

# Lubbock County Family Network



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Texas A&M AgriLife Extension Service-Lubbock County \* PO Box 10536 \* Lubbock, TX 79408  
916 Main, Suite 201 Lubbock, TX 79401 \* 775-1740 \* Fax 775-1758 \* <http://lubbock.agrilife.org/>

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October/November 2017

OCTOBER IS BREAST CANCER  
AWARENESS MONTH!

age 40, women should have a breast exam by a  
health expert every year.

## THE TRUTH ABOUT MAMMOGRAMS

Mammograms are a fact of health care life for women in the late 20<sup>th</sup> and 21<sup>st</sup> centuries. And so are rumors of the discomforts, confusion and controversy surrounding mammograms. Some women wonder if having this routine preventive procedure done is even a good idea. Before making that decision, here are some facts to think about:

Fact 1: Mammograms save lives. Several studies have shown that regular screening mammograms can help decrease the chance of dying from breast cancer. For example, evidence suggests that mammograms can increase breast cancer survival rates as much as 30 percent for women over age 50.

Fact 2: Mammograms are safe. The level of radiation a woman encounters when getting a mammogram does not increase her risk of breast cancer.

Fact 3: Mammograms provide more treatment options. In many cases, finding a tumor early gives women the opportunity to choose less radical surgery.

Fact 4: Mammograms are not perfect. Sometimes false positives (a cancerous lump is suspected but not present) do occur. However, standard follow-up procedures (including ultrasounds, biopsies and fine needle aspirations) can go a step further in diagnosing breast cancer for women with abnormal mammograms.

The American Cancer Society recommends:

- A mammogram every year for women age 40 or older, as long as they are in good health.
- A clinical breast examination as part of a regular physical by a health professional at least every three years for women in their 20s and 30s. After

Medicare, Medicaid, and most private health plans cover all or part of the cost of this test. Or call the Texas Department of State Health Services at 1 (512) 458-7796 for assistance in finding out about free or low-cost mammograms.

For more questions concerning mammograms, consult a doctor or health care professional.

Source: Courtney J. Schoessow, MPH, Texas A&M AgriLife Extension Service

Covenant Mobile Mammography will be in various communities in October and November. Call 806-725-659 for appointments.

## EAT WISELY ON GAME DAY

Football season is back. This is a big deal across the country, particularly in the south. One of the highlights of the football weekend is the time spent with family and friends enjoying the foods that come along with the game. Whether you are having a few friends over to watch the game or tailgating, the food is almost as important as the game.

Unfortunately, the typical menu choices that accompany a football game are not among the healthiest options. This can be troublesome for people trying to watch the number of calories they take in. However, it is possible to eat healthy during a game-day party or even at a tailgate.

Here are few tips for staying nutritionally disciplined during game-day:

- Have a light meal or a small snack before the game to avoid overeating.

- Choose healthier food options first when you arrive at a tailgate or when friends arrive. Enjoy fruits and vegetables that have high water contents, like tomatoes, cucumber, or celery and enjoy them with a dip or cheese cubes. Eat lean meats, or choose sweet potatoes instead of white potatoes when making potato skins.
- Avoid chips, crackers, and breads as much as possible. These items are usually high in carbohydrates and require that you consume large quantities before feeling full. Cheese, lean meats, and nuts are much better options.
- Drink lots of water to help give you a feeling of fullness which will reduce the urge to overeat.
- Eat slowly. Slowing down your pace of eating will give your brain time to communicate with your stomach and register a feeling of fullness.
- Talk to friends, which will occupy your time and reduce the chances of overeating.
- Go outside and toss the ball around during halftime.

Taking these steps will make for a healthier, more enjoyable game day!

Source: Better Living for Texans, October 2017 Newsletter

### **TEXANS SHOULD WATCH FOR FRAUD, SCAMS IN WAKE OF HURRICANE HARVEY**

Texans affected by Hurricane Harvey should be aware of unscrupulous people who may try to take advantage of them through fraud, scams and identity theft and other criminal activity, said a Texas A&M AgriLife Extension Service specialist. South Plains residents may need to share this information with friends and relatives on the Texas coast.

“Texans need to be aware of the potential for things like fraud, ID theft and price gouging in the aftermath of Hurricane Harvey,” said Nancy Granovsky, AgriLife Extension Family economics specialist, College Station. “Unfortunately, some people look at disasters as an opportunity to take advantage of the desperation and vulnerability of those affected. While recovering from a disaster, people may not want to think about this, but it could happen so they need to be vigilant.”

