

Oldham County Family & Consumer Science

OCTOBER NEWSLETTER

IN THIS ISSUE

National Breast Cancer Awareness Month

Breast cancer is a form of cancer that begins with the formation of a malignant tumor in the breast. A malignant tumor is a group of cancer cells that can grow into nearby tissues or spread (metastasize) to other areas of the body. After skin cancer, breast cancer is the most-commonly diagnosed cancer in women in the United States. One in eight women will develop invasive breast cancer during their lifetime, according to the American Cancer Society (ACS). The ACS also reports that breast cancer is the second leading cause of cancer death in women, with lung cancer being the first. While breast cancer almost entirely affects women, it can also occur in men. In fact, the National Cancer Institute reports that there about 2,300 new cases of breast cancer in men each year in the United States, compared with about 230,000 new cases in women. While several lifestyle-related, environmental, and hormonal factors may increase your risk of developing breast cancer, none of these factors guarantee you'll develop the disease. Moreover, many women who develop the disease have no known

risk factors. Certain traits, however, are known to increase the risk of breast cancer, such as obesity, personal or family history of breast cancer, and genetic mutations. Breast cancer is most likely caused by a complex interaction of your genetic makeup, your behavior, and your environment. Lumps are usually present, and can be felt, in both men and women with breast cancer. Further tests that examine the breasts are used to diagnose the disease. In addition, death rates from breast cancer have been on the decline since 1989, especially among women under 50. Earlier detection through screening and increased awareness, as well as a better understanding of the disease and improved treatment, are believed to be responsible for this decline. The ACS states that there are currently more than 2.8 million breast cancer survivors in the United States, including women still receiving treatment, and those who are done with treatment.



4-H Spotlight

October 5th -10th is national 4-H week! Check out the spot light to learn about the exciting community service project 4-H has planned!

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Myth VS. Reality

Find out about common misconceptions associated with Breast Cancer and learn about the reality behind the situation.

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A note from your FCS Agent

Chelsey Eicke

Hello Oldham County! As our community continues to grow, I hope to incorporate an updated and active FCS committee to better outline key issues or areas of interest in Oldham County for future educational opportunities. Personally, my strengths are in food safety and culinary nutrition. I look forward to working within the communities as well as school systems to implement lessons pertaining to safe, affordable and healthy eating habits as well as proper care, disease

prevention, textiles training, family budgeting and more. For now, Oldham County remains dedicated to serving its community members who qualify for participation in the High Plains Food Bank Mobile Distribution. Each month the High Plains Food Bank delivers food boxes and surplus groceries to be prepared and consumed by pre-approved individuals and families throughout the County. Along with receiving fresh ingredients and quality food products, each recipient is given a Better Living For Texans newsletter with nutritional and consumer information as well as cost effective tips and recipes provided by Extension.



4-H Spotlight

Oldham County 4-H is off to an exciting year! We had a successful enrollment night at Christ's Community Fellowship where we reached over 50% of our annual enrollment in one night! Since then our numbers have continued to grow and we expect to exceed last year's active youth enrollment. At our first Lucky Clover meeting nine new officers were elected for the 15-16 year! An officer training will be conducted later this month to help those individuals new to their elected office fully understand their duties and prepare them to run an excellent 4-H year! Also at the meeting, we

introduced this year's District 1 fall Round Up competitions for 4-H members. Lucky Clover's are currently holding practices for; food show, nutrition quiz bowl, swine quiz bowl, horse quiz bowl, beef quiz bowl, Ag product ID, food challenge and livestock skill-a-thon. The district competition for these events will be held on November 6th and 7th. Oldham County 4-H's Lucky Clover club also had seven girls compete in the Food Fight Event at the Tri State Fair. The girls were broken into two teams. Each decorated and presented a cupcake along with nutrition and food safety

information to a panel of judges in a 30 minute time slot. Both teams competed well and resulted in high scores. October 5-10 is national 4-H week! Members of Oldham County 4-H will be showing their green and white pride all week long in a social media challenge. The 10th of October there will be a tree planting day and dedication service held at the County Court House with Judge Allred and several Commissioners in attendance. The Burr Oak is provided by the Forest Service in celebration of their 100th year anniversary.

KITCHEN HACKS



Crock Pot Solution

It's almost time for Halloween! Here's a trick for all of those sweet treats. When dipping or drizzling several different toppings; place your desired ingredients in a glass jar, insert them in your crock pot and fill the surrounding area with a little water. This way everything stays at a constant temperature at the same time!



