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- Healthy Lifestyles
- Aging
- Family Life
- Eldercare
- Financial management
- Canning & Preserving
- Child care

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Stress, Depression and the Holidays: Tips for Coping

Stress and depression can ruin your holidays and hurt your health. Being realistic, planning ahead and seeking support can help ward off stress and depression.

The holiday season often brings unwelcome guests — stress and depression. And it's no wonder. The holidays present a dizzying array of demands — parties, shopping, baking, cleaning and entertaining, to name just a few. But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.

Tips to prevent holiday stress and depression

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.



"If you feel lonely or isolated, seek out community..."

- **Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.
- **Reach out.** If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.
- **Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, emails or videos.

For more information visit:

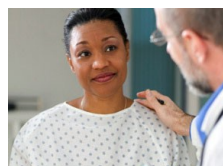
<http://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>

November—Lung Cancer Awareness Month

November is officially Lung Cancer Awareness Month. This all started as Lung Cancer Awareness Day way back in 1995. As the lung cancer community and the lung cancer movement grew, the awareness activities increased and grew into Lung Cancer Awareness Month.

During the month, many people throughout the country and the world come together for the lung cancer community. Events are

"Tobacco smoking is the most common cause of lung cancer."



held. Articles are written. Facebook statuses are updated. Videos are created and spread online. Proclamations are issued.

It is important to remember, that these are all important things that can happen throughout the entire year, not just in November.

What is Lung Cancer?

Lung Cancer Awareness Month *Continued...*



Lung cancer is a cancer that starts in the lungs. To understand lung cancer, it helps to know about the normal structure and function of the lungs.

The lungs are a pair of cone-shaped breathing organs inside the chest. The lungs bring oxygen into the body when breathing in and send carbon dioxide out of the body when breathing out. Each lung has sections called lobes. Two tubes called bronchi lead from the trachea (windpipe) to the lungs.

The two main types of lung cancer are non-small cell lung cancer and small cell lung cancer. The types are based on the way the cells look under a microscope.

Non-small cell lung cancer is much more common than small cell lung cancer.



Tobacco smoking is the most common cause of lung cancer. Lung cancer is the leading cause

of death from cancer in the U.S. and the number of deaths from lung cancer in women is increasing.



For more information visit:

<http://www.cdc.gov/cancer/dcp/resources/features/lungcancer/>



Health Hot-Line Topic of the Month: Preventing Sprains



"Sometimes people feel a pop or tear when the injury happens"

What Is a Sprain?

A sprain is an injury to a ligament (tissue that connects two or more bones at a joint). In a sprain, one or more ligaments is stretched or torn.

What Causes a Sprain?

Many things can cause a sprain. Falling, twisting, or getting hit can force a joint out of its normal position. This can cause ligaments around the joint to stretch or tear. Sprains can occur if people:

What Are the Signs and Symptoms of Sprains?

The usual signs and symptoms of a sprain are:

- Pain
- Swelling
- Bruising

- Not being able to move or use the joint.
- Sometimes people feel a pop or tear when the injury happens. A sprain can be mild, moderate, or severe.
- Fall and land on an arm.
- Fall on the side of their foot.
- Twist a knee.
- Eat a well-balanced diet to keep muscles strong.
- Maintain a healthy weight.
- Try to avoid falling (for example, put sand or salt on icy spots on your front steps or sidewalks).
- Wear shoes that fit well.
- Get new shoes if the heel wears down on one side.
- Exercise every day.
- Be in proper physical condition to play a sport.
- Warm up and stretch before playing a sport.
- Wear protective equipment when playing.
- Run on flat surfaces.

Can Sprains and Strains Be Prevented?



To help prevent sprains and strains, you can:

- Avoid exercising or playing sports when tired or in pain.

