

Extension Edge

Happy New Year

An educational publication of Purdue Extension — DeKalb County



Extension - DeKalb County

January/February 2025

Plan Your Garden

John Woodmansee- Purdue Extension ANR Educator, Whitley County

Spring may seem a long way off, but if you are excited for spring gardening, why not start planning now? Serious gardeners have been formulating their plans all winter long. Whether you fancy yourself growing vegetables or flowers, here are a few tips to get you started.

First of all, if you have never done a soil test on your garden plot, do one this year. Many people guess the type of fertilizers and amendments their vegetables or flowers need, when you could do a little more fine-tuning using the recommendations of a soil test. You'll learn the pH of your soil (acidity or alkalinity), and what your primary nutrient levels are. Most garden plants like a pH range of about 6.0 to 7.0, or slightly acid. 7.0 is neutral.

Second, you need to decide what to

grow. If you are planning a vegetable garden, this starts with the vegetables you and your family like to eat. Then, you may consider things such as the size of the garden plot and how much time you and your family members are willing to commit to this project. You may want to start small, experience success, then work up.

There are several options available when purchasing vegetable seeds. Start with your local box stores and nurseries and explore local seed swaps or seed exchanges (many libraries have this as an option). You can also search through reputable seed company websites and catalogs such as Burpee, Johnny Seeds, Baker Creek, etc. Start with your local stores this year, explore some smaller companies, and look for seed swaps or seed exchanges.

Your garden location should be in full

sun or nearly full sun, well-drained, with a water source nearby. Avoid locations near walnut trees, as walnuts produce a substance called "juglone" that causes many garden plants to wilt and die.

Using the plants you wish to grow, prepare a garden layout on paper. Taller vegetable plants should be positioned toward the north of the garden to prevent shading. Perennial plants, like asparagus, should be in an area best suited to growing that crop year after year. Additionally, group cool season crops together, and consider subsequent plantings of warmer season crops. Some early harvested warm season crops can be followed by a late summer planting of cool season crops for fall harvest. Also consider staggered planting dates to spread out harvest. Consult Purdue Extension publications for suggested

Continued to page 2

In This Issue

Master Gardener Training.....	2	4-H Enrollment.....	7	Air Rifle & Archery.....	10
Small Ruminant Workshop.....	3	4-H Important Dates.....	7	Teen Leadership	11
Leaving a Legacy	3	Mini 4-H.....	8	4-H Scholarship	12
USDA & FDA Food Labeling	4	4-H Summer Counselors.....	9	Recharging Patience	14
Women in AG	5	Woodworking Workshop	9	When Income Drops	19
ANR Important Dates	5	Canvas Painting	9	Homemakers Important Dates.....	20
Master Cattleman Program	6	4-H QLC Training	10	Homemakers Scholarships.....	21

Agriculture & Natural Resources

Continued from page 1

planting dates and plant spacings.

When planning flower plantings, consider successive bloom times. If the bed is only visible from one side (e.g. it's against a structure), position taller flowers toward the back of the bed. If the bed is visible all around (an "island" in your landscape), put taller plants in the center. Also consider color – what colors do you like best, and what colors "go together" in your mind? Clustered plantings of flowers tend to make a better impression than single or sparse plantings. Foliage texture can also add interesting features, especially in shady areas where many showy flowers may not perform well.

When weather warms up, make sure your soil is dry enough to work into a granular soil structure. If you work the soil too wet, it will tend to slab over, compact, and provide an environment unfriendly to roots. Also consider minimum-till or no-till options.

If you plan to plant frost-tender plants, wait until the danger of the last frost is past. This is usually around Mother's Day in northern Indiana, but can be

earlier or later depending on the year. Recent weather data from the Indiana State Climate Office states that the average date of the last 32-degree frost in Whitley County is April 22-28. Remember – an average date is not a guarantee. This is Indiana, after all.

During the growing season, we begin to deal with weeds, insect pests and plant diseases. This is the period of time many tend to lose enthusiasm for gardening. Contact the Purdue Extension office about pests you don't understand. Purdue plant doctor apps (tomato, annual, perennial) may also

prove useful. Stay vigilant and you will reap a harvest soon.

Lastly, Purdue Extension has resources to help you. Search for publications on the types of plants you plan to raise at Purdue Extension's Education Store, at www.edustore.purdue.edu. For vegetable gardens, start with HO-32-W, "Home Gardener's Guide." For flower growers, find "Growing Annual Flowers," and "Growing Perennial Flowers." Find Indiana State Climate office information at: <https://ag.purdue.edu/indiana-state-climate/>.



AG WOMEN 
ENGAGE
CONFERENCE
February 13, 2025
Grand Wayne Convention Center - Fort Wayne, IN
Conference website: <https://purdue.link/AWE25>


 **PURDUE** UNIVERSITY
Extension
Women in Agriculture


Purdue University is an equal opportunity/affirmative action institution.

STEBEN & DEKALB

**MASTER
GARDENER
INTERN
TRAINING**

MONDAYS & WEDNESDAYS
FEBRUARY 24 - APRIL 14

 **PURDUE** UNIVERSITY
Extension



Give the Gift of Education this coming year!

