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EXPECT MOORE TODAY

TEXAS AGRILIFE EXTENSION MONTHLY NEWSLETTER

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MARCH IS RED CROSS MONTH

March is Red Cross Month, a time to remind everyone of the work of the American Red Cross in communities across the country and around the globe—and how we depend on public support to help people in need.

The American Red Cross was created in 1881 by Clara Barton and officially chartered by Congress in 1900 to provide national and international relief during disasters, and to give relief to the military and serve as a means of communication between members of the Armed Forces and their families.

From the beginning, people in this country have volunteered and donated funds to support the Red Cross in its mission to provide relief to victims of disaster and help people prevent, prepare for and respond to emergencies.

In 1943, President Franklin D. Roosevelt proclaimed the first Red Cross Month in support of Red Cross

fundraising efforts to respond to needs brought on by World War II. Since that time, every president, including President Obama, has designated March as Red Cross Month.

Today, the American Red Cross responds to nearly 70,000 disasters a year, providing shelter, food, emotional support and other necessities to those affected. Through a worldwide network, the American Red Cross provides 24-hour support to members of the military, veterans and their families—in war zones, military hospitals and on military installations around the world. Red Cross Blood Services collects and distributes more than 40 percent of this country's blood supply. And, more than 9 million people across the United States receive American Red Cross training in first aid, water safety and other skills every year. Thanks to the generous support of people in this country, the American Red Cross is able

to mobilize to help people in need. The Red Cross is not a government agency, but relies on donations of time, money and blood to do its work.

Your generosity helps provide life-changing and often lifesaving services down the street, across the country and around the world. Show your support during Red cross Month because moments of hope are made possible by people like you.

Article received from
www.redcross.org

“With unfailing resourcefulness, zeal, and compassion, Red Cross volunteers have proved equal to the challenges of our time. In peace and in war, they have reflected the humanitarian instincts of the American people.” *President Ronald Reagan, 1981 Proclamation*



SPECIAL POINTS OF INTEREST:

- *March is Red Cross Month*
- *There are three major types of skin cancer—basal cell carcinoma, squamous cell carcinoma and melanoma.*
- *Get busy with your spring vegetable garden. No more procrastinating!*
- *Pecans For Sale!!!*

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Skin Cancer

Skin Cancer—the abnormal growth of skin cells—most often develops on skin exposed to the sun. But this common form of cancer can also occur on areas of your skin not ordinarily exposed to sunlight.

There are three major types of skin cancer—*basal cell carcinoma, squamous cell carcinoma and melanoma*.

You can reduce your risk of skin cancer by limiting or avoiding exposure to ultraviolet (UV) radiation. Checking your skin for suspicious changes can help detect skin cancer at its earliest stages. Early detection of skin cancer gives you the greatest chance for successful skin cancer treatment.

Skin cancer develops primarily on areas of sun-exposed skin, including the scalp, face, lips, ears, neck, chest, arms and hands, and on the legs in

women. But it can also form on areas that rarely see the light of day—your palms, beneath your fingernails, the spaces between your toes or under your toenails, and your genital area.

Skin cancer affects people of all skin tones, including those with darker complexions. When melanoma occurs in those with dark skin tones, it's more likely to occur in areas not normally considered to be sun-exposed.

Basal cell carcinoma signs and symptoms

Basal cell carcinoma usually occurs in sun-exposed areas of your body, such as your face, ears or scalp. Basal cell carcinoma may appear as:

- A pearly or waxy bump
- A flat, flesh-colored or brown scar-like lesion

Squamous cell carcinoma signs and symptoms

Most often, squamous cell carcinoma occurs on sun-exposed areas of your body, such as your face, lips, ears and hands. Squamous cell carcinoma may appear as:

- A firm, red nodule
- A flat lesion with a scaly, crusted surface

Melanoma signs and symptoms

Melanoma can develop anywhere on your body, in otherwise normal skin or in an existing mole that becomes cancerous. Melanoma most often appears on the trunk, head or neck of affected men. In women, this type of cancer most often develops on lower legs. In both men and women, melanoma can occur on skin that hasn't been exposed to the sun. Melanoma can affect people of any skin tone. In people with darker skin tones, melanoma tends to occur on the palms or

soles, or under the fingernails or toenails. Melanoma signs include:

- A large brownish spot with darker speckles
- A mole that changes in color, size or feel or that bleeds
- A small lesion with an irregular border and portions that appear red, white, blue or blue-black
- Dark lesions on your palms, soles, fingertips or toes, or on mucous membranes lining your mouth, nose, vagina or anus

When to see a Doctor

Make an appointment with your doctor if you notice any changes to your skin that worry you. Not all skin changes are caused by skin cancer. Your doctor will investigate your skin changes to determine a cause.

