



# BUSY BEE BUGLE



[www.extension.purdue.edu/dearborn](http://www.extension.purdue.edu/dearborn)

February 2022

Dear EH Members,

February has been a busy month! Do you know if the ground hog saw his shadow? The news has been full of Olympic, Black History, and Who Dey Nation news. I hope that you have been enjoying some of these events. I am amazed at the athletes at the Olympics and at individuals, who have formed America. I enjoy learning the back stories of athletes and individuals, who have been a part of my American heritage. I also enjoy hearing about how the Olympics have evolved. I like to learn about history that I have not heard. Did you know that the Olympics and the Super Bowl had never occurred together? They created a term for that Sunday as "Gold Sunday". History continues to be written.

Next, I introduce you to America Saves Week, February 21-25<sup>th</sup>. I also share information about Spunky Old Broads Month. I think of many extension homemakers and many of my aunts as Spunky Old Broads. I am gratefully for these role models in my life!

Our lives are headed toward spring! What are you looking forward to this spring? I have many events and activities in the weeks and months ahead. On Mondays beginning April 4<sup>th</sup> through June 20<sup>th</sup>, I will be walking from 11-12 at Lesko Park or the Lawrenceburg Levee as part of my Get WalkIN' program. I invite you to join me one week of the 12 weeks! I challenge you to get out and try something new. I hope to see you soon!

Sincerely,

Marcia Parcell

Extension Educator, Health and Human Sciences

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## DATES TO REMEMBER

- March 3 Council meeting, 9:30AM, Extension Office
- March 10 Madison District Spring meeting in Switzerland County
- April 4 GetWalkin', 11:00-12:00 Lesko Park, Aurora.
- April 11 GetWalkin', 11:00-12:00 Lawrenceburg Levy
- April 18 Get Walkin', 11:00-12:00 Lesko Park, Aurora
- April 25 Get Walkin', 11:00-12:00 Lawrenceburg Levy

## FROM THE KITCHEN OF JAN

I have had to see 2 doctors recently and had some tests done. I haven't been out much and have missed more meetings in the last 3 months than I ever have.



The Spring District meeting is March 10 in Switzerland County. We are getting ready to have our March Council meeting. The Bake-off this year is Apple. Right now the only money maker we have is the Pie for Prizes. We will be looking at doing a program in the fall, so if you have any ideas, please let us know. We will also be working on the program books if anyone would like to be on a committee.

Jan Uhlmansiek, Dearborn County Extension Homemakers President

## FEBRUARY IS SPUNKY OLD BROADS MONTH

Spunky Old Broads Month is celebrated for the entire month of February! Why is the month all about spunky old broads, though? It was brought about by a spunky old broad herself — Dr. Gayle Carson. She believes it's for the women who are spunky, open, and brave. It is a day to celebrate them and their accomplishments, and simply recognize their importance. It is also for the young ladies to prepare to become a spunky old broad someday.

### History of Spunky Old Broads Month

An S.O.B. is a successful, independent, self-reliant, smart, intelligent, outgoing, out-spoken, resourceful, bold, brave, and anything but shy lady. The word 'spunky' itself means courageous, spirited, feisty, and determined. That's

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what the originator of this trademarked holiday, life coach Dr. Carson says. The self-proclaimed spunky old broad is the author of “How to Be an S.O.B. – A Spunky Old Broad Who Kicks Butt.” We must say, it is a must-read for the namesakes, as well as anyone who aims to be one someday.



Since a day wasn’t enough, she decided to declare the entire month as a celebration of the broads back in 2002. She also chooses the Spunky Old Broad of the Year, with previous winners such as Helen Mirren, Dolly Parton, Frida Kahlo, Michelle Obama, Sharon Osbourne, Cloris Leachman, Goldie Hawn, and Katie Couric, among others. She also has three radio shows — “Living Regret Free,” “Women in Business,” and “S.O.B. Radio.”

She said, “I started it because I found that once a woman hit 50, she was almost invisible and as a woman who keeps reinventing herself and is very active in business, media, etc, I wanted to acknowledge that is not the truth. My newsletter goes out every Monday making a point about this.” She signs off, as S.O.B. Wellness expert and speaker Beverly Beuermann-King adds, “S.O.B. Month celebrates all women over 50, who believe it is never too late to live their dream, be who they want to be, create and do whatever they want to do.” We couldn’t agree more!

