

# Family and Consumer Newsletter

Yadkin County Center

Fall Happenings Around Yadkin County

October 2012



## BREAST CANCER AWARENESS MONTH



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As fall comes again, we are reminded that October is Breast Cancer Awareness Month. The American Cancer Society says that 1 in 8 women will develop breast cancer at some point during her life. These facts remind us of the importance of monthly self exams and mammograms as ordered by your physician. Early detection is the key to a cure! It is estimated that 38% of all breast cancer cases in the US could be prevented with simple everyday life changes. While the risk factors of genetics and aging can't be changed, we can control the following 4 areas of life to help protect your breast health.

1. Watch your weight. Overweight increases breast cancer risk especially after menopause. There is evidence that losing weight may lower breast cancer risk.
2. Exercise regularly. One study showed that women who did as little as 75 to 150 minutes of brisk walking each week have an 18% lower risk of breast cancer.
3. Limit alcohol. Women who have 2 or more alcoholic drinks a day have about 1½ times the risk of breast cancer compared to women who don't drink at all. ACS recommends no more than 1 drink per day for women and 2 for men. A single drink is 12 oz. of beer, 5 oz. of wine, or 1½ oz. of hard liquor.
4. Avoid hormone replacement therapy. In 2002, researchers found that women taking a combination of estrogen and progestin hormone replacement were likely to develop breast cancer as well as other problems. After stopping the hormone therapy, the risk of breast cancer appears to return to normal within 5 years.



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ACS recommends eating a healthy diet to help prevent cancers of all types. Choose foods and drinks that allow your body to get to a healthy weight. Eat at least 2 ½ cups of vegetables and fruits each day. Evidence continues to mount proving the importance of minerals, vitamins and phytochemicals found in plant foods that provide extra cancer protection. Fill your plate 2/3 full of healthy veggies and fruits at each meal. Choose whole grains instead of refined grain products for additional fiber. The least processed grains will contain more fiber. Look for whole grain cereals, pastas and rice. Limit the amount of processed meats and red meats you consume. A 3 oz. serving size of lean meat 2-3 times a day makes for a healthier diet.

## Dates on Food Products



Do you ever get confused by the labels on food products? What do they really mean? There are four different kinds of label dates to help you understand the freshness of the food product.

1. “Sell by” date: This date tells the store how long to display the product for sale. You should buy the product before the sell by date expires.
2. “Best before” date: Eat the food product by this date for the best quality as recommended by the manufacturer.
3. “Use by” date: This is the last date recommended by the manufacturer to use the product for it to be at peak quality.
4. “Closed or coded” date: This date is stamped on a food package as part of a packing number used by the manufacturer.

Most products will be safe to consume after their sell by and best before dates if they have been handled and stored properly in the refrigerator at 40 degrees or below. All foods should be consumed before the use by date for best quality and safety reasons. Eat pre-cooked or ready-to-eat food as soon as possible after the purchase. Purchase food products before the sell by, best before or use by date occur. If you need to freeze products to prolong their life and stop the growth of bacteria, remember that the date will no longer matter when it is thawed for use.

## “Backyard Birds”



Davie Extension Master Gardener Volunteers are presenting “Backyard Birds” on Thursday, November 8, 1:30 p.m., at the Davie Cooperative Extension Center in Mocksville. The Master Gardeners will give instructions to prepare our backyards for a more inviting and appealing location for our feathered friends. If you want to ride on a van with Yadkin Cooperative Extension, call Irene at 679-2061 to register by Friday, November 2. If you plan to drive separately to the meeting in Mocksville, call the Davie County Center at (336) 753-6100. Pre-registration is required!

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## Are Stink Bugs Bugging You?



If you feel like you are being invaded by the brown marmorated stink bugs, you are not alone! Many people are finding heavy concentrations of these bugs moving into their homes looking for a winter hiding place. Dr. Michael Waldvogel, Extension Entomology Specialist, NCSU, tells us that stink bugs are native to Asia but were first reported in Pennsylvania back in the late 1990's. They now have heavy concentrations in the western part of NC as well as in our area. Stink bugs can cause damage to fruit trees, some vegetables, and ornamentals. Homeowners have tried using foggers inside with very little success. Foggers will only kill the insects that are out in the rooms at that time. To help prevent indoor invasions, apply caulking and weatherstripping around windows, doors and any other small opening, such as porch screens. When the bugs are indoors, the best method of removal is with a vacuum cleaner. Always empty immediately because stink bugs will leave an odor in the vacuum cleaner bag. Outdoor pesticide treatments need to target entry points (doors and windows), storage shed, and outside building. You may use insecticides such as pyrethrum or sevin dust to spray around the outside where there are heavy concentrations of the bugs. The success of the insecticides still may be minimal due to the possibility of rain washing it away and the large number of bugs.



