



In Touch, In Tune

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October, 2022

Dear Friends,

October has been full of activity for me as vacation gave me adventures to North Myrtle Beach, South Carolina with my husband and two nieces. We celebrate many family birthdays and anniversaries, and of course, we welcome fall.

As we celebrate fall, we also recognize Breast Cancer Awareness, Financial Planning, Cookie, Diabetes, Pizza and National Popcorn Popping month. I have included information to increase awareness of these October celebrations. Celebrate the causes that appeal to you and your family. Try a new recipe, activity, or take in information about these happenings.

Celebrate Fall Ya'!!!

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

DATES TO REMEMBER

- October 21—Get Walkin', 8:30-9:30am, Aurora Public Library
- 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



FIFTY-FIFTY

In Connecticut, there was a court case involving an 8-day clock, which the plaintiff claimed had been stolen. "You get the clock," said the judge. "But what do I get?" asked the defendant. "You get the 8 days."



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BREAST CANCER: THINGS YOU SHOULD KNOW



There are things you should know to understand what breast cancer is, know your chances for getting it, and how to find it early. Finding breast cancer early is critical because when it is found early, it is easier to treat. Read to learn more about the common symptoms of breast cancer and the best way many women find breast cancer early.

What is breast cancer? Breast cancer is the second most common cancer among women, after skin cancer. It is a disease in which cells in the breast grow out of control.

Cancer cells can also spread, or metastasize, to other parts of the body.

What symptoms should I look for? Some warning signs of breast cancer are:

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or shape of the breast.
- Pain in the breast

These symptoms can happen with other conditions that are not cancer. If you notice any of these symptoms, talk to your health care provider right away.

What can I do to find breast cancer early? Breast cancer screening involves checking a woman's breasts for cancer before there are signs or symptoms of the disease.

A mammogram is an X-ray picture of the breast. Doctors use a mammogram to look for early signs of breast cancer. The United States Preventive Services Task Force (USPSTF) recommends that most women who are at average risk and are 50 to 74 years old get one every 2 years. USPSTF recommendations state that women with a parent, sibling, or child with breast cancer are at a higher risk of screening in their 40s. Weighing the benefits and risks of screening is important when considering your screening options. If you're 40 to 49 years old, talk to your health care provider about when to start screening.

Are you concerned that you cannot afford to have a mammogram? Most health insurance plans cover the cost of screening mammograms. If you have a low income or do not have insurance, you may qualify for a free or low-cost mammogram through CDC's National Breast and Cervical Cancer Early Detection Program.

What can I do to lower my chance of getting breast cancer? One of the most important things you can do to lower your risk of breast cancer is to know your risk of breast cancer. Talk to your doctor about what that means for you.

Your doctor will consider factors that **cannot** be changed, like:

- Your personal history of breast problems.
- Your family's history of breast cancer.
- Your breast density (the amount of connective and fatty tissue in your breasts).
- Your age. Most breast cancers are found after age 50.
- Your menstrual and childbirth history. Your history of radiation treatment therapy to the chest of breasts.
- If you took the drug diethylstilbestrol (DES), which was given to some pregnant women in the United States between 1940 and 1971 to prevent miscarriage, you have a higher risk. Women whose mothers took DES while pregnant with them are also at higher risk.
- If you or close family members have known mutations (changes) in your breast cancer genes (BRCA1 or BRCA2). Women who have inherited these genetic changes are at higher risk of breast and ovarian cancer. You will only know if you have a mutation if you have had genetic testing. Even in the absence of having abnormal genes when tested, it is important to know your family history; we don't know all the genes that cause breast cancer.

Your doctor will also consider factors that **can** be changed, like any hormone replacement use.

Here are some things you can do to reduce your chance of getting breast cancer:

- Keep a healthy weight.
- Engage in regular physical activity.
- Don't drink alcohol, or limit alcoholic drinks to no more than one per day.

Source: CDC

OCTOBER IS NATIONAL FINANCIAL PLANNING MONTH: IMPROVE YOUR FINANCES BY TAKING THESE 6 STEPS



Celebrate National Financial Planning Month by reassessing your finances and making small changes that can improve your financial situation.

Many people struggle with financial matters, and if you do too, you're not alone. But the good news is that there are steps you can take to better your finances. October is National Financial Planning Month, and it's the perfect time to review your finances and take action for better financial success. These six steps may help you improve your finances.

1. **Check your spending and set a budget.** Take a look at your credit card and bank statements and tally up your spending. You may find that

you're overspending in some budget categories, and adjusting your spending can free up money for debt payoff or savings goals.

