian Church -- 2011 4 <sup>th</sup> Street, Canyon, TX	8:30 a.m.	9:00 a.m.
Educational Presentations 1. Agriculture Technology & Farm Safety 2. Animal Science 3. Beef 4. Horse 5. Health & Wellness 6. Open Ag & Natural Resources 7. Open Family & Community Health 8. Safety and Injury Prevention 9. Promote 4-H 10. Open 11. Public Speaking	WTAMU Happy State Bank Academic and Research Building  Rooms will be assigned when entries are received.	8:30 a.m.	9:00 a.m.
Livestock Skill-a-thon	WTAMU Ag Complex Piehl-Schaffer Pavilion	12:30 p.m.	1:00 p.m.
Fashion Show Interviews	WTAMU Happy State Bank Academic and Research Building	1:00 p.m.	1:30 p.m.
Fashion Show Modeling & Awards	WTAMU Virgil Henson Activity Center - Ballroom	4:00 p.m.	5:00 p.m.
Trashion Show (Display Only)	WTAMU Virgil Henson Activity Center - Ballroom	4:00 p.m.	5:00 p.m.



# Path to Dallam & Hartley Counties

## January

### Important Dates:

Dallam County EEA Meeting  
@ the Extension Office -  
**Tuesday April 9th @  
10:00A**

Hartley County EEA Meeting @  
the Church-  
**Tuesday April 16th @ 11:00A**

District 1 TEEA  
Spring Conference  
In Perryton  
**Thursday April 11th @ 9:15A**

Hartley County DMD  
@ Channing Community Center  
**Wednesday April 18th  
From 3:00-4:00P**

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**Watch KAMR Studio 4**  
**From 4:00 to 5:00 PM**  
***Studio 4 highlights events  
happening in our panhandle  
region. You might even see  
someone you know!***

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**IF YOU ARE INTERESTED IN  
ANY OF THESE PROGRAMS OR  
WOULD LIKE MORE  
INFORMATION, PLEASE CALL  
Kay @ 806-244-4434**

Walk Across Texas

Healthy Family Lifestyles Project Meetings

Monday April 1st, 8th & 15th @ Rita Blanca Coliseum  
from 4:30—6:30P

Wednesday April 10th @ The Annex Auditorium from 4:30-5:30P



**Walk Across Texas! Youth** is an eight-week program designed to help our youngest Texans establish the habit of regular physical activity using a fun and motivating team approach. Each team may include an unlimited number of youth participants, all working together towards the goal of 832 miles.



**Walk Across Texas! Adult** is an eight-week program designed to help Texans establish the habit of regular physical activity. Each adult team may include up to 8 team members, all working together to reach the 832-mile goal.

WALK ACROSS TEXAS!

HELPING TEXANS ESTABLISH THE HABIT OF REGULAR PHYSICAL ACTIVITY. MEMBER OF THE TEXAS A&M SYSTEM.

# Path to Safety.....End the Streak

**Texas Roads Have Not Had a Fatality Free Day Since November 7, 2000**

**What if ... We Could End the Streak!**

It has been 18 years since Texas could claim a day where there were no fatalities on our roads. The fatalities add up to more than 66,000 people killed on Texas roadways over the past 18 years. According to the Texas Department of Transportation (TxDOT) the leading causes of these deadly crashes continue to be failure to stay in one lane, alcohol and speed. TxDOT is promoting the “End the Streak” campaign to help end motor vehicle fatalities in Texas.



What if we all drove like the driver we would want in front of us, beside us and behind us. Ending this streak of needless tragedy on Texas roadways is a shared responsibility.

What if, for one day, everyone took responsibility for themselves and their friends and there were no drunk drivers on our roads. What if there was not one person driving somewhere to drink without a plan for a sober ride home — and no underage drunk drivers were to be found anywhere.

What if there were no distracted drivers on the road. No teens were riding with other teens, which is the main source of their distractions and against the law according to the Graduated Driver License Law. What if no youth or adult was driving while using a cell phone and totally concentrating on their driving.

What if there was no driver speeding down the road and all were driving within the speed limit, including slowing down for construction and emergency vehicles, and driving more slowly and cautiously when weather conditions are bad.

What if we all took time to put on our seatbelts and make sure that all of our passengers were also buckled up. And, that all children were riding in the correct car seat for their age, weight and developmental stage. What if the car seat had been inspected by a certified child passenger safety technician to make sure it was being used correctly and installed correctly.

What if there were no drowsy drivers on the road and every driver, including commercial drivers, made sure they were well rested and prepared for the trip.

What if every driver made sure their vehicle and tires were in good condition and everyone drove defensively and civilly so that every car was treated as if the lives of the people inside were important. What if all drivers were looking out for each other.

What if all of these things could be done on the same day and Texas could once again enjoy a day where there was not one fatality on our roads? Then, we could put an end to this terrible streak of roadway deaths in Texas — and it would bear repeating!

For information on the End the Streak campaign visit: <http://www.txdot.gov/inside-txdot/media-center/psas/end-streak.html>

Article written by Bev Kellner with Texas A&M AgriLife Extension Service

# 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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## TEXAS A&M AGRILIFE EXTENSION SERVICE

Dallam & Hartley Counties

401 Denrock Ave

Dalhart, TX 79022

*Return Service Requested*

## Path to Plate.....

### Simple Lemon Herb Chicken

This is a simple, quick and delicious dish. All you need are a few spices and, of course, the chicken! The amount of spices are completely up to you. You can add more or less according to your taste. Enjoy!



### Ingredients

- 2 skinless, boneless chicken breast halves
- 1 lemon
- salt and pepper to taste
- 1 tablespoon olive oil
- 1 pinch dried oregano
- 2 sprigs fresh parsley, for garnish

### Directions

Cut lemon in half, and squeeze juice from 1/2 lemon on chicken. Season with salt to taste. Let sit while you heat oil in a small skillet over medium low heat.

When oil is hot, put chicken in skillet. As you saute chicken, add juice from other 1/2 lemon, pepper to taste, and oregano. Sauté for 5 to 10 minutes each side, or until juices run clear. Serve with parsley for garnish.