Excerpt from www.mayoclinic.com

How to Choose the Best Sunscreen

If you have ever been to the sunscreen aisle at your local drugstore, you know how overwhelming it can be: SPF this, UVA that and then throw UVBs in the mix and the sunscreen confusion begins!

Choosing the Right SPF in Sunscreen

SPF Stands for *Sun Protection Factor*. The higher the SPF number, the better protection against the sun's harmful UVB rays. The SPF number lets you know how much longer you can stay out in the sun

without burning. For example, if it takes 15 minutes for a person to burn, an SPF 15 will allow them to stay out in the sun 15 times longer without burning.

The American Academy of Dermatology recommends wearing an SPF of 15 or higher for maximum protection. SPF is available in levels from 2 to 60. Does highest mean the best protection? Not necessarily. An SPF of 50 only provides 1% to 2% more protection than an SPF 30.

UVA and UVB Protection

The label of the sunscreen will indicate the UVA or UVB protection.

UVA rays are responsible for the aging effect of the sun; however, overexposure to UVA rays can cause skin cancer.

UVB rays are responsible for sunburns and skin cancer.

Choose a product that states, "UVA/UVB," protection or has "broad spectrum" protection.

Waterproof vs. Water Resistant

If you are looking for a sunscreen to use while in the water, choose a sunscreen that is "waterproof" or "water resistant."

"Waterproof" sunscreen should provide protection in the water for 80 minutes, while "water resistant" provides only 40 minutes of protection.

Courtesy of: <http://cancer.about.com/od/skincancerprevention/a/choosesunscreen.htm>

Swing into Spring: Five Easy Ways to Welcome Warm Weather

Blooming bulbs and Spring breezes signal that warmer weather is on the way. Sure, many of us will do an all-out session of Spring cleaning, but even small jobs can bring the season's freshness inside.

Shake the winter doldrums out of your organized home with these five easy ideas to swing into Spring:

Let the Light Shine: Wash the Windows!

Sunny days look brighter through clean windows, so tackle the grime that winter storms have left behind on interior and exterior windows now. Whether you're an advocate of the diluted-vinegar-and-newspaper approach, or prefer to wield a squeegee like the pros do, choose a bright, still day to clean exterior windows. Freed from their dark winter coats, clean windows spill sunshine inside, raising everyone's mood!

Catch the Breeze: Open Windows on a Warm Day

Cold weather brings shut windows and tightly-closed doors—which can create a build-up of stale odors in any home. When you live with them, your nose learns to ignore them, but nothing whispers “Spring is here!” like a freshly-aired house.

Solution: let breezes blow! Air out the house one sunny afternoon to bring Spring's freshness inside. Opening doors and windows to catch a breeze will chase away old cooking smells and any stale or musty odors that have built up during the winter months.

After an hour or so, close windows and doors, then tackle surfaces with an electrostatic cleaning cloth to capture any dust or pollen that's settled out in the breeze. Run the vacuum cleaner to remove dust from floors—and enjoy the Spring-time freshness!

Blooming Wonder: Bring the Season Inside

Even if the budget won't stretch to regular purchases of cut flowers, Spring's blooming make it easy to spark up a home with fresh blossoms.

Cut small branches from a flowering tree, or gather ready-to-bloom daffodils and tulips from the garden.

Even an inexpensive bundle of cut flowers from the super-market cooler can bring a welcome breath of Spring indoors.

Displayed simply, in a tall water glass, vase or mason jar, they'll add a splash of

Spring color and fragrance to your home.

Fresh Start: Clean out the Refrigerator

The arrival of a new season is a good signal to clean out stored food in the refrigerator and pantry. As farmers' markets and roadside stands open to offer fresh food for the new season, create a good home by cleaning out the remains of winter.