It's also a smart idea to take some time to create a budget. Setting and following a budget can help you avoid overspending each month. Budgeting doesn't have to be a struggle and even beginners can successfully set a budget.

2. **Reduce bills and expenses where possible.** You may be paying for unnecessary bills or expenses. Perhaps you're paying for a product or service that you're not using, or maybe you buy lunch every day but could instead pack some food most days and treat yourself to takeout once a week. As you examine your spending habits, see if you can find areas to cut back. Even small changes can add up over time.
3. **Put a stop to paying silly fees.** Fees add up, and they eat into your hard-earned money -- whether it's bank service fees, ATM fees, overdraft fees, or late fees. Now is the time to see if you can reduce or even eliminate them.

Here are some ways you might be able to cut down on these pesky fees:

- Open an account with a bank that reimburses ATM fees
- Use a **bank that doesn't charge overdraft fees**
- Switch to a free checking account
- Schedule bills in advance at the start of every month

Taking advantage of banking and bill pay options that don't hit you with frequent charges can allow you to wave goodbye to these silly fees for good. And that could free up a little more of your hard-earned cash.

4. **Prioritize debt payoff.** If you have a lot of debt, it may feel impossible to get ahead financially. The longer debt accumulates, the bigger it will get, and interest charges can add up fast. If you're in debt, we recommend prioritizing debt payoff.
5. **Set up automatic savings.** Many households have no emergency fund. If you don't have emergency savings, going through a challenging life situation can be even more stressful. And you may have to use a credit card to pay for unexpected expenses, which could result in more debt. Try to start an emergency fund and contribute a bit each month. Even a few dollars can help get you started. For example, setting aside \$25 per week will add up over time. That's \$1,300 saved after a year. Maybe you can afford a little less or a little more. Either way, it will accumulate. It's also a good idea to open a separate **savings account** to store your emergency savings so you're less likely to touch it, and so you know exactly what those funds are for. Setting up automatic savings is also a good bet. When you **automate savings**, there's no forgetting, and it's harder to make excuses. You can automate an amount you choose to come out of your bank account each week or month and go right into your savings account.
6. **Review your insurance policies.** Whether you have a rental, vehicle, or home insurance policies, review them often. You may need to make adjustments to your coverage if you've experienced life changes -- and to make sure you're not overpaying.

Take a good look at your **deductibles** too. (A deductible is the amount the policyholder pays before insurance kicks in.) Depending on your financial situation, it may make sense to lower or raise your deductible amount. Having the right coverage can help policyholders avoid financial stress when it comes time to file a claim.

Also compare rates and make sure you're paying a fair rate for your policies. Not all insurance companies price their policies the same way, and average insurance rates can change over time. If you're a homeowner looking to compare insurance rates, check out our list of the **best cheap home insurance** options. As the weather begins to get cooler and fall sets in, consider celebrating National Financial Planning Month by reassessing your finances. Taking the time to make a few small changes now may improve your finances over time -- and that's a good thing for you and your wallet.



OCTOBER IS NATIONAL DIABETES MONTH

Can you identify non-starchy vegetables? Hopefully, you can after reading this from the American Diabetes Association.

NON-STARCHY VEGETABLES

Eat more! You don't often hear that when you have diabetes, but non-starchy vegetables are one food group where you can satisfy your appetite.

Vegetables are full of vitamins, minerals, fiber and phytochemicals—and with so few calories and carbohydrate, everyone can enjoy more!

There are two main types of vegetables—starchy and non-starchy. For this section, we are going to focus only on the non-starchy vegetables.

Choosing non-starchy vegetables

Choose fresh, frozen and canned vegetables and vegetable juices without added sodium, fat or sugar.

- If using canned or frozen vegetables, look for ones that say no salt added on the label.
- As a general rule, frozen or canned vegetables in sauces are higher in both fat and sodium.
- If using canned vegetables with sodium, drain the vegetables and rinse with water to decrease how much sodium is left on the vegetables.

For good health, try to eat at least three to five servings of vegetables a day. This is a minimum and more is better! A serving of vegetables is: ½ cup of cooked vegetables; 1 cup of raw vegetables.

Common non-starchy vegetables

The following is a list of common non-starchy vegetables.

