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Summer Safety Tips! - BBQ Safety



Each year an average of 8,900 home fires are caused by grilling, and close to half of all injuries involving grills are due to thermal burns. While nearly half of the people who grill do it year-round, July is the peak month for grill fires followed by May, June and August.

The following safety tips are designed to guide you through the grilling process. Remember, anytime you work with fire, there's a chance of getting burned. So, take precautions. Common sense and planning will prevent injuries.

Grills are for outside, only.

Barbecue grills are designed for outdoor use, only. Never barbecue in your trailer, tent, house, garage, or any enclosed area because carbon monoxide may accumulate and kill you.

Use in well-ventilated area.

Set up your grill in an open area that is away from buildings, overhead combustible surfaces, dry leaves, or brush. Be sure to avoid high traffic areas and always barbecue in a well-ventilated area. Be aware of wind-blown sparks.

Use long-handled utensils.

Use barbecue utensils with long handles (forks, tongs, etc.) to avoid burns and splatters.

Be ready to extinguish flames.

Use baking soda to control a grease fire and have a fire extinguisher handy. A bucket of sand or a garden hose should be near if you don't have a commercial extinguisher.

Never leave a grill unattended once lit.



July— Sarcoma Awareness Month

What is Sarcoma?

Sarcoma arises in the connective tissue of the body. Normal connective tissue include, fat, blood vessels, nerves, bones, muscles, deep skin tissues, and cartilage. Sarcomas are divided into two main groups, bone sarcomas and soft tissue sarcomas.

They are further sub-classified based on the type of presumed cell of origin

found in the tumor. They all share certain microscopic characteristics and have similar symptoms. Sarcomas can develop in children and adults. For children under 20 approximately 15 percent of cancer diagnosis are sarcomas.

Although rare, there are approximately 14,000 new cases of sarcoma diagnosed each year in the United States.



1 IN 100
CANCERS IS A
SARCOMA

**SUPPORT
SARCOMA
AWARENESS**

sarcomaalliance.org

Sarcoma Awareness Continued...

In general sarcomas are divided into the large groups of soft tissue sarcoma and bone sarcomas.

Soft Tissue Sarcoma

Soft Tissue Sarcoma is a rare form of cancer. It comprises approximately one percent of all cancers diagnosed. According to the National Cancer Institute, there are approximately 11,280 new cases of soft tissue sarcoma in the United

States each year and approximately 3,900 people die of the disease each year. Slightly more men than women develop soft tissue sarcoma and the race distribution mirrors that of the U.S. population. Due to its rarity, it is crucial for patients to seek a cancer specialist in the treatment of their disease.

Signs and Symptoms

STS rarely causes symptoms in the early stages. The first sign of a sarcoma in an arm, leg, or torso may be a painless lump or swelling. Most lumps are not sarcoma. The most common soft-tissue lumps are lipomas, which are made of fat cells and are not cancer. These lumps have often been there for many years and do not change in size

Visit: <http://sarcomaalliance.org/>



Hot-Line Topic of the Month: Fireworks Safety



Fireworks Safety Tips

- ★ Never allow **children** to play with or ignite fireworks.
- ★ **Never** try to **re-light** or **pick up** fireworks that have not ignited fully.
- ★ Keep a **bucket of water** or a **garden hose** handy in case of fire or other mishap.
- ★ Make sure fireworks are **legal** in your area before buying or using them.
- ★ Light fireworks **one at a time**, then **move back** quickly.



Cranberry Apple Coleslaw!

