

January 2025 Newsletter

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Vernon, IN 47282

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Hours:
Monday - Friday
8 a.m. - 4 p.m.

Find us Online:

Website:

www.extension.purdue.edu/county/jennings



Purdue Extension-Jennings County



@purdueextensionjenningscounty

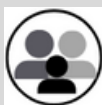


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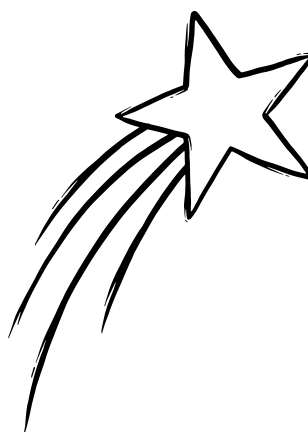


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Jennings County 4-H Club Highlight: Shining Stars!



One of our local 4-H clubs, Shining Stars had a float in the Christmas in the City Parade and served food! This club is doing great things! If you are interested in learning more about Shining Stars, call the Extension Office at 812-352-3033 and we can provide you with more information!

January 4-H Newsletter

Jennings County 4-H

January
2025

Dear 4-H Families & Volunteers,

I hope everyone had a very Merry Christmas and is ready to take on the new year! The new year brings so much excitement for the Jennings County 4-H Program! I look forward to all of the fun we will have together in 2025!



There are only a few days left to meet our 4-H enrollment goal! Be sure to do so as soon as possible! Volunteers that are currently serving as a volunteer this year, you must enroll as soon as possible! If you have questions or need help with enrollment, please contact the office by calling 812-352-3033.

Happy New Year!
Rebekah Cartwright
4-H Youth Development Educator



2025 Handbooks

Beginning **January 15th**, new 4-H Members and volunteers may pick up a complete handbook. Returning 4-H Members and Volunteers may pick up handbook revisions from the Extension Office. Handbooks and Revisions will be available **one** per family.

Important Dates

January -

- 1 Extension Office Closed**
- 6 Shining Stars 6 pm**
- 6 Muscatatuck Mudpuppies 6 pm**
- 9 Junior Livestock Committee 6 pm**
- 13 4-H Council 5 pm**
- 13 Livestock Committee 6pm**
- 16 JC Riders 6:30 pm**
- 20 Extension Office Closed**
- 21 Jr. Leaders 6 pm**

Southeastern Indiana 4-H Camp Dates

Camp Dates:

- Junior Directors, Group Leaders, and Counselors will report to camp from June 2-6.
- Counselors in Training and Campers will report to camp from June 3-6

Junior Staff Upcoming Dates:

- Junior Directors Only - January 14th 6-8pm at Jefferson County Fairgrounds
- Junior Staff including all **but** Counselors In Training - Feb 11th from 6-8 pm. Location TBD
- All Junior Staff - April 12th 10am-3pm at the Jefferson County Community Building



Club Meetings & Events

- **Muscatatuck Mudpuppies Meeting**
 - January 6th at 6 PM at New Bethel Methodist Church
- **Junior Leaders Meeting**
 - January 21st at 6 PM at the Extension Office
- **Zenas Livewires & Zenas Plowboys E-Meeting**
 - Please check your emails for a January e-meeting agenda with dates of upcoming meeting dates and information included.
- **JC Riders Meeting**
 - January 16th at 6:30 PM at the Goins Family Farm
- **Beef Club Meeting**
 - January meeting date and location is TBD
- **Wild Bunch Meeting**
 - Non-school club meetings will begin in February
- **Barefoot Bandits Meeting**
 - Next meeting will be in February
- **Llama Club Meeting**
 - Next meeting will be in February
- **Shining Stars Meeting**
 - January 6th at 6 PM at the Jennings County Public Library
- **4-H Council**
 - January 13th at 5pm at the Jennings County Government Center
- **Livestock Committee**
 - January 13th at 6 pm at the Jennings County Government Center
- **Junior Livestock Committee**
 - January 9th at 6 pm at the Extension Office

FOLLOW OUR
FACEBOOK PAGE FOR
MORE UPCOMING
IMPORTANT DATES!