- Amaranth or Chinese spinach
- Artichoke
- Artichoke hearts
- Asparagus
- Baby corn
- Bamboo shoots
- Beans (green, wax, Italian)
- Bean sprouts
- Beets
- Brussels sprouts
- Broccoli
- Cabbage (green, bok choy, Chinese)
- Carrots
- Cauliflower
- Celery
- Chayote
- Cucumber
- Daikon
- Eggplant
- Greens (collard, kale, mustard, turnip)
- Hearts of palm
- Jicama
- Kohlrabi
- Leeks
- Mushrooms
- Okra
- Onions
- Pea pods
- Peppers
- Radishes
- Rutabaga
- Salad greens (chicory, endive, escarole, lettuce, romaine, spinach, arugula, radicchio, watercress)
- Sprouts
- Squash (cushaw, summer, crookneck, spaghetti, zucchini)
- Sugar snap peas
- Swiss chard
- Tomato
- Turnips
- Water chestnuts
- Yard-long beans

Source: American Diabetes Association

SWEET POTATO AND OATMEAL CHOCOLATE CHIP COOKIE BARS

Servings: 18

2 sweet potatoes, peeled, cooked and mashed
¾ cup sugar
¼ cup vegetable oil
¼ cup low-fat or fat-free plain yogurt
1 large egg, beaten
¾ cup all-purpose flour
¾ cup whole wheat flour

1 ¼ cups dry oatmeal
1 teaspoon baking soda
1 teaspoon ground cinnamon
½ teaspoon ground nutmeg
1 cup semi sweet mini chocolate chips
or regular size chocolate chips
cooking oil spray

Preheat oven to 350 degree F. Place sweet potato and sugar in large mixing bowl; mash until smooth. Add oil, yogurt, and egg, mix thoroughly. Mix flours, oats, baking soda, and spices in a medium-size bowl. Add dry ingredients to sweet potato mixture and stir just enough to combine. Add chocolate chips and stir to mix. Spray 13x9x2 baking pan with cooking oil spray. Pour batter into pan. Bake for 25-30 minutes or until lightly brown. Remove from oven and let cool in pan for 8-10 minutes. Cut into 18 bars.

Tip: Substitute a 15 ounce can of drained, canned sweet potatoes for fresh sweet potatoes. Do not use canned, candied sweet potatoes.

Source: *University of Maryland Extension*



NATIONAL NUT DAY OCTOBER 22

It was created by Liberation Foods Company to encourage the public to choose healthier snack options. This is your day for nutty fun!

History Of National Nut Day

National Nut Day was created by Liberation Foods Company as a way to do the right thing by the collectives of small nut farmers around the world. It was important to the company to stress to the public that their nuts were not only sustainably-grown, but that the company was committed to giving their nut farmers a fair minimum wage for their labor and their crops. Farmers growing Brazil nuts, peanuts and cashews from Malawi, Brazil, India, El Salvador and other Third World countries came together to form a Fair Trade collective under Liberation Foods' umbrella.

National Nut Day appeared in 2015 on Liberation Foods website. Although the company is based in the United Kingdom, this holiday has spread far and wide, especially in the United States. The day is devoted to all things nuts-related including recipes and cooking tips. Many African countries infuse their daily meals with peanuts on a regular basis in stews and soups.

According to the Nutcracker Museum, nuts were a regular part of the human diet from as far back as almost 800,000 years ago! Early man used "nutting tools" to crack stones. Pecan remains from 6100 B.C. were discovered in a Texas cave. Early Europeans ate pistachios while Greeks and Romans believed that walnuts were a gift from the gods.

Eventually, the English sailed the Mediterranean with walnuts onboard ships. The nuts were used for trading. By the 18th century, walnuts arrived in the New World, specifically, California, when the Franciscan monks set foot on these new shores.

So, no matter what you eat today; include a healthy helping of nuts. They have lots of health benefits and they make you happy. That's important to remember on National Nut Day!

NATIONAL NUT DAY TIMELINE

1890

Peanuts and Orthodontia

A St. Louis doctor discovered that he could help his orthodontia patients by using peanut butter.

Late 1800s

Macadamia nuts leave Australia for Hawaii

Although we associate macadamia nuts with Hawaii, they were originally grown in Queensland, Australia and are eventually brought to Hawaii.

1900

There's a big demand for peanut products in the U.S.

When there's an explosion of demand for peanut oil, peanut butter and roasted, salted peanuts, they are no longer seen as a nut only good enough to be eaten by the poor.

1916

Planter's Peanuts launches a logo contest

The basic drawing for Mr. Peanut is created by a 13-year-old boy, who wins \$5.00.



National Nut Day By Numbers

- 10,000BC – The year walnuts can be traced back to, making them the oldest tree food.
- \$800 million – The amount Americans spend each year on peanut butter.
- 1919 – The year Texas adopted the pecan tree as its state tree.
- 2 years – How long almonds can be refrigerated for.
- 20% – One serving of chestnuts provides 20% of your daily vitamin c requirements.
- 1 – One serving of Walnuts supplies 100% of your daily Omega-3 requirements
- 40% – Chocolate companies buy 40% of the world's almond supply.
- 4 in 10 – The number of Americans that eat nuts.

