



**Call for information
on free & low-cost
programs on these
topics:**

- Nutrition
- Healthy Lifestyles
- Aging
- Family Life
- Eldercare
- Financial management
- Canning & Preserving
- Child care

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September 2015

Program of the Month: Better Living For Texans

Better Living for Texans is a program for adults and kids who want to learn how to eat well and save money. You can make friends and have fun while you learn about eating healthy foods and saving money!



By participating in BLT programs, you can learn how to:

- choose foods that are inexpensive and good to eat
- make your food dollars last longer
- make sure you and your family get enough to eat

"Make your food dollars last longer"

- use food labels to choose good foods at the grocery store
- fix meals that will keep your family healthy
- make your favorite food with less fat and sugar
- help your children learn how to eat healthy snacks they will like
- share useful information with your family and friends (for example, you can learn about unit pricing to help stretch your food dollars, or how to read labels to make healthier meal choices, or even how to keep pests out of your pantry!)

To be a part of the Better Living for Texans program, email, call or drop by your local county Extension Office.



September—National Cholesterol Education Month

Too much cholesterol in the blood is one of the main risk factors for heart disease and stroke—two leading causes of death in the United States. One way to prevent these diseases is to detect high cholesterol and treat it when it is found.

September is National Cholesterol Education Month—a good

time to resolve to get your cholesterol screened.

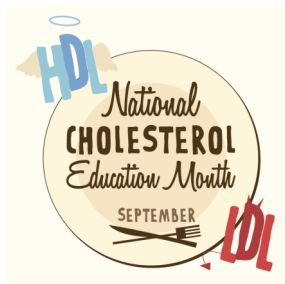
Cholesterol is a waxy, fat-like substance that your body needs. But when you have too much in your blood, it can build up on the walls of your arteries and form blockages. This can lead to heart disease, heart attack, and stroke.

There are two kinds of cholesterol:

"Seventy-one million American adults have high cholesterol..."

high-density lipoprotein (HDL) and low-density lipoprotein (LDL). HDL is also called "good" cholesterol. LDL is

National Cholesterol Education Month *Continued...*



"If you smoke, quit as soon as possible."

called "bad" cholesterol. When we talk about high cholesterol, we are talking about "bad" LDL cholesterol.

Seventy-one million American adults have high cholesterol, but only one-third of them have the condition under control. September is National Cholesterol Education Month—a good time to resolve to get your cholesterol screened.



How can you prevent or treat high cholesterol?

Make therapeutic lifestyle changes by eating a healthy diet. Avoid saturated fats and trans fats, which tend to raise cholesterol levels. Other types of fats, such as polyunsaturated fats, can actually lower blood cholesterol levels. Eating fiber also can help lower cholesterol.

Exercising regularly. Physical activity can help lower cholesterol. The Surgeon General

recommends that adults engage in moderate-intensity exercise for 2 hours and 30 minutes every week.

Maintaining a healthy weight. Being overweight or obese can raise your cholesterol levels. Losing weight can help lower your cholesterol. If you smoke, quit as soon as possible. Be sure to follow your doctor's instructions and stay on your medications, if prescribed, to control your cholesterol.



Health Hot-Line Topic of the Month: Dental Check-Ups



In addition to daily brushing and flossing, you can help protect your oral health by seeing your dentist regularly for checkups.

It's recommended that most people get a dental checkup every six months, but your dentist may recommend more frequent or fewer visits, depending on your dental health history.

In most cases, a dental hygienist and dentist will perform your dental checkup. Not every dentist operates the same way, but a dental checkup typically involves:

- **Cleaning and polishing**
- **Education.** After the cleaning, your hygienist or dentist will discuss any dental hygiene problems that were detected, and show you how to brush

"It's recommended that most people get a dental checkup every six months..."

and floss more effectively, if necessary.

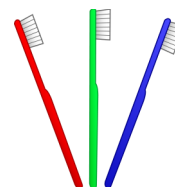
- **Examination.** Both your dental hygienist and dentist will examine your teeth, gums, and mouth, to look for changes or signs of a problem (for example, a cavity or gum disease or early signs of oral cancer). During the examination, your dentist may also use a special probe to measure the "pockets" between your teeth and gums, an explorer tool to poke at your teeth and determine if any cavities are present, and a mouth mirror to get

a better view of the sides and back of your teeth.

- **X-rays.** At some of your dental visits, your dentist may decide to take X-rays of your teeth to look for decay, gum disease, or other dental problems.

