

*“Fall into healthy habits!”*

Summer is over, and in many places the air is turning colder. As the weather changes be sure to take advantage of what the fall season has to offer! Even if you don't live in a place that sees a lot colorful leaves, there are fun family-friendly ways to get outdoors this fall:

- **Go apple picking.** Sure, most of us can get apples year-round from the grocery store, but there's nothing quite like orchard fresh apples, picked straight from the tree during harvest season. That crunchy, tangy, sweet apple flavor is at its peak during this time of year. Many commercial orchards will let you pick your own. It's not only fun, it's also a great way to show kids where their food comes from. Get extras for canning applesauce, or making pies. When you're done, warm up with a delicious mulled cider.
- **Go on a nature hike.** Bring along a field guide to identify different kinds of trees. Look for wildlife collecting food for winter. Explain to kids how animals are starting to fatten up and grow thick, protective winter coats. Watch for migrating birds.
- **Take a hayride.** Many farms offer hayrides during the fall. This is a great way to kick back and enjoy nature with smaller kids who may not be up for a long walk.
- **Visit the pumpkin patch.** Don't buy your Halloween pumpkin from the grocery store. Go straight to the source. Kids will love wandering around the patch to pick out the perfect pumpkin. Choose a couple of big ones for jack-o-lanterns, and grab a few smaller ones for painting or general household decorations. Smaller pumpkins make great additions to fall centerpieces. Roast the seeds in your oven with a sprinkling of tasty spices, and grab a few to make pumpkin pies.
- **Visit a corn maze.** Many farms earn extra income for the winter by turning their cornfields into large mazes. Test your directional sense, and get some fresh air in the process. Corn mazes are fun or all ages.
- **Stuff a scarecrow.** Dig out an old shirt and overalls, and stuff it with leaves until firm. Add a pumpkin head (from your trip to the pumpkin patch) and you've got a great fall decoration



- **Register today!** The Oktoberfest 10K Cross Country Challenge is the highlight of the annual Oktoberfest Celebration held at Fort Benning's Uchee Creek. This event is held in conjunction with a stroller-friendly 5K Volksmarch. The 10K dirt and clay route winds deep into the woods around Uchee Creek. Watch your step and for wildlife, please! The cost of early registration is \$25, \$35 on site. The 2014 Oktoberfest 10K Cross Country challenge is scheduled for October 25. To register, go to <http://benningmwr.com/sports/>

OCTOBER 2014



**What Causes Breast Cancer?**

We do not know what causes breast cancer, although we do know that certain risk factors may put you at higher risk of developing it. A person's age, genetic factors, personal health history, and diet all contribute to breast cancer risk.

**Who Gets Breast Cancer?**

Breast cancer ranks second as a cause of cancer death in women (after lung cancer). Today, about 1 in 8 women (12%) will develop breast cancer in her lifetime. The American Cancer Society estimated that in 2013, about 232,340 women would be diagnosed with invasive breast cancer and about 39,620 would die from the disease.

Only 5% to 10% of breast cancers occur in women with a clearly defined genetic predisposition for the disease. The majority of breast cancer cases are "sporadic," meaning there is no direct family history of the disease. The risk for developing breast cancer increases as a woman ages.

**What Are the Symptoms of Breast Cancer?**

The symptoms of breast cancer include:

Lump or thickening in or near the breast or in the underarm that persists through the menstrual cycle.

A mass or lump, which may feel as small as a pea.

A change in the size, shape, or contour of the breast.

A blood-stained or clear fluid discharge from the nipple.

A change in the feel or appearance of the skin on the breast or nipple (dimpled, puckered, scaly, or inflamed).

