

July 2024 Newsletter

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

Find us Online:

Website:

www.extension.Purdue.edu/Jennings



Purdue Extension-Jennings County



@purdueextensionjenningscounty



@JenningsCoExt

Summer Walks 3 Jennings

Summer Walks 3 in Jennings County are here again!
We started this year's round of the famous walking socials
on Tuesday, June 18th.



Jennings County Staff



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Walks will be held most Tuesdays and Thursdays at 7pm and Saturdays at 8am. New this year, we'll also be hosting Summer Strolls – which are opportunities to meet on Wednesday and Friday mornings at 9am for short walks at a slower pace that is wheelchair and stroller friendly.

Check out the HHS Section for a copy of the schedule of all walks and their meeting locations throughout the summer! People who attend at least 8 walks will get a free t-shirt and for every walk completed you will be entered into a drawing for prizes at the closing ceremony.

Individuals who are unable to attend walks in person can complete routes on their own and post pictures on the Summer Walks 3 in Jennings County Facebook page (QR code below). If you have any questions or would like to be added to the weekly email reminders, contact Jeff!



July 4-H Newsletter

Jennings County 4-H

July
2024

Dear 4-H Families & Volunteers,

We have officially survived the Jennings County Fair. I am so proud of each and every 4-H'er and Mini 4-H'er. I am so thankful for every volunteer for all of their hard work to make the fair go so smoothly. I'm amazed by the 4-H'ers dedication and drive to be successful. Our fair wouldn't be nearly as good as it was without our great group of 4-H'ers and our committed volunteers. You all make my job easy and so much fun!

All the best,
Rebekah Cartwright
4-H Youth Development Educator



Important Dates

July

4 Office Closed in Observance of Independence Day

13 Llama Club Meeting 9am @ Library

15 After-Fair Meeting 6pm at the Jennings County Library

19 Last day for Non-Perishable Project Drop-Off for Extension Transport

28 Goat Barn Party at Mark Biehle's House

29 Cake Decorating and Floriculture Project Drop-Off for Extension Transport by 8:30 am

29 Static Project Check-In at the Indiana State Fair

After-Fair Meeting

The After-Fair Meeting will take place on **July 15th at 6:00 pm** at the Jennings County Public Library in Conference Room 1 & 2. This is an opportunity for us to discuss the 2024 Fair and how we can improve for next year.

Indiana State Fair Tickets

The Indiana State Fair this year will take place August 2-18, 2024. If a 4-H'er has a project going to the State Fair or plans to show livestock at the state fair, tickets are available for the 4-H'er whose project is going and their immediate family. Those tickets are available now through July 19th. Beginning on July 22 through July 26 tickets will be available to any 4-H family and their family members. Beginning July 29th tickets will be available to the public. Be sure to get your tickets the earliest that they will be available to you so that you can get your tickets before we run out!

State Fair Project Transport Dates & Times

If you have taken your state fair eligible project home at Jennings County Project Check-Out you will need to bring your projects back by the following dates and times:

- Non-perishable projects: Before 4:00 PM on Friday, July 19th.
- Cake Decorating & Floriculture: Before 8:30 AM Monday, July 29th
- Foods (Baked & Preserved) & Garden: Before 8:30 AM Monday, August 5th.

If you have been asked to take your project yourself or have chosen to take your project yourself, you must pick up projects tags, parking/check-in information, and other required documentation from the office July 15th- July 26th. The dates for project drop off are as follows:

- Non-Perishable Projects: 8:00 AM - 8:00 PM on Monday, July 29th.
- Cake Decorating and Foods: 8:00 AM - 8:00 PM on Monday, July 29th.
- Foods (Baked & Preserved) & Garden: 9:00 AM-3:00 PM on Monday, August 5th.

If you were asked to transport your own project or have decided you would like to pick it up yourself:

- Project Check-Out: August 19th 8:00 AM- 8:00 PM

State Fair 4-H Events

Tractor & Zero-Turn Mower Skills Operator Contests: Thursday, August 8th.
Consumer Clothing Fashion Revue: Wednesday, August 14th.
Sewing Fashion Revue: Thursday, August 15th.



