

SPECIAL POINTS OF INTEREST:

- *Diet and exercise can improve your risk of developing breast cancer...*
- *Be safe with those who are trick-or-treaters at the end of the month!*
- *Cyberbullying can hurt many people and is on the rise.*
- *Beta-carotene, found in pumpkins, helps your overall health!!*

**INSIDE THIS ISSUE:**

Breast Cancer Awareness Month	1
Halloween Health/Safety Tips	2
Cyberbullying	3
Pumpkin Nutrition	3
Recipe of the Month	4
County News	4

***October is Breast Cancer Awareness Month***

About 1 in 8 women (12.4%) will develop breast cancer over the course of her lifetime. In 2018, an estimated 266,120 new cases of invasive breast cancer are expected to be diagnosed in women in the U.S. , along with 63,960 new cases of non-invasive breast cancer.

Are you at risk for breast cancer? The risk for breast cancer increases with age, most breast cancers are diagnosed after age 50. If you have genetic mutations or inherited changes to certain genes such as BRCA1 and BRCA2, you are at a higher risk for breast and ovarian cancer.

How much do daily habits like diet and exercise affect your risk for cancer? Much more than you might think. Research has shown that poor diet and not being active are two key factors that can increase a person's cancer risk. The good news is that you can do something about it.

Besides quitting smoking, some of the most important things you can do to help reduce your cancer risk are: 1) Get to and stay at a healthy weight throughout your life; 2) Be physically active on a regular basis; and 3) Make healthy food choices with a focus on plant-based foods.

There is strong evidence for a healthy diet and exercise in your life. The World Cancer Research Fund estimates that about 20% of all cancers diagnosed in the U.S. are related to body fatness, physical inactivity, excess alcohol consumption and/or poor nutrition, and thus could be prevented.

Adopting a healthier lifestyle is easier for people who live, work, play or go to school in an environment that supports healthy behaviors. Working together, communities can create the type of environment where healthy choices are easy to make.

You all can be a part of these changes. You can ask for healthier food choices at the workplaces and schools. For every junk food item in the vending machine, ask for a healthy option to be provided. Support restaurants that help you to eat well by offering options such as smaller portions, lower-calorie items and whole-grain products. And don't forget to help your community to be safer and more appealing by providing places to walk, bike and be active.

Challenge yourself to lose some extra pounds, increase your physical activity, make healthy food choices, limit alcohol and look for ways to make our communities healthier places to live, work and play.

*Sources: [www.cancer.org](http://www.cancer.org) and [www.breastcancer.org](http://www.breastcancer.org)*

## *Halloween Health and Safety Tips*

Fall celebrations like Halloween and Harvest Day are fun times for our children, who can dress up in costumes, enjoy parties and eat yummy treats. These celebrations also provide a chance to give out healthy snacks, get physical activity and focus on safety. Here are some tips to help make the festivities fun and safe for your trick-or-treaters.

**S**—Swords, knives and other costume accessories should be short, soft and flexible.

**A**— Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

**F**— Fasten reflective tape to costumes and bags to help drivers see you.

**E**— Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats your child eats.

**H**— Hold a flashlight while trick-or-treating to help you see and others see you.  
WALK and don't run from house to house.

**A**— Always test make-up in a small area first. Remove before bedtime to prevent skin/eye irritation.

**L**— Look both ways before crossing the street. Use crosswalks wherever possible.

**L**— Lower your risk for serious eye injury by not wearing decorative contact lenses.

**O**— Only walk on sidewalks or on the far edge of the road facing traffic to stay safe.

**W**— Wear well-fitting masks, costumes and shoes to avoid blocked vision, trips and falls.

**E**— Eat only factory-wrapped treats. Avoid eating homemade treats made by people you don't know.

**E**— Enter homes only if you are with a trusted adult. Only visit well-lit houses.  
Never accept rides from strangers.

**N**— Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

*Source: [www.cdc.gov/family/halloween](http://www.cdc.gov/family/halloween)*

*“Be Safe with your children while Trick-or-Treating. Be aware of your surroundings and have fun!!”*

## What is Cyberbullying?

Cyberbullying is bullying that takes place over digital devices such as cell phones, computers and tablets.

Cyberbullying can occur through SMS (Short Message Service), Text and apps, or online in social media, forums or gaming where people can view, participate in or share content.