2024 4-H Scholarships

In partnership with the Indiana 4-H Foundation, the Indiana 4-H Youth Development Program annually awards more than \$150,000.00 in scholarships to 4-H members to pursue post-secondary education. Scholarships are awarded to recognize youth participating in Indiana's 4-H Youth Development Program on their achievements and life skill development resulting from participating in various 4-H experiences. On the next page, the different scholarships are listed with brief descriptions. To access the application, visit 4-H Online through the events tab! Youth who are still members of 4-H must be in approved enrollment status to register for scholarships. If you are registering for the scholarships as a graduated senior, you can use your existing profile without re-enrollment.



Scholarship Help - Need help with scholarships? Whether you need help submitting, need scholarship writing advice, or just don't know where to begin, I am always here to help! Your green record folder would be helpful when applying for these scholarships. The Extension Office also has laptops available for you to utilize to help submit scholarships. Call the Extension Office and set up an appointment with Rebekah for help or schedule a time to use a laptop to submit your application! **Remember, scholarships are due on January 25th!**



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



Extension

PARP Events and Purdue on the Farm



ANR Educator provided PARP and CCH Credits on December 10th in Jackson County. She is working with SWCD to put on their annual meeting on March 1st where PARP and CCH credits will be available as well. If you are interested at providing PARP credits at your events reach out.

In the springtime, ANR Educator will be participating in the Purdue on the Farm program which allows local farmers to experiment with varieties, methods, and more and she will collect information and provide data feedback to see how your trial is growing. Be on the lookout for more information as this is her first year providing this program.

Important Dates:

- March 1st Jennings County Soil County PARP 9am-11:30am



Jennings ANR Services


Soil Sample and Testing:

The Jennings County Extension Office offers soil sample bags and test forms for sample submission. We have a soil probe available to borrow. Office hours are Monday-Friday, 8am-4pm.

Plant and Bug Identification:

If you need a plant, weed, or bug identified, bring it to our office and Emily Peterson, our ANR Educator, will assist you. Please call ahead at 812-352-3033 to make sure Emily is in the office and available. You may also email photos of the specimen to Emily at epeterson@purdue.edu for ID.






PURDUE UNIVERSITY Extension

Jennings County Extension now offers

FECAL EGG COUNTS



WHAT IS A FECAL EGG COUNT?

- A quantitative assessment and identification of the number of parasite eggs an animal is shedding at the time of sample collection

WHY SHOULD I GET A FECAL EGG COUNT ON MY LIVESTOCK?

- Fecal Egg Counts assess your livestock's parasite burden and target the parasite your livestock might be suffering from at the time of collection.

SAMPLE COLLECTION INSTRUCTIONS

- Use gloves to collect a fresh sample of feces from your livestock. The sample should still be both moist and soft. It should be collected and turned into the office no more than 6 hours from the time of defecation
- Collect at least 1/2 cup or 4oz. of feces and place in a clean ziplock bag.
- Label the bag with the species of livestock that the sample came from and the animal's identification.

Cost: \$10

LET'S REDUCE ANTIPARASITIC RESISTANCE!

Ag & Natural Resources

January
2025

Upcoming PARPs and Events

- March 1st Jennings County Soil County PARP 9am-11:30am

Check out additional PARP program details at:
<https://ag.purdue.edu/departments/extension/ppp/private-applicators/recertification-parp/parp-events/parp-events-southeast.html>

Check out the Purdue On The Farm YouTube for a bi-weekly crop and weather update:
<https://www.youtube.com/@PurdueOnTheFarm>

Visit -
<https://ag.purdue.edu/departments/hla/extension/publications-and-newsletters.html> or search HORTICULTURE EXTENSION NEWSLETTERS to get signed up for topics such as gardening, fruit, lawncare, flowers, weed and insects, and much more. Most newsletters are a simple weekly or bi-weekly email that discusses what growers are seeing across Indiana at the current time. This helps growers of all sorts know and identify any issues they are having in their own landscape. If you are having trouble getting signed up, reach out to our ANR Educator for help.