According to the Texas Attorney General’s Office, a natural disaster “pulls in an army of price gougers, fly-by-night door-to-door contractors and bogus charities.” Both state and federal recovery officials are encouraging those affected by Hurricane Harvey to take steps to avoid common post-disaster fraud.

Granovsky said price gouging is illegal under the Texas Deceptive Trade Practices Act, and the state’s attorney general has already warned against profiteering during a disaster.

“Charging excessively for necessities like groceries, drinking water, ice, gasoline and such in a designated disaster area can constitute price gouging,” she said. “If you feel you have been the victim of price gouging, you can file a complaint with the Texas Attorney General’s Office.”

For additional information, go to <https://texasattorneygeneral.gov/>

Granovsky also said those affected should be wary of false offers of state or federal aid and of suspicious contact by individuals claiming to be from the Federal Emergency Management Administration or other emergency response agency.

“Be especially wary if they ask for personal information such as your Social Security number or bank account number,” she said “Ask to see an ID badge or other identification. Remember, FEMA inspectors are there to verify damage and do not endorse specific contractors, recommend repairs or determine your eligibility for assistance. It’s OK to confirm your FEMA registration number, but don’t provide your Social Security number or any other personal information.”

She also said beware of people going door to door offering services.

“If you have insurance, call your adjuster and get an estimate of what it would cost to clean up or repair the damage so you have a good idea of what it should reasonably cost. Then you can use that amount as a baseline for what you should pay. Of course, it is always best to work with service providers you know and trust.”

Granovsky, FEMA and the Texas Attorney General’s office also provided the following tips on how to avoid fraudulent contractors:

- Use only state-licensed local contractors backed by reliable references.
- Make sure the contractor has general liability insurance and workers’ compensation.
- Get a minimum of three estimates in writing and insist on a clear, written contract.
- Call the Better Business Bureau to see if there are any complaints against the contractor.
- Write down the salesperson’s license plate number.
- Avoid out-of-town businesses as it may be more difficult to correct a problem or get your money back.
- Get everything in writing and keep a copy of all documents.
- Don’t sign a contract with blanks.
- Make sure guarantees are in writing and are reflected in the contract.

- Have an independent agent such as an insurance adjuster or real estate inspector inspect the completed work before you make full payment.
- Do not sign completion papers or make final payment until the work is completed to your satisfaction.

“It’s also a bad idea to pay cash to a contractor and legitimate contractors won’t ask for cash up front,” Granovsky said. “Use a credit card or pay by check so you have the option of stopping payment or challenging the charges if things go sideways.”

She also suggested never paying more than half the costs of repairs up front and said 30 percent of the total costs of the project is reasonable for a down payment.

“Payment should only be made when the materials are delivered and you should only pay as the work is completed,” she said. “Do not pay too much too far ahead as this may take away incentive for the contractor to complete the work on schedule. And only make the final payment once you feel the work performed has met the contract requirements.”

She said additional guidance can be found on the Texas Extension Disaster Education Network at <https://texashelp.tamu.edu/>

Granovsky also said Texans should be aware of charity scammers asking for donations for those affected by Hurricane Harvey.

“Don’t give anyone claiming to represent a charity your personal information,” she said. “And be sure to check out the charity to make sure it’s legitimate. It’s best to give to charities you are familiar with and trust, and most reputable ones don’t usually solicit by phone or email. And you certainly don’t want to make a donation in cash if you’re not sure whether it’s legitimate.”

Granovsky suggested getting the charity’s full name, address and phone number, plus a web address if there is one, and then calling to confirm the person soliciting donations is an employee or volunteer.

She also suggests contacting Guidestar, <http://www.guidestar.org/Home.aspx>, Charity Watch, <https://www.charitywatch.org/home>, or the BBB Wise Giving Alliance, <http://www.give.org/> to help determine if the charity is legitimate.

Source: Writer: Paul Schattenberg, 210-859-5752, [paschattenberg@ag.tamu.edu](mailto:paschattenberg@ag.tamu.edu) Contact: Nancy Granovsky, 979-845-1869, [ngranovsky@ag.tamu.edu](mailto:ngranovsky@ag.tamu.edu) Article date: August 30, 2017

## FREEZING FOODS AHEAD

Do you feel like you are in a holi-DAZE during the holidays? A simple quick-cooking technique is to make extra food at one meal for future meals. Or, to prepare food ahead and freeze for a later time. This can free up valuable time for you when cooking for family and friends over the holidays.

