



In Touch, In Tune

www.extension.purdue.edu/dearborn



April 2025

Dear Friends,

Are you thinking April showers will bring an abundance of May flowers? I am hopeful! I have been covering my blooming strawberry plants to protect them from the frost and cold. They have also been fenced to keep the deer from eating them. The rhubarb has been protected from the frost too. I have planted container pots of spinach, lettuce, carrots, and beets. These pots have required extra care due to the up and down temperatures recently. The shrubs are partially trimmed. I have plans to finish this week yet! I love these activities of this time of year!

Another activity that I enjoy is having family to celebrate Easter, a first wedding anniversary, and upcoming birthdays. I enjoy planning and preparing the food. I appreciate feedback about the food that I prepare. My husband says that cooking is self-care also known as stress relief for me. I believe there is some truth to his insight. Does anyone else care for themselves in this way?

During the month of April, we focus on Stress Awareness, Lawn and Garden, Pecan Month and America Saves Week. Check out this In Touch, In Tune for information related to these topics. I encourage you to become aware of your stress as well as use strategies such as walking, meditating, and reframing your thoughts to reduce your stress. Think about saving for financial well-being with resources from America Saves. Practice meaningful eating and physical activity that are healthy choices that benefit you and your family! I close with a quote on a mirror in my office, "Your choices are your best reflection." Choices matter! Choose wisely one choice at a time!

Warm Regards,

Marcia Parcell

Extension Educator, Health and Human Sciences

DATES TO REMEMBER

- April 16-May 14 Steps to a Healthy You, see enclosed flyer for dates, times, location and registration.
- April 18 Good Friday, Extension Office closed
- April 21 Get Walkin', North Dearborn Public Library, 8:30am
- April 28 Get Walkin', North Dearborn Public Library, 8:30am
- April 29-May 27, Steps to a Healthy You, see enclosed flyer for dates, times, location and registration.
- May 5 Get Walkin', North Dearborn Public Library, 8:30am
- May 12 Get Walkin', North Dearborn Public Library, 8:30am
- May 19 Get Walkin', North Dearborn Public Library, 8:30am
- May 26 Get Walkin', North Dearborn Public Library, 8:30am
- June 2 Get Walkin', North Dearborn Public Library, 8:30am
- June 9 Get Walkin', North Dearborn Public Library, 8:30am
- June 16 Get Walkin', North Dearborn Public Library, 8:30am
- June 23 Get Walkin', North Dearborn Public Library, 8:30am



DID YOU CELEBRATE NATIONAL SIBLING DAY ON APRIL 10TH?

THE SCIENCE OF SIBLING DYNAMICS: WHY WE FIGHT, HOW WE RELATE AND WHY IT MATTERS

We have Mother's Day, Father's Day and even Grandparents' Day. But siblings? Usually, they get a hand-me-down sweatshirt and, with any luck, a lifetime of inside jokes.

But actually, there is a National Siblings Day, observed every April 10. It was founded in 1995 by Claudia Evart in memory of her late siblings, as a reminder to appreciate these relationships while we can.

About 80% of people have a sibling, and it turns out, there's a lot to appreciate — research shows that siblings influence far more than just childhood, shaping lifelong social skills and deeply affecting all kinds of relationships.

So, just how important are siblings? What roles do they play throughout life, and how do those roles evolve? In honor of the day, we asked Dan Erickson, associate teaching professor at Arizona State University's T. Denny Sanford School of Social and Family Dynamics and director of ASU's Certified Family Life Educator program, to discuss.

• City Hall • 229 Main Street • Aurora, IN 47001-1385 •
(812) 926-1189

Purdue University, Indiana Counties and U.S. Department of Agriculture Cooperating
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Q: Why are sibling relationships sometimes the most enduring but also the most conflict-prone?

A : It's the most enduring because it is typically the longest consistent relationship. Although parents and romantic partners may often have a deeper relationship, siblings typically outlast both, as they are more likely to be present near the beginning and end of life.

