



**Call for information
on free & low-cost
programs on these
topics:**

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

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National Night Out!

National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, better places to live.

The event has been held annually since 1984 and is sponsored by the National Association of Town Watch in the United States and Canada.

The event is meant to increase awareness about police programs in communities, such as drug prevention, town watch, neighborhood watch, and other anti-crime efforts.

The events are typically organized by block watches, non-for-profit organizations, companies, and police departments. These events can be as simple as backyard cookouts to full-blown festivals like the one on the west side of Columbus, Ohio



**Tuesday October 4th 6pm
at Mexia City Park!**



Breast Cancer and Cervical Cancer Awareness—Friend to Friend

Women living in rural areas of Texas are less likely than their urban counterparts to have had a mammogram or Papanicolaou (Pap) test within the past two years. Screening and diagnostic services tend to be “disconnected” and not easy to locate or access in rural Texas, especially for underserved and older women. As a result, women in these rural areas tend to be diagnosed in later stages of breast or cervical cancer, making treatment more difficult and impairing their future quality of life.

AgriLife Extension sought and obtained from the Cancer Prevention and Research Institute of Texas (CPRIT) to support the delivery of Friend to Friend, which is an evidence-based program.



Friend to Friend Continued

The goal is to encourage women in rural, frontier, and border counties to get regular mammograms and Pap tests for early detection of breast and cervical cancer — when the disease is most curable.

About Breast Cancer

Breast cancer is a group of cancer cells (malignant tumor) that starts in the cells of the breast. Breast cancer is the second leading cause of death among women. All people, whether male or female, are born with some breast cells and tissue that have the possibility to develop into cancer. However, breast cancer in men is rare, with only about 2,190 diagnoses each year.

Although most people who develop breast cancer will not be able to pinpoint one specific cause, scientists have learned much about risk factors that may indicate a stronger likelihood for cancer. Learn about the myths and factors that may apply to you.

One In Eight Women Will Develop Breast Cancer In Their Lifetime



Early Detection Saves Lives.



Hot-Line Topic of the Month: Preventing Hip Fractures

Healthy lifestyle choices in early adulthood build a higher peak bone mass and reduce your risk of osteoporosis in later years. The same measures may lower your risk of falls and improve your overall health if you adopt them at any age.

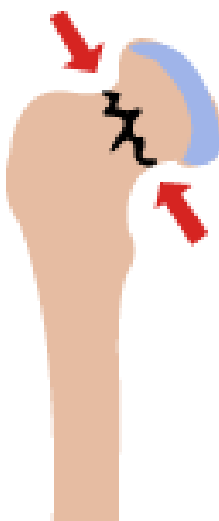
To avoid falls and to maintain healthy bone:

Get enough calcium and vitamin D.

As a general rule, men and women age 50 and older should consume 1,200 milligrams of calcium a day, and 600 international units of vitamin D a day.

Exercise to strengthen bones and improve balance.

Weight-bearing exercises, such as walking, help you maintain peak bone density for more years. Exercise also increases your overall strength, making you less likely to fall.



Avoid smoking or excessive drinking. Tobacco and alcohol use can reduce bone density. Drinking too much alcohol also can impair your balance and make you more likely to fall.

Assess your home for hazards. Remove throw rugs, keep electrical cords against the wall, and clear excess furniture and anything else that could trip you.

Check your eyes. Have an eye exam every other year, or more often if you have diabetes or an eye disease.

Watch your medications. Feeling weak and dizzy, which are possible side effects of many medications, can increase your risk of falling. Talk to your doctor about side effects caused by your medications.

Stand up slowly. Getting up too quickly can cause your blood pressure to drop and make you feel wobbly.

Banana Ghosts and Tangerine Pumpkins!

Ingredients

Banana Ghosts:

Bananas
Regular-sized chocolate chips
Mini chocolate chips
Tangerine Pumpkins:
Tangerines
Celery sticks



Directions

Banana Ghosts:

Peel bananas and cut in half. Use regular-sized chocolate chips for the mouth and mini chocolate chips for the eyes. Stick the chocolate chips into the banana with the pointy end to make a face.

Tangerine Pumpkins:

Peel tangerines and leave whole. Insert a piece of celery in the top to make a stem.



Ghosts and Pumpkins



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



Flower of the Month! - Dahlia



Fun Facts about Dahlia's

1. Dahlias were originally grown as a food crop
2. Dahlias belong to the Asteraceae (Aster) family along with daisies and sunflowers
3. Some cultivars have flowers that reach beyond dinner plate size at 35cm across.
4. There's no such thing as a black dahlia. They come in just about every shade under the sun, except true blue and black. "Black" dahlias are actually burgundy.
5. Dahlias originated as a wildflower in the high mountain regions of Mexico and Guatemala





**Monday
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**Monday
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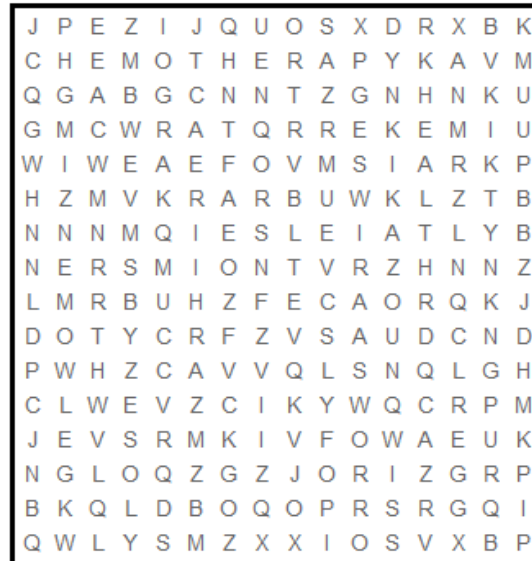
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Breast Cancer Awareness Crossword!

AWARENESS
BREAST CANCER
CELLS
CHEMOTHERAPY

HEALTH
MEN
OCTOBER
PINK

SURVIVORS
WOMEN



Upcoming Topics

- *Thanksgiving Dinner Plans*
- *Organization Tips*



Vegetable of the Month — Celery



Fun Facts About:

Celery!

1. Celery was first used as a food during the 16th century in Italy.
2. Celery is mentioned in Homer's Iliad, where the horses of Myrmidon grazed on wild celery.
3. The town of Celeryville, Ohio, was founded by early 19th century celery farmers.