One easy method of freezing foods — including liquid foods such as soups and stews — is to freeze them in freezer bags. Following are some general freezing tips, followed by specific tips for freezing in freezer bags.

- If you are making extra food at one meal for future meals, separate and refrigerate the portion to be served later BEFORE you put the food on the table. This keeps food quality higher by preventing “planned-overs” from becoming “picked-overs.” It also helps keep food safe.
- Keep an appliance thermometer in your refrigerator and in your freezer to assure they stay at 40°F or lower (refrigerator) and 0°F or lower (freezer).
- Refrigerate perishable foods so the TOTAL time they are at room temperature is less than two hours (or one hour in temperatures above 90°F). At room temperature, just ONE bacterium in perishable foods could grow to 2,097,152 bacteria in seven hours! As a general guideline, eat perishable foods within four days or freeze them.

Perishable foods include:

- meat, poultry, fish, eggs, tofu
- dairy products
- pasta, rice, cooked vegetables
- fresh, peeled and/or cut fruits and vegetables
- Freeze foods in portion sizes you will need for future meals. For example, if there are two in your family and you each eat a cup of rice for a meal, freeze in two-cup portions.

### Step 1. Cool Foods “slightly” at room temperature before refrigeration



It is not necessary for a food to be completely cool before it is refrigerated. To help food cool slightly before refrigeration:

- Place a shallow container of food on a cooling rack to allow air to circulate all round the pan for about 20 to 30 minutes.
- Limit depth of food to 2 inches.

## Step 2: Complete cooling of foods in the refrigerator

Cool foods to refrigerator temperature before bagging them for your freezer. It is OK to refrigerate foods while they are still warm.



LOOSELY cover food upon refrigeration. This allows heat to escape and protects the food from accidental contamination from other foods during cooling.

## Step 3. Pack foods into freezer bags

Use “freezer” bags, not “storage” bags for storing food in the freezer. Freezer bags are thicker than storage bags and will keep the food fresh longer.

Speed freezing and hasten thawing by freezing foods in a thin, flattened shape in freezer bags. A rounded shape takes longer to thaw through to the middle. Flatter packages also will stack better in your freezer.



## Step 4. Label foods

To avoid mystery meats and other foods of unknown age and possibly origin, label foods using freezer tape, gummed freezer labels or permanent marking pens/crayons. Include:

- name of food;
- packaging date;
- number of servings or amount;
- additional helpful information, such as form of food (sliced, chopped, etc.), any special ingredients.

## Step 5. Put in freezer

It is helpful to place filled freezer bags on a flat surface in your freezer, such as a metal pan. Do not stack freezer bags until frozen so they will freeze faster. After they are frozen solid, the bags may be removed from the pan and stored, stacked, directly on the freezer shelf. Or turn them on their edge and store them vertically. This is an especially good idea when freezing liquid foods, such as soups and stews.



## Step 6. Thaw and cook frozen foods

DO NOT thaw perishable foods at room temperature. If perishable foods are left at room temperature too long,

bacteria may grow and produce heat-resistant toxins that can cause food-borne illness. Cooking may not be able to destroy these toxins.

It is best to plan ahead for slow, safe thawing in the refrigerator. Small items may thaw overnight in the refrigerator. Up to 5 pounds of food should thaw in about 24 hours.

If there is the possibility a thawing package might leak, you may want to thaw it on a plate or a pan.

If food is thawed in the microwave, finish reheating it right away. Unlike food thawed in a refrigerator, microwave-thawed foods reach temperatures that encourage bacterial growth. Cook immediately to kill any bacteria that may have developed and to prevent further bacterial growth.

- Food may be transferred from a freezer bag to a microwave safe container for thawing in the microwave.
- If the freezer bag manufacturer says it is OK to thaw foods directly in their freezer bag, follow manufacturer’s directions for such things as venting, recommended heat settings, types of foods suitable for microwave-thawing, etc. for the specific bag. Also, follow manufacturer’s directions for your microwave.
- While you may be able to satisfactorily defrost food in some freezer bags in the microwave (check manufacturer’s directions), DO NOT cook the food in the freezer bag — unless recommended by the freezer bag manufacturer. At the higher temperatures use in the microwave cooking process, it is possible for the plastic to reach melting temperatures.