Due to the involuntariness of their relationship in childhood, siblings are fully dependent on shared parents for all their needs, which means they have to endure — or celebrate — the presence of the other sibling(s). The close proximal relationship not only provides easy access for aggression, but because siblings are often competing with each other for resources, they often have higher frequencies of conflicts than peers.

In fact, children and adults often treat their friends better than their siblings because those relationships are fully voluntary. But they know their siblings can't escape them, which makes it easier to engage in conflict because their sibling can't leave the relationship.

Q: How much sibling conflict is considered normal or healthy?

A: Conflict in sibling relationships is normal, because it's normal in every relationship, but aggression and violence are not normal. Many parents don't intercede in sibling aggression because they assume it is normal, but parents have a responsibility to help their children navigate conflict in non-violent ways, including modeling appropriate interpersonal interactions.

In a similar vein, my dissertation showed that how adolescents interact with their siblings, including conflict resolution and warmth, will likely be similar to how they interact as adults in romantic relationships. The adolescent sibling relationship is a powerful sandbox to try out attachment and other relationship behaviors. So, unless you want your child to believe that aggression and violence are normal in adult relationships, don't normalize that behavior in sibling relationships.

Q: How do siblings support each other throughout their lifetime?

A: There is meaningful research showing that in childhood and adolescence, siblings can help each other in unique and powerful ways. For example, siblings with autism often have the best interventions when their similarly aged sibling participates in the intervention. Similarly, in emerging adulthood and later life, siblings have unprecedented opportunities to support each other. A sibling is typically among, if not the very first person that an LGBTQ+ person comes out to, for example. And when facing difficulties, such as health concerns or tragedies, who better than someone who has shared your entire life and who shares your DNA to help get you through it? When parents or family members die, the grief is uniquely shared by siblings.

So, although the parent-child and romantic relationships may be deeper than the typical sibling relationship, people who choose to prioritize the most enduring relationship with their siblings will find deep and lasting joy and connection.

Q: What are the effects of sibling favoritism from parents?

A: Favoritism is a very poignant reality in families. If a parent is being honest, they will likely admit that they have a favorite child — whether consciously or unconsciously. Parents think they can expertly convince their children that they “love all their children equally,” but due to personal differences, even the premise of loving or treating children equally is a fallacy of parenthood — and a simple impossibility. The oldest child in a family, for example, gets an average of 3,000 extra one-on-one hours with their parents.

Comparing children to a sibling, however expertly they think they may be at it, does more damage than good, as it holds children to a standard that may very well be unrealistic. Each human being is unique, and even when children share DNA, they are very different individuals. Rather than focusing on trying to be “equal,” parents would do better to emphasize the unique differences of their children and love them for their differences. When children feel that their parents unequivocally love and accept them for who they are, with no strings attached and no obligations, worries about favoritism become less salient because love is not a resource that needs to be competed for.

Q: What advice would you give to someone trying to reconnect with an estranged sibling?

A: First and foremost, you must acknowledge their sovereign personhood. Just because you share DNA, and even decades of close proximity, you are not entitled to anything more than that person is willing to give. Although estrangement can be heartbreaking, especially if you don't fully understand why, making judgments of that person or their behavior deepens the rift whether you realize it or not. Above all, do not triangulate the relationship by bringing in another family member to try to “fix” things, because doing so will only lead to further heartache.

Try to communicate clearly with your estranged sibling, unless they have specifically asked for no contact. Communicate your genuine love and respect. If you genuinely love and respect them, it should be easy to go from there, because you will not make selfish or manipulative demands of them. Nevertheless, they are their own person and may make decisions you don't understand or agree with. So long as they fully understand that you love them, respect them and are open to further interactions, you can sleep soundly at night knowing that if and when they are ready, they will bridge that gap.

Q: How can siblings strengthen their relationship in adulthood?

A: Most people forget to allow other people to change. We get this idea in our head of who people are based on outdated information. Older siblings often remember changing their younger sibling's diaper, or childish immaturities. But that child should be allowed to grow up and become different, or we are doing them and ourselves a disservice. Respect and love your sibling enough to get to know who they are now.