Cyberbullying includes sending, posting or sharing negative, harmful, false or mean content about someone else. It can include sharing personal or private information about

someone else causing embarrassment or humiliation.

Some cyberbullying crosses the line into unlawful or criminal behavior. The most common places where cyberbullying can occur are social media such as Facebook, Instagram, Snapchat and Twitter, Text Messages, Instant Messages (email provider services/apps) and Email.

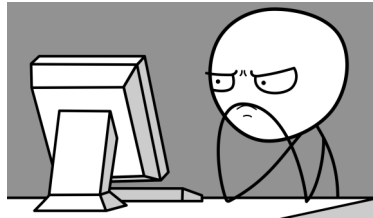
With the increase of Social Media usage in recent years, Cyberbullying is on the rise and

should not be ignored.

Although all states have laws requiring schools to respond to bullying, many states do not include cyberbullying under these laws or specify the role schools should play in responding to bullying that takes place outside of school.

You can learn about the laws and policies in each state, including if they cover cyberbullying.

*Source: [www.stopbullying.gov](http://www.stopbullying.gov)*



## Nutrition Facts About Pumpkin

Many times pumpkin is generally eaten in the fall and around the holidays of Thanksgiving and Christmas. However, the wonderful vegetable can be eaten throughout the whole year for its nutritional value.

The bright orange color of pumpkin is a dead giveaway that pumpkin is loaded with an important antioxidant, beta-carotene. Beta-carotene is one of the plant carotenoids converted to Vitamin A in the body. In the conversion to Vitamin A,

beta-carotene performs many important functions in our overall health.

Current research indicates that a diet rich in foods containing beta-carotene may reduce the risk of developing certain types of cancer and offers protection against heart disease. Beta-carotene offers protection against other diseases as well as some degenerative aspects of aging.

Pumpkin can be used in soups, breads, hummus, smoothies, desserts, custard, pumpkin butter and muffins.

*Source: <https://extension.illinois.edu>*



**Beta-carotene, found in pumpkins, performs many important functions in our overall health!**

# TEXAS A&M AGRILIFE EXTENSION

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**WE'RE ON THE WEB AT**  
**[LAMPASAS.AGRILIFE.ORG](http://LAMPASAS.AGRILIFE.ORG)**

*This recipe is a great way to use that  
 leftover can of pumpkin puree.*

*A healthier dessert for this  
 holiday season!!!*

## Soft Pumpkin Spice Drops

1/4 cup applesauce, unsweetened  
 1/4 cup brown sugar  
 2 tablespoons butter, melted  
 1 egg  
 1/3 cup pumpkin puree  
 1/2 cup oat flour  
 1/2 cup all-purpose flour  
 1/2 teaspoon baking soda  
 1 teaspoon pumpkin pie spice



Preheat oven to 375 degrees. Beat egg in a medium bowl. Add applesauce, brown sugar, melted butter and pumpkin puree. Whisk to combine.

In a separate bowl, stir together oat flour, all-purpose flour, baking soda and pumpkin spice. Gently combine wet ingredients with dry ingredients. Stir until incorporated. Using a parchment lined baking sheet, bake for 10-12 minutes, until lightly browned. Yield: 16 cookies.

Source: [dinnertonight.tamu.edu](http://dinnertonight.tamu.edu)

Family and Community Health "Connections" is provided by the following Texas A&M AgriLife Extension Service Family and Community Health Agents:

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## PATH TO THE PLATE 2018 Healthy Cooking School



Date and Time



October 11, 2018

6:00 - 8:00 p.m.

Event Location



Lampasas Farm Bureau

1793 N Hwy US 281

Lampasas, TX 76550

How to Register



Call 512-556-8271,  
 512-756-5463 (Burnet),  
 or via Facebook

### About the Program

Join us for live cooking demonstrations with delicious samples, and learn how to prepare easy, nutritious and economical meals at home. We'll talk about the important role agriculture plays in providing proper nutrition and dispel some common myths about the production of our food supply. Get to know your food!



Doors open at 5:30 p.m. Refreshments and Exhibits!

Cost is \$15 for the first 50 to preregister and \$20 at the door.

Call 512-556-8271 Ext. 140 or register on Facebook.

There will be door prizes, a recipe book and other give-aways!

Come join the fun and learn exciting ways to use fresh flavors.

