

APRIL 2025

[www.extension.purdue.edu/County/Cass](http://www.extension.purdue.edu/County/Cass)  
CassCES@purdue.edu

# CASS COUNTY EXPRESS

## THE OFFICIAL NEWSLETTER FOR PURDUE EXTENSION - CASS COUNTY

Happy Spring from the Cass County Extension Office! We are looking forward to some Spring weather as we continue to support our community by fostering growth, knowledge, and resilience.

### UPDATE FROM THE COUNTY EXTENSION DIRECTOR

2025 is moving fast, and so is the Cass County Extension office! With the change of seasons comes new programming, new opportunities and new goals! Some excitement this Spring includes Purdue Extension's presence in the classrooms through the Chick embryology programs, where 4-H Educator Claire Crum brought chicken eggs and incubators for classrooms to hatch, HHS Educator Kailey Dockerty presented Colon Cancer prevention information for National Colon Cancer Awareness Month and our Community Wellness Coordinator Krista Pullen has played an important role in the new Logansport Farmer's Market, as well as sharing education at Earth Day at Riverside Park!

Other updates from Purdue Extension include the new members of our Extension Board! We are glad to welcome three new members who were elected at the February Extension Board meeting. Tami McMahon, Stephanie Helton and Serenity Alter joined the board to offer their knowledge and advice to Purdue Extension in Cass County. The updated list of Board Members is below.

#### 2025 Extension Board Members:

Mike Englert

Kristen Williamson

Stephanie Fultz

Leah Walthery

Jacob Fisher

Andrea Troxell

Serenity Alter

Stephanie Helton

Tami McMahon

Interested in joining the Extension Board in 2026? Learn more at our website!

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## AGRICULTURE AND NATURAL RESOURCES

We are excited to share that the job posting has been shared for the Agriculture and Natural Resources/Community Development Educator position in Cass County! Purdue is hopeful to find an excellent candidate to hire this Spring.

There are still seeds available for free in the Cass County Extension office. Come in anytime between 8:00am-4:00pm Monday-Friday to pick them up and start on your garden, while supplies last!



## NUTRITION EDUCATION PROGRAM

This summer, I'm excited to bring the *Learn, Grow, Eat & Go!* curriculum to our local daycares! It's a hands-on program that blends gardening, nutrition and physical activity into a fun learning adventure for kids. Throughout the summer, I'll be teaching where our food comes from, how it grows, and why healthy choices matter. One of my favorite parts of the program is teaching kids about nutrition in a way that's fun, colorful, and easy to understand. We'll be exploring fruits and vegetables up close—learning how they grow, what they do for our bodies, and even how to prepare some simple, healthy snacks. The best part? They get to taste everything! Watching a child discover they *actually like* bell peppers or cherry tomatoes is always a highlight. months. -Rachel Taylor, NEPA

## COMMUNITY WELLNESS COORDINATOR

Spring has finally arrived! Many of us are itching to get into the garden, but dreading that tedious lawn work. I find it rewarding to grow my own fruit and vegetables and look forward to deciding what I am going to plant. I'm leading a new initiative that focuses on developing leaders involved in food system work. The group has been going through leadership topics when meeting each month and will soon decide on a project that will enhance the food system in our region. This program is especially important for our region as we don't belong to some of the larger food councils throughout the state.

Krista Pullen, CWC



Extension - Cass County

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America Saves Week is April 7-11, 2025. In this newsletter we want to highlight some tips for building an emergency fund.

## Steps to Begin and Build Your Emergency Fund

Aesop famously said to “save for a rainy day.” Co-called “rainy days,” or times when we need money to handle a given situation, are inevitable. Even though the unexpected can and will happen, 27% of U.S. adults have no emergency savings (Bankrate, 2024). Saving for emergencies and unplanned expenses is critical to one’s financial health. If you need to start your emergency fund, or want to save more aggressively, consider these steps from America Saves to increase your financial safety.

**1. Think of your emergency fund as a tool of freedom.** Having money reserved for emergencies greatly reduces the stress and hardship that comes with life’s unplanned events. Using an emergency fund allows you to avoid taking on debt for emergencies or having to scramble your finances to make ends meet.

**2. Start small but think big.** Big goals are great but can feel overwhelming if focusing only on the long-term outcome. Start with smaller savings goals that can be achieved earlier. That will give you feelings of success, and that success build momentum. Even dedicating \$5 or \$10 to a dedicated savings account adds up and build confidence. Make it even easier by setting up automatic transfers to your savings. No matter what, *always* set some money aside for future needs.