Following are great programs coming up in 2025 that you could share with loved ones this holiday season (flyers with more detail are on subsequent pages)

Master Cattleman Program Thursdays, January 9 to March 20, 2025

6-9 PM, 157 N Main St, Nappanee, IN 46550, \$200/person (additional attendees from farm are \$100/person) *50% off if you are an IBCA Member* To Register: https://purdue.ca.l.qualtrics.com/jfe/form/SV_07BCgEI3GG5lwya

Cut-Flower Annie's Project, Mondays, January 20-February 24, 2025

6-9 PM, Locations across the state or

Virtually \$65 per person. To Register: <https://cvent.me/xbkgdZ>

Leaving a Lasting Legacy for Midwestern Farm Women: A Succession Planning Series, Tuesdays, January 21st & 28th, February 4th & 11th

6-9 PM, Locations across the state or Virtually In-Person Cost: Before January 13th, the fee is \$60, On or after January 13th, the fee is \$75, Virtual Cost: \$75 virtual participation. For More Information and To Register: <https://ag.purdue.edu/departments/extension/wia/leaving-a-lasting-legacy.html>

Ag Women Engage Conference, February 13, 2025 8:30 AM-3:30 PM

(Preconference on February 12)
Grand Wayne Convention Center,
Fort Wayne, IN. Early Bird Price: \$125.
For More Information: <https://purdue.link/AWE25>

DeKalb & Steuben County Master Gardener Intern Training Monday/Wednesdays, February 24-April 14, 2025

5:30-8:30 PM, Mondays: DeKalb County Extension Office
215 E 9th Street, Auburn, IN
Wednesdays: Steuben County Extension Office
317 S Wayne Street, Angola, IN, \$150/person. For More Information: <https://extension.purdue.edu/county/dekalb/index.html>



PURDUE UNIVERSITY
Extension

SAVE THE *date*

4.19.2025
SMALL RUMINANT WORKSHOP DAY
DEKALB COUNTY FAIRGROUNDS ~ AUBURN, IN



K-STATE
Research and Extension

NEBRASKA EXTENSION

PURDUE UNIVERSITY
Extension

LEAVING A LASTING LEGACY FOR MIDWESTERN FARM WOMEN

A Succession Planning Series
In-Person Sites Across 3 States

6-9 p.m. ET
2025

1.21.25 MOTIVATION FOR SUCCESSION PLANNING	1.28.25 COMMUNICATING ABOUT ESTATE & TRANSITION PLANNING	2.4.25 FINANCIAL ASPECTS OF ESTATE & TRANSFER PLANS	2.11.25 LEGAL: PUTTING YOUR PLAN IN PLACE
--	--	---	---

Columbia City, IN

Purdue Extension office, Whitley Co.
524 Branch Court

purdue.link/Legacy

This material is based upon work supported by
USDA/NIFA under Award Number 2023-70027-40444

USDA National Institute of Food and Agriculture
U.S. DEPARTMENT OF AGRICULTURE

NEBRASKA EXTENSION
SCHOOL OF MANAGEMENT
EDUCATION

USDA & FDA Seek Food Date Labeling Clarity, Transparency and Cost Savings

WASHINGTON — The U.S. Food and Drug Administration (FDA) and the U.S. Department of Agriculture (USDA) are announcing a joint Request for Information (RFI) about food date labeling, which includes the usage of terms such as “Sell By,” “Use By” and “Best By.” The RFI seeks information on industry practices and preferences for date labeling, research results on consumer perceptions of date labeling, and any impact date labeling may have on food waste and grocery costs. For example, questions in the RFI include which products contain date labels and what criteria are used to decide what phrase to use and what date to include. The RFI also asks questions about how consumers interpret date label information, including whether consumers are confused by this information – especially if they believe the dates determine whether food is safe when in fact, they indicate quality – or whether it has impacts on decisions made while grocery shopping or discarding food. Finally, there are questions that explore any relationship between date labels, food waste, and household expenses.

The USDA’s Food Safety and Inspection Service (FSIS) and the FDA jointly have broad jurisdiction and oversight over the U.S. food supply. They have responsibility for ensuring that food labels on

products over which they each have jurisdiction are truthful and not misleading. The information collected from the RFI may be used to inform future policy decisions, guidance, or consumer education campaigns on food date labels intended to help reduce the premature discard of wholesome and safe food.

“It has been estimated that confusion over the multitude of different date labeling terms on food products accounts for about 20% of food waste in the home. The information collected will help us understand consumers’ perception of terms like ‘Sell By,’ ‘Use By’ and ‘Best By,’” said FDA Deputy Commissioner for Human Foods Jim Jones. “We are looking forward to gathering valuable information to determine how date labeling can make it easier for consumers to know whether a food is still good to eat and avoid food waste. The FDA is committed to doing all that we can to support informed and sound decisions that are good for U.S. consumers.”

“Food labels contain a wealth of information for consumers, including a food product’s ‘best if used by’ date,” said USDA Under Secretary for Food Safety Dr. Emilio Esteban. “Through this Request for Information, we hope to learn more about how those date labels are determined and whether they confuse consumers and lead to

needless food waste.”

The action today is one of many actions to be taken in response to the National Strategy for Reducing Food Loss and Waste and Recycling Organics, which was released by the FDA, USDA and the U.S. Environmental Protection Agency (EPA) in June 2024. The USDA estimates that the average family of four spends at least \$1,500 each year on food that ends up uneaten and the EPA estimates that, in 2019, 66 million tons of wasted food was generated in the food retail, food service, and residential sectors, and most of this waste (about 60%) was sent to landfills. The National Strategy lays out a path that would enable the U.S. to meet its national goal of reducing food loss and waste by 50% by 2030, helping reduce the environmental impacts of food waste and lower costs for American families.

In response to the draft National Strategy for Reducing Food Loss and Waste and Recycling Organics, the FDA and the USDA received over 9,800 comments encouraging an update of the federal date labeling requirements, including standardizing date labeling. Commenters noted that food manufacturers use a variety of phrases such as “Sell By,” “Use By” and “Best By” on product labels to describe dates on a voluntary

Continued to page 5

Continued from page 4

basis. According to commenters, the use of different phrases to describe dates may cause consumer confusion and lead to the premature disposal of wholesome and safe food because it is past the date printed on the package. The RFI attempts to explore the issues raised in those comments by asking stakeholders for information they have relevant to this topic.

Both the FDA and USDA currently recommend that food industry members voluntarily apply the “Best if Used By” quality-based food date label, which notes the date after which quality may decline but the product may still be consumed. Although the FDA and the USDA encourage the use of the phrase “Best if Used By,” current federal regulations do not prohibit industry from using other date labeling phrases, such as “Sell By” or “Use By,” if they are truthful and not misleading.

Commenters will have 60 days to provide comments responsive to one or more of the 13 questions posed. Further information on how to submit a comment can be found in the Federal Register.

