



In Touch, In Tune

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September, 2022

Dear Friends,

I hope that you have been enjoying the last days of summer as fall begins this week. I have enjoyed experiencing Raleigh, NC this past week. It was a scenic drive from Indiana to Raleigh. Our route meandered through Ohio, Kentucky, West Virginia, Virginia, and North Carolina. I experienced beautiful art work, regional foods such as grits and shrimp, sweet potato chips, etc. and great networking and professional development with colleagues from all parts of the United States.

Now, I begin work as the NEAFCS Vice President of Professional Development for the next two years. I have worked with this committee for over 5 years. I will be working to provide professional development for my colleagues through webinars, 2023 NEAFCS Conference in Providence, RI, and other professional experiences. I want colleagues and myself to grow professionally and personally. "Always dream and shoot higher than you know you can do. Do not bother just to be better than your contemporaries or predecessors. Try to be better than yourself." These are the words of William Faulkner that will guide my work in this role.

We have many roles in life. September is Self-Improvement month, so I encourage you to invest in yourself. Take time to reflect on your wellness. There are eight dimensions of wellness: emotional, physical, occupational, social, spiritual, intellectual, environmental, and financial. Which dimension of wellness could use some tweaking for a benefit to you? I challenge you to write down a commitment to improve. Check your progress every day for a month. At the end of the month, I want you to evaluate the impact of your commitment. Did your commitment pay off, or do you need to adjust the commitment and try again? Self-improvement is a process.

Earlier this year, I learned Change Does Not Occur in a FLASH from Darrell Gordon. You might want to read this book, if you are serious about change. Lou Holtz endorses this book with a fact, "80% of Americans won't change something until they experience a great deal of discomfort. Flash shows us how to be a part of the 20% who take control." In other words, change causes us to step out of our comfort zone. In our uncomfortableness, we learn a way to improve our life ourself. You are welcome to share your experience of reading the book or making changes in your life.

Enjoy the topics of In Touch, In Tune! May fall bring you cooler weather and beautiful sights, sounds, and smells.

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

DATES TO REMEMBER

- Setpember 23—Get Walkin', 8:30-9:30am, Aurora Public Library
- September 26—Get Walkin', 8:00-9:00am, North Dearborn Public Library
- September 27—Stitch'n' Learn, 5:00-7:00pm, Extension Office Conference room
- September 28—Get Walkin', 8:30-9:30am, Dillsboro Public Library
- September 30—Get Walkin', 8:30-9:30am, Aurora Public Library
- October 3—Get Walkin', 8:00-9:00am, North Dearborn Public Library
- October 5—Get Walkin', 8:30-9:30am, Dillsboro Public Library
- October 7—Get Walkin', 8:30-9:30am, Aurora Public Library
- October 10—Get Walkin', 8:00-9:00am, North Dearborn Public Library
- October 12—Get Walkin', 8:30-9:30am, Dillsboro Public Library
- October 14—Get Walkin', 8:30-9:30am, Aurora Public Library
- October 17—Get Walkin', 8:00-9:00am, North Dearborn Public Library
- October 19—Get Walkin', 8:30-9:30pm, Dillsboro Public Library
- October 21—Get Walkin', 8:30-9:30am, Aurora Public Library



· City Hall · 229 Main Street · Aurora, IN 47001-1385 ·
(812) 926-1189 · FAX: (812) 926-3006
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DATES TO REMEMBER CONTINUED

- October 24—Get Walkin', 8:00-9:00am, North Dearborn Public Library
- October 25—Stitch'n' Learn, 5:00-7:00pm, Extension Office Conference room
- October 26—Get Walkin', 8:30-9:30am, Dillsboro Public Library
- October 28—Get Walkin', 8:30-9:30am, Aurora Public Library
- October 31—Get Walkin', 8:00-9:00am, North Dearborn Public Library
- November 2—Get Walkin', 8:30-9:30am, Dillsboro Public Library
- November 4—Get Walkin', 8:30-9:30am, Aurora Public Library
- November 29—Stitch'n' Learn, 5:00-7:00pm, Extension Office Conference room
- December 27—Stitch'n' Learn, 5:00-7:00pm, Extension Office Conference room