National Nut Day Activities

1. Make your favorite nut butter—Store bought nut butter is so 2000 and late. Grab your favorite nut, toss them in a food processor, and add some sweetener (if desired) and voila! Grab a knife to spread the goodness, or eat it by the spoonful.
2. Leave your coworkers a nutty treat—Want to brighten up someone's day at work? Buy a family-size container of mixed nuts at your local market and make snack-sized goodie bags for your coworkers. It's an inexpensive treat many will go nuts for. (Just make sure no one has peanut allergies!)
3. Add them to your meal—Try grabbing a handful of your favorite nut and adding them to your breakfast oatmeal, lunch chicken salad, or that veggie stir-fry you're making for dinner. The added protein will make your stomach (and muscles) happy.

Why We Love National Nut Day

1. Nuts come in different shapes and sizes—No matter what your preference is, there's a vast variety of these delicious snacks to suit your taste buds. Nuts also come in all shapes and sizes, from teardrop-shaped almonds to the wrinkly walnuts. Taste your choice!
2. Nuts are delicious and nutritious—They are creamy and dreamy when consumed and they also deliver a punch of nutrition. Almonds are rich in protein, calcium and vitamin E, while all nuts provide large amounts of healthy monounsaturated and polyunsaturated fats. That's so much good stuff for your body!
3. Nuts make the perfect snack—We all get hungry, but it's always easy to make time for a full meal. What do we do in situations like these? NUTS TO THE RESCUE! We can grab a handful of nuts for a guiltless snack that keep our tummies happy in the short-term.

Source: *National Today*

OCTOBER IS NATIONAL PIZZA MONTH

Make your own handmade pizza to celebrate. Will you include non-starchy vegetables?

Do you recall your first experience with pizza?

The first time I tried pizza, at about age 5, I was not sold on it. In fact, I couldn't imagine why anyone wanted to eat it on a regular basis.



I was enticed by TV ads that said pizza made from the kit being advertised was “scrumptious.” I wasn’t exactly sure what that word meant, but I figured that meant it was pretty good.

Making a pizza at home supposedly was easier than going out for pizza. The nearest pizza restaurant was about an hour away from my home, so making a pizza at home definitely was easier than a two-hour round trip. I wasn’t a child during the time of covered wagons or Model T’s, by the way.

I asked my mom to buy a pizza kit and she agreed. I eagerly opened the pizza kit box at home. It contained a crust mix, a can of tomato sauce, an envelope of spices and a packet of Parmesan cheese.

We made it just as the package directed, and I helped mix the crust, which had a nice yeasty aroma. I spread the can of sauce on the crust. We didn’t add any “optional ingredients” such as mozzarella cheese or other toppings.

Imagine a pizza without stringy cheese, just a lot of tomato sauce on a soggy crust with a sprinkle of oregano, basil and Parmesan cheese. I ate a piece and didn’t ask for another pizza kit. However, later I changed my mind about pizza.

Now I live fairly close to several restaurants that serve pizza. Plus, making personalized homemade pizzas with a buffet of toppings is our family’s New Year’s Eve tradition. I always have plenty of mozzarella cheese and lots of veggies and protein options, not just sauce and herbs.

October is designated as National Pizza Month, but for many families, every month is pizza month. According to a website that collects pizza statistics (<http://pizza.com>), we munch our way through 3 billion pizzas every year in the U.S. In fact, 94 percent of households have pizza at least once a month. This equates to 45 slices of pizza for every person in the U.S. every year.

In the next months, we are approaching a few of the biggest pizza-eating times of the year: Halloween, the evening before Thanksgiving and New Year’s Day. We have many options to create our own pizzas at home, including premade crusts and freezer cases full of all sorts of pizzas.

Pizza sometimes is viewed as unhealthy or even as “junk food,” but well-chosen toppings can “make your pizza a healthful menu option. Pizza can vary greatly in the number of calories per slice, depending on the toppings chosen and type of crust, so ask if your favorite restaurant provides nutrition information online or at the store.