Sometimes you may have a more thorough dental checkup, which is called a comprehensive examination.

Since your oral health is closely related to your overall health, it's important to communicate any concerns or problems you are having with your dentist.



Low Sodium—Beefy Corn and Black Bean Chili

Ingredients

- 1 pound ground round
- 2 teaspoons salt-free chili powder blend
- 1 (14-ounce) package frozen seasoned corn and black beans
- 1 (14-ounce) can fat-free, less-sodium beef broth
- 1 (15-ounce) can seasoned tomato sauce for chili

Preparation

1. Combine beef and chili powder blend in a large Dutch oven. Cook 6 minutes over medium-high heat or until beef are browned, stirring to crumble. Drain and return to pan.
2. Stir in frozen corn mixture, broth, and tomato sauce; bring to a boil. Cover, reduce heat, and simmer 10 minutes. Uncover and simmer 5 minutes, stirring occasionally.
3. Ladle chili into bowls. Top each serving with sour cream and onions, if desired.



Fall is for Herbs



Herbs are plants that are used as flavoring agents. The common herbs used in cooking are referred to as culinary herbs. Mild or savory herbs impart a delicate flavor to food while the stronger or pungent herbs add zest to foods. These herbs are attractive and varied so their ornamental value is also important.

The ornamental value of herbs enables them to be used in flower beds, borders, rock gardens, or corner plantings. Some herbs are annuals while others are perennial or come up year after year. You can locate annual herbs in your annual flower garden or vege-

table garden. The perennial herbs should be located at the side of the garden where they won't interfere with next year's soil preparation.

Care for the herb garden will be similar to your vegetable or flower garden. Select a sunny, well-drained location.

Annual and biennial herbs can be established by planting the seed directly in the garden or starting seeds indoors for later transplanting to the garden. You can save seed produced by the herb plants for



next year's crop or obtain seed from your local garden center or seed catalog.

Following is a list and description of some commonly used, adapted herbs for this area:

- Basil
- Rosemary
- Dill
- Mint
- Parsley
- Sage

For more information visit: <http://aggie-horticulture.tamu.edu>

R	I	S	I	B	L	E
A		U		A		A
P	A	R	T	N	E	R
P		G		D		N
O	P	E	R	A	T	E
R		O		G		S
T	A	N	G	E	N	T

Crossword answer:



**Monday,
September 7, 2015**

**Newsletter Created by:
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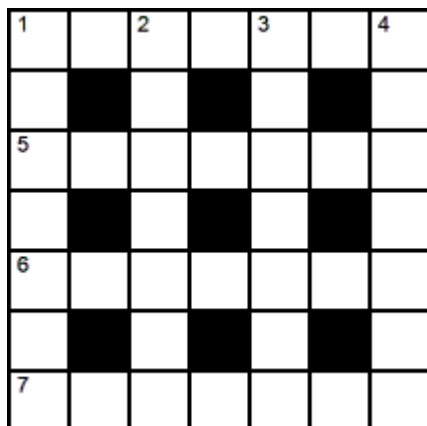
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CROSSWORD!



Across

- 1. Amusing
- 5. Associate
- 6. Run
- 7. Trigonometric function

Down

- 1. Compatibility
- 2. Physician
- 3. Dressing
- 4. Sincere

Answer on page 3

Upcoming Topics

- *Bone Health*
- *Healthy Halloween Treats*
- *Breast Cancer Awareness*

Fruit of the Month — Pomegranate

One of the oldest known fruits, found in writings and artifacts of many cultures and religions, the pomegranate (*punica granatum*) is an original native of Persia. This nutrient dense, antioxidant rich fruit has been revered as a symbol of health, fertility and eternal life.



If you're not familiar with the pomegranate, it is a red fruit with a tough outer layer; only the juice and the seeds inside are edible. Pomegranate juice is available year round, but you can purchase fresh pomegranates in most grocery stores from September through January. When refrigerated in a plastic bag, pomegranates keep for up to 2 months. Try tossing the seeds on a salad for a brilliantly colorful, crunchy, and nutritious addition.

Blueberry Pomegranate Smoothie

Ingredients:

- 1 cup frozen blueberries
- 1 cup pomegranate juice
- 1 cup fresh spinach or kale
- 1/2 large banana
- 5 ice cubes

Directions:

- 1. Place all ingredients in a blender and blend until smooth. Pour smoothie into two glasses and serve immediately.
- Note-you can also use a frozen banana and omit the ice cubes. Enjoy!