WOMEN IN AG - LIVE! WEBINAR SERIES



Women in Agriculture



Geoff Schortgen
Purdue University



Marty Huseman
Purdue University



Bill Horan
Purdue University



Monica Nagele
Purdue University

Join the Purdue Extension Women in Ag Team for the 2025 webinar series centered around topics effecting the agriculture industry today!

12pm-1pm, EST - Webinar on Zoom

January 23rd - Pesticide Basics with Geoff Schortgen
February 27th - Grain Bin Safety with Marty Huseman
March 27th- Land Leases with Bill Horan
May 22nd Meat & Meat Alternatives with Monica Nagele



Register Here: bit.ly/WIAGLive



Purdue University is an equal opportunity/equal access/affirmative action institution.

UPCOMING EVENTS ANR IMPORTANT DATES 2025

JANUARY 14-16	2025 Fort Wayne Farm Show, Allen County War Memorial Coliseum, Fort Wayne, IN
FEBRUARY 12-13	Ag Women Engage Conference - February 13, 2025 (February 12 is Pre-Conference Sessions) 8:30 AM-3:30 PM, Grand Wayne Convention Center, Fort Wayne, See above
FEBRUARY 24 THRU APRIL 14, 2025	Master Gardener Intern Training-Mondays and Wednesdays, See page 2
MARCH 5	Michiana Irrigated Corn and Soybean Conference - 9 AM – 4 PM; Ag Hall, Elkhart County Fairgrounds 17746 County Rd 34, Goshen, IN 46528; https://events.anr.msu.edu/event.cfm?eventID=E0063DE544A341D6CAED3C-183D0AA35F6C800CD82209B03581346C0530D926FB&preview=1
APRIL 19	Small Ruminant Workshop Day; 9 AM – 3 PM; DeKalb County Fairgrounds. See page 3



INDIANA MASTER CATTLEMAN PROGRAM



The Indiana Master Cattleman program is designed to assist beef cattle producers improve profitability through an increase in production efficiency, forage utilization, reproductive success, genetic selection, herd health, and business management. This advanced, in-depth educational experience offers beef cattle producers the opportunity to take their operations to the next level.

Each participant (or farm, if there are additional registrants) will receive the Indiana Master Cattleman educational materials, a Forage Field Guide, Cow-Calf Production in the U.S. Corn Belt, and soil and hay analyses.

Master Cattleman certified producers will:

- Develop a business plan
- Perform a cow-herd assessment and set goals
- Improve Marketing strategies
- Improve nutrition, forage management, reproduction, and genetics programs
- Participate in exclusive hands-on field days
- Network with other Indiana beef producers and industry professionals

This 11-week program is offered on Thursdays from 6-9 pm beginning January 9th, 2025 and ending March 20th, 2025 (Snow date of March 27th, 2025).

Location: 157 N Main St, Nappanee, IN 46550

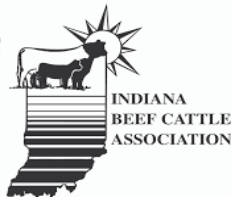
*March 20 session held at 435 S Van Buren St, Shipshewana, IN 46565

Registration Fee: \$200/person (additional attendees from farm are \$100/person)

50% off if you are an IBCA Member

https://purdue.ca1.qualtrics.com/jfe/form/SV_07BCgEl3GG5lwya

SPONSOR



CONTACT KATHRYN JENNINGS FOR QUESTIONS OR ACCOMMODATIONS
JENNIN30@PURDUE.EDU (574) 533-0554



2025 4-H ENROLLMENT

Now Through January 15, 2025

Enroll at <https://v2.4honline.com/>

Enrollment will remain open until May 15, 2025 but enrolling by **January 15, 2025** will ensure that you do not miss out on trips and events.

COST: \$25 4-H Fee* (Grades 3-12) - Paid at time of enrollment

(*\$25 each for up to three children, *\$10 for each additional child)

\$5 for Mini 4-H (Grades K-2) - Paid at first meeting in May

4-H Fees are non-refundable and paid at the time of registration.

The fee can be paid online with credit or debit card or at the Extension Office with cash or check. **The Extension Office cannot take credit cards.**

Use your previous email and password to log into your family profile and re-enroll. Please contact the Extension Office for assistance retrieving your family email address.

NEW FAMILIES need to follow the posted instructions located on the main page found at <https://v2.4honline.com/>

2025 4-H IMPORTANT DATES

January 6	QLC In-Person Training, 9:30 am - Hamilton Town Hall (900 S Wayne St, Hamilton, IN 46742) - Must pre-register in 4-H Online in the "Events tab"
January 8	4-H Council Meeting, 7:00 pm - Exhibit Hall
JANUARY 15	4-H Enrollment Deadline (enroll by this date to ensure your don't miss out on Trips, Events, and Programs!)
January 28	Woodworking Workshop, 5:30 pm - County Office Building (215 E. 9th St. Auburn, IN) - Register here: https://bit.ly/woodworking2025 . See page 9
February 3	Horse and Pony Meeting 6:30 pm - Exhibit Hall, small room
February 8	QLC In-Person Training, 10:00 am - Exhibit Hall - Must pre-register in 4-H Online in the "Events tab"
February 12	4-H Council Meeting, 7:00 pm - Exhibit Hall
February 13	Canvas Painting, 5:30 pm - County Office Building (215 E. 9th St. Auburn, IN) - Register here: https://bit.ly/canvasSTEAM25 . See page 9
February 17, 2024 and 27	Go Without Going VR Travel Program, 6:00 pm - County Office Building (215 E. 9th St. Auburn, IN) Register here: https://bit.ly/GoWithoutGoing
February 17	Horse and Pony Meeting 6:30pm - Exhibit Hall, small room

4-H/Youth Development

Have you signed up for MINI 4-H yet?

What are you waiting for!

DeKalb Co Mini 4-H is for youth in
grades K-2 (as of 10/1/24)

***Enroll by January 15 so you don't
miss out on anything**

Our theme this year is PETS!