College of Agriculture

Publications & Newsletters

Purdue Agriculture, 615 Mitch Daniels Blvd., West Lafayette, IN 47907-2053 USA, (765) 494-8392

 Purdue University

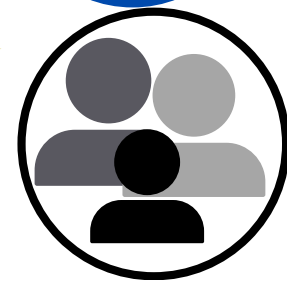
Health & Human Sciences

Happy New Year

Wishing you all a
HAPPY & HEALTHY 2025!



JAN
2025



ServSafe Food Manager

Wednesday, January 22, 2025

Purdue Extension Office

Registration 8:15 AM

Training begins at 8:30 AM

Exam immediately following

Register by Jan. 13th at:

<https://cvent.me/zB8NGw>



2025 Training & Exam Dates

Monday, March 17, 2025

Tuesday, May 6, 2025

Monday, July 14, 2025

Monday, September 15, 2025

Monday, November 17, 2025

Reading Made Fun

2024-2025 Volunteers Needed!

If you would like to participate as a reader in Kindergarten classes for our Reading Made Fun program, please contact the office at 812-352-3033. Reading dates/times for 2024-2025:

Thursdays

Jan 16, Feb 6, March 6, April 3, May 3

Hayden 9:00AM

Scipio 10:10 AM

Sand Creek 12:10 PM

Brush Creek 1:20PM

Fridays

Jan 17, Feb 7, March 7, April 4, May 9

Graham Creek 9:00 AM

St. Mary's 10:00 AM

CC-NV 11:35 AM

NVE 12:20 PM

**JCSC VOLUNTEER PAPERWORK
MUST BE COMPLETED!**

12 Nights of Bedtime Stories & Donuts with Santa



We had over 35 families with 70 youth participate in our virtual bedtime stories!

Thank you to our amazing community members that volunteered to read the bedtime stories each night and to all our participants! Extra thanks to North Vernon Main Street for hosting Donuts with Santa on the 21st and to our guests of honor, Santa & Mrs. Claus!



The Family Dinner Project: Why You Should Eat With Your Young Athlete

Not sure how to make it work? Get tips and tools at thefamilydinnerproject.org.

Even during busy sports seasons, shared meals are important. Aim for at least 2-3 family meals or snacks a week – and remember, it doesn't have to be dinner!

Why You Should Eat With Your Young Athlete



Sharing Meals Helps With Nutrition.

Young athletes need good fuel, and parents can more easily offer balanced choices at structured meals and snacks. Family meals are more likely to include more fruits and vegetables and lower sugar and trans fats than convenience options.



Eating Together Offers Much Needed Connection

Time. Young athletes may feel like they only connect with their parents around sports and schedules. Taking time to engage during regular family meals shows you're making an effort to know them and bond with them, beyond their identity as an athlete.



Young Athletes are at an Increased Risk of Disordered Eating, especially in appearance or weight-focused sports like swimming, wrestling, dance, gymnastics, or skating. When parents eat with their kids, they can keep an eye on dietary changes or unusual patterns. And family meals can also be protective against eating disorders.



DINNER TONIGHT: BUDGET FRIENDLY

Hot Stuff Casserole



FUN

Answer as many simple "or" questions in two minutes as possible!



CONVERSATION

What is one food you always wanted to try? What about a food you would never want to try?



