

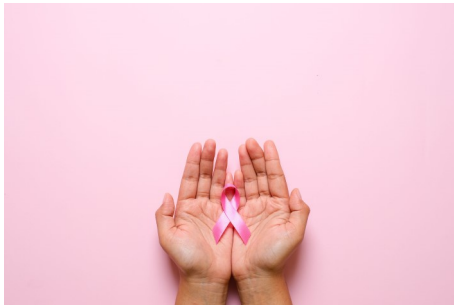


STRENGTHENING OKLAHOMA FAMILIES Family and Consumer Science News

October is Breast Cancer Awareness Month

October is more than ghosts, goblins and trick-or-treating – it is also Breast Cancer Awareness Month. This disease affects one in eight women in the United States every year and 2.3 million women worldwide.

Breast Cancer Awareness Month aims to support people diagnosed with breast cancer, educating people about breast cancer risk factors and stressing the importance of regular screenings, which should start at age 40 or an age that’s appropriate for a woman’s breast cancer risk.



Breast cancer isn’t something that can usually be prevented, so it’s important to be proactive about your health, said Diana Romano, OSU Extension associate specialist.

“Doctors seldom know why one woman develops breast cancer and another doesn’t, but what we do know is that breast cancer is always caused by damage to a cell’s DNA. Why or how that DNA becomes damaged is still unknown,” Romano said. “The damage can be caused by genetic or environmental/lifestyle factors – or in most cases, a combination of the two.”

Women with certain risk factors are more likely than others to develop breast cancer. While some risk factors can be avoided, such as drinking alcohol most risk factors cannot. Having a risk factor doesn’t mean a woman will get breast cancer. In fact, 60% to 70%

of women with breast cancer have no connection to the risk factors, and others with risk factors never develop the disease.

Some of the genetic risk factors that cannot be changed include gender, age, race, family history, health history, menstrual and reproductive history, certain genome changes and dense breast tissue.

Environmental and lifestyle risk factors that can be changed include lack of physical activity, poor diet, being overweight or obese, drinking alcohol, radiation to the chest and combined hormone replacement therapy.

“A sedentary lifestyle with little physical activity can increase your risk for breast cancer,” she said. “Moving your body or exercising for as little as 20 minutes a day can help lower this risk factor. Also, a diet high in saturated fats and lacking fruits and vegetables can increase your risk. Eating 3.5 to 5 cups of fruits and vegetables each day can be beneficial.”

Although breast cancer is typically found in females, it also affects men. Roughly 2,700 men will be diagnosed with breast cancer this year, and about 530 are expected to die. Unfortunately, lack of awareness and stigma can be barriers to detection and care.

“For many, the key to survival is early detection. As we observe Breast Cancer Awareness Month, take the time to get a screening,” Romano said.

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Plant spring bulbs during the prime months of fall

By Trisha Gedon

The petals on the summer flowers may be curling and turning brown now, but gardeners can look forward to vibrant colors next year by planting spring-flowering bulbs soon.

Late September through mid-November is the ideal time for gardeners to start planting, depending on the location in Oklahoma, said David Hillock, Oklahoma State University Extension consumer horticulturist.

“To get the best quality bulbs, order early or visit the local garden store soon,” Hillock said. “Gardeners will have a larger variety of cultivars and species to choose from in a catalog, but selecting bulbs in person gives gardeners a chance to inspect them before making a purchase.”

Why are spring flowering bulbs planted in the fall?

“Planting the bulbs in the fall gives them time to establish a root system. They also need a chilling period in order to bloom in the spring,” said Casey Hentges, OSU Extension specialist and host of “Oklahoma Gardening.” “This will help ensure a strong plant in the landscape next spring.”

Like most plants, site selection is vital. Choose a site that drains well because bulbs don’t thrive in soggy conditions, which is common in Oklahoma due to an abundance of clay soil.

“Raised beds are a great option for bulbs, as well as planting on a slope to help with drainage issues,” Hillock said.

There are several garden tools that can make short work of bulb planting, including a bulb planter, an auger, a dibble or a hand trowel.

“Most hand trowels have measurements on them that will help gardeners determine how deep they’re digging the hole for the bulb,” Hentges said. “Bulbs typically are planted two to three times the diameter of the bulb. A 2-inch bulb should be planted 4 to 6 inches deep. There are exceptions to the rules, so be sure to read the directions that come with the bulbs. Also, bulbs should be planted with the roots facing down.”

Hillock suggests planting generously for the best visual interest in the landscape.

“If planting tulips, plant in groups of 20 or more, spaced about a foot apart,” he said. “Daffodils provide a fantastic display when organized in swaths, much like a lazy river. Also, mixing different species and varieties of species will provide a longer display of blooms in the landscape. There are early, mid- and late-season blooming varieties, so mix and match for the best effect.”

During the planting process, Hentges advised to top-dress them with bone meal because it’s a great phosphorous fertilizer that helps with root stimulation and growth.

In addition to spring-flowering bulbs, gardening enthusiasts can plant pansies, ornamental cabbage and other cool-season flowers. The pansies will add a pop of color throughout the winter.





Dewey County OHCE news

COUNTY AWARDS PROGRAM:

The Dewey County OHCE Awards Program will be held at the Community Center in Camargo on December 10, 2023 at 2:00 P.M.

Camargo OHCE will host and provide refreshments

Fun Times is in charge of registration and will provide a devotion and / or mixer

SCH will provide an entertainment number or game.

Each person may bring a “gift from the home” for the gift exchange. Don’t go out and buy a gift. Find, or make something in your home that you no longer need, but someone else will enjoy.

