



In Touch, In Tune

www.extension.purdue.edu/dearborn



July 2024

Dear Friends,

Summer life equals gathering with family to celebrate family, visiting farmer's markets, swimming, enjoying crops growing and fresh produce. Take time to enjoy all these summer activities. Maybe, you have some different activities in your summer life, but we can all agree that they are moments to be treasured.


This edition gives you ideas to lower gas and energy bills, picnic safety and ideas, recipes to try and critique, sun safety tips, and ideas to enjoy National Park and Recreation Month. If you are vacationing, be sure to check out the parks and recreation of the area that you are visiting. There are many parks to enjoy throughout the United States!

Enjoy summer as August approaches, we will be talking back to school and Indiana State Fair! Be safe and enjoy summer with family and friends!

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

DATES TO REMEMBER


- July 27—Kids POP Club, 9:00am-1:00pm, Lawrenceburg Farmers Market
- August 3—Kids POP Club, 9:00am-1:00pm, Lawrenceburg Farmers Market
- August 8—HHS & 4-H Youth Development Advisory Boards meeting, 10:00am, Extension Office meeting room
- August 31—Kids POP Club, 9:00am-1:00pm, Lawrenceburg Farmers Market
- September 26—Dining With Diabetes, Hamline Chapel UMC, W. High Street, Lawrenceburg, 5:00-7:00pm.
Register at: <https://cvent.me/g2YE20>
- September 28—Kids POP Club, 9:00am-1:00pm, Lawrenceburg Farmers Market
- October 3—Dining With Diabetes, Hamline Chapel UMC, W. High Street, Lawrenceburg, 5:00-7:00pm. Register at: <https://cvent.me/g2YE20>
- October 10—Dining With Diabetes, Hamline Chapel UMC, W. High Street, Lawrenceburg, 5:00-7:00pm. Register at: <https://cvent.me/g2YE20>
- October 17—Dining With Diabetes, Hamline Chapel UMC, W. High Street, Lawrenceburg, 5:00-7:00pm. Register at: <https://cvent.me/g2YE20>



Walk With Our Doc

Every Saturday
8:00am

Start at the Trailhead in Lawrenceburg



· City Hall · 229 Main Street · Aurora, IN 47001-1385 ·
(812) 926-1189 · FAX: (812) 926-3006
Purdue University, Indiana Counties and U.S Department of Agriculture Cooperating
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CELEBRATE FAMILY

JULY 24 IS NATIONAL COUSINS DAY

NATIONAL COUSINS DAY ACTIVITIES

1. Binge-watch cousin-themed reruns



Today is a good day to get reacquainted with those quirky cousin relationships we enjoyed on TV and big screen when we were kids. Remember summer reruns? Most vintage movies and many TV sitcoms have been digitized and are available on-demand. Some of our cousin-themed favorites: Parent Trap, c. 1961 starring Hayley Mills, My Cousin Vinny, c. 1992, starring Joe Pesci, Ralph Macchio, Marisa Tomei, The Fresh Prince of Bel-Air, c. 1990-1996, starring Will Smith

2. Host a digital National Cousins Day reunion

If your cousins live on the opposite coast or the other side of the planet, go digital. Schedule a live reunion hosted on one of the communication tools on social media platforms or use a webinar provider.

3. Send your DNA off to be tested

If you are the least bit curious about who your real blood relatives are (and are not) today is the day to stick that cotton swab in your cheek and find out. DNA testing will help you identify cousins you never even knew you had. It may be intimidating to think about learning who your long-lost relatives really are, but, hey! Connecting with your cousins is what National Cousins Day is all about.

Five Curious Facts About Cousins

1. Six degrees of separation

A study by AncestryDNA revealed that the average Brit has more than 193,000 living cousins (6th cousin or closer) We're not sure if the average American has this many living cousins, but it makes us wonder how many of us have unwittingly dated one of our cousins.