**3. Focus on your needs without eliminating joy.** Saving for emergencies doesn’t mean giving up life’s pleasures. Finding balance is key. Think about what small expenses can be removed without feeling deprived. How many streaming subscriptions do you have at this moment? Pause or cancel the things you don’t use. Bring your meals to work or school instead of stopping along the way. These small swaps add up big time.

**4. Find the right savings account for you.** It may be best to keep your emergency fund in a separate account that is inaccessible. Or you may do best with a separate but easily accessible account. Explore banking options with various banks and credit unions.

**5. Celebrate your accomplishments.** No matter how small or big, every milestone should be celebrated. Did you manage to not dip into savings for the first time? Maybe you finally reached \$100 toward a savings goal. These moments of reflection and success help keep your motivation and discipline to continue saving.

Remember—saving for emergencies is meant to give you peace of mind and financial freedom. Do not let perfect get in the way of good—any savings is always better than none.

*-Kailey Dockerty, Health & Human Sciences Educator*

This article was adapted from an America Saves Week Blog Post Titled “5 Steps to Start and Grow Your Financial Safety Net.”

# CASS COUNTY 4-H NEWS

## 4-H CAMPS & TRIPS

There are numerous Camps and Trips available to 4-Hers of all ages this Summer!

4-H Camp: 3rd-6th grade, June 4th-6th

4-H Academy: 9th-12th Grade, June 11-13

4-H Round-Up: 7th-8th grade, June 23rd-25th

4-H Mini Day Camp: Mini 4-Hers, June 20th

To learn more about 4-H Camps and Trips, contact Claire Crum at the Cass County Extension Office.



## JUNIOR LEADERS STOCK THE TRAILER

Cass County Junior Leaders are actively collecting monetary donations and non-perishable food donations for the Stock the Trailer Food Drive. Sponsored by Farm Credit Mid-America, the donations will be used to purchase items to donate to Cass County food pantries, and can help Cass County win the regional competition and up to \$5,000.00. Donations will be collected through fair week!

FIGHT THE **HUNGER**

STOCK THE **TRAILER**

**Cass County 4-H Junior Leader Food Drive. Money collected will go towards buying food for Cass County food pantries**

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MID-AMERICA

 **RURAL 1<sup>st</sup>**  
Closer to What Matters

## IMPORTANT DATES



**4-H Camp Applications Due on April 30th**

**All livestock show dates and project judging dates are available on the website!**

**The May 4-H Leader's Meeting will be May 15th at 6:00pm**

**The June 4-H Council Meeting will be June 16th at the Fairgrounds**

## QLC TRAINING

All livestock showman (excluding llama/ alpaca and horses) must complete a QLC training or YQCA training to be able to show livestock.

Quality Livestock Care (QLC) Training an in-person training offered for free in Cass County. Youth for the Quality Care of Animals (YQCA) training is available online for \$12.

- April 23rd at the Fairgrounds
- May 10th at the Fairgrounds
- May 14th at Lewis Cass HS
- May 21st at Lewis Cass HS

**INDIANA QUALITY LIVESTOCK CARE TRAINING**

Training Dates for Cass County

Register for QLC Trainings through 4-H Online Events

**Caston High School**  
April 9th 7:30am in the Ag room

**Lewis Cass High School**  
May 10th 8:00am during Mentor Period  
May 21st 9:00am in the Ag Room

**Pioneer High School**  
April 7th 6:00pm in the Ag Room

**Cass County Fairgrounds**  
April 23rd 6:30pm  
May 10th 9:30am

**What is QLC?**  
The Indiana 4-H Quality Livestock Care (QLC) program is a comprehensive training REQUIREMENT for all 4-H youth participating in beef, dairy, goats, poultry, rabbits, sheep, and swine. This is also a county and state requirement. Failure to complete this training will result in youth unable to exhibit their animals at the county and/or state fair.

QLC in Cass County is free, thanks to the support of the Cass County 4-H Association.

Contact Purdue Extension Cass County at [cass@purdue.edu](mailto:cass@purdue.edu) or 764-751-7750

## 4-H LIVESTOCK TAGGING DATES

Tagging Dates for livestock are available below. Poultry Blood testing will be announced in the Spring.

**CASS COUNTY 4-H 2025 TAGGING DATES**



Goats: May 2nd, 5:00-7:00pm  
Sheep: May 10th, 7:00-9:00am  
Dairy Cattle: April 19th, 9:00m-12:00pm  
Beef Cattle: April 19th, 9:00m-12:00pm & April 23rd 4:00-6:00pm