Decorating Tip

Placing a large marshmallow on top of each cupcake during the last five minutes of baking can give you a sweet and smooth surface just like fondant without having to deal with the hassle. Let cool and begin decorating! No need to place frosting for sticking purposes either!

For Your Reference



It's almost Fall Y'all! I love that time of year when all things good come out of a crock pot! And of course, I always look for an opportunity to add green chili. This recipe is close to a staple my mom always made us on cold days. Scoop it up with a chip, throw a tortilla on the side or garnish it with cheese, it's a crowd pleaser for sure! Most of all I love recipes that allow for interpretation, so feel free to add ingredients or change it up!
-Chels

From the Recipe Box

by Lovely Little Kitchen via Pinterest

CREAMY CROCKPOT WHITE CHICKEN CHILI

Serves: 6-8

Ingredients:

- 3-4 chicken breasts
- 1 1/2 teaspoons chili powder
- 1 teaspoon cumin
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- dash of cayenne pepper
- 14.5 ounce chicken broth
- 4.5 ounce can chopped green chiles
- 2 15.5 ounce cans white beans, drained (Cannellini or Great Northern are good)
- 3 tablespoons butter
- 3 tablespoons flour
- 1 cup milk
- 1 teaspoon Knorr Chicken Base
- 1/4 teaspoon white pepper
- 1/2 teaspoon seasoned salt
- 1/2 cup sour cream

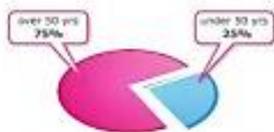
Directions:

1. Place chicken breasts on the bottom of a crockpot, and add chili powder, cumin, onion powder, garlic powder, cayenne pepper, chicken broth, green chiles, corn and beans. Cook on low for 6-8 hours.
2. About an hour before serving: In a small saucepan, melt butter over medium high heat. Whisk in flour, and allow to bubble and brown a bit. After a few minutes, gradually whisk in the milk and chicken base.
3. Allow the sauce to simmer for 4-5 minutes, whisking frequently until it is slightly thickened. Add salt and pepper.
4. Pour sauce into crockpot and mix to combine.
5. Add sour cream and mix.
6. If chicken has not already shredded with stirring, take out large pieces, shred them with two forks, and return to the crockpot.
7. Let the chicken chili cook on low 1 more hour if you can.

Breast Cancer Myth vs. Reality



1 **Young women do not get breast cancer:** Breast cancer is more common in post menopausal women, however, people of any age can get breast cancer. Women under the age of 50, make up 25% of breast cancer cases.



2 **Breast cancer is preventable:** It's possible to pinpoint risk factors, i.e. inherited gene mutations, family history, and then **make lifestyle changes that reduce risks.** However, breast cancer is not preventable and largely occurs by chance. Around 70% of women diagnosed with breast cancer did not possess identifiable risk factors.

3 **Plastic surgery causes breast cancer:** There is no relation between breast augmentation/plastic surgery and increased breast cancer risk. Breast implants can make mammograms more difficult. Women who undergo breast reduction surgery can see a decrease in breast cancer risk.

4 **Women with small breasts have reduced risks of getting breast cancer:** There is no known connection between likelihood of getting breast cancer and a woman's breast size. Large breasts, however, may be more difficult to examine.



5 **Wearing anti-perspirant increases your chances of getting breast cancer:** A small, inconclusive study saw parabens traces in a tiny sample of breast cancer tumors. Some antiperspirants carry parabens, a preservative that has estrogen-like properties. More research needs to be done.



6 **A breast injury can cause breast cancer:** Any trauma to the breast does not cause breast cancer. The reasoning behind this is an injury can give prominence to a breast lump that could have been there already.

8 **Caffeine causes breast cancer:** No connection has been discovered between getting breast cancer and drinking caffeine. Some research shows that drinking caffeine may decrease risks.



7 **A dairy-free diet prevents breast cancer:** This is not true. There is no evidence to support this claim. Keep drinking milk!



9 **Fertility treatments increase risks of getting breast cancer:** Given the link between estrogen and breast cancer, fertility treatments have been scrutinized. Other studies found such treatments don't result in a high risk of getting breast cancer. More research needs to be done to merit or discount this.



10 **Soy products protect against breast cancer:** Soy bean products possess phytoestrogen compounds. These compounds can bind estrogen receptors. In theory, such compounds could prevent estrogens and thus reduce breast cancer risk. However, two clinical studies have been administered and show no evidence of any preventative/protective effects of soy.