### Spunky Old Broads Month FAQs

What is Spunky Old Broads Month? Starting February 1, it’s a month to celebrate older women for all their courage, wisdom, and vivacity. This occasion has been observed since 2002.

How to celebrate Spunky Old Broads Day? Read our earlier section which will tell you exactly how to celebrate. To summarize, you must do something you’ve never done before.

Who came up with Spunky Old Broads Day? Life coach Dr. Gayle Carson decided to declare the entire month of February as a celebration of spunky old broads. She also elects a Spunky Old Broad of the Year.

### SPUNKY OLD BROADS MONTH ACTIVITIES

#### 1. Seize the day

Try to do something you've never done before. Step outside, be loud, bring out your spunkiness, and live each day to the fullest.

#### 2. Spread the word

If you’re below 50, you can share a pic of yourself and an older woman who inspires you and ask your followers to do the same. Your inspiring post should encourage anyone and everyone to get out and try something new. I am going to remind everyone to let go and laugh a little more and maybe one day you will be known as a SOB.

### 4 IMPORTANT FACTS ABOUT BRILLIANT BROADS

1. **Diana Nyad**—At age 64, she completed the 110-mile swim from Havana to Key West, something no other swimmer was able to accomplish.
2. **Janice Lennard**—She got certified late, but she is now 77 and teaches yoga, dance, and pilates, six days a week in California.
3. **Bonnie Raitt**—Aged 69, the Rock and Roll Hall of Famer, tours countries while playing hits from her 20 albums.
4. **Pam Peeke**—Aged 69, she is a triathlete in the National Senior Games, with an average fitness age of 43.

### WHY WE LOVE SPUNKY OLD BROADS MONTH

1. **Age is just a number**—A wise old woman once said: “When I get old, they’re never going to say, ‘What a sweet old lady.’ Rather they will say, ‘What on Earth is she up to now?’!”
2. **Women of wisdom**—Here’s a pearl of wisdom by the overachiever Maya Angelou: “We carry accumulation of years in our bodies and on our faces, but generally our real selves, the children inside, are innocent and shy as magnolias.”

### AMERICA SAVES WEEK FEBRUARY 21-25

Take America Saves Pledge and check out other resources

### TIPS TO HELP YOU REDUCE DEBT AND PAY IT OFF FOR GOOD

One of the greatest contributors to financial stress is debt. If you're having a tough time financially, it can feel isolating, but the truth is 80 percent of Americans have consumer debt. The only way to relieve financial stress is to make a plan and work your way through it. But to make that plan, you'll need to understand the type of debt you have, your best-case scenario to pay down your debt, and how to leverage your



knowledge so that you can maintain or increase your credit score. When you reduce your debt, you save in the long run — on late fees, interest, and a higher credit score, which will lower interest rates.

## **GET A CLEAR VIEW OF YOUR FINANCES**

You thought we'd say budget first, didn't you? While creating a spending and savings plan (our preferred term over "budget") is essential, the true value in having a plan is clarity. When you know your exact income and expenses, you can better steward the discretionary income left over after your bills are paid. It will become easier for you to decide how much to spend, if you can put more toward debt, what goes into savings, and whether to begin making investments. Your spending and savings plan will also highlight areas that need attention.

For example, is your grocery allocation adequate? Are all of your subscriptions and recurring monthly expenses still necessary, or can any be canceled? Knowing where all of your money is coming from and going to helps you build financial confidence and shows you where you can afford to reduce your debt and begin building wealth.

If you need support with making a spending and savings plan, we've created a [straightforward tool that will help!](#)

## **WORK WITH WHAT YOU HAVE**

When you're paying down your debt, one conscious decision to adopt is to stop adding to your debt. This step may seem intuitive, but there are circumstances where the urge to just "charge it" may arise.

Many "[Buy Now, Pay Later](#)" options are becoming increasingly popular. Though it may feel like it is not, options like Klarna, Afterpay, and Affirm are debt and should be treated as such.