We hold monthly meetings in
May through September

Watch for monthly emails to members
starting in January!



Indiana 4-H Scholarships



All 4-H scholarship applications and submission instructions are available on the State 4-H website (link below) and must be uploaded by members no later than January 25, 2025. This includes 4-H Club, Senior Year, Purdue Horticulture, and Accomplishment scholarships.

A member must be in an "Active" status in 4HOnline to submit an application.

Youth in Grades 10 to their 1st year out of 4-H may apply for the 4-H Accomplishment Scholarship.

Do you need help with your application or have questions? Please reach out to Effie at campb314@purdue.edu

Visit <https://extension.purdue.edu/4-H/get-involved/scholarships.html>

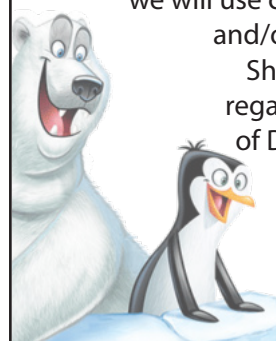


Winter Cancellation Policy

Historically, we have followed schools in regards to meeting and event cancellations. If one school canceled for the day, we canceled all events for that day. However, with schools offering e-learning days, we think they will be quicker to react and cancel.

We certainly care about your safety, but want to be mindful that sometimes the fog fades and the snow is cleared by evening.

Moving forward from this point on, we will use cautious discretion and/or consult with the Sheriff's Department regarding cancellation of DeKalb County 4-H programs, events, activities, and meetings.



2025 4-H Deadlines

May 15th	<ul style="list-style-type: none">• 4-H Online entry for Beef Steers, Registered and Unregistered Heifers, Dairy Steers, Horse & Pony, Draft Animals, State Fair Animals
July 1st	<ul style="list-style-type: none">• FairEntry for Summer Static Projects (Drop/Add Deadline for Summer Projects)• 4-H Online entry for Fall Fair Animals• 4-H Online entry for Summer Goats; FairEntry for Summer Goats; Worksheets for Summer Goats due in Extension Office; QLC/YQCA due for Summer Goats• Nomination forms for Rabbits and Poultry due in Extension Office
Sept 8th	<ul style="list-style-type: none">• FairEntry for Fall Fair Animals and Crops Exhibits (Drop/Add Deadline for Fall Projects)• QLC/YQCA and Animal Worksheets due for Fall Fair• 4-H Online entry for Beef Feeders

2025 RULE CHANGES

THE DEKALB 4-H COUNCIL IS WORKING HARD TO GO THROUGH RULE CHANGES FOR 2025. ALL CHANGES THAT HAVE PASSED WILL BE AVAILABLE TO READ IN THE FEBRUARY 4-H NEWSLETTER.



COUNSELORS NEEDED!

Summer seems SO far away, but it's time to apply for 4-H Camp Counselor positions!

Interested in serving as a counselor at this summer's 4-H Camp? Be thinking about it now if you are in Grades 9-12 because applications will be due on February 1st. 8th graders may be considered if we run short on high school counselors.

We will begin planning and mingling with counselors from other counties in March.

4-H camp will be June 4-6, but counselors need to arrive on June 3.

This is an excellent opportunity to develop your leadership skills in working with younger youth and planning fun adventures for them along with your peer counselors.

You can request an application by emailing Effie at campb314@purdue.edu.

WOODWORKING WORKSHOP



The Northeast Indiana Woodworkers Association will teach kids how to make their own birdhouse for wrens as youth in grades 3-12 learn to properly use power tools and hand tools in this DIY workshop. There are about 5 species of these little songbirds in Indiana, so let's give them a safe place to land!

Who: Best suited for 3rd grade and up; adults also welcome!

When: January 28, 2025

Time: 5:30-7:30 p.m.

Where: County Office Building, 215 E. 9th St. Auburn, IN

Cost: \$10 per participant

Registration Closes: January 14, 2025

Register at: <https://bit.ly/woodworking2025>



EA/EOU.

If you are in need of accommodations to attend this program, please contact Effie Campbell prior to the workshop at 260-925-2562 or campb314@purdue.edu.

CANVAS PAINTING

Calling all young artists! Come join us for a fun painting adventure! Whether you're an experienced artist or picking up a brush for the first time, our step-by-step instruction will guide you through creating your own version of this stunning scene

Who: Best suited for 3rd grade and up; adults also welcome!

When: February 13, 2025

Time: 5:30-7:30 p.m.

Where: County Office Building, 215 E. 9th St. Auburn, IN

Cost: \$15 per participant

Registration Closes: February 3

Register at:

<https://bit.ly/canvasSTEAM25>



If you are in need of accommodations to attend this program, please contact Effie Campbell prior to the workshop at 260-925-2562 or campb314@purdue.edu.

EA/EOU.

4-H Quality Livestock Care Training

QLC IN-PERSON TRAINING DATES FOR 2025

JANUARY 6, 9:30 AM (HAMILTON TOWN HALL)

FEBRUARY 8, 10:00 AM (EXHIBIT HALL)

MARCH 26, 10:00 AM (EXHIBIT HALL)

MAY 3, 10:00 AM (EXHIBIT HALL)

AUGUST 9, 10:00 AM (EXHIBIT HALL)

There will be some QLC trainings at Club meetings.
Be sure to check your clubs schedule to see if there
will be a training at an upcoming meeting.



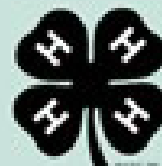
Extension - 4-H Youth
Development



Purdue University is an equal opportunity/
equal access/affirmative action institution.

HOW TO REGISTER:

1. Log in to 4-H Online
2. Click "view" next to the 4-H member you want to register
3. Click the "Events" tab on the left side of the screen
4. Select "DeKalb County - Indiana 4-H Quality Livestock Care trainings"



AIR RIFLE & ARCHERY UPCOMING DATES

Beginner Air Rifle:

Thursdays, January 16 through March 6, from 6:30 pm to 8:30 pm, Exhibit Hall on the Fairgrounds in Auburn. Taught by certified 4-H instructors, with all equipment provided. Cost is \$25. Must enroll in 4-H Online. Class open to youth in grades 3-12.

