

# *A Taste of Scurry County Extension*

*Scurry County Family & Consumer Science  
Ronda White— County Extension Agent*

Happy  
4th of  
July

Summer 2016

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Scurry County Family and Consumer Sciences is part of the Texas A&M AgriLife Extension Service, Texas A&M System. AgriLife Extension offers practical information for families; raising children, housing and environment, eating well, managing money and staying healthy.

TEXAS A&M  
**AGRI LIFE**  
EXTENSION

## Protecting Your Skin in the Texas Heat

Summertime is upon us and the Texas heat has reached the three digits in our great state. It doesn't take long for the heat to zap us of our energy. The sun's UV rays are also very hard on our skin. There are many ways you can prevent yourself from skin cancer which is the most common form of cancer in the United States.

Remember these 4 simple steps to protect yourself from the sun's harmful rays:

- 1) **Seek SHADE:** Skin not protected in the sun can be damaged in just minutes. The midday hours between 10:00 a.m. to 4:00 p.m. require the most protection.
- 2) **COVER UP** with tightly-woven clothing, wide-brimmed hat and sunglasses and UV protection.
- 3) **Use sunscreen** and lip balm with SPF 30 or higher.
- 4) **REAPPLY** sunscreen and lip balm every hour after going outside, after swimming or perspiring.

We may have the misconception that you can only receive harmful affects to your skin by only being exposed to the sun. According to Texas Cancer Information tanned skin is damaged skin. They recommend that you never tan in the sun or use tanning beds. If you use a tanning bed your are more likely to develop melanoma. Indoor tanning has UV rays that are cancer causing. Also, sunburns received at any age increase your risk for melanoma.

Other risk factors for melanoma include:

- Sunburns
- Exposure to ultraviolet radiation from the sun and tanning beds
- Fair complexion
- Many or abnormal moles
- Personal or family history of skin cancer
- Occupational exposure

creosote, arsenic or radium

- Immunosuppression, common among organ transplant recipients and individuals with HIV infection and autoimmune diseases.

If detected early most skin cancer is highly curable.

Know the ABCDEs

Asymmetry

**B**order irregularity,

**C**olor variation

**D**iameter of 6 mm or larger

**E**volving (mole or skin lesion that looks different from the rest or is changing in size, shape or color)

See a doctor if you have:

- Suspicious skin area
- Sore that does not heal
- Change in a mole, freckle or skin growth
- New growth on skin

For more information visit:

[Www.texascancer.info](http://www.texascancer.info)

*Summer Series*  
*Lunch & Learn Sessions*

Join us for lunch and learn sessions during the summer. Each month we will cover important and relevant educational topics.

**Lunch Provided**  
**Cost: \$10.00 per person**

**Essential Oils**  
**July 12, 2016**

**12:00 noon to 1:00 p.m.**  
**Scurry County Extension Office**

Have you been wanting to find out the benefits you can receive by using essential oils? This class will explain the purpose of each type of oil and general use.

Class includes informative handouts and a "Make and Take" essential oil item.

**Presented by:**  
**Melissa Sorrells**  
**Young Living Essential Oils**

**RSVP BY: July 6, 2016**  
**325-573-5423**

**Preventive Physical Fitness**  
**By Codgell Rehab Center**

**August 17, 2016**  
**12:00 noon to 1:00 p.m.**  
**Scurry County Extension Office**

A representative from the Codgell Rehab Center will show participants simple ways to incorporate exercises in our daily routines. Participants will also learn stretches and exercises to alleviate minor aches and pains.

**Presented by:**  
**Codgell Rehab & Wellness**  
**Center**

**RSVP By: August 10, 2016**  
**325-573-5423**

When it comes to physical fitness and good nutrition the facts speak for themselves.

- According to the President's Council on Fitness, Sports & Nutrition, less than 5% of adults participate in 30 minutes of physical activity each day. Also, only 1 in 3 adults receive the recommended amount of physical activity each week.
- Empty calories from added sugars and solid fats contribute to 40% of total daily calories for 2 to 18 year olds and half of these empty calories come from six sources: soda, fruit drinks, dairy desserts, grain desserts, pizza and whole milk.
- Since the 1970's, the number of fast food restaurants has more than doubled.

## Walk Across Texas and Healthy Eating

Sponsored by the Texas A&M AgriLife Extension Service - Scurry County

*A healthy lifestyle begins with daily exercise and eating fruits and vegetables.*

### Walk Across Texas Program

#### Kick Off Event

Friday, July 8, 2016

12:00 noon to 1:00 p.m.

Scurry County Extension Office

Ready, Set, Go!!

Join us for a free 8 Week Series of Lunch and Learn Programs

#### Featuring:

- \* Short walk and talk sessions
- \* Recipe demonstrations with fruits and vegetables
- \* Recipe Tastings
- \* Weekly Incentives

Participants will complete an 8 week walking program and learn how to prepare delicious fruit and vegetable recipes.

To register for this program contact:

Ronda White  
Scurry County Extension Agent  
Family & Consumer Sciences  
325-573-5423  
or [ronda.white@ag.tamu.edu](mailto:ronda.white@ag.tamu.edu)

TEXAS A&M  
AGRI LIFE  
EXTENSION

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or ancestry status.  
The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.  
USDA is an equal opportunity provider and employer.

Only a few lifestyle choices have as large an impact on your health as physical activity. People who are physically active for about 7 hours a week have a 40% lower risk of dying early than those who are active for less than 30 minutes a week. It's time to lace up those walking shoes and join us for the Walk Across Texas Program. Teams of 8 members will commit to walking a combined total of 832 miles in the 8 week time frame. That comes out to 13 miles a week per teammate. Participants will also learn how to eat more fruits and vegetables and receive recipes to prepare for you and your family. Let's encourage each other together as we strive to create a healthier lifestyle and get moving!

Scurry County Extension Office  
Family and Consumer Science

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## July 4th Ice Cream Sandwiches



### Chewy Chocolate Chip Cookies

#### *For Ice Cream Sandwich*

- 1/2 c. unsalted butter**
- 2 c. all-purpose flour**
- 1/2 t. baking soda**
- 1 t. salt**
- 1/2 c. plus 2 T. sugar**
- 1/3 c. plus 2 T. packed brown sugar**
- 1 large egg, plus 1 large egg yolk**
- 2-1/2 t. vanilla extract**

Preheat oven to 325 degrees. Melt the butter and set aside. Stir together the flour, baking soda and salt and set aside. Beat the butter and both sugars in a mixer until well blended. Beat in egg, egg yolk and vanilla. Add the dry ingredients until combined. Fold in the chocolate chips. Place large scoops, 2 T., dough on parchment-covered cookie sheet and bake for 10-12 minutes until done. Let cool. To make sandwich, place a scoop of softened ice cream between two of the cookies and roll in festive sprinkles. Place back in the freezer to firm before serving. Happy 4th of July!! Recipe Courtesy of: Yankee Magazine & Aimee Seavey