

Cut Cancer Risk

WILLIAMSPORT (Lycoming Co.)—You're more likely to die of a heart attack. But you are more afraid of cancer. Heart attacks are quick and fairly painless. Cancer is usually a long drawn-out pro-

cess with many interventions such as chemotherapy, and medications. You can cut your risk of heart disease with a healthy life style, but you may feel that cancer is out of your control. However,

Follow These Rules To Prevent This Cancer

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|--|---|
| Don't smoke or use smokeless tobacco | Lung, pancreas, stomach, bladder, esophagus, mouth, throat |
| Limit alcoholic beverage to less than one a day (for women) and 2 a day (for men) | Breast, liver, esophagus, mouth, throat |
| Eat at least five to nine servings of fruits and vegetables every day | Lung, colon, pancreas, stomach, bladder, esophagus, mouth, throat |
| Cut back on fats, especially saturated fats and red meats | Colon, breast, prostate, pancreas, ovary |
| Use whole grains when possible | Colon |
| Consider taking an aspirin a day after checking with your doctor | Colon |
| Exercise at least 4 hours a week | Colon, breast |
| Limit cured or smoked foods like bacon, ham, and hot dogs. Limit sodium to 2400 mg a day or less | Stomach |
| Avoid obesity | Breast, endometrium |

Check Out These Pumpkin Facts

COLUMBUS, Ohio—You're not quite sure why, but as autumn arrives and the air becomes cool and crisp, you feel drawn toward those roadside stands with their apple cider, Indian corn and ripe, orange seasonal globes—pumpkins. As you carve, cook and can these vegetables, which are native to America, the following little-known facts will help justify your yearly interest.

•There are two main kinds of pumpkins—yellow cheese and orange stock. The cheese pump-

kins are canned and sold as pie filling, while the stock varieties are used for carving or as livestock food.

•Most of the pumpkins in the United States come from Illinois, Indiana and Ohio. Morton, Ill., boasts to being the pumpkin capital of the world.

•Squanto taught the Pilgrims to plant pumpkin seed in the spaces between corn hills so the spreading pumpkin vines would keep the weeds down.

•The first jack-o'-lanterns were carved out of turnips and potatoes by the Scots and Irish.

•The jack-o'-lantern tradition started when people began reporting sightings of eerie lights around marshes and bogs that bobbed like a lantern in someone's hand. The

mysterious lantern-carrier was dubbed Jack, a common name of the time.

•Pumpkins are rich in phosphorus, calcium, iron and vitamins A and C.

•Pumpkin seed tea is said to be good for the bladder and for killing tapeworm.

•Males in New England once turned pumpkin shells upside down on their heads before haircuts and had their hair trimmed around the base of the shell. Thus, the term "pumpkinhead" began.

These fun pumpkin facts were gleaned from Edna Barth's books, *Witches, Pumpkins and Grinning Ghosts*, and *Turkeys, Pilgrims and Indian Corn*; and from *The All-Around Pumpkin Book* by Margaret Cuyler.

there are some basic life style changes you can make to reduce your risk of cancer.

Deaths due to heart attacks are on the decrease, but cancer deaths have risen seven percent in the last twenty years.

There is a lot to learn about cancer. Cancer isn't one disease, it's many. Each has its own high-risk groups, its own attack and cure rates, and its own causes. Like anything else the more you learn about cancer, the less you fear it.

Smart Stuff

WITH TVC WALKING TALK



Why do jack-o'-lanterns get all wrinkly and gross?

Pumpkins seem to last for months, so you'd think jack-o'-lanterns should last just as long. But once you carve a gruesome face into that fat orange ball — yuck! They get slimy pretty quick.

Pumpkins last a long time because growers cure them. Curing (say CURE-ing) is just a way of toughening up the pumpkin's skin. Growers cut the pumpkins off of the vine (the leftover vine stem gives pumpkins that really cool handle) and either let them sit in the fields if the weather conditions are right, or bring them inside and store them at a high temperature with a lot of humidity for about a week. This whole process makes the pumpkins' outer skin become like a hard shell.

But once you cut into them — look out. Our scientist friends think those carved eyes and teeth give bacteria and disease a handy place to attack. Plus, pulling out all the insides doesn't help any. That gooey mixture of seeds and squishy, stringy stuff keeps pumpkins moist. Once those insides are gone, pumpkins shrivel up fast.

So enjoy your jack-o'-lanterns while they last, but don't keep them forever — they'll be a stinky mess in no time!

Scientifically yours,

Twig



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