INDIANA
STATE FAIR

Jennings County 4-H

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Area Tractor Contest

The Area 1 Tractor Contest will take place in Decatur County on July 27th. Registration will take place on 4-H Online this year. All youth planning to participate need to register under the events tab on 4-H Online. The event name is "2024 Area 1 Tractor Contest Registration."

FOLLOW OUR
FACEBOOK PAGE FOR
MORE UPCOMING
IMPORTANT DATES!

Premier Grant

Last fall, Jennings County 4-H was awarded the Premier Grant. This year the grant has been utilized for in-school 4-H clubs. Throughout the school year both Scipio and Graham Creek Elementary Schools have been meeting during their monthly school club time. During this time they completed different projects to display at the fair. This generated several more projects that were displayed in the Community Building during fair this year. Some of the in-school club members did so well that their project is moving on to the Indiana State Fair! These in-school clubs have given opportunities to youth that have not been exposed to 4-H to get the chance to be a part of this great program! We are extremely thankful to the teachers and school staff that have made this possible!



Bayer Fund America's Farmers Grow Communities

Jennings County 4-H Council was lucky enough to receive the Bayer Fund America's Farmers Grow Communities donation for the second year in a row. Special Thanks to Danny Branham for making this possible! We were lucky enough to receive this in 2023 and 2024 for a total donation of \$10,000.



Outstanding 4-Hers & Bob Amick Award Winner

Congratulations to Shelby Davis and Carol Vojkufka for receiving the Outstanding 4-H'er award. These two 4-H'ers are the shining example of what a 4-H'er should be. Both are selfless and always willing to help others. They go above and beyond without being asked.

Congratualtions to Shelby Davis for receiving the Bob Amick Award for Junior Leaders!

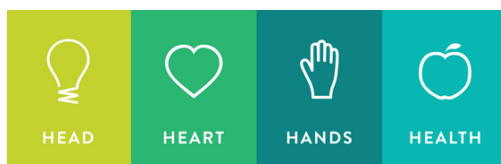
Special Thanks to 4-H Sponsors

Almosta Farm - Brian & Erin Biehle
Biehle Electric, INC.
Bingham Farm Machinery
BME Solutions
Bode Electric, Inc.
Brad & Emily Ponsler & Family
Bradshaw Building Specialities
Brewer Livestock
Bruce Fischvogt Family
Chris & Jess Bailey
Claas of America, Inc.
Coffee Creek Conservation Club
Columbia Extension Homemakers
Columbus Industrial Electrical
Ebbing Auto Parts
Elise Allen
FPBH, INC
G5 Transportation
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Goins Construction & Fencing Company
Goins Family Farms
Goins Graphics
ISU Bright Agency
Itell Family Farm
Jackson County REMC
Jake & Nadine Suhre
JC Travel Unlimited, Inc. Randy & Kelly
Kent
Jennings County Democrats
Jennings County Farm Bureau, Inc.
Jennings County Republican Party
Jennings County Soil and Water
Joyce's Flowers
Lane Farms Show Calves
Larry & Terri French
Letts Hardware & Equipment, Inc.
Mark & Barb Biehle
Mark & Robbin Strobe
Maschino Family Farm

Mike & Cheryl Ward
Nathan & Joanne Burbrink Family
Ponsler Family Farms
Premier Companies
Rick & Jean Klene
Riley-Gasper Crop Insurance
Ron & Kay Bloemer
Rose Acre Farm
Rowe Farm
Shepherd Insurance - Jess Bailey
St. Joseph Rosary Society
Tempest Tool & Machine Inc.
Tim Peck for Congress
Tom & Bev Martin
Vogel Farms
Vojkufka Greenhouse
W. M. Krueger Family
Wagster Crop Insurance
Zenas Livewires/ Zenas Plowboys

Can you find the four H's hidden in the 4-H newsletter?