Hot Stuff Casserole

This recipe is from Cherokee Healthy Nation

INGREDIENTS

Serves 12

- 1 lb. extra lean ground beef
- 1 can Rotel tomatoes
- 1 small can tomato sauce
- ¼ tsp. Chili powder
- 1 tsp. sugar
- ¼ tsp. basil
- 12 oz. package wide noodles

- 1 c. low fat sour cream
- 1 pkg fat free cream cheese, at room temperature
- 1 tbsp. chives
- ½ c. cheddar cheese, reduced fat

INSTRUCTIONS

1. Brown ground beef. Drain off the fat.
2. Add tomatoes, tomato sauce, sugar, salt, chili powder, and basil. Simmer for 20 minutes.
3. Cook noodles according to package directions.
4. Mix sour cream, cream cheese, and chives.
5. In casserole dish sprayed with Pam, layer 1/2 noodles, cream cheese mixture, then the meat mixture. Repeat layers.
6. Bake at 350 degrees for 20 minutes. Sprinkle cheddar cheese on top and return to oven until cheese has melted.



Community Wellness Coordinator



Hi all!

I hope everyone enjoyed the holidays and is feels refreshed! I've been reflecting on how much we've accomplished around nutrition, food security, and physical activity in Jennings County – it provides a lot of motivation to keep taking next steps. I hope you have found time to reflect similarly. We've been busy with Purdue Extension office this month, here's a quick rundown of the NEP highlights:

- 1. Thank you for your support of the Jennings County Food Security Coalition on Day of Giving!** On December 3rd, the Jennings County Community Foundation held a Day of Giving match opportunity. Thank you to the individuals and organizations who contributed \$1100 to the Jennings County Food Security Coalition's endowment. That contribution immediately became \$2750 thanks to the match. From now until forever the returns on that money will support activities to end hunger in Jennings County.
- 2. Help with the mobile pantry distribution at the CSL Clubhouse!** If you or any students you know are looking for an opportunity to volunteer this holiday season, please join the folks from at Gleaners and the Boys & Girls Club of Jennings County at the CSL Clubhouse (3342 Country Manor Blvd.) on December 13th at 3:30pm.
- 3. Active Transportation Committee is meeting!** The Active Transportation Committee meets to work on aspects on the Active Transportation Plan adopted in 2023. Our next meeting is Thursday, January 16th at 1pm at the Jennings County Economic Development Commission, contact me if you'd like to join us for a meeting.
- 4. January's Walk with a Doc will be held on Friday, January 10th at 4pm.** Come join Dr. Jen Stanley and Dr. Dashrath Gautam to hear about the health topic of the month and enjoy a walk with others.

If you're interested by this work, please contact our office or email me at jeffwalker@purdue.edu. Many groups in our community are working on these efforts and I'd be happy to connect you to one!

Healthfully yours, Jeff Walker



Nutrition Education Programs

JAN
2025

Nutrition Education Program Advisor

Hi everyone!

Happy New Year!! Have you set a resolution or goal to focus on your health? If you have, let me help you! I teach 4-week long classes focused on overall health, with a focus on **healthy eating** and **physical activity**. I know it can be difficult to fit healthy foods into a tight budget, so let me teach you tried-and-true tips and tricks to make it easier! By planning out your meals and using in-store coupons and deals, you can afford a healthier lifestyle.

There's no need for an expensive gym membership either; just use what you already have! If you would like to build your muscles, use cans of food as small weights for arm curls. Jennings County has beautiful (and useful) parks for the summer and warm months, but you can stay active in the winter by doing indoor exercises. These could be jumping jacks, jogging in place, or even dancing while cooking!

I will be hosting a class on **January 9th, Noon-2:00 pm**, at the Senior Resources Inc. building (515 Buckeye St., North Vernon, IN) for older adults interested in Eating Smart and Living Strong! The class is the first of a **4-week lesson series** which will focus on goal setting, finding solutions to healthy living challenges, and spending less for groceries!

If you or your family would like to learn more about maintaining a healthy diet in 2025, send me an email (egeorgi@purdue.edu) or call the office at **(812) 352-3033**. I would love to help you achieve your 2025 goals!



Purdue Extension Nutrition Education Program

@PurdueNEP