Try creating personalized pizzas with each of the food groups represented and a range of topping choices. Here are some steps to making a pizza at home:

- Start with a whole-grain crust. We are advised to make half of our grain choices whole grains to get the benefits of fiber and a range of vitamins and minerals.
- Add a sauce. Tomato-based pizza sauce is an obvious choice, but we have many other options. Spread the crust lightly with hummus (seasoned chickpea dip), barbecue sauce, Alfredo sauce, Asian peanut sauce, salsa or pesto (made up of basil, olive oil and other ingredients) for a flavor change.
- Add some veggies, such as diced onion; sliced mushrooms; spinach leaves; diced red, yellow and green peppers; shredded carrots; diced tomatoes; or artichoke hearts.
- Try some fruit on your pizza. Add some sweetness with thinly sliced apples or pears or chunks of pineapple.
- Add some protein, such as sliced grilled chicken, black or white beans, shredded pork, cooked and drained ground beef or Italian sausage, shrimp or your other favorites.
- Don’t forget the cheese. Besides mozzarella and cheddar, consider adding some other flavorful cheeses, such as a little feta or Swiss cheese. You might want to sprinkle on some Parmesan, too.

Be sure to bake pizza in a hot oven at 450 F or above. Go light on the sauce to avoid a soggy crust. Adjust your baking time, depending on the number of toppings. Consider baking your pizza on a grill to impart a smoky, grilled flavor.

Here’s a pizza crust recipe to inspire your creative choice of toppings.

WHOLE-WHEAT PIZZA CRUST

2 tsp. active dry yeast
3/4 c. warm water (105 to 115 F)
1 c. whole-wheat flour
3/4 c. bread flour (For best results, use part bread flour and part whole-wheat flour.)
1/2 tsp. salt
1 Tbsp. olive oil

In a medium bowl, dissolve yeast in water. Stir in both types of flour and salt. Add oil and mix. Turn out on a floured surface and knead about five minutes or until smooth and elastic. Place dough in a greased bowl, turning dough to coat the

top. Cover and let rise in a warm place about one hour, until doubled in size. Punch down and let rest 10 minutes. On a floured surface, roll dough into a large rectangle for a thin-crust pizza or to fit a 12- or 14-inch pizza pan for a thicker crust. Place on a baking sheet or pizza pan sprinkled with cornmeal. Pinch edges to form a lip. Top with your favorite sauce, veggies, meat and cheese. Drizzle with olive oil. Bake in a preheated 450 F oven for about 15 minutes. The baking time will vary, depending on the thickness of the crust and the toppings.

Source: Julie Garden-Robinson, Food and Nutrition Specialist, NDSU Extension Service

OCTOBER IS NATIONAL POPCORN POPPING MONTH

Take advantage of this healthy, inexpensive and easy on-the-go snack.



In 1999, October was officially recognized by the United States Department of Agriculture as the national popcorn popping month. This [whole grain](#) makes for a great low-calorie snack, depending on how it is prepared. For those families on the go, this easy whole grain food can be at the ready in the car or for that post game energy boost. For those families asked to bring a snack for the team or classroom, this inexpensive snack can be air popped the night before, packaged up and handed out without much fuss. For under \$5.00, enough air-popped or [stove-popped popcorn](#) and brown paper lunch sacks can be purchased for multiple snack duties.

Air-popped popcorn has approximately 30 calories per cup and oil-popped popcorn has approximately 55 calories per cup. Popcorn has a serving size of three cups. There are 3 grams of fiber, 3 grams of protein and 15 grams of carbohydrates in a three-cup serving of popcorn.

Popcorn starts out being a healthy snack, but when some extras are added, it becomes a snack to avoid. Salt and butter are not the only items that can be added to popcorn. Try this [recipe](#) with poppy seeds and lemon zest. Plain, air-popped popcorn can be dressed up with [healthier ingredients](#). A light spray of olive oil with a sprinkle of chili powder, Parmesan cheese or sea salt can add additional flavors. Try adding air-popped popcorn to dried fruit or nuts. For additional [recipes](#), [visit the popcorn board website](#).

Popcorn should be [stored](#) in an air tight container to keep it fresh and with the appropriate moisture content needed for popping. Refrigeration is not necessary and may cause the popcorn to dry out if left there long enough. Popcorn kernels can be purchased at most grocery stores or from a [farmer growing popcorn](#).

Source: MSU Extension

MONTH LONG AND DIVERSITY & INCLUSION OBSERVANCE DATES OCTOBER 2022

Month-long observances:

- Bullying Prevention Month
- Domestic Violence Awareness Month
- Global Diversity Awareness Month
- National Disability Employment Awareness Month
- Breast Cancer Awareness Month
- National Polish American Heritage Month
- Down Syndrome Awareness Month
- Filipino-American Heritage Month
- Italian-American Heritage Month

Important D&I calendar dates:

- October 10—World Mental Health Day (People with Disabilities)
- October 10—Indigenous Peoples' Day (United States)
- October 11—National Native American Day
- October 14—Defender of Ukraine Day
- October 21—Spirit Day (LGBTQ+)
- October 24—Diwali (Hindu)