12 OF THE GREATEST EVER SELF IMPROVEMENT QUOTES TO INSPIRE YOU

1. "There is nothing noble in being superior to your fellow man; true nobility is being superior to your former self." — Ernest Hemingway. The greatest people do not seek to compete with others or be better than anyone else; they simply seek to be better than they were yesterday.
2. "Those who cannot change their minds cannot change anything." — George Bernard Shaw. In order to grow in life, we need to be able to accept that we do not know everything. When you become flexible in your beliefs, you become open to learning and receiving.
3. "Become addicted to constant and never-ending self-improvement." — Anthony J. D'Angelo. The journey of self-improvement never really ends, but why would you want it to? There is nothing more rewarding in life than self-improvement, however you choose to do it.
4. "Always dream and shoot higher than you know you can do. Do not bother just to be better than your contemporaries or predecessors. Try to be better than yourself." — William Faulkner. Dare to dream big in this life. Dare to stretch your mind, body and spirit, beyond the limits you have assigned to them. You will never know your limits if you don't test them!
5. "No matter who you are, no matter what you did, no matter where you've come from, you can always change, become a better version of yourself." — Madonna. No matter your past or present circumstances, every day you have an opportunity to be a better version of yourself.
6. "Formal education will make you a living; self-education will make you a fortune." — Jim Rohn. Knowing who you are, how you tick, what makes you YOU, is the most powerful education you could ever give to yourself.
7. "You are essentially who you create yourself to be, and all that occurs in your life is the result of your own making." — Stephen Richards. You are who you decide to be. If you want to be a positive person, decide to be. If you want to be a successful person, decide to be. No one is coming to save you, you have to create the life you want.
8. "As human beings, our greatness lies not so much in being able to remake the world – that is the myth of the atomic age – as in being able to remake ourselves." — Mahatma Gandhi. Your greatness lies in your capacity to choose the direction of your life, by adjusting and remaking yourself every single day.
9. "If you can see yourself as an artist, and you can see that your life is your own creation, then why not create the most beautiful story for yourself?" — Miguel Ruiz. Why not allow yourself to become the most wonderful version of YOU? Make your personal legacy a beautiful one.
10. "He who conquers himself is the mightiest warrior." — Confucius. Understand your limits, so that you can overcome them.
11. "It is not as much about who you used to be, as it is about who you choose to be." — Sanhita Baruah. Decide to overcome your challenges. Decide to live the life of your dreams. Decide to be great.
12. "Things do not grow better; they remain as they are. It is we who grow better, by the changes we make in ourselves." — Swami Vivekananda. Every day that you wake up, you are given opportunity to become the greatest expression of yourself. Don't waste another day being anything less than that.



Source: <https://iamfearlessoul.com>

IDEAS TO INCREASE YOUR INCOME

We're quick to dish out ideas for saving money or cutting expenses, but what about increasing your income? Have you considered:

- Asking for a raise?
- Working additional hours?
- Selling used items you no longer need?

Some other ideas:

- Can you offer to provide a service to someone for pay?
- Is there a talent you could utilize to start a side hustle?
- What about investing in skills or education that makes you a more diverse employee?

Source: Utah State University



BETTER BREAKFAST MONTH—SEPTEMBER

Research shows that those who eat breakfast regularly are more likely to have a healthier overall diet. Healthy options include whole grains (oatmeal, whole grain cereals and breads), low-fat protein (peanut butter, lean slices of poultry, meat, or fish), low-fat dairy (low-fat milk, yogurt and cheeses), and fruits and vegetables (fresh or frozen or 100% juices).



SEPTEMBER IS BETTER BREAKFAST MONTH, SO NOW IS A GREAT TIME TO GIVE SOME THOUGHT TO THE FIRST MEAL OF THE DAY.

Whether you and your loved ones are starting a new school year or continuing with a busy work schedule, you can benefit each day from breaking your long overnight fast.

The benefits of breakfast are numerous:

- **Improved blood sugar regulation.** In several studies, breakfast-eaters were more likely than breakfast-skippers to have stable blood sugar levels after other meals that followed. Eating within two hours of waking up seems to improve insulin sensitivity for the rest of the day. Insulin is the hormone your body produces to move blood sugar (glucose) into your cells; if the glucose stays in your bloodstream, you are at increased risk for type 2 diabetes.
- **Protection against heart disease.** Research shows that those who do not eat breakfast are more likely to gain weight and have high blood pressure and cholesterol. The reason may be partly due to overeating later, which leads to the next benefit of breakfast.
- **Less overeating.** People who eat breakfast are more likely to feel satisfied and less likely to overeat in the late morning or at lunchtime. Those who skip breakfast are likely to experience a larger increase in ghrelin, a hunger hormone that promotes overeating.
- **Better nutrition.** Surveys show that breakfast-eaters take in more fruits, vegetables, dairy and whole grains, not just in the morning but throughout the day.
- **Enhanced brain power.** In both children and adults, eating breakfast enhances attention, memory and creativity while boosting reasoning, learning and verbal skills. It also improves grades and attendance for students, as well as decreasing behavior issues.

With all these benefits, it is important to tackle the reality of fitting it in. The most common reason for skipping breakfast is *time*. Planning ahead and a little environmental control can solve this issue. First, prepare the night before by arranging the table, setting out whatever food is not perishable and getting to bed earlier to make waking up a little easier. In the morning, keep televisions and computers turned off to avoid distractions and encourage everyone to get showered and dressed before eating; this will give your bodies a chance to wake up and be ready to eat, especially if this is a new habit. It is also important to have food on hand that can be eaten on the go as well as sitting down.

