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## Benefits of Yoga



Developed in India thousands of years ago, yoga has become an increasingly popular form of exercise in the United States. Whether yoga's recent rise in popularity stems from an increase in stress levels or the following of a Hollywood trend, yoga delivers many benefits to those who incorporate it into their everyday lives.

"While there are more than one hundred different types, or schools, of yoga, most sessions are typically comprised of breathing exercises, meditation, and assuming postures (sometimes called *asana* or poses) that stretch and flex various muscle groups.

### Benefits of Yoga

"The relaxation techniques incorporated in yoga can lessen chronic pain, such as lower back pain, arthritis, headaches and carpal tunnel syndrome," explains Dr. Nevins. "Yoga can also lower blood pressure and reduce insomnia."

*"Yoga can also lower blood pressure and reduce insomnia."*

### Other physical benefits of yoga include:

- Increased flexibility
- Increased muscle strength and tone
- Improved respiration, energy and vitality
- The maintenance of a balanced metabolism
- Weight reduction
- Cardio and circulatory health
- Improved athletic performance
- Protection from injury



For more information about the benefits of yoga visit: <http://www.osteopathic.org/>

## October—Breast Cancer Awareness Month

Breast cancer is cancer that forms in the cells of the breasts. After skin cancer, breast cancer is the most common cancer diagnosed in women in the United States.

Breast cancer can occur in both men and women, but it's far more common in women.

Substantial support for breast cancer awareness and research fund-

*"Breast cancer survival rates have increased, and the number of deaths steadily has been declining..."*

ing has helped improve the screening and diagnosis and advances in the treatment of breast cancer.

Breast cancer survival rates have increased, and the number of deaths steadily has been declining, which is largely due to a number of factors such as earlier detection, a new personalized approach to treatment and a better understanding of the disease.



## Breast Cancer Awareness Month *Continued...*



Signs and symptoms of breast cancer may include:

- A breast lump or thickening that feels different from the surrounding tissue
- Bloody discharge from the nipple
- Change in the size, shape or appearance of a breast
- Changes to the skin over the breast, such as dimpling
- A newly inverted nipple
- Peeling, scaling or flaking of the pigmented area of skin surrounding the nipple (areola) or breast skin
- Redness or pitting of the skin over your breast, like the skin of an orange

If you find a lump or other change in your breast — even if a recent mammogram was normal — make an appointment with your doctor for prompt evaluation.



For more information visit:  
[www.breastcancer.org/](http://www.breastcancer.org/)



## Health Hot-Line Topic of the Month: Bone Health

As many as half of all women and one-fourth of all men older than 50 will fracture a bone at some point due to osteoporosis. Whether you are young and still building bone or older and trying to preserve it, these simple steps can help keep your bones healthy and strong.

### 1. Make Healthy Food Choices

Your bones need a variety of nutrients, including calcium and vitamins, C, D and K.

### 2. Supplement Your Diet

For osteoporosis prevention, taking a supplement will be advised by your doctor once you reach a certain age or have osteopenia (a condition in which bone mineral density is lower than normal but not low enough to be classified as osteoporosis).

### 3. Quit Smoking

Smoking cigarettes is one of the worst things you can do for your health and your bones.

### 4. Moderate Alcohol and Soda Intake

### 5. Exercise and Maintain a Healthy Body Weight

Being too heavy or too thin are risk factors for osteoporosis. Along with healthy eating, exercise is a key part of osteoporosis prevention and treatment. Like muscles, bones become stronger when they are active.

### 6. Spend Some Time in the Sun

Your skin makes vitamin D in

*"...your body needs vitamin D to absorb calcium and build healthy bones."*

response to sun exposure, and your body needs vitamin D to absorb calcium and build healthy bones.

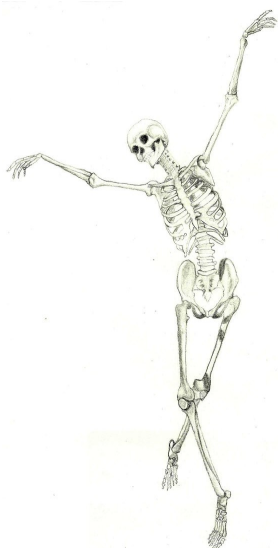
### 7. Review Your Medications

The medications you take can negatively affect your bones.

### 8. Consider Treatment Options

A number of medications are approved for treating or preventing osteoporosis.

For more information visit:  
<http://www.arthritis.org/about-arthritis/types/osteoporosis/articles/preventing-osteoporosis.php>



## Halloween Treats: Pumpkin Seeds and Popcorn Balls

### Toasted Pumpkin Seeds

#### Ingredients:

Seeds from 1 large pumpkin, rinsed and dried  
2 tablespoons olive oil  
Salt and freshly ground black pepper

#### Directions:

Preheat the oven to 375 degrees F.  
Scatter pumpkin seeds onto a sheet pan in a single layer and drizzle with olive oil. Sprinkle with salt and pepper and toss to coat. Bake for about 7 minutes, until light brown and crispy.