Advanced Air Rifle:

Thursdays, March 20 through May 8, from 6:30 pm to 8:30 pm, Exhibit Hall on the Fairgrounds in Auburn. Taught by certified 4-H instructors, with all equipment provided. Cost is \$25. Must enroll in 4-H Online.

****Prerequisite of Beginner Air Rifle****

When signing up in 4HOnline (v2.4honline.com), select Shooting Sports for Club and Air Rifle for Project. Enrollment must be completed online so you are approved to shoot in 4-H.

Beginning Archery (Level 1):

Tuesdays, January 21 through March 11, from 6:30 pm to 8:00 pm, Exhibit Hall on the Fairgrounds in Auburn. Taught by certified 4-H instructors, with all equipment provided. Cost is \$25. Must enroll in 4-H Online. Class open to youth in grades 3-12.

Intermediate Archery (Level 2):

Tuesdays, March 18 through April 29, from 6:30 pm to 8:00 pm, Exhibit Hall on the Fairgrounds in Auburn. Taught by certified 4-H instructors, with all equipment provided. Cost is \$25. Must enroll in 4HOnline.

****Prerequisite of Archery Level 1****

When signing up on 4HOnline (v2.4honline.com), select Shooting Sports for Club and Archery for Project. Enrollment must be completed online so you are approved to shoot in 4-H.



Extension - 4-H Youth
Development



TEEN LEADERSHIP WEEKEND

Where: Camp Tecumseh

When: March 28-30

Ages: Grades 7th-12th

Contact your local Purdue
Extension Office to learn
more and register!

CONFERENCE INFO

The Teen Leadership Weekend is an exciting opportunity for 4-H members to build their leadership skills, connect with peers from across the state, and prepare to make a positive impact in their communities. Held annually, this conference is designed for youth in grades 7-12 who are ready to take their leadership journey to the next level. Participants engage in hands-on workshops, interactive team activities, and inspiring sessions led by experienced mentors and fellow 4-H members. With a focus on personal growth, teamwork, and service, the weekend empowers youth to step into leadership roles, develop practical skills, and create lasting memories!





2025

SCHOLARSHIP OPPORTUNITIES

Senior Year Scholarship

Available to 4-H members in their senior year of high school

Club Scholarship

Available to 4-H members entering Purdue University majoring in the College of Agriculture or select majors in the College of Health and Human Sciences

Purdue Horticulture & Landscape Architecture Scholarship

Available to a 4-H member majoring in horticulture or landscape architecture at Purdue University and studied plant science in 4-H.

Accomplishment Scholarship

Available to 4-H members in grades 10-12 of high school and the year immediately following high school graduation. The purpose of the 4-H Accomplishment Scholarship is to recognize youth who have excelled in life skills development through their 4-H activities and involvement.

Categories: Animal Science—Meat and Milk Production; Animal Science—Companion and Small Animal Production; Citizenship; Communications; Engineering and Technological Science; Healthy Living, Food and Nutrition Science; Leadership Development; and Plant and Environmental Science. Three additional categories are reserved for applicants demonstrating life skills development in more than one of the previously listed categories. Those are Premier Achievement, Premier Citizenship, and Premier Leadership.

Eligibility: Applicants must be in grade 10, 11, 12, or their first year immediately following 4-H enrollment eligibility at the time applications are due. While an applicant does not have to be a current 4-H member, they must demonstrate multiple years of involvement in Indiana's 4-H Youth Development Program.

Youth who have previously been awarded a \$1,000 accomplishment scholarship are only eligible to compete in the Premier Achievement, Premier Citizenship, and Premier Leadership categories. Youth who have previously been awarded a \$2,000 scholarship are no longer eligible to compete in any category.

Awards: A minimum of thirty \$1,000 scholarships will be awarded to youth based on their demonstration of life skills development in these eight categories: Animal Science—Meat and Milk Production; Animal Science—Companion and Small Animal Production; Citizenship; Communications; Engineering and Technological Science; Healthy Living, Food, and Nutrition Science; Leadership Development; and Plant and Environmental Science. A minimum of one \$2,000 scholarship will be awarded in each of these categories: Premier Achievement; Premier Citizenship; and Premier Leadership.

Visit bit.ly/4hscholarship to download applications.

Applications due to County 4-H Educator January 25.

Contact your county's Purdue Extension Office to learn more.

\$176,880 AWARDED IN 2024





4-H DAY AT THE STATEHOUSE



7th-12th grade youth are invited to join Indiana 4-H Day At The Statehouse. Youth will tour the building, learn about legislative processes, meet with legislators, and experience Indiana history.



Tuesday, February 11th, 2025

Cost is \$25

Overnight Accommodations are available for an additional \$25

Space is limited

Register Now!

<https://4HStatehouse2025.4honline.com>



Purdue is an Affirmative Action/Equal Opportunity Institution



FAMILY HEALTH

Recharging your Patience

When caring for others, whether it is children, aging parents, or other family members, we also have to take care of ourselves. Just like airlines say to put on our oxygen mask before putting the mask on a child, we need to care for ourselves to provide better care for others. If we feel overwhelmed it is okay to take time to recharge. When we feel recharged we are able to have more patience and tolerance with others. Find ways to recharge that work for you.

1. **Establish new routines** – routines offer a way to promote health and wellness. Having routines provide a feeling of having control through structure and organization.
2. **Stay connected with family and friends** – the feeling of loneliness can be associated with depression and cardiovascular disease. Make social connections with other adults a priority through video chats, phone calls, emails, or text messages.
3. **Exercise** – find ways to exercise at home. Try to duplicate what you do at a gym with things that you have at home such as using canned goods for weights if you do not have standard weights. You can do yoga, Pilates, Zumba or just dance to some fun music. Find routines on the internet that you enjoy doing.
4. **Go outside** - studies show being outside in nature reduces stress, depression and anxiety. Take a walk, run, hike, or bike ride in nature either by yourself or with your family. Do fun activities with your children such as blowing bubbles, sidewalk chalk, or kicking a soccer ball.
5. **Adjust your expectations** – set reasonable expectations for yourself and family. Or even lower your expectations during this time. Eliminate or reduce some tasks/activities at this time to create expectations that work with you instead of against you.