REMINDER:

October 15, 2023 - 2024 lesson ballots and membership updates are due in extension office

November 20, 2023 - Club end of year reports are due in the extension office.
Also, any year book changes or corrections.



Pesticide disposal events set

By Trisha Gedon

Oklahoma State University’s Pesticide Safety Education Program will partner with the Oklahoma Department of Agriculture, Food and Forestry to host three unwanted pesticide disposal days in the Oklahoma communities of Walters, Buffalo and Dewey.

What: Unwanted pesticides are unusable as originally intended for various reasons, pesticides that are leftover or no longer registered in Oklahoma, pesticides that no longer have labels or are no longer identifiable. Farmers, ranchers, commercial and non-commercial applicators, pesticide dealers and homeowners may bring up to 2,000 pounds of pesticides to the drop-off sites for proper disposal at no charge. A fee is required if bringing more than 2,000 pounds of pesticides. Pesticide dealers are asked to pre-register due to the potential of large quantities coming in from multiple dealers or locations.

When and where:

- Oct. 17, 8 a.m. to 1 p.m., Cotton County Fair and Expo Center, 924 W. Missouri Ave., Walters
- Oct. 18, 8 a.m. to 1 p.m., Harper County Fairgrounds, 1230 N. 190 Rd, Buffalo
- Oct. 19, 8 a.m. to 1 p.m., Washington County Fairgrounds, 1109 N. Delaware St., Dewey

WHY: Originating in 2006, 1.273 million pounds of pesticides have been properly disposed of during the Unwanted Pesticide Disposal Days, keeping the chemicals out of rivers, streams, landfills, storm drains and illegal roadside dumps.

Participants will need to safely transport their pesticides to one of the collection sites. Pick-up services are not available. Read these safe transportation tips before bringing chemicals to the drop-off site.

For more information, visit the OSU Pesticide Safety Education Program website or contact Charles Luper, OSU

2. FOLLOW UP-TO-DATE CANNING INSTRUCTIONS

Canning instructions and equipment have changed over the years. Make sure your food preservation information contains up-to-date, scientifically-tested guidelines.

Avoid canning instructions in outdated cookbooks, even if they were handed down to you from trustworthy family cooks.

If there are any questions or doubts in your mind, consult the [U.S. Department of Agriculture's Complete Guide to Home Canning](#).

3. WHEN IN DOUBT, THROW IT OUT

Home-canned foods could be contaminated even if they look, smell, and taste normal.

If you have any doubt about the safety of a home-canned food, do not eat it.

Never taste home-canned food to determine if it is safe.

When you open a jar of home-canned food, be sure to inspect it thoroughly.

Home-canned food might be contaminated if:

- The container is leaking, bulging, or swollen
- The container looks damaged, cracked, or abnormal
- The container spurts liquid or foam when opened
- The food is discolored, moldy, or smells bad



TAKE ACTION

Keeping the family safe is a priority in any household. Botulism is a medical emergency and its symptoms are different from other kinds of foodborne illness, so if you or a family member shows any of the symptoms listed below, see your doctor or go to the emergency room immediately. Symptoms may include the following:

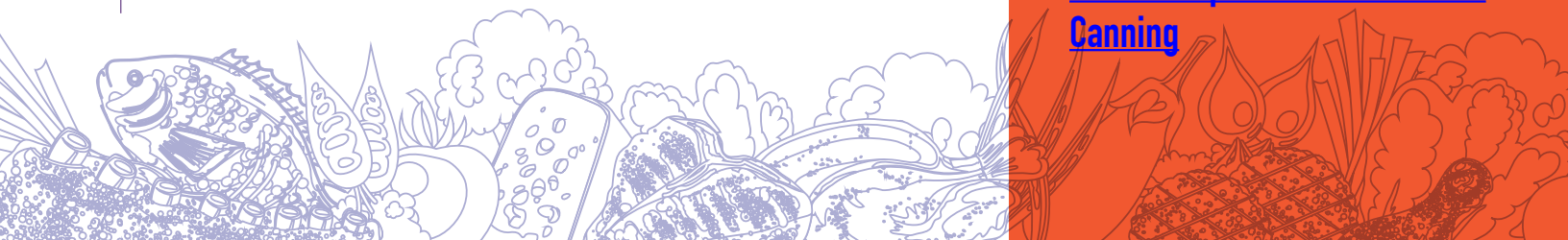
- Double vision
- Slurred speech
- Dry mouth
- Blurred vision
- Difficulty swallowing
- Muscle weakness
- Drooping eyelids

LEARN MORE

[Centers for Disease Control and Prevention \(CDC\): Home Canning and Botulism](#)

[Foodsafety.gov: Home Canning: Keep Your Family Safe!](#)

[USDA Complete Guide to Home Canning](#)





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Dewey County OHCE CALENDAR - -

Oct. lesson - Eating Healthy with Rising Food Costs

Oct. 1	County meeting
Oct. 10	SCH meeting
Oct. 12	Camargo meeting

November lesson - Trees, Ornaments, & Decorating

Nov. 7	SCH meeting Camargo
Nov. 9	club meeting

December

Dec. 5	SCH meeting
Dec. 10	County awards
Dec. 14	program Camargo meeting

Fun Times OHCE meets each Tue. & Fri. mornings at 9:00 at the Seiling Senior Center

Family & Consumer Sciences helps communities, families, youth and individuals address issues of health, wealth and well-being through research-based Extension education and programs that are proven to work.



Oklahoma Home & Community Education, Inc. is a local and state wide partner with Cooperative Extension which brings the best knowledge from OSU to its members. Join a local OHCE group and enjoy programs that help make Oklahomans be their best.

www.OHCE.okstate.edu