

Family and Community Health “Connections” in Lampasas County



Trick or Treat Safety Tips

Everyone loves a good scare on Halloween, but not when it comes to the safety of those little trick-or-treaters. Fortunately, there are lots of easy things parents and kids can do to stay safe on the spookiest of holidays.

Hard Facts about Halloween Safety

On average, children are more than twice as likely to be hit by a car and killed on Halloween than on any other day of the year.

Top Tips for Halloween Safety

1. Carry glow sticks or flashlights, use reflective tape or stickers on costumes and bags, and wear light colors to help kids see and be seen by drivers.
2. Join kids under age 12 for trick-or-treating.
3. Slow down and be alert! Kids are excited on Halloween and may dart into the street. Turn on headlights early in the day to spot kids from further away.
4. Remind kids to cross the street at corners or crosswalks.
5. When selecting a costume, make sure it is the right size to prevent trips and falls. Choose face paint over masks when possible. Masks can limit children’s vision.

<https://www.safekids.org/sites/default/files/>

Be Safe, Be Seen on HALLOWEEN

DID YOU KNOW?
Twice as many kids are killed while walking on Halloween than any other day of the year.

BE SAFE, BE SEEN
Wear reflective tape, use glowsticks or carry a flashlight so drivers can see you.

Walk Safely

- ✓ Cross at corners, using traffic signals and crosswalks.
- ✓ Look left, right and left again.
- ✓ Use sidewalks.
- ✓ Watch for cars turning or backing up.

Drive Safely

- ✓ Watch out for kids crossing mid-block.
- ✓ Slow down and be especially alert.
- ✓ Look for kids who might be trying to cross mid-block.
- ✓ Keep phones down so you are not distracted.

Have fun and share this!



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Tailgate Food Safety before, during, and after a game

Now that football season is officially here, Texans are spending plenty of time tailgating. Whether it be cheering on a local school's six-man team, returning to an alma mater for a longstanding rivalry or attending a stadium game, football and the activities surrounding it are an integral part of fall for most Texans.

[Texas A&M AgriLife Extension Service's](#) Rebecca Dittmar, program specialist for the food safety education program, wants people to understand the true importance of food safety when tailgating. Because while everyone is excited to get a touchdown, no one is excited to come down with a touch of food poisoning or worse.

TEMPERATURE MATTERS:

Texans know over the course of the football season you can go from wearing a T-shirt and shorts at a game to needing multiple layers, which include a jacket, hand warmers and a blanket or two for good measure. When it comes to food at a tailgate, the last thing you want is a range of temperatures. To stay safe, hot food must stay hot and cold food must stay cold. However, keeping food at the proper temperature takes some advance planning. Never assume a cooler is cool enough or an insulated bag will be hot enough to keep your food safe.

The "danger zone" for food is temperatures between 40 and 140 degrees; Dittmar said harmful bacteria grows most rapidly in this range.

CLEAN & AVOID CROSS CONTAMINATION:

Keep foods in appropriate containers and separate from one another to prevent cross-contamination. Pack enough serving utensils for each individual dish. Make sure all produce is clean. Make sure soap, hand sanitizer and water are available for washing hands at the game.



Before

- Keep raw meat separate from other ingredients not only in your shopping cart but also at home and in your cooler.
- Never pack partially cooked meat. It needs to be fully cooked in advance or raw and cooked on-site. Partially cooking meat does not fully kill bacteria that can lead to illness.
- Wrap cooked food well and place it in an insulated container until it's ready to be served.

WHEN DEFROSTING MEAT OR OTHER FOOD ITEMS, ALLOW ENOUGH TIME TO THAW UNDER REFRIGERATION.

During

- Make sure food for the grill goes directly from the cooler to the grill. Don't let anything sit out.
- Uncooked perishable foods such as hot dogs, burgers, poultry and cold salads should be kept in a well-insulated cooler at 40 degrees or below.
- Hot food should be kept hot – at or above 140 degrees.
- Poultry and hot dogs should be cooked to a 165-degree internal temperature, and hamburgers to 160 degrees. All beef, pork, chops and roasts should be cooked to at least a 145-degree internal temperature.

After

- Unpack the cooler as soon as possible after returning home.
- Refrigerate any leftover meats and foods that remained sufficiently cold while in the cooler and discard any foods that have become too warm.
- If there is any doubt, throw it out.
- Clean your cooler out. A cooler is a breeding ground for any bacteria left behind.

"With a little advance planning and an understanding of food safety, you can enjoy your tailgate and feel good knowing you are protecting your friends and family from foodborne illnesses," Dittmar said.

For the full article: <https://agriflifelife.tamu.edu/2023/09/13/tailgate-food-safety-before-during-and-after-a-game/>

Breast Cancer Awareness Month

October is Breast Cancer Awareness Month, when we reflect on trends in breast cancer research, prevention, and treatment. According to the National Cancer Institute, almost 298,000 women in the United States will be diagnosed with breast cancer and more than 43,000 will die of the disease in 2023. In addition, an estimated 2,800 men are expected to be diagnosed with breast cancer and 530 will die of the disease this year.