Ingredients

Dressing

- 3/4 cup fat free plain Greek Yogurt
- 1/4 cup light mayonnaise
- 1/4 cup honey
- 2 tablespoons apple cider vinegar

Coleslaw Mix

- 1 small green cabbage, shredded makes around 7 cups shredded
- 1 1/2 cups carrots, shredded
- 2 medium gala apples sliced
- 1/2 cup green onions sliced
- 1/2 cup dried cranberries

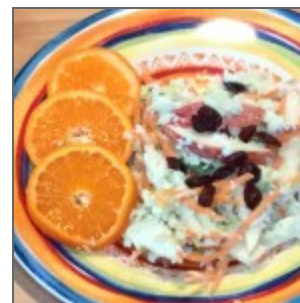
Directions

Rinse all produce before shredding. In a mixing bowl, whisk together the yogurt, mayonnaise, honey, and vinegar until smooth. In a separate large bowl, toss together the shredded cabbage, carrots, apples, green onions, and cranberries. Pour dressing over cabbage mixture and toss to coat.

Enjoy!



**DINNER
TONIGHT**
HEALTHY COOKING SCHOOL
TEXAS A&M AGRILIFE EXTENSION



Cranberry Apple Coleslaw



Flower of the Month! - Sunflower Care



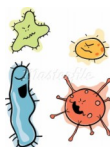
Sunflowers need very little attention but to get the most of your crop there are some very easy tips you can follow.



Water—Sunflowers do like a lot of water and thrive when given a regular daily watering. However you want to be careful not to over water as it can lead to root rot and may loosen the soil too much causing the sunflower to fall.



Weather—Sunflowers love sunlight, try to position your plants where they will receive plenty of direct sunlight, although they will still grow in shaded areas. The most lethal danger to sunflowers from the weather is the wind. Try to position your tall varieties of sunflowers in areas which are more sheltered from the wind and try and keep them staked as mentioned above.



Disease—Grey Mould: This is particular active in wet conditions appears as a soft whitish-grey mould which can rot any part of the plant and will spread to adjacent plants if you do not remove and destroy all affected material and spray with a fungicide.



Pests—Slugs & Snails: These can be the cause of the quickest way for a whole tray of young seedlings to die a very quick death. **Aphids:** Greenflies & Black flies love sunflowers although they don't do a massive amount of damage they are a pest. **Squirrels:** A squirrel can very easily snip off a sunflower head with its teeth so beware if your flower is near a wall, tree or other squirrel friendly perch.

Bamboozable Answers: 1. He's Larger Than Life 2. Little did I Know 3. Count Your Blessings 4. I'm in Trouble 5. Don't Bet on It 6. Hand it Over Now



Monday
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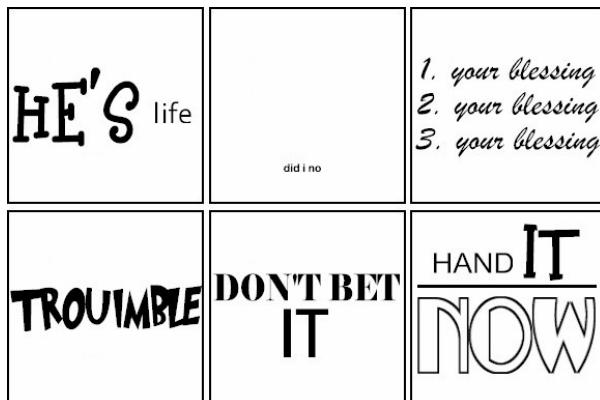
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EXTENSION

Bamboozable!!

What's a bamboozable you ask? A bamboozable is a saying/phrase that is made up of a display of words, in an interesting way. The object is to try to figure out the well-known saying, person, place, or thing that each bamboozable is meant to represent.



Upcoming Topics

- Psoriasis Awareness
- Bok Choy Salad
- Lawn Care Tips

Answers on page 3



Fruit of the Month — Tomatoes!



Fun Facts About:

Tomatoes!

1. Pretty much all tomato varieties are red although other colors are possible including green, yellow, orange, pink, black, brown, white, and purple.
2. Because the tomato has seeds and grows from a flowering plant botanically it is classed as a fruit not a vegetable.
3. Tomatoes are rich in lycopene, an antioxidant that is good for the heart.