## A Taste of Yadkin Fundraiser

2013 is the 100<sup>th</sup> anniversary of the founding of the ECA in North Carolina. From its earliest days, members have promoted a better quality of life for all through education, community service, and leadership. Keeping with that tradition, the Yadkin County ECA are having a fundraiser for deserving 4-H youth to provide scholarships to camp and other special programs. A Taste of Yadkin drawing will be held on February 1 at the Yadkin Cooperative Extension Center kitchen for a collection of restaurant certificates donated by participating Yadkin County restaurants. Between December 1 and February 1 the membership will be asking for donations of \$1 per ticket or \$5 for 6 tickets to go toward this fundraiser. A list of participating restaurants will be provided for your viewing. Please consider supporting this worthwhile community project!



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## Yadkin County ECA News



The Yadkin County ECA meets quarterly for an educational, business meeting referred to as County Council. Members bring a favorite recipe to share with all during the lunchtime. At a recent Yadkin ECA County Council meeting, the following delicious recipes were requested by the membership. These ladies were generous enough to share the recipes for your enjoyment.

### Donna Love's Country Style Steak

- 6 slices of tenderized cube steak
- 1 packet of dry onion soup mix
- 2 cans cream of mushroom soup
- ½ can of water



Combine the onion soup mix with the mushroom soup and the water. Place the steak slices in a slow cooker. Cover with the combined soups and cook on low for 4-6 hours. Serve over rice.

### Carolina Caviar by Elsie Davis

- 1 can yellow corn, drained and rinsed
- 1 can hominy, drained and rinsed
- 1 can black eyed peas, drained and rinsed
- 1 can black beans, drained and rinsed
- 1 medium can white corn, drained and rinsed
- 6-7 chopped scallions
- 1 large can tomatoes, chopped
- 1 green pepper, chopped
- 1 red pepper, chopped
- 1 yellow pepper, chopped
- ½ bottle zesty Italian dressing



Mix all ingredients together in a large bowl. Pour the Italian dressing over ingredients and combine. Chill in the refrigerator until ready to serve. This makes a good bean salsa or salad served with tortilla chips.

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### Blonde Brownies by Emily Cornelius

2 c. flour  
¼ t. baking soda  
1 t. baking powder  
1 t. salt  
2/3 c. butter, melted  
2 c. brown sugar  
2 eggs, beaten  
2 t. vanilla  
1 c. chocolate chips  
1/3 c. chopped nuts



Prepare the oven to 350 degrees. Combine flour, baking soda, baking powder, salt and set aside. Melt the butter and add in the sugar. Blend in the beaten eggs and vanilla. Add the flour mixture and blend well. Prepare a 13" x 9" baking pan by spraying with cooking spray. Spread the brownie mixture evenly over the pan. Sprinkle with the chips and nuts. Bake for 30 minutes. Remove and cool in the pan before cutting into bars.

### Tips and Tidbits

- When washing windows, use horizontal strokes on the inside of the windows and vertical strokes on the outside so you can see which side has any remaining streaks.
- When cracking nuts, keep the shells to put in the bottom of flowerpots to help with drainage.
- To clean artificial flowers, pour some salt into a paper bag, add the flowers and shake vigorously to remove the dust and dirt.
- To stretch the number of uses of metal soapy scouring pads, cut them in half when you purchase them. That way you get full use of the pads before they rust.



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### Tips for A Cleaner Bathroom

The bathroom can be a breeding ground for germs, mold and mildew with all the moisture present. With a few frequent practices, you can keep your bathroom sparkling clean and cut down on the mold and mildew which can trigger allergies.

- Use the bathroom exhaust fan to remove moisture. Frequently vacuum the vents to remove dust particles for more efficient use.
- Leave a container of disinfectant wipes next to the sink for wiping down the sink and cabinet after each use. Disposable flushable wipes are also handy for cleaning around the toilet and tank.
- Use a daily shower cleaner or a water and white vinegar mix in a spray bottle. Mist the shower surface right after showering to loosen soap scum. Leave a squeegee in the shower and wipe down the walls and doors before getting out of the shower.
- Keep shower doors and curtains open after use to help dry out the tub area.
- Keep a bleach pen with cleaning supplies and use on any spot of mold or mildew that you see starting.
- Clean the mirrors after a shower with rubbing alcohol to help remove the dull haze.
- If possible, keep cleaning supplies in the bathroom for easy accessibility. Keep supplies stored in a cabinet with a child-resistant lock.



For accommodations for persons with disabilities, contact Marilyn Wells at least one week in advance of event



*Marilyn C. Wells*

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