Barbara Beaulieu
*Human Development &
Family Studies*

Allison Hillis
*HHS Extension Educator
Howard County
Purdue University*

6. **Mindfulness** – being aware of our thoughts, feelings and bodily sensations. Several websites and apps provide steps in learning how to focus on our body at a moment in time.
7. **Alone time** – find time to be alone to decompress from family demands, separation from family members, and have some quiet time for prayer, meditation, journal, or just to process thoughts.
8. **Give yourself a break** - indulge in something that you enjoy which is positive and helps you relieve stress and relax. Allow yourself to engage in activities that you enjoy, such as soaking in a bathtub, reading books you have been wanting to read, binge watch your favorite TV show, watch your favorite movies again, do puzzles, bake, coloring etc.
9. **'Pet your stress away'** – ten minutes of playing, interacting, or petting your dog or cat reduces stress hormone cortisol and can reduce stress, anxiety, and loneliness.
10. **Laughter** – is still a good medicine for your health to reduce physical tension. A good laugh can relieve some physical symptoms of stress, reduce pain, and increase personal satisfaction.

Sources

Juliann Garey. (n.d). *The power and benefits of mindfulness meditation*. Child Mind Institute.
<https://childmind.org/article/the-power-of-mindfulness/>

Michaela Searfoorce. (n.d). *Tips for calming anxious kids*. Child Mind Institute.
<https://childmind.org/article/tips-calming-anxious-kids/>

Rae Jacobson. (n.d.) *How mindfulness can help during COVID-19*. Child Mind Institute.
<https://childmind.org/article/how-mindfulness-can-help-during-covid-19/#.XnoGuJL3byY.mailto>

Pearson, D., Craig, T. (2014, October 21). The great outdoors? Exploring the mental health benefits of natural environments. *Frontiers in Psychology*.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4204431/>

Harvard Medical School. (2017, December). *Staying connected can improve your health*. Harvard Health Publishing.
<https://www.health.harvard.edu/staying-healthy/staying-connected-can-improve-your-health>

University of Rochester Medical Center. (n.d.) *Journaling for mental health*. Health Encyclopedia.
<https://www.urmc.rochester.edu/encyclopedia/content.aspx?ContentID=4552&ContentTypeID=1>

Mayo Clinic. (2019, April 5). Stress relief from laughter? It's no joke.
<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456>

Mental Health America. (n.d.) Create joy and satisfaction.
<https://www.mhanational.org/create-joy-and-satisfaction>

Northwestern Medicine. (n.d.) Health benefits of having a routine.
<https://www.nm.org/healthbeat/healthy-tips/health-benefits-of-having-a-routine>

Sharma, A., Madaan, V., Petty, F. D. (2006) Exercise for mental health. *Primary Care Companion to the Journal of Clinical Psychiatry*.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1470658/>

Ali, S. (n.d.) *Are adult coloring books actually helpful?* Psychology Today.
<https://www.psychologytoday.com/us/blog/modern-mentality/201803/are-adult-coloring-books-actually-helpful>

Psychology Today. (n.d.) Mindfulness
<https://www.psychologytoday.com/us/basics/mindfulness>

Sreenivasan, S., Weinberger, L. E. (2018, December 2). *The benefits of spending time alone*. Psychology Today.
<https://www.psychologytoday.com/us/blog/emotional-nourishment/201812/the-benefits-spending-time-alone>

Purdue University. (2020, March 18). Can your pet help you cope during social distancing? Science says yes. {newsrelease}
<https://www.purdue.edu/newsroom/releases/2020/Q1/can-your-pet-help-you-cope-during-social-distancing-science-says-yes..html>

Washington State University. (2019, July 15). Stress reduction benefits from petting dogs, cats. *ScienceDaily*.
<https://www.sciencedaily.com/releases/2019/07/190715114302.htm>

Waggener, N. (2017, June 20). *8 ways pets relieve stress*. South Boston Animal Hospital.
<https://www.southbostonanimalhospital.com/blog/8-ways-pets-relieve-stress>



FOOD INSECURITY

Understanding Food Insecurity and Food Resources

Amanda Allen,
Alexa Brenneman,
Lauren Daggett,
Jessica Parker,
Carmen Ripley,
Emily Sullivan,
Tori Ulloa,
Emily Wooten
Purdue University
Nursing undergraduates

Tessa Garrow
Purdue Extension
Health and Human Sciences

One in nine Americans struggles to have access to enough food, also known as food insecurity. When households have trouble getting enough food, this can lead to stress and other health problems. Many resources can provide help to get food. One of the most well known food resources is a food pantry.

What is a food pantry?

A food pantry is a place where individuals or families can receive food items for free. Food pantries are different from grocery stores in a few ways. Food pantries are usually open only a few hours each week. Also, some pantries let people choose the foods they can take, but some pantries provide a container of foods already selected.

Who can shop at a food pantry?

Some food pantries have rules about who can receive food to make sure that food goes to those most in need. Contacting the local food pantry (some have websites) is the best way to learn about who can use its services.

What kinds of foods does a food pantry offer?

Food pantries often provide non-perishable food, meaning the food items can be stored at room temperature and do not require much preparation to eat. Some common items found at food pantries are:

- Canned fruits and vegetables
- Packaged grains (pasta, cereal, rice, etc.)
- Canned soups

Sometimes fruit and vegetables, bread, meat, and other fresh items are available.

Where does food pantry food come from?