11 **Breast cancer only comes in the form of a lump:** A lump can indicate that you have breast cancer, but women should also be aware of other bodily signals, like: swelling, dimpling, skin irritation, nipple/breast pain, a nipple that's turned inward, scaliness, redness, thickening of the breast skin/nipple, discharge that isn't milk.



12 **Women overweight have the same breast cancer risks as other women:** Obese or overweight women do have increase risks. This is especially the case for women past menopause and/or women that have gained weight later in life.



13 **A meat-free diet prevents breast cancer:** No epidemiological study shows a relation between breast cancer risk and meat consumption.



14 **If you drink from a plastic water bottle that was left in a hot car, you can get cancer:** This rumor wrongly asserts that dioxins--a body of toxic chemicals associated with numerous health problems like breast cancer--seep from the hot plastic into the bottled water. Dioxins are not found in plastics and the sun's heat rays aren't strong enough to create dioxins.

Resources: health.com/health/condition-article/0,,20215550,00.html
nationalbreastcancer.org/About-Breast-Cancer/Myths.aspx • prevention.com/breastcancermyths/index.shtml

From the folks at The Breast Cancer Society, Inc.

Got Any Plans? Save the Date!

Oldham County 4-H Community Service Project



The Texas 4-H Youth Development Program is proud to be partnering with the Texas A&M Forest Service to help celebrate their 100th anniversary of protecting the citizens of Texas, and Oldham County. To help celebrate this milestone for the Forest Service, Oldham County 4-H will be participating in a statewide One Day community service project challenge. The Forest Service is providing Oldham County with one Bur Oak Tree, the only tree that can survive in all 254 counties of Texas, to be planted on the Courthouse Square where the tree can grow and be appreciated for the importance of its purpose. This member lead event is hoped to be a historical milestone for both 4-H and the Forest Service in which we look forward to sharing with the communities of Oldham County.

AROUND TOWN



High School Health Fair October 28th

Your Extension office is looking forward to offering a booth at the Vega High School Health Fair! Look for us as we help to educate students about current health related topics!



High Plains Mobile Distribution October 9th

The High Plains Food Bank continues to team up with our local Extension's Better Living for Texans Program! If you qualify for assistance through the County Courthouse and are already on the distribution list don't forget to stop by the County Barn once a month for your Box! Please see our County Courthouse if you are interested in learning about how to qualify for this service.

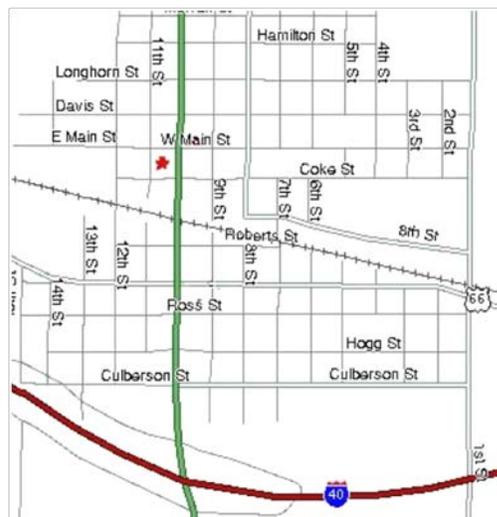


TEEA to meet October 7th

The Oldham County Wildorado TEEA Club will be meeting at the Baptist Church for their annual meeting and a program presentation by our Ag Extension Agent Amanda Spiva!

How Can Extension Serve You?

I am thrilled to be in a position to serve you as your Family and Consumer Science Agent! I sincerely believe that what people tend to get out of an experience reflects what they were willing to put into it. With that said, I am dedicated to making the Extension team of Oldham County not only the middle man between the educational information you need and implementing it in your daily lives; but doing that in an effective way that is tailored to best suit you, the consumer! In doing so, I would love to hear input from the community; what do you feel are areas that need to be strengthened in our youth, what are engaging topics for our adult programs, what are areas in the community you would like to see us take an active role in, when and how often would you like to meet in structured committee meetings and anything of this nature. Collaboration is the key to successful programs and I wouldn't want to provide you with anything short of that. Let us know how we can use our resources to reach the full potential of this community! In the future if I can ever answer any questions or be of any help please do not hesitate to call me or any of the ladies at your local extension office, we are here to serve you! I look forward to continuing to meet the faces that make up Oldham County! Thank you,



Chelsey Eicke
 Family and Consumer Science Agent, Oldham County | Texas A&M AgriLife Extension Service
 P.O. Box 380, 110 S. Main St. | Vega, TX 79092
 (806) 267-2692 | f: (806) 267-0117
chelsey.tillman@ag.tamu.edu | <http://oldham.agrilife.org>