



In Touch, In Tune

www.extension.purdue.edu/dearborn



Dear Friends,

October 2023

October has arrived with a continuation of summer, but we know a change of weather is coming. Enjoy the changing of our scenery, as leaves turn colors and fall off the trees and the fields are harvested. You might also appreciate the decorations of the season. I know that a few of my favorites are mums, pumpkins, and gourds that adorn yards and porches alike. Find some ways to reenergize, reorganize, and learn about something of interest during October as October 19th is Evaluate Your Life Day.

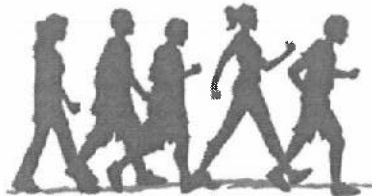
In October, we have the first week as Get Organized Week. On October 3rd, I attended a meeting and heard a presentation on decluttering. I have some work to do in this area. I have 2 hours scheduled on my calendar each week. I will consider it a success, if I do it. (Small actions can make big impact.) If you are organized already, try a new pizza or cookie recipe for National Pizza and Cookie Month, and/or buy some local popcorn, Riehle's Select for National Popcorn Popping Month. In this monthly document, you will find some tips to check on your finances, health and wellness, and foods and nutrition, and our development.

Check out Walk-A-Weigh for November. I look forward to seeing Dearborn County, Indiana represented in the Facebook group challenges! Have a safe and enjoyable October!

Warm Regards,
Marcia Parcell
Extension Educator, Health and Human Sciences

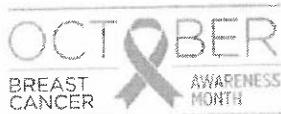
DATES TO REMEMBER

- October 7—Get Walkin', Walk With A Doc, 8:00am, meet at the trail head restrooms on the Lawrenceburg Levee
- October 9—Get Walkin', 8:00-9:00am, North Dearborn Public Library
- October 9—Get Walkin', 6:00-7:00pm, Lawrenceburg Public Library
- October 11—Get Walkin', 8:30-9:30am, Dillsboro Public Library
- October 13—Get Walkin', 8:30-9:30am, Aurora Public Library
- October 16—Get Walkin', 8:00-9:00am, North Dearborn Public Library
- October 16—Get Walkin', 6:00-7:00pm, Lawrenceburg Public Library
- October 18—Get Walkin', 8:30-9:30am, Dillsboro Public Library
- October 20—Get Walkin', 8:30-9:30am, Aurora Public Library
- October 21—Get Walkin', Walk With A Doc, 8:00am, meet at the trail head restrooms on the Lawrenceburg Levee
- October 23—Get Walkin', 8:00-9:00am, North Dearborn Public Library
- October 23—Get Walkin', 6:00-7:00pm, Lawrenceburg Public Library
- October 25—Get Walkin', 8:30-9:30am, Dillsboro Public Library
- October 27—Get Walkin', 8:30-9:30am, Aurora Public Library
- November 4—Get Walkin, Walk With A Doc, 8:00am, meet at the trail head restrooms on the Lawrenceburg Levee
- November 1-30—Cooperative Extension 30 for 30: Walk-a-Weigh. See enclosed flyer for more information.



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OCTOBER IS BREAST CANCER AWARENESS MONTH



October is more than ghosts, goblins and trick-or-treating – it is also Breast Cancer Awareness Month. This disease affects one in eight women in the United States every year and 2.3 million women worldwide.

Breast Cancer Awareness Month aims to support people diagnosed with breast cancer, educating people about breast cancer risk factors and stressing the importance of regular screenings, which should start at age 40 or an age that's appropriate for a

woman's breast cancer risk.

Breast cancer isn't something that can usually be prevented, so it's important to be proactive about your health, said Diana Romano, Oklahoma State University Extension associate specialist.

"Doctors seldom know why one woman develops breast cancer and another doesn't, but what we do know is that breast cancer is always caused by damage to a cell's DNA. Why or how that DNA becomes damaged is still unknown," Romano said. "The damage can be caused by genetic or environmental/lifestyle factors – or in most cases, a combination of the two."

Women with certain risk factors are more likely than others to develop breast cancer. A risk factor is something that may increase the chance of getting a disease. While some risk factors can be avoided, such as drinking alcohol most risk factors cannot. Having a risk factor doesn't mean a woman will get breast cancer. In fact, 60% to 70% of women with breast cancer have no connection to the risk factors, and others with risk factors never develop the disease.

