

Family and Consumer Sciences “Connections” in Lampasas County

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April is Cancer Control Month

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April has been designated as Cancer Control Month, a time to learn ways to lower your risk of cancer.

Cancer Control Month highlights advances in fighting cancer, including prevention, early detection and treatment of cancer.

Statistics show that men have nearly a one in two lifetime risk of developing cancer. For women, the risk is closer to one in three.

Lifestyle changes, along with early detection, can help prevent nearly half

of the most common cancers, according to the American Institute for Cancer Research.

Your diet is one of the most important factors under your control that can reduce your risk of developing cancer. In fact, nutrition guidelines for cancer prevention are similar to those for preventing other diseases, including heart disease and diabetes.

Here are some general diet guidelines to help reduce your cancer risk:

1) Keep a healthy weight. Limit

foods with added sugars and fats that provide a lot of calories but few nutrients.

2) Eat vegetables, fruits, whole grains and legumes. Fill half your plate with fruits and vegetables and make at least half your grains whole grains.

3) Limit your meat portions. Choose a variety of protein foods, including seafood, poultry, lean meat, legumes, eggs and nuts.

4) Limit alcohol. If consumed at all, limit

alcoholic drinks to no more than one drink daily for women and two for men.

5) Consume less salt (sodium). Read food labels to learn exactly how much sodium is in a product.

Source:
www.eatright.org

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A Look at Child Abuse

Each year there is an estimated 3.4 million referrals of child abuse and neglect that are reported to Child Protective Services.

April was first declared Child Abuse Prevention Month by presidential proclamation in 1983. It has been encouraged to acknowledge the importance of families and communities working together to prevent child

abuse.

Although the definition of child physical abuse varies among states, everyone agrees that physical abuse occurs when a parent or caregiver commits an act that results in physical injury to a child or adolescent, such as red marks, cuts, welts, bruises or broken bones, even if the injury was unintentional.

Physical abuse affects

both boys and girls



across neighborhoods, communities and countries around the world. Children ages four to seven and twelve to fifteen are at the greatest risk of being physically abused. Very young children are most susceptible to receiving serious injuries.

Can Child Abuse Always Be Detected?

It can be very difficult to determine from a child's behavior or emotional state whether abuse has occurred. The best way to know if a child has been abused is if the child tells an adult. It is also very possible for a child to be physically abused without anyone noticing if the child's injuries are hidden by their clothing.

There are several indicators that strongly suggest a child is being abused:

- Frequent physical injuries that are attributed to the child's being clumsy or accident prone
- Injuries that do not seem to fit the

explanation given by the parents or child

- Conflicting explanations provided by child and/or caregivers, explanations that do not fit the injuries, or injuries attributed to accidents that could not have occurred given the child's age
- Habitual absence from or lateness to school with a credible reason. Parents may keep a child at home until the physical evidence has healed. One should also be suspicious if a child comes to school wearing long-sleeved or high-collared clothing on hot days, attempting to

hide injuries.

- Awkward movements or difficulty walking; this may suggest that the child is in pain or suffers from the after effects of repeated injuries.

If you know or suspect a child is being or has been physically abused, please call 911 for immediate assistance or contact the ChildHelp-National Child Abuse Hotline at 1-800-4-A-Child (1-800-422-4453).





Laughter Really Is The Best Medicine...

Whether you are guffawing at a sitcom on television or quietly giggling at a newspaper cartoon, laughing does you good. Laughter is a great form of stress relief and that's no joke.

A good sense of humor can't cure all ailments, but data is mounting about the positive things laughter can do. A good laugh has great short-term effects. When you start to laugh, it doesn't just lighten your load mentally, it actually induces physical changes in your body. Here are some things laughter can do for your body:

- Stimulate many organs. Laughter enhances your intake of oxygen-rich air, stimulates your heart, lungs and muscles and increases the endorphins that are

released by your brain.

- Activate and relieve your stress response. A rollicking laugh fires up and then cools down your stress response and it can increase your heart rate and blood pressure. The result? A good, relaxed feeling.
- Soothe tension. Laughter can also stimulate circulation and aid muscle relaxation, both of which can help reduce some of the physical symptoms of stress.
- Improve your immune system. Negative thoughts manifest into chemical reactions that can affect your body by bringing more stress into your system, decreasing your immunity. In contrast,

positive thought can actually release neuropeptides that help fight stress and potentially more serious illnesses.

- Relieve pain. Laughter may ease pain by causing the body to produce its own natural painkillers.
- Increase personal satisfaction. Laughter can also make it easier to cope with difficult situations.
- Improve your mood. Many people experience depression, sometimes due to chronic illnesses. Laughter can help lessen your depression and anxiety and may make you feel happier.

Source:
www.mayoclinic.org

The Sweet Peach



Peaches are the leading deciduous fruit crop grown in the state of Texas. This wonderful fruit is available beginning in April through August.

In the United States, most

of the peaches are grown in California and the southern states, with Georgia being known as the "Peach State".

There are two main varieties of peaches:

Freestone: the flesh does not stick to the pit, so it is easy to remove the pit by hand. These varieties are usually sold fresh.

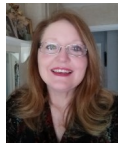
Clingstone: the flesh "clings" or sticks to the pit. These varieties are usually used for canning purposes.

Peaches are a good source of Vitamin A as well as Vitamin C. Peaches are usually enjoyed raw. Add peaches to your cereal, smoothies and fruit salads for other options.

Source: *Nebraska Extension Fruit Fact Sheet*

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Lampasas County News



Dinner Tonight! Healthy Cooking School: Thursday, April 27th at Burnet County Extension Office, 607 N. Vandever St., Burnet.

Doors open at 5:30. Vendors welcome. Theme is Healthy Celebrations, Texas Style. The demonstration recipes with tastings will be cost effective, easy to prepare, and fit into a healthy meal plan for special events. Cost is \$15 in advance or \$20 at the door. Pre-registration deadline is April 26th.

Upcoming Food Protection Management class is May 25th and 26th in Lampasas. Cost is \$120.

Anyone interested in helping with 4-H Sewing please contact Karen.

Grilled Peach Sundae

2 medium peaches, pitted and sliced in half

1 cup low-fat vanilla Greek yogurt

4 tablespoons slivered almonds

4 teaspoons Agave Nectar or honey to drizzle

Heat the grill. Wash and slice peaches in half and remove pits. Brush with olive oil and place cut side down on the grill. Grill for 4 minutes.

Remove peaches and place 1 slice in a small bowl. Top with 1/4 cup of yogurt, almonds and drizzle with 1 teaspoon Agave Nectar or honey. Makes 4 servings.

Nutrition Facts:

1 serving = 1/2 peach

Calories: 167
 Total Fat: 8 g.
 Cholesterol: 3 mg.
 Sodium: 39 mg.
 Potassium: 223 mg.
 Total Carbohydrates: 20 g.
 Protein: 6 g.
 Vitamin A: 3%
 Vitamin C: 6%
 Calcium: 15%
 Iron: 5%

*Percent Daily Values are based on a 2000 calorie diet.



Recipe from:
dinnertonight.tamu.edu

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