Older siblings bear more responsibility in setting the tone for adult sibling relationships, as they've been adults longer. There is amazing potential in sibling relationships, as they are the most enduring relationship in humanity. It is worth the investment to get to know yourself first, then take the time to get to know your sibling, and if you approach these relationships with an open heart, you may surprise yourself and them with the opportunity to forge deep and meaningful relationships.

Source: <https://news.asu.edu/20250407-health-and-medicine-science-sibling-dynamics-why-we-fight-how-we-relate-and-why-it-matters>

THE ABCS OF CDS

You've made a plan to save, you're saving automatically each month, and your saving account has started to grow. So where do you keep your savings? One of your options is a CD. If CD's are new to you, here are some answers to six common questions about saving with a CD.

1. What is a CD

A CD, or certificate of deposit, is a type of investment that often offers a higher interest rate than traditional savings accounts. Unlike other investments, most CDs are insured up to \$250,000 by the Federal Deposit Insurance Corporation, so they carry little risk and you can count on the promised interest rate.

Credit unions offer the same product, but they're called share certificates. They are insured up to \$250,000 by the National Credit Union Administration.

2. How do CDs work?

When you purchase a CD, you commit to invest a fixed amount of money for a fixed amount of time. These time periods are often five years or less. In return, the issuing bank or credit union pays you a set amount of interest, which you receive when you redeem your CD at the end of the term.

3. What kind of interest rate can I get with a CD?

The annual percentage yield (APY) you can expect from a one-year CD is currently 1.58%, according to Bankrate.com. But there are credit unions and online-only banks that offer rates above 5% APY. The average bank savings account, for comparison, currently offers .42% APY, according to the FDIC.

4. What if I need my money early?

If you need your money before the fixed amount of time, or before the CD matures, you may have to pay a penalty, usually about three to six months' of interest. The penalties can sometimes even mean that you may pay more than you have earned.

5. What's a CD ladder?

You may have heard of a strategy called laddering. The idea here is that some money becomes available every few months or years if you need it. The way it works is you invest in multiple CDs with different terms, maybe one year, two years, and three years. Once the first CD matures, you put it in a new three-year CD. Repeat this process, and you'll have a CD maturing every year if you need to access some of your savings.

6. What should I look for when selecting a CD?

Before you select a CD, be sure you know:

- When the CD matures
- What the CD's interest rate will be, and if it could change, called a variable rate
- How you'll be paid
- If the CD automatically renews after maturity, and if so, what your window of time is for redeeming your CD

For more advice on selecting the right CD for you and what you should know before investing in a CD, check out the resources from the U.S. Securities and Exchange Commission.

Need motivation to save? Let America Saves help you reach your savings and debt reduction goals. It all starts when you make a commitment to yourself to save. Take the first step today and take the America Saves pledge to save money, reduce debt, and build wealth over time. And it doesn't stop there. America Saves will keep you motivated with information, advice, tips, and reminders to help you reach your savings goal. Think of us as your own personal support system.

Check out [AmericaSaves.org](https://americasaves.org) for resources for the reason that you are saving. I am saving for—Which reason fits you: Emergency Fund, Large Purchase, Car, Vacation, Retirement, Debt Repayment, Education, Homeownerships, Disability-Related Expenses, Investment, Savings, and General Savings.

Adapted from: <https://americasaves.org/resource-center/insights/the-abc-of-cds/>

WHAT ARE DIETARY SUPPLEMENTS AND SHOULD I TAKE THEM?



SUPPLEMENTS

Dietary supplements are products that can add nutrients or other things to your diet. These products could be helpful if you are not getting enough nutrients from food but they could also be harmful. Whether they are helpful or harmful depends on what the supplement is, how much someone takes, and the other health concerns or drugs the person is taking. Some common types include vitamins (like vitamin D for strong bones), minerals (such as iron for helping to make red blood cells to that deliver oxygen and nutrients to your body, herbs (like ginger or echinacea), and probiotics (the tiny bacteria that live in the gut). While certain supplements can be helpful for certain people, they shouldn't replace the nutrients that you can get from eating a healthy diet. They don't cure diseases and shouldn't replace an unbalanced diet full of fruits, vegetables, and a variety of protein foods, low-fat dairy, and whole grains.