Romano said some of the genetic risk factors that cannot be changed include gender, age, race, family history, health history, menstrual and reproductive history, certain genome changes and dense breast tissue.

Environmental and lifestyle risk factors that can be changed include lack of physical activity, poor diet, being overweight or obese, drinking alcohol, radiation to the chest and combined hormone replacement therapy.

"A sedentary lifestyle with little physical activity can increase your risk for breast cancer," she said. "Moving your body or exercising for as little as 20 minutes a day can help lower this risk factor. Also, a diet high in saturated fats and lacking fruits and vegetables can increase your risk. Eating 3.5 to 5 cups of fruits and vegetables each day can be beneficial."

Although breast cancer is typically found in females, it also affects men. Roughly 2,700 men will be diagnosed with breast cancer this year, and about 530 are expected to die. Unfortunately, lack of awareness and stigma can be barriers to detection and care.

"For many, the key to survival is early detection. As we observe Breast Cancer Awareness Month, take the time to get a screening," Romano said.

Source: Diana Romano, Oklahoma State University Extension Associate Specialist

FINANCE CALENDAR ACTION ITEM FOR OCTOBER

- **Review your Social Security Statement.** What's an SSS? It's a personalized estimate of how much you will receive from Social Security if you retire or become disabled. It's an earnings record tracking back to your first job. Login at ssa.gov/myaccount and verify that you're getting credit for your Social Security and Medicare contributions.
- **Earn as a family.** Discuss things you could do together to earn some extra funds to contribute to a family experience or trip. Work together implementing creative ways to accomplish the

goal and celebrate when you finish. Your children will remember positive money experiences like this for years to come.

- **Consider the cost of habits.** Most households spend over \$150 on spontaneous purchases each month. A daily soda, coffee, snack, etc. quickly adds up. Take one habit and evaluate how you could cut the cost this month. Reducing spending temporarily allows you to rethink the value of the item.
- **Take \$5** to purchase supplies to organize your important financial documents.

FOODS TO FIGHT IRON DEFICIENCY

Iron is an essential mineral for the human body. It serves multiple body functions including oxygen transport and DNA synthesis. One of the main jobs of iron is to help allow the protein hemoglobin in red blood cells to carry oxygen to body cells. Iron deficiency happens when there is not enough iron for the red blood cells to do their job. If iron deficiency is not diagnosed and treated, it can lead to anemia, where not enough red blood cells are made. Common signs of anemia are fatigue, headaches, and pale skin.

The best way to prevent iron deficiency is to eat foods with enough iron. Iron rich choices are animal meat and iron-fortified cereals. The iron in animal meat is more easily absorbed by the body compared to iron from plant sources like broccoli, greens, and beans, yet these foods can still help add iron to the diet. Following the Dietary Guidelines and eating varied low-fat proteins like animal meats, legumes, and beans every week along with a mix of fortified grains, it will help you get the iron you need.

Source: Mary Morgan Purdue University Dietetics and Nutrition, Fitness and Health '24 and Abby Rosborough Purdue University Biomedical Health Sciences, Nutrition, and Biology '26

Make homemade pizza. Be sure to add vegetables to your pizza!

THE WORKS PIZZA

1 large onion	1 tablespoon canola oil
1 medium green bell pepper	1 frozen or refrigerated whole wheat pizza dough, defrosted
1 medium red bell pepper	Non-stick cooking spray
8 ounces button mushrooms	¼ teaspoon dried basil
2 medium tomatoes	¼ teaspoon dried oregano
1 (6-ounce) block mozzarella cheese	1 (8-ounce) can tomato sauce, no salt added

Preheat oven to 450 degrees F. Rinse and peel onion. Rinse peppers, mushrooms and tomatoes. Dice onion, peppers and tomatoes into ½-inch pieces. Slice mushrooms ¼-inch thick. Grate cheese. In a large skillet over medium-high heat, heat oil. Add onions, mushrooms and peppers. Cook for 3 minutes. Put vegetables in a strainer. Stir in tomatoes. Let sit 3-5 minutes to drain liquid. While veggies are draining, shape dough into a 12-inch pizza round. Use your fingers to stretch and spread the dough. Coat a baking sheet with non-stick cooking spray. Place pizza dough on sheet. Mix dried basil and dried oregano into tomato sauce. If using dried parsley, add now. Spread a layer of sauce across dough. Sprinkle cheese across dough. If using pepperoni, add a layer of slices now. Bake pizza until cheese is melted and crust is browned on the sides and bottom, about 10 minutes. Remove from oven. Add vegetable mixture. Return to oven and bake until pizza is cooked through, 5-10 minutes more. Remove from oven. Let rest for 2 minutes. Using a sharp knife, cut into 8 pieces.