As you work to pay off your credit cards, here's a word of advice: do not close your credit cards!

Closing your credit card accounts may reduce your credit score, as the "age" of your credit factors into your FICO score. By keeping your card open with a \$0 balance, you'll have a longer credit history and a larger amount of available credit. The only time you may want to consider canceling a card is if it has pricey annual fees.

## **INCREASE YOUR INCOME**

If you can, consider increasing your income temporarily, allowing you to put more money towards your debt. This will allow you to pay down your debt faster! There are so many options to get a quick cash injection or additional income in today's economy. Some ideas include selling items around your home you no longer use, purging your closet on sites like thredUp, leveraging a talent or skill you have, like tutoring or singing, to offer as a service, or taking advantage of the booming gig economy.

## **PAYING IT OFF FOR GOOD STARTS WITH A DECISION**

There are many strategies to use when working toward paying off your debt. The most popular strategies include the [snowball method](#) or the [avalanche method](#). By deciding which method you want to use beforehand, you will reap the benefits of paying it off faster.

### **Snowball method**

"Snowballing" your debt is a type of accelerated debt repayment plan. First, list all of your debts from the smallest balance to the largest balance. Next, make the minimum payment on all your debt except the smallest one. With your smallest debt, you will put as much money as you can toward the balance. Once the smallest debt is paid, take the amount you were putting towards that debt and apply it to the next smallest. With this method, interest rates are not the focus.

### **Avalanche method**

With the "avalanche" method, you will still make the minimum payments on every source of debt, but you apply the remaining funds toward the debt with the highest interest rate. By paying off the debt with the highest interest rate first, you reduce the overall amount of interest you pay.

Making extra payments allows you to pay off your loan(s) more quickly when paying toward installment loans, like your car payment. Just be sure to specify that any additional funds outside of your monthly payment go toward the principal. Before you begin making extra payments to installment loans, check the terms of your loan to determine whether additional fees or prepayment penalties may apply.

Regardless of how you decide to reduce your debt, let America Saves be your savings accountability partner! Take the [America Saves Pledge](#) and choose "reduce debt" as your savings goal. We'll support you by sending email and text reminders, resources, and tips to keep you on track towards paying down your debt.

*Source: [americasaves.org](http://americasaves.org)*



## FOOD AND MOOD

Have you ever felt hangry (hungry + angry)? Food and mood have an effect on one another. Understand how they interact so you can make good diet choices and avoid emotional or impulse eating.

Maybe it's no coincidence that food and mood are just a letter apart; the two are peas in a pod. Think about it: you stick to a giant dinner salad on a "winning it" kind of day, and reach for a tub of ice cream after a bad date or a frustrating day at work.

It's a delicate relationship, and it can spin out of control if you're not careful. Let's look at the food-mood relationship, and how to set it right again when it goes wrong.

**The First Craving**—Even if you maintain a healthy diet, it's normal to desire high calorie, unhealthy treats when stressed or depressed. This makes sense: your body wants to fuel up for fight-or-flight mode when times get tough, but it can mistake the stress of fighting traffic on the freeway for fighting predators on the savanna. It's no wonder a whole pizza, a plate piled with fried chicken, or a chocolate milkshake can seem like a cure for a downer of a day—there's a reason it's called "comfort food."

**Vicious Cycle**—A cheat meal every now and then can be okay, but if you use food to battle the blues, you're going to lose the war. Research shows that foods full of fat and sugar only increase the likelihood of depression and anxiety, and that means you'll only want more sugary junk to fight the new bad mood. This cycle is a feedback loop.

**The Downward Spiral**—If the consumption of fats and sugar goes on too long, your body will adapt to it, and think it's normal. Then, when you try to start eating right, you could throw off your system and further increase anxiety and depression, trapping you in a cycle of bad eating to try to maintain happiness. It's a terrible place to be.

**Breaking the Cycle**—There's a way avoid the downward spiral; you're not trapped. In the same way that unhealthy comfort food can keep you feeling low, healthy food can boost you up. In one study, the happiness that came from eating eight portions of fruits and vegetables a day was equal to the joy experienced by an unemployed person finding a job. That's a huge lift in attitude!

