

**SPECIAL POINTS OF  
INTEREST:**

- *Diet and exercise can improve your risk of developing breast cancer...*
- *Be safe with those who are trick-or-treaters at the end of the month!*
- *Cyberbullying can hurt many people and is on the rise.*
- *Beta-carotene, found in pumpkins, helps your overall health!!*

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## October is Breast Cancer Awareness Month

About 1 in 8 women (12.4%) will develop breast cancer over the course of her lifetime. In 2018, an estimated 266,120 new cases of invasive breast cancer are expected to be diagnosed in women in the U.S. , along with 63,960 new cases of non-invasive breast cancer.

Are you at risk for breast cancer? The risk for breast cancer increases with age, most breast cancers are diagnosed after age 50. If you have genetic mutations or inherited changes to certain genes such as BRCA1 and BRCA2, you are at a higher risk for breast and ovarian cancer.

How much do daily habits like diet and exercise affect your risk for cancer? Much more than you might think. Research has shown that poor diet and not being active are two key factors that can increase a person's cancer risk. The good news is that you can do something about it.

Besides quitting smoking, some of the most important things you can do to help reduce your cancer risk are: 1) Get to and stay at a healthy weight throughout your life; 2) Be physically active on a regular basis; and 3) Make healthy food choices with a focus on plant-based foods.

There is strong evidence for a healthy diet and exercise in your life. The World Cancer Research Fund estimates that about 20% of all cancers diagnosed in the U.S. are related to body fatness, physical inactivity, excess alcohol consumption and/or poor nutrition, and thus could be prevented.

Adopting a healthier lifestyle is easier for people who live, work, play or go to school in an environment that supports healthy behaviors. Working together, communities can create the type of environment where healthy choices are easy to make.

You all can be a part of these changes. You can ask for healthier food choices at the workplaces and schools. For every junk food item in the vending machine, ask for a healthy option to be provided. Support restaurants that help you to eat well by offering options such as smaller portions, lower-calorie items and whole-grain products. And don't forget to help your community to be safer and more appealing by providing places to walk, bike and be active.

Challenge yourself to lose some extra pounds, increase your physical activity, make healthy food choices, limit alcohol and look for ways to make our communities healthier places to live, work and play.

Sources: [www.cancer.org](http://www.cancer.org) and [www.breastcancer.org](http://www.breastcancer.org)

## Halloween Health and Safety Tips

Fall celebrations like Halloween and Harvest Day are fun times for our children, who can dress up in costumes, enjoy parties and eat yummy treats. These celebrations also provide a chance to give out healthy snacks, get physical activity and focus on safety. Here are some tips to help make the festivities fun and safe for your trick-or-treaters.

**S**—Swords, knives and other costume accessories should be short, soft and flexible.

**A**— Avoid trick-or-treating alone. Walk in groups or with a trusted adult.

**F**— Fasten reflective tape to costumes and bags to help drivers see you.

**E**— Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats your child eats.

**H**— Hold a flashlight while trick-or-treating to help you see and others see you.

WALK and don't run from house to house.

**A**— Always test make-up in a small area first. Remove before bedtime to prevent skin/eye irritation.

**L**— Look both ways before crossing the street. Use crosswalks wherever possible.

**L**— Lower your risk for serious eye injury by not wearing decorative contact lenses.

**O**— Only walk on sidewalks or on the far edge of the road facing traffic to stay safe.

**W**— Wear well-fitting masks, costumes and shoes to avoid blocked vision, trips and falls.

**E**— Eat only factory-wrapped treats. Avoid eating homemade treats made by people you don't know.

**E**— Enter homes only if you are with a trusted adult. Only visit well-lit houses. Never accept rides from strangers.

**N**— Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

Source: [www.cdc.gov/family/halloween](http://www.cdc.gov/family/halloween)

*"Be Safe with  
your children  
while Trick-or-  
Treating. Be  
aware of your  
surroundings  
and have fun!!"*

## *What is Cyberbullying?*

Cyberbullying is bullying that takes place over digital devices such as cell phones, computers and tablets.

Cyberbullying can occur through SMS (Short Message Service), Text and apps, or online in social media, forums or gaming where people can view, participate in or share content.

Cyberbullying includes sending, posting or sharing negative, harmful, false or mean content about someone else. It can include sharing personal or private information about

someone else causing embarrassment or humiliation.

