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EXPECT MOORE TODAY

TEXAS AGRILIFE EXTENSION MONTHLY NEWSLETTER

VOLUME 4, ISSUE 1 JANUARY 2012

CANCER

Cancer is the second leading cause of death in the United States. About one-half of all men and one-third of all women in the US will develop cancer during their lifetimes. Today, millions of people are living with cancer or have had cancer.

What is cancer?

Cancer is the general name for a group of more than 100 diseases in which cells in a part of the body begin to grow out of control. Although there are many kinds of cancer, they all start because abnormal cells grow out of control. Untreated cancers can cause serious illness and even death.

Oldest descriptions of cancer

Human beings have had cancer throughout recorded history. So it's no surprise that from the dawn of history people have written about cancer. Some of the earliest evidence of cancer is found among fossilized bone tumors, human mummies in ancient Egypt, and ancient manuscripts. Growths suggestive of the bone cancer

called osteosarcoma have been seen in mummies. Bony skull destruction as seen in cancer of the head and neck has been found, too.

Our oldest description of cancer (although the word cancer was not used) was discovered in Egypt and dates back to about 3000 BC. It is called the Edwin Smith Papyrus, and is a copy of part of an ancient Egyptian textbook on trauma surgery. It describes 8 cases of tumors or ulcers of the breast that were treated by cauterization, with a tool called the fire drill. The writing says about the disease, "There is no treatment."

Origin of the word cancer

The origin of the word cancer is credited to the Greek physician Hippocrates (460-370 BC), who is considered the "Father of Medicine." Hippocrates used the terms *carcinus* and *carcinoma* to describe non-ulcer forming and ulcer-forming tumors. In Greek, these words refer to a crab, most likely applied to the disease because the finger

-like spreading projections from a cancer called to mind the shape of a crab. The Roman physician, Celsus (28-50 BC), later translated the Greek term into *cancer*, the Latin word for crab. Galen (130-200 AD), another Roman physician, used the word *oncos* (Greek for swelling) to describe tumors. Although the crab analogy of Hippocrates and Celsus is still used to describe malignant tumors, Galen's term is now used as a part of the name for cancer specialists — oncologists.

Normal cells in the body

The body is made up of hundreds of millions of living cells. Normal body cells grow, divide, and die in an orderly fashion. During the early years of a person's life, normal cells divide faster to allow the person to grow. After the person becomes an adult, most cells divide only to replace worn-out or dying cells or to repair injuries.

How cancer starts

Cancer starts when cells in a part of the body start to grow

SPECIAL POINTS OF INTEREST:

- *Liquid chlorine bleaches are safe for most fibers except wool, silk or resin-coated (waterproof or water repellent) fabrics, but may cause color fading. See page 2 for more information!*
- *January is National Blood Donor Month*
- *Blankets needed!*
- *Pecans For Sale!!!*

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out of control. There are many kinds of cancer, but they all start because of out-of-control growth of abnormal cells.

Cancer cell growth is different from normal cell growth. Instead of dying, cancer cells continue to grow and form new, abnormal cells. Cancer cells can also invade (grow into) other tissues, something that normal cells cannot do. Growing out of control and invading other tissues are what makes a cell a cancer cell.

Cells become cancer cells because of damage to DNA. DNA is in every cell and directs all its actions. In a normal cell, when DNA gets damaged the cell either repairs the damage or the cell dies. In cancer cells, the damaged DNA is not repaired, but the cell doesn't die like it should. Instead, this cell goes on making new cells that the body does not need. These new cells will all have the same damaged DNA as the first cell

does.

People can inherit damaged DNA, but most DNA damage is caused by mistakes that happen while the normal cell is reproducing or by something in our environment. Sometimes the cause of the DNA damage is something obvious, like cigarette smoking. But often no clear cause is found.

In most cases the cancer cells form a tumor. Some cancers, like leukemia, rarely form tumors. Instead, these cancer cells involve the blood and blood-forming organs and circulate through other tissues where they grow.

How cancer spreads

Cancer cells often travel to other parts of the body, where they begin to grow and form new tumors that replace normal tissue. This process is called metastasis. It happens when the cancer cells get into the bloodstream or lymph ves-

sels of our body.

How cancers differ

No matter where a cancer may spread, it is always named for the place where it started. For example, breast cancer that has spread to the liver is still called breast cancer, not liver cancer. Likewise, prostate cancer that has spread to the bone is metastatic prostate cancer, not bone cancer.

Different types of cancer can behave very differently. For example, lung cancer and breast cancer are very different diseases. They grow at different rates and respond to different treatments. That is why people with cancer need treatment that is aimed at their particular kind of cancer.

