

February, 2021



ARKANSAS COUNTY EH COUNCIL OFFICERS

Sandra Webb, President
Barbara Jones, President Elect
Joan McFerrin, Secretary
Charlene Wingfield, Treasurer
Patsy Coose, Reporter

Alta Lockley

Alta Lockley
County Extension Agent –
4-H/FCS
alockley@uaex.edu
(870)946-6160

Arkansas County Offices

1009 Liberty Drive
DeWitt, Arkansas 72042
(870)946-3231 or 673-2346
Fax: (870)946-3061

2900 Highway 130 East
Stuttgart, Arkansas 72160
(870)673-2661, Ext. 254
Fax: (870)673-4315

Look us up on Facebook at:
[www.facebook.com/
ArkansasCountyEHC](http://www.facebook.com/ArkansasCountyEHC)

***“Most folks
are about as
happy as they
make up their
minds to be.”
Abraham Lincoln***

The U.S. Food & Drug Administration (FDA) has provided, emergency use authorization for the use of two vaccines to protect against the virus that causes COVID-19. Attached is a one-page informational fact sheet about the COVID-19 vaccines that provides answers for some common questions and concerns. Remember, stay safe and maintain good practices such as wearing masks, handwashing and social distancing. Visit uaex.edu/vaccine to learn more.

FEBRUARY EH PROGRAM

The February EH Program is *Attitude is Everything!*. I have enclosed the program materials along with a *Happiness Word Search*. I challenge you to take time to phone a childhood friend, a friend from church, a fellow club member, or a neighbor and share something from this month's lesson.

TACO PIZZAS

This Taco Pizza recipe is delicious and carries fewer calories than traditional takeout pizza.

Ingredients:

- 1 can low-sodium, no-fat added refried beans
- 6 fajita-size whole-wheat tortillas
- ¾ cup reduced-fat shredded cheese
- 1 cup tomatoes, diced
- 1 cup corn (drained and rinsed if canned)
- 1 cup lettuce
- Optional: add cooked chicken or lean ground beef for more protein

Directions:

1. Preheat oven to 350°F.
2. Line two baking sheets with aluminum foil or spray with non-stick cooking spray.
3. Spread ¼ cup refried beans on each tortilla. Lay tortillas on prepared baking sheets so they do not touch.
4. Top with corn, tomatoes, and any other vegetables of your choice (such as diced onions or peppers).
5. Sprinkle each tortilla with 2 tablespoons of cheese.
6. Bake 15-20 minutes, until hot and crisp.
7. Cut into quarters, and top with lettuce.
8. Tip: Try serving with low-fat or fat-free sour cream or salsa. Add your favorite vegetables as extra toppings.

Nutrition Information per Serving: Calories 300, Fat 7g, Protein 25g, Carbohydrate 43g, Fiber 9g, Sodium 400mg. Yield: 6 servings, Serving size: 1 tortilla pizza

Recipe from: Arkansas Foods 2021 Calendar

ATTITUDE IS EVERYTHING!
Arkansas County Extension Homemakers
Alta Lockley, CEA-4-H/FCS
February, 2021

A positive attitude affects our overall happiness, health and well-being. It can help manage life's transitions and challenges. Similar to eating well and getting plenty of exercise, good health practices should be a habit that starts early in life. A positive attitude can impact mental health and physical functions including the ability to fight disease and infection. Being more positive across our lifespan causes less stress and allows us to live healthier, happy lives.

Do you have a positive attitude?

- Are you optimistic, easy going or extroverted?
- Are you willing to learn no matter how difficult it is?
- Do you laugh a lot or have a sense of humor by not taking yourself too seriously?
- Do you express emotions rather than bottle them up?
- Do you do your best when studying/working and try to improve how you do your work?
- Do you demonstrate enthusiasm in whatever you say and do?
- Do you welcome challenges, experiments or try new ideas?

Try these tips to develop a positive attitude.

- Be confident.
- Be positive.
- Be patient.
- Be a goal setter.
- Be a hard worker.
- Be fun (don't take yourself too seriously).
- Be accepting of change.



Accept Change.

Being able to accept and adapt to change plays an important role in having a positive attitude, especially as life is filled with ups and downs. A positive attitude allows us to meet challenges – both the good and bad – with less resistance.

Do things that make you happy!

Happiness helps provide a sense of purpose in life because it is something that we can create and nurture.

Happy people

- Build close relationships.
- Care for others.
- Engage in healthy, active lifestyles.
- Embrace spirituality.
- Practice positive thinking.
- Embrace a hobby or activity.
- Identify strengths.



