

Messages from Mandi

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Winter 2006

My Christmas Wish for You

My Christmas wish for you, my friend
Is not a simple one
For I wish you hope and joy and peace
Days filled with warmth and sun

I wish you love and friendship too
Throughout the coming year
Lost of laughter and happiness
To fill your world with cheer

May you count your blessings, one by
one
And when totaled by the lot
May you find all you've been given
To be more than what you sought

May your journeys be short, your
burdens light
May your spirit never grow old
May all your clouds have silver linings
And your rainbows pots of gold

I wish this all and so much more
May all your dreams come true
May you have a Merry Christmas friend
And a happy New Year, too...

Author unknown

The Gift of Food

It has been said that “nothin’ says
lovin’ like somethin’ from the oven.”
Holidays are a time for family, friends,
and food. Many of our fondest
memories are of the holiday season and
the time spent with family and friends.
When families and friends are together,
usually food is part of the festivities.

Any food that we prepare thoughtfully
and creatively for someone else – or for
ourselves – is a gift. A big part of that
gift is the comfort that that food gives.
What food has given consolation in
times of trouble, worry or illness? What
food has brought strength and hope, a
feeling of well-being, of love? What
was the recipe? Who prepared it? Just
thinking about those foods – and those
cooks or bakers – can bring that feeling
back all over again.

This is the time of year when we
remember the recipes and traditions that
are part of our ethnic and religious and
family heritage. Celebrate with friends
and family the gifts this season brings.

Sources: *24 Food Programs* by Lynne Martin Erickson

New Year's Tradition

In the United States, many people see
out the old year and ring in the new year

with parties, football, and watching the ball drop at Times Square in New York City. New Year's Day can also be a time to relax and enjoy the start of a promising new year.

For many Americans, black-eyed peas are traditionally eaten on New Year's Day. They are believed to ensure health, wealth, and peace for the coming year.

Blackeyes rank among the highest of the edible legumes in protein and other nutrients essential for energy and good health. Black-eyed peas are delicious fresh or dry.

Nutritional Facts:

Serving Size: 1/2 c., frozen, boiled
Calories: 112
Protein: 7.2 g.
Carbohydrates: 20.2 g.
Dietary Fiber: 5.4
Cholesterol: 0

Black-Eyed Peas and Ham Hocks

2 lbs. dried black-eyed peas

2 small to medium ham hocks

6 cups water

1 large onion, coarsely chopped

½ tsp. crushed red pepper

¼ tsp. sugar

Salt, to taste

Pick over the peas and rinse well, then soak in cold water overnight. Place ham hocks in large kettle with water, bring to boil, and cook for 1 ½ hours. Drain peas and add to the ham hocks.

Add onion, red pepper, sugar, and salt.

Add more water if needed to cover peas.

Cover tightly and simmer slowly 2 hours or until peas are tender. Serve with hot cooked rice and cornbread. Serves 8.

Sources:

http://www.edenfoods.com/issues_goodfood_newyears.html
<http://southernfood.about.com/od/blackeyedpeas/r/b181231b.htm>

Simply Good Food, Texas Cooperative Extension
Food Values of Portions Commonly Used by Jean A. T. Pennington

January is National Cervical Cancer Awareness Month

For 2006, in the United States, it was predicted that 10,370 new cases of invasive cervical cancer would be diagnosed. 3,710 of these women were predicted to die from this disease. Cervical cancer is a serious threat.

Cervical cancer tends to occur in midlife. Half of the women who are diagnosed with cervical cancer are between the ages of 35 and 55. It rarely occurs in women younger than 20 years old. Although cervical cancer does not usually affect young women, many older women do not realize that they still are at risk of developing cervical cancer as they grow older. Slightly over 20 percent of women with cervical cancer are diagnosed when they are over 65 years old.

Early detection via health screenings, such as pap tests, are an important step in decreasing the risk of dying from cervical cancer. When cervical cancer is found and treated early, it often can be 100 percent cured. Since 1995, the number of deaths from cervical cancer has declined significantly. The main reason for this decrease is the use of pap tests to find cervical cancer early.