Tumors that are not cancer

Not all tumors are cancerous. Tumors that aren't cancer are called benign. Benign tumors can cause problems – they can

grow very large and press on healthy organs and tissues. But they cannot grow into (invade) other tissues. Because they can't invade, they also can't spread to other parts of the body (metastasize). These tumors are almost never life threatening.

How common is cancer?

The risk of developing most types of cancer can be reduced by changes in a person's lifestyle, for example, by quitting smoking, limiting time in the sun, being physically active, and eating a better diet. The sooner a cancer is found and treated, the better the chances are for living for many years.

For more information about cancer, please contact us anytime, day or night at 1-800-ACS-2345 or visit www.cancer.org.

American Cancer Society at www.cancer.org.

Reducing Bacteria in Clothing and Textiles

Clothing and textiles that have been in contact with floodwater need to be sanitized because floodwater may be contaminated with sewage wastes. Bacteria from floodwater can remain alive on fabrics for a long time. A disinfectant destroys harmful bacteria. For disinfecting, use only products that display an EPA Registration Number on the label and have laundering instructions for disinfecting. Wash items in small loads in full water levels in your washing machine. Two types of disinfectants are effective on fabrics. Use whichever is appropriate for the particular

fabric.

Quaternary Compounds

Quaternary compounds are safe for fibers, will not damage wool or silk, but may cause some color change.

- Common brands commonly available in Kansas are Roccal¹ and Zephri¹ (can be found online)
- Add at the beginning of the rinse cycle - 4 tablespoons Roccal or 2 tablespoons Zephri for top-loading automatics; 2 tablespoons Roccal or 1 tablespoon Zephri for

front-loading automatics.

Quaternary compounds are available at dairy or janitorial supply houses or some drug stores.

Chlorine Bleaches

Liquid chlorine bleaches are safe for most fibers except wool, silk or resin-coated (waterproof or water repellent) fabrics, but may cause color fading.

- Be sure that your colors are colorfast, best on white fabrics.
- Add bleach to water before putting in clothes or

dilute bleach in 1 quart water before adding to the wash cycle.

- Use 1 cup in top loading automatics; 1/2 cup in front loading automatics.
- Do not use bleach in the rinse cycle.
- Be certain that the percentage of hypochlorite is 5.25%. Read the label.
- Some brands commonly available in Kansas (bolded brands can also be found in Texas):

Always Save Chlorine Bleach, Purex Bleach¹,

Bleach, Value Time Liquid Bleach, **Clorox Regular or Fresh Scent Bleach**¹ (Bleach labeled “color safe” is not a chlorine bleach and will not sanitize.) Available in grocery stores, discount stores and hardware stores.

The following cleaners will reduce bacteria, but not completely disinfect:

Pine Oil Cleaners

Pine oil cleaners are safe for washable clothing to help remove odors and help sanitize. Do not use them on wool or silk because the pine odor will linger in these fabrics. A pine

oil cleaner should be at least 70% pine oil to disinfect. The higher the percentage of pine oil (19% or above) the more bacteria they kill. Check for colorfastness by testing on a hidden area of the item.

- Add pine oil at the beginning of the wash cycle, preferably before the clothes are in the machine. Otherwise, dilute in one quart water before adding to machine.
- Use 1/2 cup with your regular detergent.
- Some brands commonly available: King Pine, Pine

Plus, Pine-Sol, Spic and Span Pine, Lysol Pine Action, Pine Power, Real Pine

Available in grocery stores, discount stores, hardware stores and drug stores.

Phenolic cleaners

Phenolic cleaners are safe for washable clothing.

- Avoid wool and silk, because the odor will remain.
- Use 1 cup in a top loading automatics; 1/2 cup plus 2 tablespoons in front loading automatics.

- Add in either the wash or rinse cycle.
- Common brands available: Lysol Disinfectant Liquid Concentrated (a phenolic/quaternary mixture)

Available in grocery and discount stores.

¹Contain both EPA Registration Number and laundry instructions for disinfecting.