Breast cancer is the most common type of non-skin cancer in women in the United States, accounting for 15 percent of all new cases. Also, it is second only to lung cancer as a cause of cancer death in American women.

Breast cancer occurs in many different forms. The most common form is ductal carcinoma, which begins in the cells of the ducts. Cancer that begins in the lobes or lobules is called lobular carcinoma. It is found more often in both breasts than other types of breast cancer. Inflammatory breast cancer is a rare type in which the breast is warm, red, and swollen.

Being female and older in age are the main risk factors for breast cancer. Other risk factors include estrogen (made in the body), dense breast tissue, age at menstruation and first birth, taking hormones for symptoms of menopause, smoking, obesity, and not getting enough exercise.

Hereditary breast cancer makes up 5 percent to 10 percent of all breast cancer diagnoses. Women who have certain gene mutations, such as mutations in the BRCA1 or BRCA2 genes, have an increased risk of developing breast cancer and ovarian cancer.

Men can also develop breast cancer, making up slightly less than 1 percent of those diagnosed each year. Radiation exposure, high levels of estrogen, and a family history of breast cancer can increase a man's risk of the disease.

Source: <https://www.aacr.org/patients-caregivers/awareness-months/breast-cancer-awareness-month/>



Signs & Symptoms

A symptom is a change in the body that a person can see and/or feel. A sign is a change that the doctor sees during an examination or on a laboratory test result. If you have any of the symptoms below, it does not mean you have cancer but you should see your doctor or health care professional so that the cause can be found and treated, if needed



- Swelling of all or part of a breast (even if no lump is felt)
- Skin dimpling (sometimes looking like an orange peel)
- Breast or nipple pain
- Nipple retraction (turning inward)
- Nipple or breast skin that is red, dry, flaking or thickened
- Nipple discharge (other than breast milk)
- Swollen lymph nodes (Sometimes a breast cancer can spread to lymph nodes under the arm or around the collar bone and cause a lump or swelling there, even

before the original tumor in the breast is large enough to be felt.)

- New lump or mass on breast (can be painless, tender, soft, or round)

Source: American Cancer Society 2023

<https://www.nfcr.org/cancer-types/cancer-types-breast-cancer/>



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Pumpkin Cheesecake Trifle from dinnertonight.tamu.edu

Ingredients

- 7 ounces Cheesecake Flavor Instant Pudding Mix (2 packets)
- 4 cups 2% milk
- 30 ounces 100% pumpkin puree canned
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground cardamom
- 1/2 teaspoon ground cloves
- 3/4 teaspoon ground ginger
- 1 whole prepared angel food cake
- 1.5 cups pecan pieces toasted
- 1 ounce dark chocolate at least 60% cocoa, chopped

Instructions

1. Wash Hands and clean preparation area. Rinse lids of cans before opening.
2. Prepare the pudding according to package directions, chill to set while preparing other ingredients.
3. Combine the pumpkin puree and spices—cinnamon, cardamom, cloves and ginger.
4. Slice the angel food cake into bite- size pieces.
5. In a large glass trifle dish, layer the ingredients as follows: pudding, pumpkin mixture, pecans, angel food cake, pudding, pumpkin mixture, pecans, chocolate, angel food cake, pudding, pumpkin mixture, pecans chocolate. Opt for a dish that is taller and slimmer than it is wide.
6. Chill for at least 30 minutes and serve. Trifle can be kept for 2-3 days in the refrigerator, but its best eaten the day it's made.

<https://dinnertonight.tamu.edu/recipe/pumpkin-cheesecake-trifle/>

Nutrition Facts	
16 servings per container	
Serving size 1/2 cup (173g)	
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 390mg	17%
Total Carbohydrate 43g	16%
Dietary Fiber 1g	4%
Total Sugars 27g	
Includes 1g Added Sugars	2%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 123mg	10%
Iron 1mg	6%
Potassium 190mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Pumpkin Cheesecake Trifle

LAMPASAS COUNTY NEWS

Texas Extension Education Association fundraiser selling spices from Marion-Kay Spices (Since 1922). Contact Karen or a member before Oct. 12 to get your spices for the Holidays.

Healthy Carbohydrates class will meet on 4 Tuesdays at 1 pm beginning No. 28 at the Estates of Lampasas, 807 N. Ridge St., Lampasas. RSVP to Karen

Health and Wellness Partnership meeting will be Oct. 18 at 2 pm in the County Annex Conference room, 409 S. Pecan St. New members are welcome.

Mission: The mission of the Lampasas County Health & Wellness Partnership is to create a healthy Lampasas County.

Vision: Through partnership and teamwork, the Lampasas County Health & Wellness Partnership seeks to identify health needs, provide education, and facilitate solution-focused initiatives.

Family and Community Health “Connections” is provided by the following AgriLife Extension

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