

A Taste of Scurry County Extension

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

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 tightlywoven clothing, widebrimmed 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 If detected early most skin 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
- 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.

cancer is highly curable. **Know the ABCDEs**

Asymmetry Border irregularity, Color variation **D**iameter of 6 mm or larger Evolving (mole or skin

lesion that looks different

from the rest or is changing

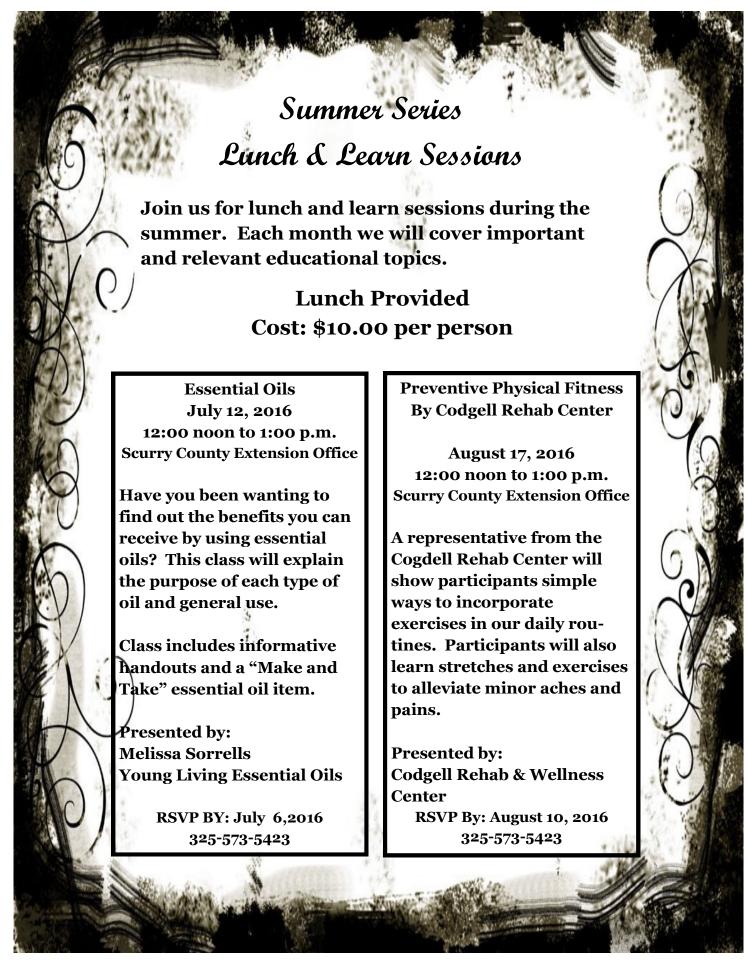
See a doctor if you have:

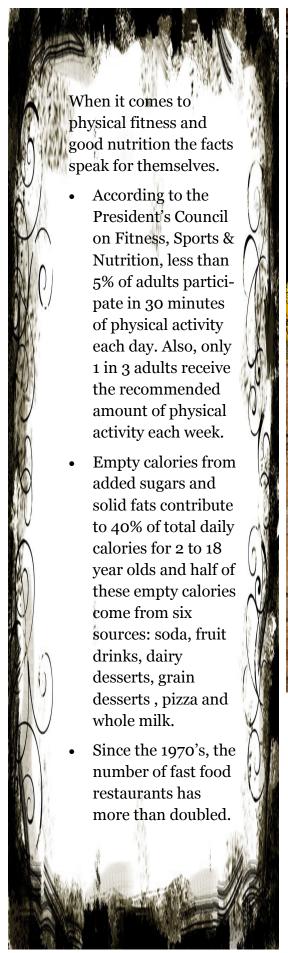
in size, shape or color)

- Exposure to ultraviolet -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

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.







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!

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Chewy Chocolate Chip Cookies

For Ice Cream Sandwich

1/2 c. unsalted butter

2 c. all-purpose flour

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