Food pantries receive foods from food banks, which are warehouses that store donated food. Food banks receive food from local and national resources, such as food drives and donations, extra products from businesses, The Emergency Food Assistance Program (TEFAP), or a national hunger-relief agency such as Feeding America. To find a local food pantry, visit www.foodpantries.org

FEATURED FOOD ASSISTANCE PROGRAM

If struggling to find a local food pantry, there are other food assistance resources available like SNAP.

What is SNAP?

SNAP (Supplemental Nutrition Assistance Program) is a federal benefits program that helps individuals and families pay for food at stores. There are local SNAP offices in each state to manage SNAP programs.

How is SNAP accessed?

Households must apply for SNAP benefits. People can use SNAP benefits like cash to buy food items at any approved grocery store, farmers market, or co-op. Applications and benefits for each state can be found at www.fns.usda.gov/snap/state-directory.



What food choices are right for families?

Many factors affect what foods are right for each person. Age, food allergies, mental health, and other health conditions all affect the food choices people make. Instead of focusing on “right” or “wrong” food choices, think of foods as providing energy for daily activities and helping to feel satisfied. Canned or frozen fruits and vegetables, meats, and beans are all great sources of easy and more affordable food people can find year-round.

Who can help sort out myths and facts about food choices?

Every state has agencies that provide free education about food, called Supplemental Nutrition Assistance Program Education (SNAP-Ed). These free programs help navigate community-specific food resources. To find local SNAP-Ed agencies, visit <https://snaped.fns.usda.gov/state-snap-ed-programs>. Trained nutrition experts can also help sort out nutrition needs.

Where to learn more

Feeding America: www.feedingamerica.org/hunger-in-america

Food Finders: www.food-finders.org

MyPlate: www.choosemyplate.gov

Find a Dietitian: www.eatright.org/find-an-expert

References

California Association of Food Banks (n.d.). Food banking FAQ. Retrieved from <http://www.cafoodbanks.org/food-banking-faq>.

Northern Illinois Food Bank (January 28, 2019). Visiting a food pantry: myths & facts. Retrieved from <https://solvehungertoday.org/blog/visiting-food-pantry-myths-facts/>.

Feeding America (n.d.). Hunger in America. Retrieved from <https://www.feedingamerica.org/hunger-in-america>.

Hunger + Health (2020). What is food insecurity? Retrieved from <https://hungerandhealth.feedingamerica.org/understand-food-insecurity>.

Lichtenstein, A. (September 17, 2019). 28% of Americans can't cook. Retrieved from <https://www.nutritionletter.tufts.edu/general-nutrition/28-of-americans-cant-cook>.

Rodgers, J. (n.d.). The food pantry cookbook. Retrieved March 12, 2020, from <http://www.northeastiowafoodbank.org/wp-content/uploads/2015/06/The-Food-Pantry-Cookbook.pdf>

United States Department of Agriculture [USDA] Economic Research Service [ERS] (September 4, 2019). Definitions of food security. Retrieved from <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/definitions-of-food-security.aspx>.

United States Department of Agriculture [USDA] (n.d.). Dietary guidelines for Americans 2015-2020. Retrieved from <http://www.choosemyplate.gov/eathealthy/dietary-guidelines>.

United States Department of Agriculture [USDA] (n.d.). Food assistance programs. Retrieved from www.choosemyplate.gov/eathealthy/dietary-guidelines.

United States Department of Agriculture [USDA] (n.d.). SNAP state directory of resources. Retrieved from <https://www.fns.usda.gov/snap/state-directory>.



Harness the health benefits

Horse riding for cardiovascular health and well-being.

Spending time around animals forms a Healthy Bond for Life™. And horse riding in particular promotes your health and well-being. Check out all these reasons to get in the saddle!

**HORSE
RIDING
HELPS
WITH:**

- » **Cardiovascular health**
Horseback riding has been shown to be good aerobic exercise.
- » **Burning calories**
A 45-minute ride at a walk, trot and canter can burn up to 200 calories.
- » **Core strength**
Maintaining good posture in the saddle ignites your core muscles.
- » **Lowering blood pressure**
Exercise (like horse riding) lowers your BP, and so does spending time with animals.
- » **Muscle strength**
Riding requires strength – so does saddling a horse, and carrying buckets of hay and water.
- » **Relaxing and well-being**
Riding, and being out in nature, helps many people melt away stress and find calm.

HORSE SENSE

Recreational horseback riders report a **significantly higher sense of physical and emotional well-being and happiness** than people who don't enjoy the companionship of animals.

REIN IN STRESS

More than 80% of riders claim that horseback riding created feelings of relaxation and happiness.

“Nothing is so good for the inside of a man than the outside of a horse.”

This quote has been variously attributed to Ronald Reagan and Winston Churchill, but it traces back further than that. Whoever said it was onto something!

HORSES HAVE HEART

Animals bring out the best in us. And that’s especially true for horses. That’s why the American Heart Association has launched Horses Have Heart – a *nationwide community celebrating the love of horses for good health and well-being.*

Learn more about Horses Have Heart and healthy bonds with other animals at **heart.org/pets**



© Copyright 2021 American Heart Association, Inc., a 501(c)(3) not-for-profit. Healthy Bond for Life is a trademark of the AHA. All rights reserved. Unauthorized use prohibited. DS18193 9/21



Extension - Health and
Human Sciences

When Your Income Drops



Don't Panic – Take Control

If economic misfortune strikes you or your family in the form of reduced income, is there anything you can do to minimize the hardship? Yes! This set of Purdue Extension fact sheets suggests a number of steps you can take to maintain financial control. The titles of these fact sheets correspond to the steps you can take:

- | | |
|---|--|
| 1) Don't Panic – Take Control | 6) Plan to Pay Creditors and Protect Family Welfare |
| 2) Control Stress | 7) Keep a Roof Overhead |
| 3) Take Stock of Family Resources | 8) Meeting Insurance Needs |
| 4) Take Stock of Community Resources | 9) Sharpen Your Survival Skills |
| 5) Set Priorities for Spending | |

Abrupt loss of income, whatever the reason, is traumatic. Often the financial setback was not anticipated. When it happens, a common instinct is to panic. Although natural, the temptation to tailspin must be avoided as much as possible. Remember the following:

Loss of income affects many people for many different reasons. It doesn't help to blame yourself and the energy you spend blaming yourself could be better spent dealing with your situation. Feeling the effects of stress is very human and very natural. Fact sheet 2, **Control Stress**, will help you develop and follow a plan to reduce stress and maintain control of your financial position.