Jennings County 4-H

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Special Thanks to our Auction Buyers

4 Corners Employment, INC
Air One Heating & Air Conditioning
All Star Paving
Angela Brooks
Angle H Farm
Azalia Elevator
Barnes Limousin
Bartholomew County REMC
Biehle Electric
Bingham Farm Machinery
Bode Electric Inc.
Brewer Livestock
C & R Ag Supply, LLC
Country Chevrolet
Dave O'mara Contractor
Dove Sharp & Rudicel

Farm Bureau Insurance - Jeff
O'Connor
FPBH, INC
In Memory of Frank & Anne Biehle
by Don & Anita Biehle
In Memory of Roger Maschino by
Don & Anita Biehle
J.D. Bebout & Son
Jackson County REMC
Jeff Royse Roofing and Contracting
Jennings CO Farm Bureau, INC
L & M Glick
L & R Cattle
Letts Hardware & Equipment
Long Branch Trucking

Michael Eddy's Street Cuisine
Milestone Contractors
Miller Tire
Nutrien Ag Solutions
Paswater Automotive Service
Reddington Rear Wheelers
Right Auto Parts
Royalty & Associates
Sara Ponsler at Hummel
Insurance
SEI Communications
Shepherd Insurance
Soils Plus
T & C Farms

The Bait Shack
The Napoleon State Bank
The Parts House, LLC
Tom Lawson Real Estate and
Auction
United Senior Solutions
Valley Vista Farms
Vanosdol Construction
Vojkufka's Greenhouse
WAC Transportation
Wagster Crop Insurance
Watching 4-H Grow
Wright Implement
Zimmer Tractor

10-Year Members

ABOUT JON KENT

Jon is a ten year 4-H'er who plans to work at Premier Ag after graduation.

What will you miss the most about 4-H?

The projects

What has 4-H taught you?

Problem Solving

What advice do you have for younger members?

Keep Trying



ABOUT BENJAMIN YODER

Benjamin is a 10 year 4-H member who has just started his career in sales at Jeep and Hyundai Columbus and plans to get married at the end of the year.

What will you miss the most about 4-H?

The community and friends I've made there

What has 4-H taught you?

So many different skills and hobbies. I love that fact that I could now use so many different skills when I have a home of my own.

What advice do you have for younger members?

Work Hard. Everything worth doing in life is worth doing well. Stay dedicated and devoted, but also remember to have fun.



ABOUT MAX MASCHINO

Max is a ten year 4-H member who plans to attend Purdue University in the fall and major in Agronomy.

What will you miss the most about 4-H?

Spending time at the fair with my friends and showing

What has 4-H taught you?

To be responsible, resilient, and hard working



ABOUT ZOIE ROBERTSON

Zoie is a senior 4-H member who plans on becoming a phlebotomist and getting her RN degree.

What will you miss the most about 4-H?

I will miss the family feeling of 4-H. Once you get your apron from the stand write your name on the door that's it your year is over, it's like all your work adds up to that day.

What has 4-H taught you?

4-H has taught me that even when faced with the toughest obstacles we can always overcome it.

What advice do you have for younger members?

Young members need to know that it's not just a project you do it's the experience that you get from completing it.



ABOUT LAIN ERNSTES

Lain is a 10 year 4-H member who plans to attend Purdue University Fort Wayne and major in Astrophysics.

What will you miss the most about 4-H?
Going to the fair and seeing my project on display.

What has 4-H taught you?
That trying new things is necessary in order to grow

What advice do you have for younger members?

Try as many projects as you can to find out what you like.



ABOUT KILEY CAPES

Kiley is a 10 year 4-H member who plans to attend IUPUC and major in elementary education.

What will you miss the most about 4-H?

All the new relationships that I got to make with each new fair animal that came in each year.

What has 4-H taught you?

4-H has really taught me to be patient and responsible. Work together with other 4-Hers and help.

What advice do you have for younger members?
Don't be afraid to try new things and start new projects



ABOUT TATUM BROWN

Tatum is a 10 year 4-H member who plans on attending Indiana University Bloomington where she is a direct admit into the Kelley School of Business. She plans to pursue a degree in accounting.