2. All in the family

Talent often runs in families, and that is true of celebrities. Some talented celebrity cousins we've admired over the years: Singers Whitney Houston and Dionne Warwick are first cousins, Singer Snoop Dogg is the first cousin of singer Brandy, actress Sissy Spacek and actor Rip Torn are first cousins, and here's an odd pair: actress Lauren Bacall and Israeli Prime Minister Shimon Peres are first cousins

3. Maybe not all in the family

It is legal to marry your second cousin in all fifty states ...but not your first cousin in most states.

4. Double Cousins

Apparently double cousins are a thing! If two brothers marry two sisters, their children are considered double first cousins.

5. Second cousins

Your second cousin is someone who shares the same great-grandparent as you but not the same grandparent.

Source: <https://nationaltoday.com/national-cousins-day/>

JULY 26 IS NATIONAL AUNT AND UNCLE DAY

NATIONAL AUNTS AND UNCLES DAY ACTIVITIES



1. Spend some quality time with your aunts and uncles

This might seem obvious, but what better way is there to celebrate your extended family than by spending time with them?

2. Go through a photo album with them

Dust off an old photo album and flip through it with your aunts and uncles. Find pictures of them — and your parents — as kids, and have them tell you the stories that go with them.

3. Make a family tree

Your aunts and uncles might have better insight into your family history than you; after all, they've been around longer. Asking them to help you flesh out a family tree will be fun, and educational.

Source: <https://nationaltoday.com/national-aunt-and-uncle-day/>

7 WAYS TO LOWER YOUR GAS AND ENERGY BILL—Here are some easy tips for paying less for utilities

Key takeaways

There are small changes you can make that will reduce your energy use without much effort.

Trying just a couple of these tips can save you hundreds every year.

With groceries, housing, and much more getting pricier lately, you might want to cut costs you have a little more control over. Read on for 7 easy tips for lowering your gas and electric bills.



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Request an energy audit

Shrinking your energy bill can feel like an uphill battle—who really knows whether their water heater, air conditioner, and other units are working harder than they should? That's why an energy audit is the first step forward to lowering your expenses.

An inspector can examine your entire home for possible pitfalls, such as air leaks, insufficient insulation, and inefficient appliances, and suggest fixes for them. If you implement these upgrades to your own home, or, if you're a renter, suggest these upgrades to your landlord and if they make the changes, you could save 5% to 30% on your bills.¹ That's thousands of dollars over the years.

Your energy provider might offer an energy audit for free or a discount. Or, you can go the DIY route using the US Department of Energy's [Energy saver guide](#).

Unplug "vampire" appliances

These household items suck up energy even when you're not using them—and can add up to \$200 to the average home's energy costs. So look around your home for anything that doesn't need to be plugged in all the time, such as cable/satellite boxes, coffee makers, and charging cables. Unplugging them—or leaving them plugged into a power strip that you can switch off—could put dollars back in your account every month.

Use less hot water

Water takes a lot of energy to heat. In fact, it accounts for about 18% of home energy use, on average. You don't have to take cold showers to save on hot water costs (but, hey, we won't stop you); just think about washing your clothes in cold water. Hotter water used to mean a cleaner wardrobe. Not anymore; most detergents today are designed for water temperatures around 65 degrees, the average temp of cold water taps. And your washing machine works just fine with cool water.

You could turn down the resting temperature of your water heater too. Most water heaters are preset at 140 degrees, 20 degrees above the the Department of Energy's recommendation..

Use a new dishwasher over washing dishes by hand

Most dishwashers, unfortunately, haven't gotten the cold water memo. Still, that's no reason to switch to handwashing. Manually cleaning your dishes can use up to 27 gallons of hot water per day on average; a newer dishwasher uses only 6 gallons per cycle. (Older dishwashers use about 16 gallons per load.) All that excess hot water can translate to big energy bills.

Don't run appliances unless they're full

Sometimes you just need a couple of items cleaned quickly. But most dishwashers, washing machines, and dryers use the same amount of energy regardless of how full they are. Although having your own washer/dryer is cheaper than popping quarters into a laundromat machine, you should treat each home load as though you're paying for it individually. This can help discourage you from pressing start before the machine is full.