Two examinations can help you discover cancer early: a pap test and pelvic examination. A pap test or pap smear is a procedure used to collect cells from the cervix. After the cells are collected, a health care professional will look at those cells under a microscope. The pap test has been the most successful screening test ever in preventing cancer.

Many people confuse pelvic exams and pap tests. During a pelvic exam, a

health care provider looks at and feels your reproductive organs, including the uterus and the ovaries. A pelvic exam will not find cervical cancer at an early stage and cannot find abnormal cells of the cervix. That is why the pap test is conducted just before the pelvic exam. Pelvic exams may help find other types of cancers and reproductive problems, but only pap tests can give information on early cervical cancer or precancers.

The American Cancer Society recommends that all women should begin cervical cancer testing about 3 years after they begin having vaginal intercourse, but no later than 21 years old. After that, a woman should have a pap test and pelvic exam every year. Women who are 30 years old or older and have had three normal pap test results in a row may get tested every 2 to 3 years. However, if you have certain risk factors such as HIV or a weakened immune system because of an organ transplant, chemotherapy, or chronic steroid use, you should continue to be tested yearly. If you are over 70 years old and have had three or more normal pap tests in a row and no abnormal pap results in the last 10 years, you may choose to stop having cervical cancer testing. Women with a history of cervical cancer, HIV, or a weakened immune system should continue to have testing as long as they are in good health.

If you've had a total hysterectomy (removal of the uterus and cervix), you may also choose to stop having cervical cancer testing unless the surgery was done as a treatment for cervical cancer or precancer. Women who have had a hysterectomy without removal of the cervix should continue testing for cervical cancer or precancer, following the previously mentioned guidelines.

When found early, cervical cancer can often be 100 percent cured. If the cancer is a little more advanced but hasn't spread to the lymph nodes or elsewhere, the survival rate is still 92 percent. Being tested for this disease is very important because you have a great chance of surviving the disease if caught early. Do this for yourself and for your family and friends. Taking charge of your health now can lead to a healthier tomorrow.

Sources:

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Health, Texas Cooperative Extension
Texas Cooperative Extension Family and
Consumer Sciences website: <http://fcs.tamu.edu>

Soy – Good for Your Bones

It is well known that milk is good for bone health, but did you know that soy is also good for your bones? “Soy milk is often fortified with calcium and is an alternative to cow's milk for people who are lactose intolerant or choose to be vegetarian” says Dr. Sharon F. Robinson of Texas Cooperative Extension. Look for other soy foods like soy yogurt, soy cheese, and soy frozen desert when shopping. To determine if the soy food you are purchasing is fortified with calcium check the Nutrition Facts label.

Soy is also good for the bones because soybeans naturally contain calcium. A one cup serving of cooked soybeans, also called edamame, has about 260 mg of calcium. Soybeans are a healthful vegetable or snack option and can be found in the produce section or frozen food section of many grocery stores. Information, including recipes, from the United Soybean Board is available at <http://www.soybean.org/>.

Research is underway to determine if a component of soy, called isoflavones, is

protective of bone health. “Until more research is forthcoming, it’s best to follow the new food guide, called MyPyramid, when selecting foods,” says Robinson. Soy foods can be found in the milk, vegetable and meat & beans MyPyramid food groups. Information about the new food guide is available at <http://mypyramid.gov/>.

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Calendar

<u>January:</u>	New Year’s Day	1
	Nutrition Programming	9
	Senior Center	
	Alzheimer’s Disease	9
	Support Group	
	Bailey County TEEA	16
	Diabetes Support Group	16
	Bailey County Junior Livestock Show	18-20
<u>February:</u>	Nutrition Programming	6
	Senior Center	
	Alzheimer’s Disease	13
	Support Group	
	Bailey County TEEA	20
	Diabetes Support Group	20