Source: Courtesy of Cooking Matters, University of Nevada, Reno

OCTOBER IS NATIONAL COOKIE MONTH

Try these recipes for Peanut Butter Lovers and Pumpkin Lovers. Which group are you in?

PUMPKIN CHOCOLATE CHIP COOKIES

Yield: 5 dozen

Pumpkin and chocolate chips make a great pair for Halloween. Add some strategically placed chips when the cookies come out of the oven for eyes, then drizzle the glaze for stripes, and you have the perfect party snack without a lot of fuss. For more grownup tastes, add the optional orange zest for a citrusy kick to these pumpkin chocolate chip cookies.

Cookies:

2 ¼ cups unbleached all-purpose flour	½ cup granulated sugar
1 teaspoon baking powder	2 scant cups or one 15-ounce can pumpkin puree
½ teaspoon baking soda	2 large eggs
½ teaspoon salt	1 teaspoon pure vanilla extract
1 ½ teaspoon cinnamon	Zest of 1 orange, optional
½ teaspoon ginger	2 cups semisweet chocolate chips
16 tablespoons unsalted butter, softened	1 cup walnuts, optional
½ cup light brown sugar or dark brown sugar, packed	

Glaze:

1 ½ cups confectioners' sugar

2 ½ tablespoons milk

½ teaspoon pure vanilla extract

To make the cookies: Preheat the oven to 375 degrees F. Lightly grease two baking sheets, or line them with parchment paper. Whisk together the flour, baking powder, soda, salt, and spices in a medium bowl. In a separate bowl, beat together the butter and sugars. Scrape down the sides of the bowl, and beat briefly, just until smooth. Add the pumpkin, eggs, vanilla, and orange zest, beating to blend. Slowly add the dry ingredients, beating to blend. Stir in the chocolate chips and walnuts. Using a tablespoon cookie scoop or soup spoon, drop the dough onto the prepared baking sheets in 1 ¼" balls. Bake them on the middle oven rack for about 18 minutes, until the edges are lightly browned. Remove the cookies from the oven, and let them cool on the baking sheets 5 minutes before transferring them to racks. If desired, press two chocolate chips into each warm cookie to make eyes for the pumpkin.

To make the glaze: Stir together the sugar, milk and vanilla until the glaze is smooth. Dip the tops of the pumpkin chocolate chip cookies in the glaze; or drizzle the glaze over the cookies. Place the pumpkin chocolate chip cookies back on the rack for the glaze to set. Wrap loosely, and store for several days at room temperature; freeze for longer storage.

Source: <https://www.kingarthurbaking.com>

MAGIC IN THE MIDDLES

Yield: 26 filled cookies

Reminiscent of a chocolate peanut butter cup candy (or a buckeye, if you're into homemade candies), this recipe is one that's been making the rounds for years. We guarantee these will disappear in a snap, whatever the audience: from hungry kids after a soccer game, to your co-workers gathered around the office coffeepot!

Chocolate dough:

1 ½ cups unbleached all-purpose flour

½ cup unsweetened cocoa, Dutch-process or natural

½ teaspoon baking soda

¼ teaspoon salt

½ cup granulated sugar, (plus extra for dredging)

½ cup light brown sugar or dark brown sugar, packed

8 tablespoons unsalted butter, softened

¼ cup peanut butter, smooth

1 teaspoon pure vanilla extract

1 large egg

Peanut butter filling:

¾ cup peanut butter, crunchy or smooth, your choice

¾ cup confectioners' sugar

Preheat the oven to 375 degrees F. Lightly grease (or line with parchment) two baking sheets.