Kansas State University • Cooperative Extension Service • Manhattan, Kansas

Deanna Munson, Extension Textiles Specialist and Artyce Hedrick, Extension Clothing Specialist, MF-1130

Tips for Eating Healthy When Eating Out

- As a beverage choice, ask for water or order fat-free or low-fat milk, unsweetened tea, or other drinks without added sugars.
- Ask for whole-wheat bread for sandwiches.
- In a restaurant, start your meal with a salad packed with veggies, to help control hunger and feel satisfied sooner.
- Ask for salad dressing to be served on the side. Then use only as much as you want.
- Choose main dishes that include vegetables, such as stir fries, kebobs, or pasta with a tomato sauce.
- Order steamed, grilled, or broiled dishes instead of those that are fried or sautéed.
- Choose a “small” or “medium” portion. This includes main dishes, side dishes, and beverages.
- Order an item from the menu instead heading for the “all-you-can-eat” buffet.
- If main portions at a restaurant are larger than you want, try one of these strategies to keep from overeating:
 - Order an appetizer-sized portion or a side dish instead of an entrée.
 - Share a main dish with a friend.
 - If you can chill the extra food right away, take leftovers home in a “doggy bag.”
 - When your food is delivered, set aside or pack half of it to go immediately.
 - Resign from the “clean your plate club” - when you've eaten enough, leave the rest.



January Is National Blood Donor Month

January has been recognized as National Blood Donor Month for over forty years (since 1970). Blood is traditionally in short supply during the winter months due to holiday travel schedules, inclement weather and illness and January in particular is a difficult month for blood center blood donations. But according to FEMA Regional Administrator Ken Mur-

phy, if donations are down, the need for blood isn't.

"Every two seconds someone in America needs blood, and approximately 40,000 units of red blood are needed every-day," said Murphy. "Donating blood is a safe, live-saving and selfless gift that enhances the level of preparedness for each and every community in the

nation."

Few blood centers can maintain more than a three-day supply of blood for transfusions. The need for blood, platelets, and plasma is constant, but only three in every 100 Americans donate blood. So-called "baby boomers" account for the majority of blood donations, but as a demographic are approach-

ing an age when medications and health issues bar them from being able to donate. At the same time, they are the largest age cohort of the world population and require more donated blood for their own health, quickly using much of the supply they once supported themselves.

Information from <http://www.fema.gov/news/newsrelease.fema?id=53455>

Who Can Donate? Blood Donor Qualifications

AGE: 17 years and older.

Texas State law no longer requires the written consent of parent or guardian for 17 year-olds (Proof of age must be provided.) There is no upper age limit, provided that you are in good health, and meet all other donor criteria.

WEIGHT: Minimum of 115 pounds (52kg)

DONATION FREQUENCY: At least 56 day (8 weeks) between donations of whole blood.

MEDICAL HISTORY: You may not be able to donate if:

- You now have or have ever had hepatitis
- You now have or have had melanoma, leukemia or lymphomas
- You now have or have ever had diabetes requiring insulin
- You ever used intravenous drugs not prescribed by a physician
- You participated in activities placing you at high risk of contracting AIDS

- You have unexplained night sweating, skin eruptions, fevers, weight loss, swollen lymph glands, or persistent diarrhea
- Cancer, heart, lung, kidney, liver or stomach diseases may not prevent you from donating blood. Contact the Blood Center at 358-4563 for more information. You may be temporarily deferred if any of the following are true:
- Had body and/or unsterile ear piercings in the last 12 months
- Had sexual contact with an AIDS patient or with individuals who are at an increased risk of contracting AIDS in the last 12 months
- Recently had the flu, a cold, sore throat or fever
- If you recently received a tattoo, it must be at least one week old (if performed in a regulated state)
- Have an active infection presently requiring pre-

scribed medication

- Received a vaccination in the past 24 hours (some vaccinations have longer deferral periods)
- Received a blood transfusion in the past 12 months
- Were pregnant at anytime in the past 6 weeks.
- In the last three years lived in, or in the past 12 months visited, an area where malaria is common; if you are unsure, please contact the Blood Center (358-4563) for a list of those areas.
- Spent a total of more than 3 months in the United Kingdom from 1980 and 1996
- Received a blood transfusion in the United Kingdom since 1980
- Spent a total of more than 5 years in Europe since 1980
- Were a member of the military, civilian military employee or dependent AND spent 6 months or more on certain military bases in Europe between 1980 and

1996

FOR YOUR INFORMATION

- It is highly recommended that you eat a meal before donating. Fasting is not advised and could make you more likely to become weak or light-headed following the donation.
- If you are taking vitamins, hormones (estrogen, thyroid, etc.), birth control pills, diet pills or medications for high blood pressure, you may donate unless deferred for some other reason.
- When you register, we will ask for your Social Security Number for identification purposes. This ensures that we access your donation record and not that of someone else.
- You cannot contract AIDS or any other infectious disease by donating blood.