Many people believe that supplements are always safe and beneficial, but that might not be true. Most supplements aren't approved by the Food and Drug Administration, and many haven't been tested by third parties for quality or to make sure that they will really give you the health benefits that they state. This means there's no guarantee they're safe or effective. Additionally, supplements can be expensive, and you may not even need them if your diet is already well-balanced. It's very important to consult a healthcare professional before taking supplements, as some could even interact with medications or cause harm.

It's best to avoid taking supplements unless our doctor or dietitian recommends them, especially for a specific health condition. A well-balanced diet with a variety of foods is the best way to get all the nutrients your body needs. Supplements might help in some cases, but they can't replace a healthy diet. Always consult with a healthcare professional before using them.

Source: Indiana's Emergency Food Resource Network, April 2025

NUTS ABOUT PECANS

Nut lovers rejoice because April is National Pecan Month. Do you say pee-KAHN, pick-ahn, PEE-can, or PEE-kahn? However, you pronounce it, this rich, buttery nut of the month is worth cracking. Pecan nuts are buttery in consistency yet pleasantly sweet in taste.

History—Pecans are one of the popular edible tree nuts known to American aborigines since centuries ago. As the only major tree nut growing naturally in North America, the pecan is considered one of the most valuable North American nut species. The name “pecan” is a Native American word of Algonquin origin that was used to describe “all nuts requiring a stone to crack.”

Nutritional Benefits—Pecans are enriched with many health-benefiting nutrients, minerals, and vitamins that are essential for optimum health. Nutrient-dense pecans contain more than 19 vitamins and minerals – including vitamin A, vitamin E, folic acid, calcium, magnesium, phosphorus, potassium, several B vitamins, and zinc. One ounce of pecans provides 10 percent of the recommended Daily Value for fiber. Pecans are also a natural, high-quality source of protein that contains very few carbohydrates and no cholesterol. They are also naturally sodium-free, making them an excellent choice for those on a salt- or sodium-restricted diet. Pecans contain mainly unsaturated, heart-healthy fat.

A 1-ounce serving of pecans (approximately 20 halves) contains 196 calories. Fat accounts for 171 calories, carbohydrates contribute 15 calories, and proteins provide the remaining 10 calories.

These nuts are relatively calorie-dense, and you should consider their calorie content when planning your daily meals. Nut calories can add up quickly, so substitute nuts for treats such as potato chips or candy bars. You might find that nuts leave you feeling satisfied longer than other foods because of their protein, fiber, and fat content.

Buying—When selecting whole pecans in the shell, look for shells without signs of cracks or holes. When shaken, the nuts should not rattle, as this suggests that they are shriveled. Shelled pecan nutmeats should look plump, with no signs of shriveling or wrinkling, and be uniform in color and size.

Storing—In-shell pecans can be stored in a cool, dry place for six to 12 months. Shelled pecans stored at room temperature will remain fresh for only about 2 months; in the refrigerator, they may be kept for about 9 months; and in the freezer, they will remain in good condition for up to two years. Pecans should be kept under refrigeration best to preserve their fresh color, aroma, and flavor. If frozen, pecans can be thawed and refrozen repeatedly during the two-year freezing period without loss of flavor or texture.

Cooking—Pecans may be toasted in the oven, on the stovetop, or in the microwave.

- **Oven Method:** Preheat the oven to 350°F. Spread the shelled nuts in a single layer on a baking sheet. Cook the nuts for about 10 minutes. Check them often to prevent burning. You may also want to stir and flip the nuts at the halfway mark on time to make sure that all nuts are heating evenly.
- **Stovetop Method:** Heat a large frying pan on medium-high heat on the stovetop. When the pan is hot, add a single layer of shelled nuts. Stir frequently with a spatula until the nuts turn golden brown and smell nutty. Remove the pan from the heat and turn the nuts out onto a cool plate to stop them from cooking further.
- **Microwave Method:** Spread a single layer of shelled nuts on a microwave-safe plate. Cook them in 1-minute intervals on full power until the nuts have a crisp crunch, toasted flavor, and have become fragrant.