To make the dough: In a medium-sized bowl, whisk together the flour, cocoa, baking soda and salt. In another medium-sized bowl, beat together the sugars, butter, and peanut butter until light and fluffy. Add the vanilla and the egg, beating to combine. Stir in the dry ingredients, blending well.

To make the filling: In a small bowl, stir together the peanut butter and confectioners' sugar until smooth. With floured hands or a teaspoon scoop, roll the filling into 26 small (1") balls.

To shape the cookies: Scoop 1 tablespoon of the dough (a lump about the size of a walnut), make an indentation in the center with your finger, and place one of the peanut butter balls into the indentation. Bring the cookie dough up and over the filling, pressing the edges together to cover the center. Roll the cookie in the palms of your hands to smooth it out. Repeat with the remaining dough and filling. Roll each rounded cookie in granulated sugar, and place on the prepared baking sheets, leaving about 2" between cookies. Grease the bottom of a drinking glass, and use it to flatten each cookie to about ½" thick.

To bake the cookies: Bake the cookies for 7 to 9 minutes, or until they're set and you can smell chocolate. Remove them from the oven, and cool on a rack.

Store leftover cookies, well wrapped, at room temperature for several days; freeze for longer storage.

Source: <https://www.kingarthurbaking.com>



WHAT COLORS ARE THE FOODS ON YOUR PLATE?

Autumn is a time when the trees turn from green to orange, yellow and red. Take a cue from nature to add some color to your plate. Scientists are regularly reporting new health benefits associated with enjoying a rainbow of colorful fruits and vegetables during autumn months and all year.

Try this quiz. Can you name the color associated with the health benefit? a. red, b. orange/yellow, c. green, d. blue/purple, e. white.

___ 1. The anthocyanin pigments in fruits of this color are rich in antioxidants that may reduce our risk for cancer and heart disease and may be linked with improved memory function. Enjoy fruits from this group on your breakfast cereal or in muffins.

___ 2. The anthoxanthin pigments in vegetables and fruit of this color may help lower blood cholesterol and blood pressure. Sauté some of the vegetables from this group to add flavor to soups and stews.

___ 3. The lycopene pigments from this group are found in fruits and vegetables. This group may lower risk for certain types of cancer, especially prostate cancer.

___ 4. The carotenoid pigments in some members of this group are converted to vitamin A, which helps maintain healthy eyes and mucous membranes.

___ 5. The pigments in this group are especially beneficial in reducing risk for eye diseases such as age-related macular degeneration and cataracts. Some members of this colorful group are especially high in folate, which helps reduce the risk of birth defects.

Set a goal to enjoy at least 4 ½ cups of colorful fruits and vegetables every day. Start slowly if you do not eat a lot of fruits and vegetables, and drink plenty of water.

Source: Julie Garden-Robinson, Ph.D., R.D., L.R.D., Food and Nutrition Specialist, NDSU Extension

Answers: 1. d; 2. e; 3. a; 4. b; 5. c

CRAZY LAWS – GIVE US MORE FUNNY THOUGHTS TO PONDER

- It is an act of treason to place a postage stamp bearing the British King or Queen's image upside-down.
- Eating mince pies on Christmas Day is banned in Britain.
- The head of any dead whale found on the British coast automatically becomes the property of the King, and the tail of the Queen.
- If someone knocks on your door in Scotland and needs the use of your toilet, you are required to let them enter.
- In the UK a pregnant woman can legally relieve herself anywhere she wants, including in a policeman's helmet.
- In trinity College students can demand a glass of wine at any time during an exam, provided they are wearing their sword.
- In Ohio, it is against the law to get a fish drunk.
- In Florida, unmarried women who parachute on Sundays can be jailed.
- In Vermont, women must obtain written permission from their husbands to wear false teeth.
- In Massachusetts, Christmas was outlawed in 1659.
- In New Hampshire it is against the law to tap your feet, nod your head or in any way keep time to the music in a tavern, restaurant or café.





November 1st – November 30th

Cooperative Extension

30 for 30: Walk-a-Weigh



tinyurl.com/30for30WAW



Join us in walking 30 minutes per day for 30 straight days along with getting information about nutrition and several other topics to improve your health this New Year!

Daily social media posts created by Cooperative Extension professionals from across the country.

Weekly Facebook Live Walk-a-Weigh classes from your local Extension professionals.

Weekly prizes through participation in our Facebook group challenges!



Cooperative Extension Program

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