Only heat or cool your home when you're there

Nearly half of the average utility bill goes towards heating and cooling, so turning off the heat or AC (or at least adjusting it to a less-comfortable temp) while you're out can make a big impact. If you have a newer, programmable thermostat, schedule it to your preferred temperatures only when you're likely to be home. If you have an older HVAC system, adjust the thermostat when you leave and return. Less comfortable temperatures when you just get back will make for a more comfortable energy bill later.

Change your air filters regularly

Air conditioners and furnaces have filters that keep dirt and dust out of your home's airflow. Clogged filters not only make your house dustier but also make running your appliances more expensive. Change your air filters every 60 to 90 days so everything chugs along as efficiently as possible.

You may not be able to use all of these ideas. Luckily, implementing just a couple of these tips could mean hundreds saved every year.

Source: <https://www.fidelity.com/learning-center/smart-money/how-to-lower-utilities>

JULY IS PICNIC MONTH

The sunny days of summer bring hot temperatures and outdoor gatherings. This also is a time of increased risk of food poisoning. So before you pack the picnic basket and cooler, remember these simple tips to ensure that unwanted bacteria won't have a place at your table.

Before You Head Out

- Bring moist towelettes or soap and water to clean your hands and surfaces often.
- Bring extra plates: one for handling raw foods and another for cooked foods to prevent cross-contamination.
- Pack food in a well-insulated cooler with plenty of ice or ice packs to keep temperature below 40 F.
- Keep raw meats, poultry, seafood, egg and ready-to-eat foods separate.
- Defrost meat, poultry and seafood in the refrigerator before packing them in a cooler and taking them to the grill.
- Don't leave food outside in hot weather (90 F or above) for more than one hour.
- Transport the cooler in the back seat of your air-conditioned car instead of in your hot trunk.

While There

- Cook your favorite foods to the right temperature by measuring the internal temperature using a food thermometer; cook hamburgers to at least 160 F and chicken breasts to 165 F.
- Remove from the cooler only the amount of raw meat that will fit on the grill.
- Never partially grill meat or poultry to finish cooking later.
- Melted ice is a sign that your food is no longer safe and you need to toss all leftovers.
- Don't leave food outside in hot weather (90 F or above) for more than one hour.

After the Fun is Done

At the end of the picnic or as soon as you return home, clean your cooler with water and a mild detergent and rinse thoroughly. Then be sure to wipe it completely dry before storing it.

If lingering odors are an issue, a quick wipe with a vanilla extract-soaked paper towel can freshen the cooler.

Finally, if your cooler has a drain plug, make sure it's open to prevent moisture from accumulating during storage.

Source: *Brittany Twiss, Dietetic Intern (former), NSDU Extension*



RED PEPPER BURSCHETTA

For an interesting swap from typical picnic fare, here's a tasty item you could prepare at home and pack in your cooler. Toast the bread on a grill right before spreading the tasty topping or wrap the toasted bread separately from the topping.

- | | |
|---|--|
| 1 bulb garlic | 2 tablespoons fresh basil, minced |
| 1 teaspoon olive oil (for roasting garlic) | 1 tablespoon lemon juice, fresh or bottled |
| 2 tablespoons olive oil (for recipe) | ½ teaspoon salt |
| 2 medium sweet red peppers, halved and seeded | ¼ teaspoon pepper |
| 3 tablespoons fresh parsley, minced | 1 loaf French bread (12 ounces) |

Heat oven to 425 F. Remove outer skin of garlic bulb (do not separate cloves). Brush with 1 teaspoon oil. Wrap in foil and bake 20 minutes until soft. Rinse peppers, remove seeds and cut in half. Place on baking sheet, skin side up. Place in oven under broiler (or on grill) until skins blister, about 10 minutes. Immediately place peppers in a paper bag and let stand for about 15 minutes. Peel and discard charred skin. Coarsely chop peppers. Cut top from garlic bulb, squeeze garlic out and chop finely. While garlic and peppers are cooking, prepare remaining ingredients. In a bowl, combine parsley, basil, lemon juice, salt, pepper and remaining oil. Add peppers and garlic; mix well. Cut bread in about 16 pieces, then broil or grill until toasted slightly. Top toasted bread with pepper mixture and serve immediately.