Raw—Raw pecans can be eaten alone, salted, or sweetened. In savory dishes, pecans can lend a burst of rich buttery flavor. Some cooks like to candy pecans and sprinkle them on salads or pastas, especially in combination with rich cheeses like Gorgonzola and blue cheese. Top off pumpkin, squash, or tomato soup with roasted, chopped pecans. Add chopped pecans to rice dishes. They really add flavor to pilaf and brown and wild rice. When seasoning breadcrumbs for coating fish or chicken, add finely chopped pecans to the mix. Make pecans a part of breakfast. Sprinkle them on cold or hot cereal, pancakes, or waffles. Stir pecans in unsweetened applesauce. The pecan also has a long history as a dessert nut and appears in candies, pies, muffins, quick breads, cakes, and ice creams. The nuts are also used to make pecan nut butter, which is popular spread over bread, toast, etc.

Healthy Protein Source—Nuts, like pecans, are considered part of the protein food group – the purple section on the MyPlate. If you eat one ounce of pecans, it's the protein equivalent of two ounces of lean meat, a little more than one-third of the daily five 1/2 ounces recommended for someone consuming 2,000 calories a day. The US Dietary Guidelines for Americans suggest 2 to 2-1/2 ounces of nuts, seeds, and soy products a week.

Pecans are a versatile tree nut. They can be eaten alone – raw, roasted, or flavored – as a healthy, delicious snack, or they can enhance almost any recipe as an ingredient. Go nuts and enjoy pecans!

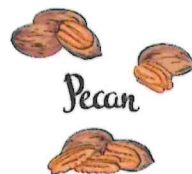
Source: <https://uwyoextension.org/uwnutrition/newsletters/nuts-about-pecans/>

PECAN BASIL VINAIGRETTE

Servings: 1 cup

½ cup fresh basil, chopped
¼ cup fresh lemon juice
¼ cup olive oil
¼ cup vegetable oil

¼ tsp. salt or to taste
black pepper, to taste
1/3 cup pecans, chopped



In a mixing bowl, combine basil and lemon juice. Whisk in oils and season with salt and pepper to taste. At the last minute, fold in pecans. Serve over sliced tomatoes or salad greens.

Source: <https://uwyoextension.org/uwnutrition/newsletters/nuts-about-pecans/>

Pecan Spring Salad

6 cups green salad (such as spinach, romaine, leaf lettuce, etc)	6 green onions, chopped
1 ½ cups canned mandarin oranges, drained	7 ounces Feta cheese
1 ½ cups pecans, chopped	8 Tbsp. vinaigrette dressing (can be flavored such as raspberry)

Mix together all ingredients except vinaigrette. Add vinaigrette just before serving.

Source: ilovepecans.org

Stress Awareness & Tips



Did you know that April is Stress Awareness Month? Stress is something that we all face, and it can affect our health if we let it take over our lives. Luckily, understanding stress and knowing how to reduce it can help us through stressful times as well as learn to use stress to our advantage.

Stress Definition:

According to the National Institute of Mental Health (NIMH), "Stress is how the brain and body respond to any demand." In fact, not all stress is bad. Good stress or optimal stress can be motivating and is our body's way of telling us that we need to push a little harder to get through difficult situations (e.g., deadlines at work, an exam, etc.). The problem comes when the stress is long-term, or a minor stressor is causing more stress than it should; if this happens finding a way to reduce negative stress can be beneficial (NIMH, n.d.).

