

THIS 'N THAT

Williams County Extension Homemakers & Friends Newsletter
Family & Community Education

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OCTOBER 2010



NATIONAL BREAST CANCER AWARENESS MONTH



TIDBITS

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Autumn Greetings-

Did you miss me last month? Somehow, the month got away from me and I never got a newsletter out! We just returned home Monday night from a vacation in Wisconsin where we visited my elderly aunt. My brother from Missouri met us there, too, so we had a nice visit. Coming home we took a day to drive across Door County which is the peninsula you see jetting out into Lake Michigan above Green Bay. The trees were absolutely BEAUTIFUL there and across NW Wisconsin. I always feel a little homesick in the fall so this trip gave me my "tree fix" for the year. I think that we hit the peak of the season for color.

I have been part of a committee planning for a Women in Ag conference to be held at the end of the month in Dickinson. We have a great program scheduled and I am hoping that some of our Williams County women will travel to Dickinson for the conference. The full schedule and registration information is on our website.

We will be in Fargo for fall conference the first week of November and the third week I will be in Denver for a financial education conference. Wow- my calendar for October and November are full!

Don't forget that all of the newsletters are archived on our website. I hope that you visit the site frequently to see what is new in our office. Judy updates the website at least weekly.

Mary

AREA EVENTS

- October 11 Homemakers Fall Council Meeting 7pm, 2nd floor conference room, Williams Co. Courthouse
- October 13-26 JC Penney Roundup for Williams Co. 4-H *roundup your JC Penney purchases to the next dollar*
- October 16, 21, 28 UMDHU—Flu Shots *walk-in flu shot clinic at UMDHU 8:30am—5pm more info 774-6400*
- November 12-13 Tri-County Arts & Crafts Sale Airport International Inn
- November 16 Mercy Masquerade Jewelry Sale McAuley Room, Mercy Medical Center All items \$5.00
If you haven't been to this annual event check it out- it's fun!
- Oct 18, Nov 8 Quilter's Constellation class at James Memorial

UNDERSTANDING BREAST CANCER

According to the Centers for Disease Control and Prevention, breast cancer is the second most common form of cancer in women. In the U.S. alone, breast cancer incidence in women is 1 in 8 or roughly 13 percent.

What is Breast Cancer?

Breast cancer is uncontrolled growth of breast cells. Any type of cancer occurs as a result of mutations, or abnormal changes, in the genes responsible for regulating the growth of cells and keeping them healthy. The genes are in each cell's nucleus, which acts as the "control room" of each cell. Normally, the cells in our bodies replace themselves through an orderly process of cell growth: healthy new cells take over as old ones die out. But over time, mutations can "turn on" certain genes and "turn off" others in a cell. That changed cell gains the ability to keep dividing without control or order, producing more cells just like it and forming a tumor.

Is Breast Cancer Hereditary?

Breast cancer is always caused by a genetic abnormality (a "mistake" in the genetic material). However, only 5-10% of cancers are due to an abnormality inherited from your mother or father. About 90% of breast cancers are due to genetic abnormalities that happen as a result of the aging process and the "wear and tear" of life in general.

Can Breast Cancer Be Prevented?

Maintaining a healthy lifestyle is always an ideal approach, but breast cancer is never the fault of the individual. A balanced diet, a lifestyle that includes abstaining from smoking and drinking alcohol in excess and regular exercise are all ways to stay healthy, but none will guarantee a woman or man will not get breast cancer.

Are There Risk Factors for Breast Cancer?

BreastCancer.org notes that there are factors a woman or man can control that might lessen their risk for breast cancer. Those risks include:

Weight. Being overweight is associated with increased risk of breast cancer, especially for women after menopause. Fat tissue is the body's main source of estrogen after menopause, when the ovaries stop producing the hormone. Having more fat tissue means having higher estrogen levels, which can increase breast cancer risk.

Diet. Diet is a suspected risk factor for many types of cancer, including breast cancer, but studies have yet to show for sure which types of foods increase risk. It's a good idea to restrict sources of red meat and other animal fats (including dairy fat in cheese, milk, and ice cream), because they may contain hormones, other growth factors, antibiotics, and pesticides. Some researchers believe that eating too much cholesterol and other fats are risk factors for cancer, and studies show that eating a lot of red and/or processed meats is associated with a higher risk of breast cancer. A low-fat diet rich in fruits and vegetables is generally recommended.

Exercise. Evidence is growing that exercise can reduce breast cancer risk. The American Cancer Society recommends engaging in 45-60 minutes of physical exercise 5 or more days a week.

Alcohol and Smoking. Studies have shown that breast cancer risk increases with the amount of alcohol a woman drinks. Alcohol can limit your liver's ability to control blood levels of the hormone estrogen, which in turn can increase risk. Similarly smoking has been associated with a small increase in breast cancer risk.