What will you miss the most about 4-H?
I will miss training and spending time with the new and curious goats I get every year. I'll also miss the goat barn, which is full of great people that genuinely care.

What has 4-H taught you?
4-H has taught me responsibility and discipline. During hot, cold, rain or shine the horses, goats and rabbits require care year round.

What advice do you have for younger members?
Find the project or animal that you love and keep working on it, but don't be afraid to try new things.



ABOUT NAOMIE BURTON

Naomie is a 10 year 4-H member who plans to open an animal boarding service.

What will you miss the most about 4-H?

Getting to show my animals.

What has 4-H taught you?

To never give up even when it's hard, even when your next up and your animal is being a total pain in the behind.

What advice do you have for younger members?

Find what you love most and never give up.



Jennings County 4-H

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10-Year Members

BROOKLYN WALTERS



Brooklyn is a 10 year 4-H member who will be attending Ball State in the fall and plans to major in Audiology and American Sign Language.

What will you miss the most about 4-H?

Showing with my sisters and hanging out with friends.

What has 4-H taught you?

4-H has taught me time management and empathy.

What advice do you have for younger members?

Always try new projects even if they seem hard, one day it could lead to a new hobby or career.

ABOUT

JOSIAH SHAFER



Josiah is a 10 year 4-H member who just graduated with his certificate and technical certificate in industrial maintenance, and plans to finish his associate degree and explore other branches of technology and robotics.

What will you miss the most about 4-H?

I will miss seeing my projects on display at the fair.

What has 4-H taught you?

I learned a lot about how to research topics through 4-H.

What advice do you have for younger members?

Start small, but then expand. Don't be afraid to choose something more difficult after your first year or two.



ABOUT

SAMANTHA RISK



Samantha is a 10 year 4-H member who plans to get certified in eyelash extensions and get her associates degree in radiology.

What will you miss the most about 4-H?

What I will miss most about 4-H is improving. It's hard work to improve especially with every project and animal.

What has 4-H taught you?

4-H has taught me that you have to work hard for things you want. 4-H is a dedication but also a fun, rewarding activity.

What advice do you have for younger members?

To never give up but to also be confident in yourself. Push yourself outside of your comfort zone and try new things.



ABOUT

KATIE ASBURY



Katie is a senior and who be attending Purdue University to pursue a degree in agronomic sales and marketing and plans to become a sales representative for a seed and fertilizer company in Indiana.

What will you miss the most about 4-H?

I will miss the welcoming community that has become my second home. 4-H is not just a club, it's a life experience. Not having another fair week, completion trip, or Junior Leader's shift will break my heart.

What has 4-H taught you?

It has taught work drive and time management exponentially, without this prestigious club I wouldn't have my responsibility and leadership skills as well without all of the activities. 4-H has taught me to be a leader in and out of my club.

What advice do you have for younger members?

Always try new things, with the help of other members, you can do anything. If things don't work out it'll be fine and be open to change, a positive attitude and hard work can carry you a long way.



ABOUT

MACKENZIE CARR



Mackenzie is a 10 year 4-H member and will be attending Marian University to pursue a bachelor's degree in Nursing, as well as a minor in Spanish.

What will you miss the most about 4-H?

I will miss the memories from being in the barns until midnight during fair week to train my animals in the freezing cold.

What has 4-H taught you?

4-H has taught me responsibility, to keep pushing for what I want, and to never be afraid to fail.

What advice do you have for younger members?

My advice is to never give up. Don't get caught up in the failure. Let that failure be a lesson, and try harder next time.



ABOUT

AUTUMN FISCHVOGT



Autumn is a 10 year 4-H member and will be attending the University of Indianapolis to major in psychology and pursue her dream of becoming a child behaviorist.

What will you miss the most about 4-H?

I will miss getting to see myself and others' projects in the community building.

What has 4-H taught you?

Responsibility, time management, and commitment to my community.