Source: Alice Henneman, MS, RDN, Extension Educator, Nebraska Extension in Lancaster County “Chill out Over the Holidays by Freezing Foods Ahead”

## CONSUMERS NEED TO KNOW STEPS FOR ADDRESSING UNWANTED CALLS, TEXTS

People who are annoyed by robocalls coming to their landline and unwanted calls or texts to their mobile phone should know the steps to stop them, said a Texas A&M AgriLife Extension Service specialist.

“If the number of unwanted or unknown calls you receive on your landline — provided you still have one — or your cell phone has been excessive and you’re tired of the disruption, the Federal Communications Commission and the Federal Trade Commission offer some excellent consumer guidelines to address them,” said Nancy Granovsky, AgriLife Extension family economics specialist at College Station.

According to the Federal Communications Commission, robocalls and telemarketing calls are among their top consumer complaints. Per commission rules, anyone making a telephone solicitation call must provide their name, the name of the person or entity on whose behalf they are calling, and the phone number and address where that person or entity can be contacted.

The FCC also prohibits phone solicitation calls to homes before 8 a.m. or after 9 p.m. In addition, telemarketers are required to comply immediately with any do-no-call requests made by the consumer during the call. FCC rules limit many types of robocalls, but some are permissible with prior consent. The rules also differ in relation to calls made to landlines as opposed to cellular phones.

According to the Federal Trade Commission, the law allows political calls, calls from charitable organizations, informational calls, calls about debts owed and phone surveys, as well as calls from companies with which the consumer has done business or has given permission to call. But if it is an unwanted sales call or robocall with a recorded message about a product, service or winning something, the FTC tells consumers there is a good chance it is a scam.

“Handling robocalls may provide a ‘teachable moment’ for family members who have their own cell phones and numbers too,” Granovsky said. “Convene a family meeting and share the steps to take. For younger or older family members, you may need to be the one to provide direct help.”

Whether telemarketing calls or calls for informational purposes, any non-emergency robocall requires the consumer give permission for the call to be made to a wireless number, she said.

“Consumers can revoke permission to be called or texted and the caller must allow them to do that in a reasonable way,” she explained. “And consent to be called or sent texts is forbidden as a condition of a sale or other commercial transaction.”

Granovsky said wireless and landline home phones are protected against telemarketing robocalls made without prior consent, but emergency or urgent calls or text alerts “for the public good,” such as those related to health, fraud or missing persons, are allowed without prior consent.

“And although it’s probably not a good idea to ignore such alerts, consumers still have the right to stop even these calls or texts if they choose to do so,” she said.

To prevent unwanted calls Granovsky said the FCC and FTC provide some advice, which includes:

- Registering on the Do Not Call registry at <http://www.donotcall.gov>
- Contacting the phone company to see if they offer robocall-blocking technology. If they do, provide them with the numbers of those unwanted callers.
- If the phone company does not offer robocall-blocking technology, consider buying a commercially available blocking device.
- Telling unwanted callers not to call and writing down their number and when the request was made to not call again. If the calls continue, contact the FCC and make a complaint.
- For unwanted calls on wireless phones, look into blocking apps offered through the mobile app store or marketplace.

Granovsky said sometimes people will continue to receive unwanted calls even after they have contacted the Do Not Call Registry or have requested their phone provider block the number.

“If these calls persist, just hang up and report the number to the Federal Trade Commission,” she said. “If you punch buttons or try to ask for a person you can tell to take you off their list, this may just lead to further unwanted calls and annoyance.”

To contact the FTC and report a complaint, call 1-888-382-1222 or go to <http://complaints.donotcall.gov>

“If you get a suspicious text message on your cell from an unrecognized number, whatever you do, do not text back or click on any embedded link,” she said. “Report it to your phone provider and to the FTC at 1-888-382-1222 or <http://ftc.gov/complaint>”

For more information go to: <http://bit.ly/2f4gatk> or <http://bit.ly/1U921W8>

Source: Writer: Paul Schattenberg, 210-859-5752, [paschattenberg@ag.tamu.edu](mailto:paschattenberg@ag.tamu.edu) Contact: Nancy Granovsky, 979-845-1869, [ngranovsky@ag.tamu.edu](mailto:ngranovsky@ag.tamu.edu) Article date: August 8, 2017

## GETTING YOUR FOOD HOME SAFELY

Preparing food safely only works if you have safe food to begin with. Make sure you are keeping your food safe from shop to shelf!