What to eat for breakfast? If you or your family do not usually eat breakfast, start small. A bowl of yogurt with fruit, or peanut butter on whole wheat toast, may be just enough. Then keep it simple. Eggs, pancakes and breakfast burritos are nice options if you have time, but if not, you can either make these the night before or choose easier options.

A good rule of thumb is to include two or more food groups, and make one of them high in protein, such as nuts, meat, beans, eggs, cheese, cottage cheese, yogurt or milk. Pair one of these with a fruit, vegetable or whole grain. Skip the donuts, sugary drinks and sweet cereal bars. While they may be easy to grab, their quick energy jolt will soon lead to a crash, counteracting the benefits of eating breakfast in the first place.

There is a lot of truth to the saying “breakfast is the most important meal of the day.” Push away the excuses and pull yourself up to a new healthy habit.

Source: CSU Extension

BREAKFAST

I have started to think of better breakfast myself. I like Mini Quiche Cups, because they can be made and frozen.

MINI QUICHE CUPS

Makes 18

2 eggs

2/3 cup low-fat milk

¼ teaspoon salt

¼ teaspoon ground black pepper

1 green onion

1 cup cooked vegetable(s) and/or cooked meat (such as broccoli, potato, mushroom, bell pepper, bacon, ham, sausage)

¼ - ½ cup shredded low-fat cheese

Preheat the oven to 350 degrees F. Spray mini muffin cups liberally with cooking spray and set aside. Crack eggs separately into a small bowl then pour into a larger bowl. Add the milk, salt and pepper to the eggs; beat until blended. In a medium bowl, combine the onion, vegetable(s), meat and cheese. Divide evenly into each muffin cup. Pour egg mixture over vegetable(s), meat and cheese. Bake for 15-17 minutes or until filling is puffed and golden. Remove from oven. Cool for a few minutes, then carefully lift out and transfer to a wire rack. Serve warm or cold. Store leftover mini quiches in a covered container in the refrigerator or freezer.

Tip: To reheat from frozen, bake in preheated 400 degree F oven for about 10 minutes or microwave on a glass plate for 30-60 seconds until hot.

Source: Nebraska Extension

BANANA IN A BLANKET

Serves: 1

1 (6-inch) whole wheat tortilla

1 tablespoon creamy peanut butter

1 tablespoon cereal, crunchy nugget type or other variety

1 banana, gently rubbed under cold running water

1 teaspoon honey or maple syrup (optional)

Lay tortilla on a plate. Spread peanut butter evenly on the tortilla. Sprinkle cereal over peanut butter. Peel the banana and place on the tortilla. Drizzle honey or maple syrup on banana (optional). Roll the tortilla up.

Source: Nebraska Extension

SEPTEMBER IS NATIONAL SEWING MONTH

Check out *Stitch 'n' Learn* for a new social or self-improvement activity. The dates are: September 27, October 25, November 29 and December 27 from 5:00-7:00pm in the Extension Office Conference Room.

HAPPY CAT MONTH ACTIVITIES

1. Spread the word

The best thing you can do to celebrate Happy Cat Month is by spreading awareness and educating others about the health and welfare of cats. Talk to your friends and family and let them know.

2. Visit the vet

Take your cat to the vet for a check-up and make sure your cat's vaccinations are up to date. While visiting, don't forget to ask your vet about preventative medications for fleas, ticks, mites, or heartworm.

3. Spend time with your cat

Although it might not seem like it, cats are social animals and they crave and love human attention, and can't seem to get enough time with humans. So, try to spend time with your kitty and have fun with them.



1. What do you get when you cross a chick with an alley cat?
2. Why don't cats play poker in the jungle?
3. What is a cat's way of keeping law and order?

ANSWERS: 1—A peeping tom; 2—Too many cheetahs; 3—Claw Enforcement

5 UNKNOWN FACTS ABOUT CATS

1. Cats can't taste sweetness. The only mammal that can't taste sweetness is a cat.
2. Cats are better than us. A cat's peripheral and night visions are much better than that of humans.
3. They can jump very far. Did you know that cats can jump up to six times their lengths?
4. Cats have a special organ. Cats can taste scents in the air because of an extra organ.
5. They have whiskers on other areas too. Cats have whiskers behind their front legs.

MONTH LONG AND DIVERSITY & INCLUSION OBSERVANCE DATES SEPTEMBER 2022

Month-long observances:

- Hispanic Heritage Month
- National Guide Dog Month
- Suicide Prevention Month

Important D&I calendar dates:

- September 21 – International Day of Peace
- September 23 – National Native American Day
- September 25 – Rosh Hashanah begins (Jewish)
- September 26 – European Day of Languages
- September 26 – Navratri begins (Hindu)
- September 27 — World Tourism Day

Congratulations!