What advice do you have for younger members?

Stay motivated and take chances on trying new things.



Fair Week Highlights





Farmers in the Making

At the Jennings County 2024 Fair ANR Educator provided a Farmers in the Making activity. This was an experience for young kids to learn what it is like to be a farmer. They collected eggs, picked corn, milked dairy cows, and picked apples from trees. After completing their farm chores, the kids took their basket full of farm items to the “market” to receive payment of an apple or cheese stick. Youth enjoyed this activity at the fair so don't forget to check it out again next fair.



Garden Club at the Boys and Girls Club

Members of the CSL Boys and Girls Club location in the summer garden group, worked with the ANR educator to plant and maintain a garden. This group planted a full garden at the beginning of their summer break. They planted vegetables such as tomatoes, peppers, radishes, lettuce, squash, and more. They have been able to try new vegetables that they have grown and some that grow well in Indiana. By the end of summer, their garden will be full! Thank you to Vojkufka's Greenhouse for the plants grown in the garden.



Important Dates:

July:

- July 18th Purdue Fruit and Vegetable Field Day @ Purdue MIGS Ag Center
- July 25th Purdue Small Farm Education Field Day @Purdue Student Farm

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August:

- 27th @ 4 SEPAC Field Day @ SEPAC

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.





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

July
2024

Upcoming PARPs and Events

- July 25th from 5-7 Bartholomew County PARP
- August 9th from 9-2 Jackson County PARP
- August 27th from 4-8 SEPAC Field Day

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 reach out to ANR Educator for help.



Health & Human Sciences

JULY
2024

Food As Medicine

We're looking for adults interested in learning more about how to manage their overall health through their food choices in this eight week health series.

Participants will receive education on nutrition and wellness, food demos and weekly meal kits to practice at home.

The series will be Thursdays starting July 18 at the CSL Clubhouse from 4-6pm.

If you are interested in this program, please scan the QR code below to complete the interest survey!



Extension - Jennings County



**Register by
July 15th!**



2024 Grilled Cheese Off @ the JC Fair

Congrats to our winner Katie Asbury!

Special thanks to Hulsbosch Dairy Farm for the sponsorship!



Safe Sitter Program



Our partners at the Schneck Foundation are providing a program on July 19th to teach safe babysitting and life skills to youth entering grades 6-8. Please visit **SchneckMed.org/events** to register!

ServSafe Food Manager

Upcoming Training

Tuesday, July 16, 2024

Purdue Extension Office

Registration 8:15 AM

Training begins at 8:30 AM

Exam immediately following



Register by July 8 at:
<https://cvent.me/XRoGy9>

2024 Training & Exam Dates

Tuesday, July 16

Tuesday, September 10

Tuesday, November 19



Boys & Girls Club Market2Go

Boys and Girls Club of Jennings County's June Market2Go was another success! Youth tried cabbage, both raw and sauteed and learned how to make baked zucchini strips and roasted parmesan potatoes in the airfryer. They also received a new recipe packet to try out simple recipes at home. Kids also cooked all week at the club with leftover ingredients. The peach yogurt smoothies and blueberry and peach bling were a hit!

This program is made possible thanks to an Indiana Department of Health Health Issues & Challenges grant to help address food insecurity and obesity in Jennings County.

Thanks to our local growers and producers that participate. An extra thanks to the club staff and volunteers for your support!



Thank You to our June Market2Go Local Partners!!

**Baldwin's Back 40
Clark's Berry Farm
Gatrell Family
Maschino Family Farm**

**McCowan's Market
NexGen
Ray Spicer
Redmond Produce
Vojkufka Greenhouse**

Community Wellness Coordinator

Hi all!