The temperature of refrigerated food can go up 8-10 degrees F on a trip home. To prevent against foodborne illnesses: separate, chill, and clean.

**2 HOUR RULE:**

Refrigerate perishable foods within 2 hours, and only 1 hour if the outside temperature is higher than 90°F.

**At the store:**

- Buy frozen foods, meat, poultry, and seafood last.
- Put raw meat, poultry, and seafood in plastic bags to prevent dripping juices.
- Group the frozen foods, meat, poultry, and seafood together in the cart to keep them cold.
- At checkout, make sure to not mix raw meat with ready-to-eat foods in your grocery bags.

**On the Way**

- Keep perishable foods in the air-conditioned car instead of the hot trunk.
- Don't do other errands on the way home from the grocery store.
- Prevent the possibility of cross-contamination when taking food home.
- If the trip from the grocery store is long, you need to make a stop, or you shop at multiple grocery stores: Bring a cooler with ice or gel packs to keep cold food cold.

**When you Arrive**

- If you use grocery totes, wash them often.
- Store foods right away.

**Buy cold food last, get it home fast.**

**Recipe Corner****Orange Glazed Skinless Chicken Wings**

- 10 chicken wings (skin removed)
- 3 tablespoons butter
- 1 teaspoon seasoned salt
- 8 tablespoons orange marmalade (½ cup)

1. Rinse the chicken wings and dry them on a paper towel. Tuck the wing tip under the larger joint to form a triangle.
2. Heat the butter in a skillet at 200°F.
3. Sprinkle the wings with the seasoned salt and place them in the heated butter. Sauté the wings at 325°F for about 20 minutes.
4. Spread orange marmalade on the wings, continuing to sauté while basting frequently for another 20 minutes.
5. Remove the wings from the skillet and serve hot.

Makes 5 servings

50 Calories, 5g Fat, 3g Protein, 2g Saturated Fat, 1g Dietary Fiber, 22g Carbohydrates

**Crunchy Berry Parfait**

- ½ cup yogurt, non-fat vanilla
- 1 cup blueberries or strawberries (fresh or thawed)
- ½ cup low-fat granola (or crunchy cereal)

Spoon the yogurt into a glass, then top it with the fruit and granola.

**Notes:**

- Can use fortified soy yogurt
- Frozen berries were used in this recipe as a cost saving measure.

Makes 1 serving

377 Calories, 4g Fat, 11g Protein, 1g Saturated Fat, 7g Dietary Fiber, 81g Carbohydrates

Source: Better Living for Texans October 2017 Newsletter

Sincerely,

E. Kay Davis, M.S.  
County Extension Agent -  
Family and Consumer Health  
Lubbock County

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**22<sup>nd</sup> Annual Conference for Parents  
& Those Who Work with Them**

**Thursday, October 26, 2017  
Museum of Texas Tech University  
3301 4<sup>th</sup> Street**

**Register online at <http://www.esc17.net/>  
Click on the Workshops tab and type "Building Strong Families"  
in the box to register**

**Conference Sponsors:**

**Region 17 ESC, Communities in Schools, Lubbock ISD,  
Dept. of State Health Services – Region 1, Texas A&M AgriLife Extension Service,  
Lubbock Area United Way, TTU Early Head Start, Amerigroup, FirstCare Health Plans,  
Superior HealthPlan, TTUHSC SON Larry Combest Community Health & Wellness Center,  
Children's Home of Lubbock, MAXIMUS/STAR/STAR Kids/STAR+PLUS/CHIP/THSteps  
Outreach, Family Guidance and Outreach Center, Children's Protective Services, South Plains  
Community Action Project Champs, Lubbock County VOICES/Starcare,  
MCH Family Outreach, Frenship ISD**



# Save *the* Date

DINNER TONIGHT HEALTHY  
COOKING SCHOOL

**Tuesday, November 14, 2017**

6:00 p.m. – 8:00 p.m.

**Ollie Liner Center**

2000 S. Columbia St  
Plainview, TX

**Registration information**

On-Site Registration-Cost is \$15

RSVP to Texas A&M Agrilife Extension –Hale County

For more information, call (806) 291-5270



**DINNER  
TONIGHT**  
HEALTHY COOKING SCHOOL

TEXAS A&M AGRILIFE EXTENSION