

Homemaker News



American Heart Month



February is **American Heart Month** sponsored by the American Heart Association. During this month, we stress the importance of healthy lifestyles and good heart health. Heart disease is the number one cause of death in the United States.

Many factors can increase the risk for heart disease. Some of these factors are cigarette smoking, high blood pressure, high blood cholesterol, lack of exercise, diabetes, being overweight, and family history.

Part of a healthy lifestyle is knowing your numbers: total cholesterol (HDL, LDL), triglycerides, blood pressure, fasting glucose, body mass index, and waist circumference.

The American Heart Association provides the following guidelines in the *Go Red for Women* heart health program:

♥ Total cholesterol	less than 200 mg/dL
♥ LDL "bad" cholesterol	less than 100 mg/dL
♥ HDL "good" cholesterol	50 mg/dL or higher
♥ Triglycerides	less than 150 mg/dL
♥ Blood pressure	less than 120/80 mmHg
♥ Fasting glucose	less than 100 mg/dL
♥ Body Mass Index	less than 25

By making healthy food choices and staying physically active on most days of the week, we can change our numbers for the better and have a long lasting positive impact on our overall health. For more information about making healthy lifestyle choices, contact the Extension office at 325-6321 and log on to the American Heart Association website at www.americanheart.org.

Look for the heart-healthy recipe on page 3 of this newsletter.

February and March
2008

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All meetings and activities announced in this newsletter are open to all eligible persons without regard to race, color, national origin, religion, gender, age, disability, marital or veteran status or any other status. Persons with disabilities who require alternative means for communication of program information (large print, audiotapes, etc.) should notify the county Extension office as soon as possible prior to the activity.

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What to Do In a Power Outage

- Food that can spoil should not be held above 40 degrees for more than 2 hours; (foods like eggs, milk, dairy foods, opened baby formula, most meats, fish, poultry, and leftovers.)
- An unopened refrigerator will keep food cold for at least a couple of hours; a freezer that is half full will hold for up to 24 hours and a full freezer for 48 hours.
- Foods that will spoil can be put in a low-cost Styrofoam cooler and packed with ice until the power comes back on.
- Keep a food thermometer handy so that you can check temperatures during these emergencies.

**Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by the Arkansas Cooperative Extension Service is implied.*



Cleveland County EHC members and other residents attend Living Well with Diabetes Seminar in Lincoln County

Spring Walk Across Arkansas Begins February 17



The Cooperative Extension Service wants to thank all who participated in the fall Walk Across Arkansas program. We had 10 teams participating in the county walking *program*. They are to be commended for making the commitment to increase their physical activity level and make healthier choices. Linda Reed's team, Sweet Feet, walked 1,804 miles to win the county title.

The **spring Walk Across Arkansas program begins Sunday, February 17 and goes through Saturday, April 12, 2008**. Teams are being formed at this time. Businesses, organizations, families, and friends may wish to form teams of their own. Participants will report their weekly miles to a team captain. Those who register for the program will receive information about *Walk Across Arkansas* and a weekly activity log.

If you wish to participate in the University of Arkansas Cooperative Extension Service spring *Walk Across Arkansas* program, contact the Extension office at 325-6321 by **February 11** to register. If you currently have a personal walking or running program or if you wish to start one, this is a great way to include physical activity in your daily routine. Walking with friends or simply being accountable to someone is helpful in establishing an exercise routine.



Southwestern Chicken and Pasta

Heart-healthy recipe



Ingredients:

- 1 pound chicken breast (skinless)
- 4 cups salsa
- 1 cup black beans (canned or cooked)
- 1 cup corn (canned or frozen, thawed)
- 1/2 cup reduced-fat cheddar cheese
- 2/3 pound rigatoni pasta

Cook pasta.

While pasta is cooking, cut chicken into $\frac{3}{4}$ inch pieces. Spray skillet with non-stick spray. Cook chicken 3 to 5 minutes or until done (internal temperature of 170°F).

Add 1 cup salsa, beans, and corn to chicken. Cook for 10 minutes.

Toss chicken with pasta and add the rest of salsa. Top with cheese and serve.

EHC Reminders

- **EHC Leader Training** for the March lesson will be 10:00 a.m. Thursday, February 28 at Rison Baptist Church. The lesson will be "Tips for Organizing Your Home." The Home Environment Leaders of each club should attend.
- **EHC Leader Training** for the April lesson, "Organic Pesticides," will be Thursday, March 20, 10:00 a.m. at Rison Baptist Church. Les Walz, County Extension Agent-Staff Chair, will present the lesson. The Community Environment Leaders of each club should attend.
- **The AEHC County Officer Training** will be Wednesday, March 12, 2008 at the 4-H Center in Ferndale.

Thank You
"Y" EHC

*For a hosting a terrific
Christmas Party at the "Y" Community
Center. We had a great time!*

Rabies Clinic

March 14 and 15

Watch the *Herald* for location and schedule.

What is the next "Club of the Year" doing right now?

What has your EH club been up to lately? In July, each club completes an Achievement Scoresheet to capture points for their club. These scoresheet totals determine the winning Club of the Year. As a reminder, here are some of the scored items on the sheet:

- Club held regular monthly meetings
- Club was represented at leader training meetings
- A club leader gives the scheduled lesson at club meetings
- Club meeting reported in county newspaper
- Leader report form mailed to Extension office after each club meeting
- Club president or representative at EHC board Meeting
- Number of hours volunteered for EH Club or Council-sponsored community service projects

These are just a few of the items your club will be scored on in July. We will look at other areas in the next newsletter. Keep up the good work!

Mint Meringue Cookies

2 egg whites
3/4 cup sugar
1 pinch salt
1/2 teaspoon vanilla
6 ounces mint chocolate chips
1 drop green food coloring -- or more



Preheat oven to 350°F degrees. Beat egg whites until they hold soft peaks. While constantly beating, gradually add sugar, and continue beating until stiff peaks form. Fold in one drop green food coloring, vanilla, chips, and salt. Place on ungreased cookie sheet. Turn oven off as you put the cookies in. Leave in overnight. Makes one dozen.

Don't forget to send in your mailing list update post card to continue to receive this and other newsletters!