Everyone can have a bad day, but in general, a positive attitude and happy outlook can help pull us through life's challenges. An upbeat outlook can contribute to better health and longevity.

Happiness



AMUSEMENT
BLISS
CHEERFULNESS
CONTENTMENT
DELIGHT
EAGERNESS
ELATION
ENJOYMENT
ENTHRALLMENT
ENTHUSIASM

EUPHORIA
EXCITEMENT
EXHILARATION
GLADNESS
GLEE
HAPPINESS
HOPE
JOLLINESS
JOY
JUBILATION

OPTIMISM
PLEASURE
PRIDE
RAPTURE
RELIEF
SATISFACTION
THRILL
TRIUMPH
ZANINESS
ZEST

Important Facts about the COVID-19 Vaccines

The U.S. Food & Drug Administration (FDA) has provided emergency use authorization for the use of two vaccines to protect against the virus that causes COVID-19. There is a lot of information, and misinformation, out there about the vaccines. Here are the facts:

The vaccines are safe and effective.

Both vaccines had to go through difficult trials to determine how safe they are and how well they work. The vaccines were found by the FDA to be safe and effective, and no safety concerns were found during the FDA's review. By using a 2-dose system (this means that you will get two separate shots) the vaccines are 95% effective at protecting us against the virus that causes COVID-19.

Getting the vaccine will not make you sick with COVID-19.

Neither of the vaccines that are currently available have any of the live COVID-19 virus inside of them. You may feel some pain in your arm after you get your shot, and you may develop a headache, fever, or feel tired for a few days after getting the vaccine. More serious symptoms are extremely rare.

What are the differences between the two vaccines? Which one should I get?

Either vaccine is safe for you to get. The only difference is that the Pfizer vaccine is approved for persons over the age of 16 and the Moderna vaccine is approved for persons over the age of 18.

Both vaccines require two separate doses (two different shots). The time in between the first dose and the second dose differs for the Pfizer/BioNTech and the Moderna vaccines. The recommendation for the Pfizer/BioNTech vaccine is to wait three weeks (21 days) between the first and second doses. For the Moderna vaccine, the recommendation is to wait one month (28 days) between the first and second doses.

When you receive your first dose, your healthcare provider, pharmacist, or other healthcare worker will schedule your next appointment to receive your second dose based on the timelines above.

You still need to get vaccinated even if you are healthy OR if you have had COVID-19 in the past.

Healthy adults of all ages are still extremely susceptible to getting COVID-19 disease. This is also true of otherwise healthy adults without any co-morbid and/or pre-existing conditions. Even if you do not develop symptoms of COVID-19 or have a severe case of COVID-19, you could still be spreading the virus to others. While recovering from COVID-19 can give you limited immunity to the virus, no one knows how long this natural immunity will last. You may be able to get the virus again if you do not get a vaccine.

The vaccine will not change your DNA or genetic makeup.

Both of the COVID-19 vaccines are what is known as Messenger RNA (mRNA) vaccines, which helps your body's cells to create a protein, called an antibody, that jumpstarts your immune system to fight the virus. The mRNA never goes into your cells (the nucleus) where your DNA is kept, so it cannot change or harm your DNA.

Getting the COVID-19 vaccine does not cause infertility.

There is no scientific evidence to suggest that the vaccine could cause infertility in women or men. In addition, infertility is not known to occur as the result of natural COVID-19 disease, further demonstrating that immune responses to the virus, whether caused by infection or a vaccine, are not a cause of infertility.

Neither of the COVID-19 vaccines were created using fetal tissue.

Fetal tissue was not used during any development or production stages of either of the currently available COVID-19 vaccines. In other words, no fetal cells were used to manufacture the vaccine, nor are they found inside the vaccine shots you receive from your doctor.

Even if you get the vaccine, you should still wear a mask, wash your hands, and social distance.

Getting the vaccine is another layer of protection against the virus. People who get the vaccine are protected, but still may be able to spread the virus. For the best protection against the virus, you still need to wear a mask, wash your hands, and social distance from others.

The COVID-19 vaccines are not a cure for COVID-19. The vaccines are only one tool in our toolbox to fight the virus. Vaccines are a great step in the right direction for a return to normal. Keep doing your part by getting vaccinated, and continue to wear your mask, wash your hands, and social distance from others.

Content created by Dr. Bryan Mader, Assistant Professor & Health Specialist for the Department of Family and Consumer Sciences. Dr. Mader can be reached at bmader@uaex.edu for further questions.