TRICK  
—OR—  
TREAT



### Honey Popcorn Balls

#### Ingredients:

1/2 cup honey  
1 tablespoon butter  
1/2 teaspoon cinnamon  
5 cups hot-air popped popcorn



#### Preparation:

1. Place air-popped popcorn in a large bowl and set aside.
2. In a 2-quart microwave-safe bowl, combine honey, sugar, cinnamon and 1 tablespoon butter. Cover with plastic wrap and microwave on high or to 275° F for 5-7 minutes.
3. Pour honey mixture over popcorn and stir to coat with a wooden spoon then set aside to cool.
4. After thoroughly washing your hands first, butter your hands then shape popcorn into balls.



## Growing a Fall Garden



So you want to grow garden fresh vegetables this fall. Where do you start? Simply looking at seed packets in catalogs or local nurseries will not get the job done. One must garden smartly if economical production and utilization are expected.

Once the decision to have a fall garden has been reached, a gardener must take action--drastic action. One must pull out some of those plants that have been nurtured from "babies" in the spring to monsters now. This takes courage and faith! It is recommend that all plants, weeds included, be removed except okra, cherry tomatoes and pole beans if the foliage is healthy. Large-fruited tomatoes may have some small ones still hanging on, but unless you have at least 20-25 good-sized fruit, pull them out--make green tomato relish

or chow-chow. If you recall, the largest, best tomatoes you had this spring were the first ones produced. The tomato plant has gotten old, diseased, and damaged by insects; it will never produce an abundance again. Besides, it is too large to be manageable as far as insect and disease populations are concerned. Pull the old plants up and discard them. Give them to the garbage man. Don't try to compost insect and disease-ridden plants --spider mites don't compost!

Then, determine where to put the garden. If you are an "ole timer," you may need to think in terms of garden relocation. The major consideration for garden placement is sunlight. All vegetables require some sunlight; the most popular vegetables require full sun. "Full" sun means at least 8 hours of intense, direct exposure. If such exposure is not received by crops such as tomatoes, pep-

pers and squash (vegetables that contain seed), the plants grow spindly, they have weak stems, drop blooms and are generally nonproductive. Shade in the afternoon (after 3 p.m.) is wonderful; shade in the morning is acceptable. There are vegetables which produce passably in the shade. Generally, those crops such as greens, broccoli, cauliflower, root crops (carrots, turnips) which do not produce a fruit with seed will yield sparingly in semi- shaded areas but even these crops will do better in a full sun condition.

Crops such as tomatoes, peppers, squash, beans and cucumbers may not produce anything if grown in the shade; plants will grow tall and spindly. The production potential of the garden's most popular vegetables depends solely on the amount of direct sunlight they receive.

**Visit:** [aggie-horticulture.tamu.edu](http://aggie-horticulture.tamu.edu)

  
**SAY  
BOO  
AND  
SCARY  
ON**

  
**Happy  
Halloween**

**Saturday,  
October 31, 2015**

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## Food Trivia Questions!

1. What is the most widely eaten fish in the world?
2. What measure of energy comes from the Latin word meaning "heat"?
3. What nation produces two thirds of the world's vanilla?
4. What tree gives us prunes?
5. What was the first commercially manufactured breakfast cereal?

Answer on page 3

October is  
**Breast Cancer  
Awareness  
Month**



## Upcoming Topics

*Healthy Thanksgiving Recipe*

*Preventing Sprains*

*Lung Cancer Awareness Month*

## Fruit of the Month — Apples

### Fun Facts!

1. More than 2,500 varieties of apples are grown in the United States, but only the crabapple is native to North America.
2. Apples contain no fat, sodium or cholesterol and are a good source of fiber.
3. Apple trees take four to five years to produce their first fruit.
4. Apples are a member of the rose family.
5. It takes about 36 apples to create one gallon of apple cider.
6. The top apple producers around the world are China, United States, Turkey, Poland and Italy.



### Apple-Pear-Banana Smoothie

#### Ingredients:

1 apple  
1 banana  
1 pear  
2 cups fresh baby spinach (or other leafy green)  
1 stalk of celery  
1/2 – 1 cup water

#### Directions:

Add ingredients to blender and blend until smooth.

#### Enjoy!

Calories: 305 | Fat: 0.9g (grams) | Protein: 4.8g | Carbs: 79.1g |  
Calcium: 13% | Vitamin A: 88% | Vitamin C: 85%