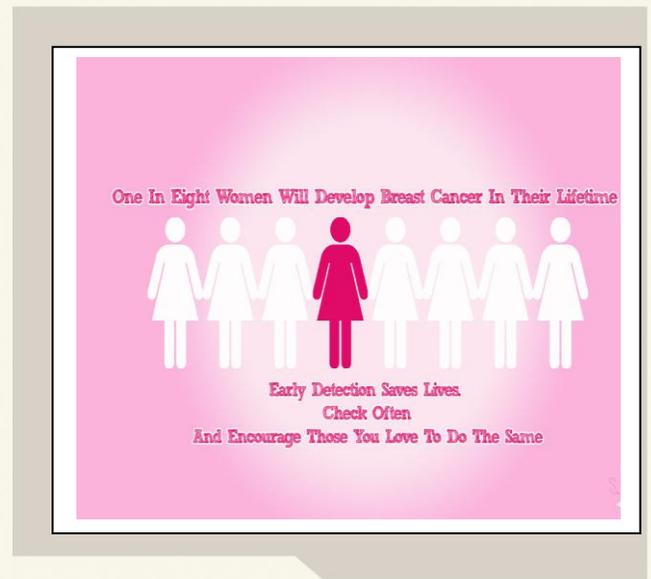
Redness of the skin on the breast or nipple.

A change in shape or position of the nipple

An area that is distinctly different from any other area on either breast.

A marble-like hardened area under the skin.

<http://www.webmd.com/women/guide/breast-cancer-arm-yourself-with-facts>





DID YOU KNOW?



The AFVC is a “Space-A” vacation condominium rental program developed to benefit members and employees of the U.S. Uniformed Services, National Guard and Reserves.

Condos at privately owned resorts normally sit empty when the owners aren’t using them. AFVC makes them available to eligible individuals for a flat rate of \$329 per week.

Installation Family and MWR programs receive cash rebates. You must provide your installation number to make a reservation. The installation number for Fort Benning is 72. *We encourage you to identify Benning so that your installation receives commission that remains at work for the Soldiers and family members of this installation.*

**Taking advantage of the offer**

Go to the Armed Forces Vacation Club website.

Use “Search for availability” to find a resort.

Call 1-800-724-9988, reserve a condo & start packing!



**ARMY FAMILY ACTION PLAN**

**Got Issues?**  
**Let your voice be heard!**

AFAP is an Armywide program to improve quality of life. Through AFAP, all members of the Army have a forum to voice concerns to Army leadership and make recommendations for change.

Submit your issue(s) before  
October 17 by visiting  
[benningmwr.com/acs-afap.php](http://benningmwr.com/acs-afap.php).

For more information,  
please call 706-545-2794.



THE WORLD IS A BOOK,  
AND THOSE WHO  
DO NOT TRAVEL  
READ ONLY A PAGE.

# Healthy Recipe of the Month

## Cider-Roasted Chicken

### Ingredients

3 quarts water  
1 quart apple cider  
1/4 cup kosher salt  
1 tablespoon black peppercorns  
1 bay leaf  
1 (6-pound) roasting chicken  
2 cups apple cider  
1 large onion, peeled and halved  
4 flat-leaf parsley sprigs  
4 garlic cloves, peeled

### Preparation

Combine the first 5 ingredients in a saucepan; bring to a boil, stirring until salt dissolves. Remove from heat; cool completely. Remove and discard giblets and neck from chicken. Rinse chicken with cold water; pat dry. Trim excess fat. Pour brine into a 2-gallon zip-top plastic bag. Add chicken; seal. Refrigerate 8 hours or overnight, turning the bag occasionally.

Preheat oven to 400°.

Bring 2 cups cider to a boil in a small saucepan over medium-high heat. Cook until cider has thickened and reduced to 1/4 cup (about 15 minutes). Set aside.

Remove chicken from bag; discard brine. Pat chicken dry with paper towels. Place the onion halves, parsley, and garlic into cavity. Lift wing tips up and over back; tuck under chicken. Tie legs. Place chicken on rack of a broiler pan. Bake at 400° for 1 hour and 30 minutes or until thermometer registers 175°. Remove from oven (do not turn oven off). Carefully remove and discard skin. Baste chicken with half of reduced cider; return to 400° oven for 10 minutes. Remove from oven; baste with remaining cider reduction. Transfer chicken to a platter.

Place a zip-top plastic bag inside a 2-cup glass measure. Pour drippings into bag; let stand 10 minutes (fat will rise to the top). Seal bag; carefully snip off 1 bottom corner of bag. Drain drippings into a small bowl, stopping before fat layer reaches opening; discard fat. Serve jus over chicken.

Kathryn Conrad, *Cooking Light*  
OCTOBER 2004



Fort Benning  
**CHPC**  
Community Health Promotion Council

 Find us on  
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Check out our Community  
Resource Guide!

<http://www.benning.army.mil/mcoe/CommunityHealth/>