Source: NDSU Extension

ENJOY SOME GARDEN-FRESH VEGGIES!

Radishes add a zesty flavor, color and crunch to your menus. One medium-sized radish has only 1 calorie and provides some vitamin C. Radishes often are served cold on relish trays or sliced on salads. Try roasting radishes with these easy steps to discover their sweeter taste.



- Preheat oven to 450 F.
- Rinse radishes in cool, running water.
- Cut off both ends of the radishes, then slice in half and place in a bowl.
- Add a small amount of your favorite cooking oil (such as canola, sunflower or olive oil) to the bowl. You will need about 1 tablespoon per 2 cups of sliced radishes. Mix to coat the radishes lightly in oil.
- Spread the radishes on a cookie sheet, cut side down.
- Roast for about 10 minutes.
- Sprinkle lightly with salt if desired and serve immediately.

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

JULY IS NATIONAL PARK AND RECREATION MONTH



Indiana is celebrating national Park and Recreation Month this month by offering great outdoor places to play for people of all ages and capabilities throughout the state.

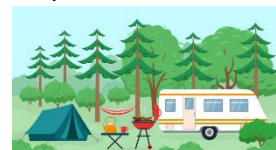
Hoosiers are invited to make their way to any state park to camp, hike, swim, fish, picnic, birdwatch and enjoy the outdoors. For a unique state park experience, take a swing at Fort Harrison's golf course, mountain bike at Brown County or Versailles, ride horses at one of our saddle barns, climb ladders on the trails at Turkey Run and Shades, or twist and turn down the waterslide at O'Bannon Woods.

Several out-of-the-ordinary events take place throughout July in Indiana's state parks and reservoirs, including "Dog Days" at Brown County and Raccoon State Recreation Area, a sand-sculpture

building contest at Indiana Dunes, tomahawk throwing at Monroe Lake, Gus Grissom Day at Spring Mill, Winter in July at Potato Creek, The Vietnam Experience re-enactment at Fort Harrison, panning for gold at Salamonie's summer day camp, and the annual reunion of Civilian Conservation Corps Company 556 at Pokagon.

Get more details of these and many other outdoor activities at www.interpretiveservices.IN.gov. To find out more about healthy ways to enjoy state parks and reservoirs, visit www.dnr.IN.gov/healthy.

Indiana's 24 state parks and nine reservoirs are managed by DNR's Division of State Parks and Reservoirs. The division's mission is to manage and interpret the properties' unique natural, wildlife, and cultural resources using the principles of multiple use and preservation, while sustaining the integrity of these resources for current



and

future generations. Learn more about Indiana's state parks and reservoirs at www.stateparks.IN.gov.

There are many city and county parks in Indiana where you can find great ways to spend time outside as well. Check with your local government for more information.

Each July since 1985, the United States has celebrated Park and Recreation Month. This year's theme is Celebrate, Advocate, Recreate! along with reminding local decision makers and the community of the exciting and vital role that parks and recreation play in the lives of Americans. To see information about the value of parks to communities, visit http://www.in.gov/dnr/parklake/files/sp-Parks_and_Recreation_Fact_Sheet_2010.pdf.

Park and Recreation Month is a program of the National Recreation and Park Association. For more information, go to www.nrpa.org/july.

Source: IN.gov, Department of Natural Resources

SKIN CANCER

According to one study, self-checks of skin may decrease mortality from melanoma by 63 percent because doctors do not routinely check for skin abnormalities.

Quick Quiz

1. True or false: In women, skin cancer often develops on the scalp, face, lips, ears, neck, chest, arms and legs.
2. True or false: Tanning beds increase the risk of developing skin cancer.
3. True or false: Vehicle windows do not block the sun's rays.

Answers: All are true statements.

What Is Skin Cancer?

Skin cancer is the uncontrolled growth of skin cells due to DNA damage. Basal cell and squamous cell carcinoma are the most common and highly curable types of skin cancer. A third type, melanoma, causes the most deaths.

How Common is Skin Cancer?