Here are three evidence-based techniques that may help manage stress:

1. **Meditation** takes many forms. Setting aside quiet time to focus on your body and breathing has been proven to decrease stress (Varvogli & Darviri, 2011). Begin with brief guided meditations and then try new techniques, the key is to find what works best for you. You can find a more detailed explanation and meditation exercises at mindful.org.
2. **Social Support** is an essential part of managing stress. There are two ways social support can help alleviate stress. First, when you feel stressed and overwhelmed, having friends and family to lean on or be a listening ear is an excellent way to relieve stress (NIMH, n.d.). You can also be the one to provide social support to someone, and that often gives a boost of happiness and fulfillment which helps combat stress (American Psychological Association [APA], 2019).
3. **Reframing** your thoughts into more positive ones is proven to reduce stress. You can positively reframe your thinking in multiple ways (Varvogli & Darviri, 2011). One way to reframe your thoughts is to look at the positive things that might come from the stressful situation (e.g., work deadline stress can be reframed as a new opportunity or by breaking a project into smaller pieces and accomplishing them you can find a sense of satisfaction along the way). You can also look for things you are learning from the stressful experience and if there is anything you can be grateful for from this experience (e.g., a new relationship may be stressful but provide additional support in the long run; Harvard University – Stress & Development Lab, n.d.).

Stress is an inevitable part of life and can even be helpful at times, but when stress becomes too much, we can learn to be aware and work to reduce it. To relieve stress in your life, try some of the techniques above.

<https://extension.usu.edu/mentalhealth/articles/stress-awareness-and-tips.pdf>

WALKING CAN HELP RELIEVE STRESS

Ongoing flooding in North Dakota has left people in some areas of the state with fewer walking trails.

Yet walking might be just what the doctor ordered for relieving the stress associated with flooding.

"Getting moderate exercise such as walking can enhance our mood while it strengthens our hearts and reduces our risk for diabetes, cancer and numerous other health issues," says Julie Garden-Robinson, food and nutrition specialist with the North Dakota State University Extension Service.

Research has shown that walking promotes the release of brain chemicals called endorphins that stimulate relaxation and improve our mood. Walking does not have to be done at a fast pace to have stress-relieving benefits. Even a stroll at a comfortable pace promotes relaxation, studies indicate.

Meditating while walking had the greatest impact on mood enhancement, according to a 16-week study that involved 135 volunteers divided into five groups. The different groups walked quickly or slowly. Some groups meditated while they walked, and some groups did not meditate.

As their meditation, the walkers simply counted "one, two, one, two" as they walked. The meditation was designed to have them focus on their steps instead of thinking about other concerns. Regardless of the speed of their walking, the meditating groups experienced the greatest impact on stress reduction and mood enhancement.

Fitness experts recommend that we get 30 minutes of moderate physical activity on most days of the week. Even 10- or 15-minute increments of physical activity can have health benefits. Walking for fitness or stress relief can be done almost anywhere: in a shopping mall, on a treadmill in front of your TV, or outdoors.

Ongoing stress puts us at greater risk for developing physical issues, including heart disease and cancer, and may increase or decrease our appetite. Along with getting regular physical activity, staying well-nourished is important for preventing the effects that stress might exert on the body.

"Be sure to eat a healthful diet with plenty of fruits and vegetables," Garden-Robinson says. "The latest recommendations say that half our plate should be fruits and vegetables, and the rest of our plate should include lean protein and grain-based foods, especially whole grains, with a cup of dairy on the side."

Try these tips adapted from the Weight Information Network, an information service of the National Institute of Diabetes and Digestive and Kidney Diseases. If you are new to walking, be sure to check with your health-care provider prior to beginning an exercise program.

- Choose a safe place to walk. Find a partner to encourage and support each other.
- Wear shoes with proper arch support, a firm heel and thick, flexible soles. When you buy shoes, be sure to walk around the store before you take them home. Try to buy your shoes late in the day when your feet are at their largest.
- Wear clothes that keep you dry and comfortable.
- Divide your walk into three parts. First, warm up slowly and then increase your speed to a brisk walk. Walk fast enough to elevate your heart rate while still being able to speak comfortably, concentrate and breathe without effort. Finally, cool down after your walk.
- Break up your walk into multiple sessions throughout the day if you have a busy schedule. Be sure each session is at least 10 minutes long.
- Vary your routine. Try walks in different places to see different scenery.
- Set goals and reward yourself for your progress. Instead of splurging on a calorie-dense treat, see a movie, read a magazine or take time to do something else you enjoy.
- Keep track of your progress with a walking journal, log or calendar. Record the date, time and distance.