For more information visit:

http://www.niams.nih.gov/health_info/Sprains_Strains/sprains_and_strains_ff.asp

Healthy Thanksgiving Recipe: Green Bean Casserole

Ingredients

1 lb. frozen green beans (French cut is best), thawed
 10.5 oz. canned, reduced-fat, low-sodium cream of mushroom soup
 1/2 cup low-fat sour cream
 1/2 tsp. pepper
 1 small onion, cut into thin strips
 Nonstick cooking spray
 1/4 cup whole-wheat flour



Directions

1. Preheat oven to 350 degrees.
2. In a 9x13 casserole dish, combine green beans, soup, sour cream and pepper. Stir until well mixed and bake for 20 minutes.
3. While casserole bakes, spread out onion sticks and lightly spray with cooking spray.
4. Sprinkle flour over onion pieces, tossing to coat equally.
5. Spray a medium-large skillet with cooking spray and heat to medium-high heat. Add onions and cook until crisply, stirring occasionally.
6. Remove casserole from oven, add 1/2 onions and stir well.
7. Top with remaining half and return to oven, bake 5 minutes more.

Serves 8 | 77 Calories | 138 mg Sodium | \$0.62 Per Serving



Winter Plant Protection Tips



Here are some tips for helping your cold sensitive landscape plants and cool season vegetables survive winter cold snaps:

- If soils are dry, water the garden or landscape well at least a day before extreme cold sets in. Moist soil holds heat longer and is more insulating than dry soil. Do not over water in winter – wet soils increase root and crown rot diseases.
- Floating row cover is a light weight spun fabric designed to protect plants from frost. Cover cold sensitive plants when night time lows are expected to dip below 20 degrees F. Cover vegetable crops when

temperatures are predicted to fall below the mid 20s.



- Plants growing in containers are more sensitive to cold than plants growing in the ground. Move containers to protected locations such as against the house under the eaves, onto a porch, in a garage, or under dense trees. If containers cannot be moved, wrap the entire container in thick layers of insulating materials such as bubble wrap or old blankets, or build a wire

cage around them and fill with straw.

- Smaller plants can be covered with a thick layer of dry leaves or pine straw. For larger shrubs such as figs, you can build a wire cage around individual plants or beds to help hold leaves in place and cover with an old sheet. Cover plants completely so no green is exposed for best protection.

For more information visit:

<http://pender.ces.ncsu.edu/2014/01/protecting-garden-and-landscape-plants-during-cold-weather/>

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2	7	9	6	13	10	47
11	6	10	14	18	1	60
14	9	15	11	9	5	63
15	16	14	6	13	14	78
7	1	3	14	13	17	55
13	2	8	9	8	15	55
62	41	59	60	74	62	57

Number Block Answer:

VETERANS DAY

Wednesday,
November 11, 2015



world diabetes day
14 November



Thursday,
November 26, 2015

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NUMBER BLOCK!

What's a number block you ask? A number block is group of numbers formed in a block. The numbers in each row add up to the totals to the right. The numbers in each column add up to the totals along the bottom. The diagonal lines also add up the totals to the right. Some of the numbers are missing. You fill in the missing numbers.

	7			13	10	47
	6	10		18	1	60
14	9			9	5	63
15	16		6		14	78
7	1			13		55
13		8			15	55
62	41	59	60	74	62	57

Answer on page 3

Remember:

- The missing numbers are integers between 1 and 20.
- The numbers in each row add up to totals to the right.
- The numbers in each column add up to the totals along the bottom.
- The diagonal lines also add up the totals to the right.

Upcoming Topics

No Bake Holiday Recipe

Flu Prevention

World AIDS Day

Fruit of the Month — Muscadine Grapes!

The muscadine grape is native to the southeastern United States, found in the wild from Delaware to the Gulf of Mexico and westward to Missouri, Kansas, Oklahoma, and Texas.

Muscadines are well adapted to the warm, humid conditions of the southeastern U.S., where the American and the European grape do not prosper.

The fruit is borne in small, loose clusters of 3-40 grapes, quite unlike the large, tight bunches characteristic of European and American grapes.

In color the fruits range from greenish bronze through bronze, pinkish red, purple and almost black.