Some cyberbullying crosses the line into unlawful or criminal behavior. The most common places where cyberbullying can occur are social media such as Facebook, Instagram, Snapchat and Twitter, Text Messages, Instant Messages (email provider services/apps) and Email.

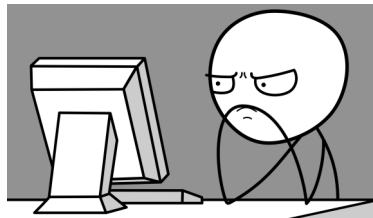
With the increase of Social Media usage in recent years, Cyberbullying is on the rise and

should not be ignored.

Although all states have laws requiring schools to respond to bullying, many states do not include cyberbullying under these laws or specify the role schools should play in responding to bullying that takes place outside of school.

You can learn about the laws and policies in each state, including if they cover cyberbullying.

*Source: [www.stopbullying.gov](http://www.stopbullying.gov)*



## *Nutrition Facts About Pumpkin*

Many times pumpkin is generally eaten in the fall and around the holidays of Thanksgiving and Christmas. However, the wonderful vegetable can be eaten throughout the whole year for its nutritional value.

The bright orange color of pumpkin is a dead giveaway that pumpkin is loaded with an important antioxidant, beta-carotene. Beta-carotene is one of the plant carotenoids converted to Vitamin A in the body. In the conversion to Vitamin A,

beta-carotene performs many important functions in our overall health.

Current research indicates that a diet rich in foods containing beta-carotene may reduce the risk of developing certain types of cancer and offers protection against heart disease. Beta-carotene offers protection against other diseases as well as some degenerative aspects of aging.

Pumpkin can be used in soups, breads, hummus, smoothies, desserts, custard, pumpkin butter and muffins.

*Source: <https://extension.illinois.edu>*



***Beta-carotene, found in pumpkins,  
performs many important functions in  
our overall health!***

# TEXAS A&M AGRI LIFE EXTENSION

**Name, Jacque Behrens, CEA-FCH**

114 West Main  
Brady, Texas 76825

Phone: 325-597-1295

Fax: 325-597-3023

E-mail: [jabehrens@ag.tamu.edu](mailto:jabehrens@ag.tamu.edu)

*This recipe is a great way to use that  
leftover can of pumpkin puree.*

*A healthier dessert for this  
holiday season!!!*

## Soft Pumpkin Spice Drops



1/4 cup applesauce, unsweetened  
1/4 cup brown sugar  
2 tablespoons butter, melted  
1 egg  
1/3 cup pumpkin puree  
1/2 cup oat flour  
1/2 cup all-purpose flour  
1/2 teaspoon baking soda  
1 teaspoon pumpkin pie spice

Preheat oven to 375 degrees. Beat egg in a medium bowl. Add applesauce, brown sugar, melted butter and pumpkin puree. Whisk to combine.

In a separate bowl, stir together oat flour, all-purpose flour, baking soda and pumpkin spice. Gently combine wet ingredients with dry ingredients. Stir until incorporated. Using a parchment lined baking sheet, bake for 10-12 minutes, until lightly browned. Yield: 16 cookies.

Source: [dinnertonight.tamu.edu](http://dinnertonight.tamu.edu)

Family and Community Health "Connections" is provided by the following Texas A&M AgriLife Extension Service Family and Community Health Agents:

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Mandi Seaton, D7 Regional Program Leader

## McCulloch County News

**Health Talk Express** - every Wednesday in October  
at Richards Library at noon.

Light lunch will be provided by Richard's Library

October 3 – Pressure Down: Controlling Blood Pressure

October 10 – Power to Prevent Diabetes

October 17 – Act F.A.S.T. to Prevent a Stroke

October 24 – Cholesterol Matters: Be Heart Healthy

October 31 – Get Screened, NO Excuses!

4-H Food and Nutrition Project opportunities are being planned. If you know of a child who is in K-12, let them know about the following opportunities:

- **4-H Food Show and Exhibit Contest**-Oct 23,
- **4-H Food & Nutrition Quiz Bowl Demo**– Oct 14
- and fun with teams for **food challenge**.

Call 597-1295 to learn more about it!

**Walk Across Texas** and **Walk and Talk** are two programs that we will offer starting October 15. Various activities are converted into miles. These are fun ways to promote an increase in physical activity...call for more information!