Fact sheet 3, **Take Stock of Family Resources**, will help you take stock of what you own and what you owe. Fact sheet 4, **Take Stock of Community Resources**, provides a partial listing of important community resources designed to help you and others in times of economic or personal distress. Designing a family spending plan sets your family up for success by setting up a mechanism to control your spending. Fact sheet 5, **Set Priorities for Spending**, outlines steps in putting together and implementing a spending plan.

One of the most stressful outcomes of a loss in income is the worry that creditors are impatiently waiting for you to pay overdue bills. Fact sheet 6, **Plan to Pay Creditors and Protect Family Welfare**, gives suggestions for working with creditors to meet your outstanding obligations.

Keeping a roof overhead, the utilities hooked up, and essential insurance are top priorities when income drops. Fact sheets 7 and 8, **Keep a Roof Overhead**, and **Meeting Insurance Needs**, discuss these concerns. Fact sheet 9, **Sharpen Your Survival Skills**, has ideas for substituting, conserving, using your human resources, cooperating, and utilizing community resources to buy food, run your household, purchase clothing, choose transportation, and acquire the other things your family needs.

The publications in this series originally adapted by Purdue Extension specialists based on subject matter from a publication by Carol S. Kramer, Extension Specialist, Consumer Economics, Kansas State University, Manhattan, Kansas 2008. Revised March 2020.

EXTENSION HOMEMAKER SCHOLARSHIPS

The DeKalb County Extension Homemakers provide up to three \$500 scholarships. Application with supporting documentation is due **March 1**.

Applications are available by contacting the Extension Office or by going to the DeKalb 4-H Hub in the Scholarship folder.

HOMEMAKERS 2025 IMPORTANT DATES

***Dates and locations have changed and are different than in the Homemakers Book.**

Jan 1, 2025	New Years Day - Extension Office Closed
Jan 8*	EH Council - 6 pm, Exhibit Hall
Jan 14	Sew Day - 9 am - 3 pm, bring a covered dish to share at the COB
Jan 20	Martin Luther King Day - Extension Office Closed
Jan 22*	Game Night - 6 pm Exhibit Hall, Bring a snack to share
Feb 11	Sew Day - 9 am - 3 pm, bring a covered dish to share at the COB
Feb 12*	Towel Craft - No Cost if you bring your own supplies - 3-5 pm, COB (lower level)
Feb 14	County 1st Timer Application due in Extension Office
Feb 17	Presidents Day - Extension Office Closed
March 1	Ruth B Sayre Scholarship application due.
March 3	Newly Elected Officer list due, EH Scholarship Applications due
March 11	Sew Day - 9 am - 3 pm, bring a covered dish to share at the COB
March 12*	EH Council - 6 pm, Exhibit Hall
March 19*	Rock Creatures - Cost \$5.00 - 6 pm, Exhibit Hall
March 28	New Member/Recruiters list due; 25 & 50 year members due; Outstanding Homemaker nomination due in Extension Office
April 5	Spring Fling - 9 am, Exhibit Hall
April 14	Spring District Meeting - Steuben County
April 18	Good Friday - Extension Office Closed
April 23*	Wind Chime - Cost \$20.00 - 6 pm, Exhibit Hall

Merry Christmas to you all!

I hope you all have your Christmas shopping done, have your trees up, candy and cookies all made, and are just sitting back waiting on Santa to arrive.

Start planning your state project! The project this year is a single placemat with a maximum size of 14 x 20 inches, though it can be smaller. You can use any material you like—plastic, canvas, crochet, knit, quilted, or whatever inspires you. Have fun with it, and remember, the deadline will be here before we know it!

We had a wonderful time at the Christmas party with good food and great speakers that shared their experiences teaching 4-H youth in Alaska.

Our next candy classes have been canceled due to no registrations.

Don't forget our upcoming dates as we begin 2025:

January 8: Extension Homemaker's Council at 6 pm at the Exhibit Hall

January 14: Sew day from 9 am to 3 pm at the County Office Building. Please bring a dish to share.

January 22: Game Night at 6 pm at the **EXHIBIT Hall**. Please bring a snack to share.

February 11: Sew Day from 9 am to 3 pm at the County Office Building. Please bring a dish to share.

February 12: Towel Craft from **3-5 pm** at the County Office Building. No Cost if you bring your own supplies.

I hope you all have a very Merry Christmas and a Happy New Year.

May all your dreams come true. Stay healthy and happy. See you in 2025!

Good friends are like stars you can't always see them, but you know they are always there.

President Martha Close



TOWEL CRAFT FEBRUARY 12

Towel Craft from 3-5 pm at the County Office Building.

RSVP to Diane Bogenschutz 260-553-6765 by 2-7-25.

\$5.00 for kit or free if you bring your own dish towel and fat quarter.

Sewing machines provided or bring your own.

STAFF:
Elysia Rodgers
eberry@purdue.edu
Angela Sorg
asorg18@purdue.edu
Effie Campbell
campb314@purdue.edu
Brenda Cureton
bcureton@purdue.edu
Heather Waldon
waldenh@purdue.edu



Congratulations
to the DeKalb 4-H Entomology Team! They placed 3rd
at the area contest in November and the 4th at the area
contest in December!

Purdue University Cooperative Extension Service is an Affirmative Action, Equal Access/Equal Opportunity institution.



DEADLINE
January 15
4-H Enrollment

Non-Profit Org
U S Postage Paid
Auburn in 46706
Permit No. 80

RETURN SERVICE REQUESTED

County Office Building
215 East 9th Street—Ste. 300
Auburn, IN 46706