Make a quick check of expiration dates of food stored in the refrigerator or pantry, and toss expired foodstuff.

Look sharp for the last survivors of holiday gift baskets! If you haven't eaten the smoked salmon spread or served the Texas Hot Chili Mix by now, donate these treats to the food bank, so they're enjoyed by others.

Give vegetable storage areas special attention. Bearded carrots, limp celery and shriveled onions can be tossed into a crockery slow-cooker overnight to make vegetable stock—or consign these items to the compost bin. Be ready to store Spring's bounty in a clean and roomy vegetable crisper.

Cull the Cuddly: Wind down the Winter Warmers

Fall brings no greater pleasure than pulling out fleecy sweats, flannel pajamas and warm blankets—but by season's end, these cuddly favorites are frequently worse for wear.

As warm weather approaches, take a hard look at the family's cold-weather bedding and favorite winter warmers. Separate out the stained sweats, piled flannel sheets and shrunken loungewear for recycling or donation.

As you return winter bedding and clothing to closet storage areas, make a quick list of any needed replacements. Look alert! End-of-season clearance sales make it easy AND cheap to replace worn-out linens and faded clothes.

Ready to swing into Spring? Welcome the season from your organized home!

From: <http://organizedhome.com/clean-house/swing-into-spring-in-your-organized-home>.



March 20 is the first day of Spring!!!



March Gardening Tips

In Texas, the only certainty about March weather is... uncertainty! We will likely get a real mix of conditions, ranging from frosty cold to hot and humid.

Even with the recurring chilly weather this month, it is not too early to direct-seed some warm-season bedding plants into flats or pots. Some great ones to consider are cleome, cosmos, Dahlberg daisy,

marigolds and rudbeckias. Once planted, keep an eye on the weather. As long as the daytime highs are in the 60's and 70's you may leave seedlings outside. Bring them in during chilly or windy weather.

As for planting summer-blooming bulbs, hold off till April when the warmer weather is more consistent.

If you've been thinking about transplanting some of your perennials, now is the time to do it. If you wait until April, chances are greater that they will suffer transplant shock.

As for adding new perennials, keep in mind that they may not look like much now, but in a month or two most will be in full bloom!

This is also a good month to take a look at your roses, and

see if some should be replaced. If they are sprouting poorly or have only a few weak living canes, dig them up and replace with fresh new plants. Then, no more pruning this season!

Get busy with your spring vegetable garden. No more procrastinating!

Article from www.lifeintexas.com



Spring Gardening Tips

Spring is in the air! Buds, blooms and new, green growth are a refreshing sight after our icy winter this year. Take time to care for your lawn and garden, and you will enjoy many months of their incredible beauty.

Annuals: It is time for cool-season annuals! And guess what? Many flowers this time of year are actually edible! A few to try as garnishes or as an attractive addition to salads are pansies, violas, dianthus, nasturtiums, calendulas and ornamental cabbage and kale. Caution however: If you used any pest control aids, be sure to wait the prescribed period before using.

Remember as the weather warms, your annuals will need more frequent watering.

Soaker hoses are good to use where practical. And keep up with regular fertilizing for fabulous color and growth!

Keep an eye out for hungry caterpillars. You may see their droppings which can be the size of a BB. Also watch for holes in the leaves. Use a good pest control aid if you see any of those signs of invaders.

Bulbs: April is also the time to plant bulbs you started in pots or flats. Be sure to keep them adequately watered, as this month can be rather dry. Use a good mulch to conserve moisture.

Unfortunately, warmer weather means an increase in weeds and pests. Keep them in check with good pest con-

trol products and keep 3-4 inches of good mulch in your beds.

Houseplants: Many of your houseplants can now be moved outside. Start by placing them in shady locations where they receive no direct sunlight, as they have become used to lower light conditions inside. Gradually introduce them to more sunlight as they become acclimated to the new conditions. They will need more water now that they are outside. Watch for new growth, as this signals the time to begin fertilizing.

Lawn Care: If your lawn becomes too dry this month, by all means begin watering. Fertilization is important this time of year as well, if you are hoping for a truly lush,

deep green lawn. Remember to water the fertilizer in well after application. If weeds are a problem, and they usually are here in north Texas, apply a post-emergent weed-control aid. Mowing will become a regular job this month. Make sure your mower blades are sharp, and mow as needed.