BREASTCANCER.ORG also notes **additional risk factors** for breast cancer can include recent oral contraceptive use, stress and anxiety and exposure to estrogen. While all of the mentioned risk factors are within an individual's control, there are a host of additional factors beyond a person's control that can increase risk of breast cancer. These factors include age, family history, personal history, and race among others.

For more information on breast cancer, visit breastcancer.org.

Early
Detection
Is The Best
Protection



IF SOMEONE YOU LOVE HAS BREAST CANCER

YOU ARE A CO-SURVIVOR

A diagnosis of breast cancer can bring about unexpected and intense emotions. When someone has breast cancer it's scary for them - and for you! What can you do to really help? What should you say? Is it better to just listen? There are as many ways of being a good co-survivor as there are people! The qualifications? A willingness to be yourself and be present.

Suggestions on how you can help, as a Co-survivor.

Providing support:

- Go to doctor visits
- Coordinate rides to treatment
- Cook or arrange meal delivery
- Take care of the children
- Do the grocery shopping
- Help with cleaning the house or do yard work
- Do the laundry
- Water the plants
- Screen telephone calls
- Help with paperwork such as insurance claims
- Offer to care for pets
- Drive car-pool
- Keep a list of phone calls, gifts, flowers & meals

Providing Emotional Support:

- Provide moral support
- Be a good listener
- Give lots of hugs
- Openly share your feelings
- Be there for them
- Continue to provide support after treatment is over
- Respect their need for privacy

If facing end of life:

- Attend grief counseling
- Take care of yourself, too
- Talk with a hospice nurse
- Work with your family, friends and doctor
- Provide spiritual and emotional support
- Be a good listener



As breast cancer survivors go on with their lives, there are many changes they will face in the months and years after completing their treatment.

FALL COUNCIL MEETING- MONDAY, OCTOBER 11TH



**Williams County Homemakers
Fall Council Meeting
Monday, October 11, 2010 at 7:00pm
Williams County Courthouse, 2nd floor conference room
All Homemakers Club members are invited to attend!**

**2010 lessons will be available for each club Monday night
~Please have a club representative present to pick them up~**

SEW EXCITING WEEKEND IN SIDNEY~ NOVEMBER 6-7, 2010

9:00AM—4:00PM EACH DAY COST: \$60 NON-MEMBER

Join sewing celebrity and TV host Linda MacPhee for 2 fun-filled days of limitless ideas and inspiration to make you glad you sew! She will entertain you with the "how to's" to many projects and show examples of her extensive line of patterns famous for their simplicity, affordability and endless possibilities.

Check out her website- www.macpheedworkshop.com

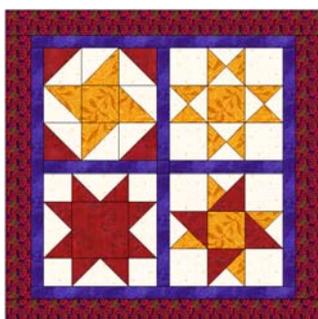
For information call Luanne Williams 1-406-798-3814 or Sandy Franck 1-406-488-4942

Or call our office to have us mail you a registration form. (577-4595)



QUILTING CLASSES COMING TO THE JAMES MEMORIAL

QUILTER'S CONSTELLATION



In this series of two classes you will learn simplified methods to make four different stars. These are all quick and easy piecing techniques that you will also find useful when constructing other block patterns. We will be starting with squares or rectangles. We will be learning a "sew first-cut second" method to obtain the triangle units required for these star patterns. We will also be using an "oversize piecing technique and sliver trimming" which will insure that the triangle units are the accurate size needed for the pattern. These are "hands on" classes with demonstrations and instructions. We will be making two different stars in each class and learning two different techniques in each class. We will also be exploring different settings for these stars.

Instructor—Norma Lee Miller

Date—October 18 & November 8, 2010

Time— 6:30 PM to 9:30 PM

STRING PIECED CHRISTMAS STOCKING CLASS



This class comes with a warning label "String Piecing Can Become Addicting"

This is a quick, simple and easy string pieced Christmas Stocking. String piecing can be a lot of fun. You can start with new fabrics or it is also a good way to use up scraps from other projects. I will provide you with the tissue pattern for the foundation of the stocking. You will need to bring pre-cut strips to class for piecing. This would make a fast last minute gift idea. You may choose to decorate your stocking with fancy stitches or leave it plain. The finished size of the Stocking will be approximately 17" X 10". This class comes with a warning label "String Piecing Can Become Addicting". Students should have a finished project when they leave the class.

Instructor—Norma Lee Miller

Date—December 6, 2010

Time— 6:30 PM to 10:00 PM

For more information contact The James Memorial 774-3601

Or Norma Lee 572-4178 (after 9:00 AM please)

E-mail nmiller2@wil.midco.net

**WHEN YOU SHOP AT THE WILLISTON JC PENNEY
STORE BETWEEN OCTOBER 13 -26, 2010 PLEASE
"ROUND-UP" YOUR PURCHASE TO THE NEXT DOLLAR.
YOUR SPARE CHANGE WILL BE DONATED TO THE WIL-**