Source: <https://www.ag.ndsu.edu/news/newsreleases/2011/aug-8-2011/walking-can-help-relieve-stress>

FAMILY DINNER IDEAS

THE PRICE IS...?

This game is a fun way to help the whole family understand your grocery budget!

To begin, choose 10 food items from your pantry and refrigerator. Try to select a range of foods across different price points, from the most economical (rice, dried beans, etc) to the most expensive (meats and seafood, berries, certain spices or specialty items).

Write the approximate price of each item on separate Post-It notes. Make enough duplicates for each member of your family (so if you have a family of four, you'll have four price Post-It notes per item).

Set up a table or counter where you'll display all of the food items. Put the Post-It notes in stacks at one end.

Now set a timer for 60 seconds and have each family member guess which price goes with which item, by sticking what they believe is the correct Post-It on each food. When the timer runs out, everyone stops.

Look at the results. What do they have in common? Were the guesses wildly different? Now reveal the real prices and see what your family learns about your grocery budget!

Play With Color & Taste

Ask your kids to think up a menu in all one color and then help you make it. Or, ask your kids to think up a menu that has all five tastes—bitter, sweet, sour, salty and umami—and help you make it. For example, you can make pasta with roasted vegetables (salted), adding a sprinkle of Parmesan (umami). For an appetizer, try an olive (bitter) tapenade by mixing olive, capers, lemon juice (sour), garlic and olive oil in a food processor and then spreading on crackers. Cookies for dessert would give you a 5th taste sensation!

Source: *The Family Dinner Project Team*

APRIL LAUGHS

- Did you hear about the goats that got in trouble for playing pranks on April Fools'? It turned out to be a couple of kids.
- I told a chemistry joke in honor of April Fools', but I didn't get a reaction.
- Where do birds vacation during April break? Someplace cheep.
- Did you hear about the guy who drank invisible ink as an April Fools' prank? He's at the doctor waiting to be seen.
- How do birds know how to fly north in the spring? They wing it.
- Did you hear about the cashew and the walnut that threw an April Fools' Day party? It was nuts.
- Humpty Dumpty had a great fall. Spring apparently wasn't bad either.



Steps to a Healthy You



Extension - Health and Human Sciences

April 29
And
May 6, 13, 20 & 27



Tuesdays
6:00-8:00PM

Dearborn Adult Center
311 W. Tate Street
Lawrenceburg, IN 47025

Cost: Free (\$40.00 value)

Program will be provided with Health First Funds from Dearborn County Health Department

Join us in embracing the simple, delicious and satisfying Mediterranean way of eating. The *Steps to a Healthy You* class series will empower you to make informed choices that will positively impact your health, well-being and overall quality of life.

Are you interested in adopting a Mediterranean-style eating pattern but unsure of where to begin? Look no further! Purdue Extension is excited to announce the launch of the *Steps to a Healthy You* class series, designed to help you embark on a journey to discover the delicious and nutritious Mediterranean way of eating.

The Mediterranean diet has long been celebrated for its numerous health benefits, and now, you can learn how to incorporate this lifestyle into your daily routine. The *Steps to a Healthy You* class series will guide you through seven simple steps to following a Mediterranean style of eating, providing you with the knowledge, tools and inspiration you need to make this healthful eating pattern a part of your life.

Space is limited, so register now to secure your spot in the *Steps to a Healthy You* class series. For more information and registration details, please visit <https://cvent.me/B9YDwm>



Purdue University, Indiana Counties and U.S. Department of Agriculture Cooperating
An Affirmative Action/Equal Opportunity Institution

Steps to a Healthy You



Extension - Health and Human Sciences

April 16, 23, & 30
And
May 7 & 14



Wednesdays
6:00-8:00PM

Dearborn County Extension Office Conference Room
229 Main Street, Aurora, IN

Cost: Free (\$40.00 value)

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