Skin cancer is the most common malignancy in the world. Factors such as skin type, previous history, tanning bed use, unprotected sun exposure, smoking and poor diet all contribute to increased risk. In 2020, 8,214 people (2,839 women and 5,375 men) in the U.S. died from melanomas of the skin. In the United States, 77,230 new cases of melanomas of the skin were reported in 2020.

What are some potential signs of skin cancer?

According to one study, self-checks of skin may decrease mortality from melanoma by 63 percent because doctors do not routinely check for skin abnormalities.

Do you have any spots on your skin that:	Yes	No
Have changed in color, size or texture?	<input type="checkbox"/>	<input type="checkbox"/>
Have irregular borders?	<input type="checkbox"/>	<input type="checkbox"/>
Are bigger than ¼ inch (pencil eraser)?	<input type="checkbox"/>	<input type="checkbox"/>
Appeared after age 21?	<input type="checkbox"/>	<input type="checkbox"/>
Appear pearly, translucent, tan, brown, black or multicolored?	<input type="checkbox"/>	<input type="checkbox"/>
Itch, hurt, crust over or scab, erode, bleed or haven't healed within three weeks?	<input type="checkbox"/>	<input type="checkbox"/>
Other risk factors	Yes	No
Have had a sunburn?	<input type="checkbox"/>	<input type="checkbox"/>
Have used tanning beds?	<input type="checkbox"/>	<input type="checkbox"/>

If you say “yes” to any of the above, let your health-care provider know.

How can I lower my risk?

Sunscreen is vital for helping prevent skin cancer. Check out the sun protection factor (SPF) on sunscreen bottles. Most sources recommend sunscreen with an SPF of 30 or higher. Sunscreens with a higher SPF offer more protection.

Be sure to apply plenty of sunscreen (about 1 ounce per application) and get help as needed to apply sunscreen to your back, for example. Reapply sunscreen every two hours or more often if you are swimming or perspiring.

When you purchase sunscreen, look for an expiration date. If it does not have an expiration date, label the bottle with the date of purchase and use within three years.

Follow these sun safety recommendations:

- Seek shade, especially during the midday hours from 10 a.m. to 4 p.m.
- Wear sunscreen even if you are under a protective umbrella or shady tree, or while driving in your car on a summer road trip.
- For best sun protection when outdoors, wear long-sleeved clothes and pants made from tightly woven fabric.
- Be sure to wear a wide-brimmed hat made from fabric with a tight weave to shade your eyes and protect your neck and ears.
- Wear high-quality sunglasses that protect your eyes from UV (ultraviolet)-A and UV-B rays. Exposure to UV rays is linked with macular degeneration, which is the leading cause of vision loss as we age. Cataracts (a clouding of the cornea) and skin cancer on the eyelids also are linked to unprotected exposure to sunlight.

Source: www.aq.ndsu.edu/healthwiseforwomen



DIVERSITY, EQUITY, INCLUSION AND BELONGING August 2024

Month-long observances:

- National Civility Month

Important February DE&I calendar dates:

- August 7 – Purple Heart Day
- August 9 – International Day of the World’s Indigenous People
- August 13 – Left-Handers Day
- August 17 – Marcus Garvey Day (Jamaican)
- August 19 – World Humanitarian Day
- August 21 – Senior Citizens Day
- August 26 – Women’s Equality Day
- August 26 – Krishna Janmashtami (Hindu)

JULY JOKES

1. Why did July break up with June? Because it couldn't handle the heat.
2. What's July's favorite music? Independent rock.
3. Why do we never play hide and seek with July? Because it's always in the summer!
4. What did the calendar say to July? "Hey, you're too hot to handle!"
5. What's July's favorite fruit? A sun-kissed orange.
6. What's July's favorite type of movie? Summer blockbusters!
7. Why did July get a ticket? For summer speeding.
8. Why doesn't July ever get cold? Because it has summer days.
9. What's July's favorite flower? The sunflower, of course.
10. Why is July so confident? It's always got sunny days ahead.

Source: <https://laughlore.com/july-jokes/>