Perennials, roses and shrubs will begin to bloom this month. Keep your mulch about 3 inches thick, and water and fertilize regularly. Deep watering will promote a deep root system which will keep them strong and more drought resistant.

Article from www.lifeintexas.com

EXTENSION & 4-H VOLUNTEER OF THE MONTH: **MISTI IVINS**

Misti Ivins is always willing and able when the need for a volunteer arises! Most recently, Misti volunteered her time to help with a booth at the Moore County

4-H Textile and Craft Rodeo. In the past, she took it upon herself to have embroidered aprons donated as awards for the county 4-H food show.

Misti is a community service-minded person. She is active in many 4-H programs and still wants to know how to be more involved. She has a volun-

teer's heart, a quality that shines through to her daughter, Cayman. Thanks Misti, for all you do!

WOMEN'S HEALTH: CANCER

Sue will be hosting a "Lunch and Learn" seminar on Wednesday, March 21 in the Extension Education Room at the Moore County Extension Office. Women's cancer will be discussed. For more information, please call the Extension Office.

GERANIUMS FOR SALE!

Moore County 4-H is selling Geraniums for their annual fundraiser. 4-inch Geraniums are \$4.00 per plant and 6-inch Geraniums are \$6.00 per plant and they come in red, pink, magenta, salmon/coral, white, and lavender. You can also purchase a 10-inch Zonal Hanging Basket for \$12.00 in red, pink, salmon/coral, and white or a 10-inch Trailing Hanging Basket for \$14.00 in red or pink. If you are interested in purchasing a plant, please contact any Moore County 4-Her or the Extension Office. Orders are due in the Extension office by 5:00 p.m. on March 30. Geraniums will be delivered on Wednesday, May 2. Colors are not guaranteed, we will honor color selections as best as we can.

PECANS!!!!!!!

Moore County Parent Leaders Association are still selling pecans at the Extension office. Prices are \$11.50 per pound and \$34 for a 3 pound box and they come in halves or pieces.

If you have any topics that you wish to have published in the Expect Moore newsletter, please let the Texas AgriLIFE Extension Service, Moore County Office know.

Sincerely,

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Improving Lives. Improving Texas.

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Educational programs of Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating



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March Recipes



Tangy Grilled Pork Tenderloin

Ingredients:

- 2 lbs. pork tenderloin
- 2/3 cup honey
- 1/2 cup Dijon Mustard
- 1/4 tsp chili powder
- 1/4 tsp salt

Directions:

1. Place meat in a large resealable plastic bag. In a medium bowl, mix together honey, Dijon mustard, chili powder, and salt. Pour marinade over tenderloins, seal, and refrigerate for at least 4 hours.

2. Prepare the grill for indirect heat.
3. Lightly oil grill grate. Remove meat from marinade, and discard liquid. Grill for 15 to 25 minutes, or to desired doneness.

From allrecipes.com

Corn, Sweet Onion, and Tomato Salad

Ingredients:

- 3 (11 ounce) cans whole kernel corn
- 2 large tomatoes
- 1 large sweet onion, cut into thin strips
- 4 green onions chopped
- 1 bunch cilantro leaves, minced in to tiny strips

- 2 limes, juiced
- 1/3 cup rice vinegar
- Kosher salt to taste

Directions:

In a large bowl, combine corn, tomatoes, sweet onion, green onion, and cilantro. Squeeze lime juice over mixture, and mix in. Stir in rice vinegar to taste; the amount you use will depend on the sweetness of the corn, and the acidity of the lime. Season with kosher salt. Cover, and chill for 45 minutes to an hour. Stir before serving.

From allrecipes.com

Proper Storage of Fresh Produce Can Affect Both Quality and Safety.

- Store perishable fresh fruits and vegetables (like strawberries, lettuce, herbs, and mushrooms) in a clean refrigerator at a temperature of 40° F or below. If you're not sure whether an item should be refrigerated to maintain quality, ask your grocer.
- Refrigerate all produce that is purchased pre-cut or peeled to maintain both quality and safety.

(excerpt from <http://www.fda.gov/food/resourcesforyou/consumers/ucm114299>)