**Things Keep Looking Up**—When you're happier, you're more likely to crave healthy foods. In one study, participants watching a happy movie opted for grapes, while those watching a sad movie reached for the popcorn. It's easier to stay healthy when you stay happy. And don't forget, eating healthier helps you stay happier.

**Up, Up, and Away!**—The best part? There are long term mental health effects to eating well. Research has shown that healthy choices, like the Mediterranean diet, full of fruits, vegetables, whole grains, and lean proteins, can help keep depression at bay, stabilizing mood and keeping you out of the danger zone where it feels like only a cupcake will save the day.

**Good Mood Foods**—There are some specific foods to keep an eye on to boost your mood:

1. **Fruits and Vegetables** -- An apple a day keeps the doctor away—and maybe the psychiatrist, too. As noted, fruits and veggie have been linked to higher levels of happiness.
2. **Omega-3 Fatty Acids** – This is the good stuff, found in foods like fish and nut oils. Low Omega-3 fatty acids have been correlated to depression and impulsivity. Getting plenty of this in your diet keeps your levels high, that's a good thing.
3. **Chocolate** – As a special treat, chocolate may have properties that improve mood and even reduce tension. But remember, the key is to choose real chocolate (dark is best), and in moderation.

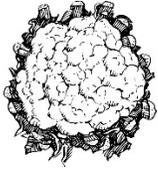
**Start Now: Break the Bad Mood/ Bad Food Cycle**—Stock up on convenient and healthy snacks, like bananas or individual bags of nuts or carrots. Keep them within easy reach at home, work and in the car. Now, the next time a craving or bad mood hits, you can reach for some mood-boosting goodness.

**Now eat right, so you'll be in the mood to be healthy for good!**

Source: American Heart Association, [heart.org](http://heart.org)



## DO YOU KNOW ABOUT CRUCIFER VEGETABLES?—MOVE OVER KALE



The leafy green's relatives are taking a starring role in nutritional circles. Here are a few delicious ways to benefit.

Kale has had a long, well deserved run in the health food limelight. Now its cousins—including bok choy, broccoli, brussels sprouts, and especially cauliflower—are also having a chance to have their nutritional benefits shine.

This family of vegetables, called crucifers, are among the most nutritious because they are rich in several vitamins and minerals, plus contain unique disease fighting compounds.

### Benefits For Your Body

Cruciferous vegetables are the most common dietary sources of glucosinolates. These are natural chemicals that give the veggies their pungent flavor and break down into cancer protecting compounds. A study in the *Annals of Oncology* found that just one serving per week over a two year period lowered the risk of breast, colon, and oral cancer by 17%; esophageal cancer by 28%; and kidney cancer by 32%. Each type of vegetable has different anticancer compounds, so it's best to eat a variety. This vegetable family stands out for its rich bounty of vision protecting carotenoids as well as fiber, folate, potassium, and vitamins C, E, and K.

Some of these nutrients may contribute to that cancer fighting ability, and they may also be part of the reason crucifers help control inflammation and protect against heart disease. In an analysis of 134,796 people, researchers in China found that those who ate about 6 ounces per day reduced their risk of heart disease by about 20% compared with those who ate an ounce or less.

### Cooking And Serving Tips

- Steam or stir-fry. These methods preserve the most glucosinolates. Aim for an al dente texture. Overcooking not only turns these vegetables an unappetizing color but also makes them mushy, gives them a stronger flavor than you might like, and may diminish the nutrient content.
- Make a slaw. Season thinly sliced raw cabbage with rice wine vinegar and olive oil. Use as a topping for fish tacos.
- Hang on to broccoli leaves and stem. Peel stalks and slice into coins to use in pasta dishes or as a dipper for hummus. Sauté greens with garlic in olive oil.
- Use watercress for more than a garnish. Mix it with milder greens like baby spinach and pair with sweet and creamy foods like avocado and apple slices to balance out the strong flavor.
- Add cruciferous vegetables to lots of recipes. For example, give your mac-and-cheese recipe a nutritious and delicious makeover. (See recipe below)