Source: KFDA News Channel 10

For more information on how you can give the gift of life, contact Coffee Memorial Blood Center, 7500 Wallace Blvd., Amarillo, TX at 806-358-4563 or 877-574-8800 or visit their website at www.thegiftoflife.org

Used/Second Hand Child Safety Seats

Never purchase or borrow a used child safety seat under the following conditions:

1. The seat has been involved in a moderate or severe crash.
 - National Highway Traffic Safety Administration (NHTSA) recommends that child safety seats be replaced following a moderate or severe crash in order to ensure a continued high level of crash protection for child passengers.
 - NHTSA recommends that

child safety seats do not automatically need to be replaced following a minor crash.

- Minor crashes are those that meet ALL of the following criteria:
 - The vehicle was able to be driven away from the crash site;
 - The vehicle nearest the safety seat was undamaged;
 - There were no injuries to any of the vehicle occupants;

- The air bags (if present) did not deploy; AND
- There is not visible damage to the safety seat.

2. The seat is on recall by the government and has not been repaired.
3. The seat has no date of manufacture and/or model number.
4. The seat is older than 5 years.
5. The seat is rusted, cracked, or has a broken frame or shell.

6. The seat has missing parts, such as the buckle, chest clip, shield or pad.
7. If the instruction booklet is not present and the manufacturer has gone out of business.
8. You don't know the history of the seat or cannot find out that information.

Source: Standardized Passenger Safety Training Program, National Highway Traffic Safety Administration, 2004.

EXTENSION & 4-H VOLUNTEER OF THE MONTH: ANN HAMER

Some people can just always be counted on. It does not matter how busy they are at work, home or community. They find the time and the positive attitude to contribute.

Ann Hamer is someone that can be counted on. Counted on to attend parent leader meetings. Counted on to help youth go beyond expectations. We all know when children are asked to

do things in 4-H, you have to have a parent that can be counted on. Extension counts on Ann to help with pheasant hunts, community service projects, FCS projects, and 4-H

Foods and clothing projects. She is also treasurer of the 4-H Parent Leaders Association. Ann, thanks for being someone we can count on in Moore County Extension and 4-H.

BLANKETS NEEDED

The Moore County Extension Office is accepting new and gently used blankets. Please open your hearts and help those in need stay warm this winter. Please bring your donations by the Extension office, Monday - Friday, 8:30 a.m. - 5:00 p.m. Thank you for your generosity.

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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Eating Well Power Salad

(serves 2)

Ingredients:

- 6 c. mixed greens
- 1 c. shredded carrots
- 2 tbsp red onion chopped
- 1/4 c. dressing (such as Creamy Dill Ranch Dressing)
- 10 cherry tomatoes
- 4 slices roast turkey breast (cut up (3 ounces))
- 2 slices reduced-fat Swiss cheese (cut up (2 ounces))

Directions:

Toss greens, carrots, onion and dressing in a large bowl until coated. Divide between 2 plates. Arrange tomatoes, turkey and cheese on top of the salad.

Creamy Dill Ranch Dressing

- 1small Shallot, peeled (or onion)
- 3/4 c. nonfat cottage cheese
- 1/4 c. reduced-fat mayonnaise
- 2 tbsp buttermilk powder
- 2 tbsp whit-wine vinegar
- 1/4 c. nonfat milk
- 1 tbsp fresh sill, chopped
- 1/4 tsp salt
- 1/4 tsp freshly ground pepper

Directions:

With the food processor running, add shallot through the feed tube and process until finely chopped. Add cottage cheese, mayonnaise, buttermilk powder and vinegar. Process until smooth, scraping down the sides as necessary, about 3 minutes. Pour in milk while the processor is running. Scrape down the sides, add dill, salt and pepper and process until com-

bined.

Balsamic-Glazed Roasted Chicken Breasts

(Serves 4)

- 4 bone-in chicken breasts (about 2-1/2 lbs.) trimmed, skin removed
- Salt & Freshly ground pepper, to taste
- 2 tsp dried thyme leaves, divided
- 1/4 c. red currant jelly
- 2 tbsp balsamic vinegar

Directions

1. Preheat oven to 400 degrees F. Line a baking sheet with foil and lightly oil or coat it with nonstick spray.
2. Season chicken on both sides with salt and pepper, then rub with 1-1/2 teaspoons thyme. Place bone-side up in a single layer on prepared baking sheet. Roast for 15 minutes.
3. Meanwhile, in a small saucepan, heat jelly, vinegar and

remaining 1/2 teaspoon thyme over medium-low heat until jelly is melted. Season with Salt and pepper and remove from heat.

4. Turn chicken meat-side up. Brush liberally with jelly glaze. Continue to roast, brushing twice with remaining glaze, until the chicken is cooked through, about 15 minutes more. Serve

Courtesy of www.delish.com

Don't forget your Food Protection Management Practices:

- Always wash your hands
- Don't cross contaminate
- Sanitize