### MAC-AND-CHEESE WITH CAULIFLOWER

Servings: 8

1 pound elbow shaped pasta  
½ head cauliflower, trimmed & cut into small florets  
2 slices whole-wheat bread  
1 tbsp. olive oil  
4 tbsp. grated Parmesan cheese

8oz sharp cheddar cheese, grated  
4oz low-fat cream cheese  
½ cup fat-free half and half  
½ tsp. salt  
½ tsp. freshly ground black pepper

Heat oven to 350 degrees F. Bring large pot of water to boil. Add pasta and cauliflower and cook according to the pasta-package instructions. Meanwhile, pulse bread, olive oil, and 1 tablespoon of the Parmesan cheese in a food processor until coarse crumbs form. Set aside. After pasta and cauliflower are cooked, reserve ½ cup of the cooking water. Drain pasta and cauliflower. Place 3 tablespoons Parmesan cheese, cheddar cheese, cream cheese, half and half, salt, and pepper in the pasta cooking pot. Add pasta and cauliflower. Stir until well combined and cheese is melted. Add reserve cooking liquid. Place in greased 9x13-inch baking dish. Top with bread crumb mixture. Bake until bubbling and the crumbs are browned, about 15 to 20 minutes.

### Get WalkIN?—Helping Hoosiers get on their feet!

Want to improve your health...but short on time...and lack motivation? This FREE, 12 week email-based walking program has you covered!.

Sign up by April 1, 2022 by sending your email to Marcia Parcell at [mparcell@purdue.edu](mailto:mparcell@purdue.edu), walk, and get email support April 4-June 20, 2022.

Starting date: April 4, 2022. You will receive a total of 16 emails—2 per week for the first month, and 1 per week for the next 8 weeks.

Walk to:

- Reduce risk of obesity, heart disease, diabetes
- Feel energized
- Add daily physical activity
- Get social

ALL FOR FREE!! See the below schedule for the Spring 2022 Get WalkIN' dates.

### Get Walkin' Spring 2022

Date	Time	Where
April 4	11:00-12:00	Lesko Park, Aurora
April 11	11:00-12:00	Lawrenceburg Levy
April 18	11:00-12:00	Lesko Park, Aurora
April 25	11:00-12:00	Lawrenceburg Levy
May 2	11:00-12:00	Lesko Park, Aurora
May 9	11:00-12:00	Lawrenceburg Levy
May 16	11:00-12:00	Lesko Park, Aurora
May 23	11:00-12:00	Lawrenceburg Levy
May 30 (Memorial Day)	Your preference	Walk wherever you prefer
June 6	11:00-12:00	Lawrenceburg Levy
June 13	11:00-12:00	Lesko Park, Aurora
June 20	11:00-12:00	Lawrenceburg Levy

### CHERRY PUFF PANCAKE

Servings: 4

3 eggs

½ cup nonfat or 1% milk

1 tsp. vanilla

½ cup all-purpose flour

1 tbsp. sugar

A pinch of cinnamon

2 tbsp. margarine or butter

2 cups halved, pitted sweet cherries, fresh or frozen, thawed & drained

¼ cup sliced almonds (optional)

Preheat oven to 450 degrees F. In a medium bowl or blender, beat the eggs, milk and vanilla together until well blended. Mix the flour, sugar and cinnamon together. Add to the liquid ingredients and mix until there are no lumps. Put 2 tablespoons of margarine or butter in a 10- or 11-inch oven proof skillet or a 2 ½- to 3-quart baking dish. Place the skillet or dish in the hot oven until the margarine or butter is melted and bubbly. Remove from the oven. Quickly spread the cherries across the bottom of the hot skillet or dish. Pour the batter over the cherries and sprinkle with almond slices, if using. Return to the oven and bake for 15 to 20 minutes until the edges are browned and the puffs in the middle are golden. Cool slightly before cutting into 4 pieces. The center puffs will flatten during cooling. Refrigerate leftovers within 2 hours.

### DIVERSITY, EQUITY, AND INCLUSION INVESTIGATION

Have you ever participated in a tradition from a culture other than your own?  
What was it? How did you like it?

What was your favorite tradition when you were a child? Have you passed that down to future generations? Will you?

What traditions or rituals do you practice in your life right now?