While the weather has been hot lately, it has also been beautiful! As you're out and about enjoying all of this sun, don't forget to drink water, wear sunscreen, and stick to cooler times of day for physical activity. Here's a quick summary of what's going on with the Nutrition Education Program in Jennings County:

- 1. Summer Walks 3 in Jennings County summer walks are here again!** We started this year's round of the famous walking socials on Tuesday, June 18th at 7pm. Walks will be held most Tuesdays and Thursdays at 7pm and Saturdays at 8am. New this year, we'll also be hosting Summer Strolls – which are opportunities to meet on Wednesday and Friday mornings at 9am for short walks at a slower pace.
- 2. Help with the mobile pantry distribution at the CSL Clubhouse.** If you are looking for an opportunity to volunteer this summer, please join the folks at the Boys & Girls Club of Jennings County CSL Clubhouse and Gleaners to place boxes of food into peoples' vehicles. They have a distribution every second Friday and volunteers are needed starting at 3:30pm.
- 3. The Jennings County Food Security Coalition is planning a Poverty Simulation!** The Jennings County Food Security Coalition has selected August 19th to host a Poverty Simulation. Stayed tuned for more details and let us know if you'd like to volunteer!
- 4. July's Walk with a Doc will be held on Friday, July 14th at 4pm.** Come join Dr. Jen Stanley to hear about the health topic of the month and enjoy a walk with others. We'll be outdoors at Tripton Park unless the weather turns inclement. If that is the case, we will host the walk at the Vernon Gym!

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 are looking for volunteers!

Healthfully yours,
Jeff Walker



SUMMER WALKS 3

Master Schedule

#	Day	Date	Time	Meeting Location
1	Tuesday	June 18, 2024	7pm	Stellar Plaza
2	Wednesday	June 19, 2024	9am	Autumn Trace
3	Thursday	June 20, 2024	7pm	Muscatatuck County Park – Gum St. Parking Lot
4	Friday	June 21, 2024	9am	Tripton Park Gateway
5	Saturday	June 22, 2024	8am	North Vernon Elementary School
6	Tuesday	June 25, 2024	7pm	Stellar Plaza
7	Wednesday	June 26, 2024	9am	Autumn Trace
8	Thursday	June 27, 2024	7pm	Muscatatuck Wildlife Refuge – Turkey-Bird Trailhead
9	Friday	June 28, 2024	9am	Court House – Vernon
10	Saturday	June 29, 2024	8am	Graham Creek Elementary School
11	Tuesday	July 2, 2024	7pm	Stellar Plaza
12	Wednesday	July 3, 2024	9am	Autumn Trace
14	Tuesday	July 9, 2024	7pm	Stellar Plaza
15	Wednesday	July 10, 2024	9am	Autumn Trace
16	Thursday	July 11, 2024	7pm	Muscatatuck County Park – Gum St. Parking Lot
17	Friday	July 12, 2024	9am	Downtown North Vernon – HOS Coffee
18	Saturday	July 13, 2024	8am	Scipio Elementary School
19	Tuesday	July 16, 2024	7pm	Stellar Plaza
20	Wednesday	July 17, 2024	9am	Autumn Trace
21	Thursday	July 18, 2024	7pm	Calli Nature Preserve Trailhead
22	Friday	July 19, 2024	9am	Muscatatuck County Park – Gum St. Parking Lot
23	Saturday	July 20, 2024	8am	Brush Creek Elementary School
24	Tuesday	July 23, 2024	7pm	Stellar Plaza
25	Wednesday	July 24, 2024	9am	Autumn Trace
26	Thursday	July 25, 2024	7pm	Eco Lake Park Playground
27	Friday	July 26, 2024	9am	Tripton Park Gateway
28	Tuesday	July 30, 2024	7pm	Stellar Plaza
29	Wednesday	July 31, 2024	9am	Autumn Trace
30	Thursday	August 1, 2024	7pm	Muscatatuck County Park – Front Parking Lot
31	Friday	August 2, 2024	9am	Court House – Vernon
32	Saturday	August 3, 2024	8am	Sand Creek Elementary School
33	Tuesday	August 6, 2024	7pm	Stellar Plaza
34	Wednesday	August 7, 2024	9am	Autumn Trace
35	Thursday	August 8, 2024	7pm	Selmier State Forest Trailhead
36	Friday	August 9, 2024	9am	Downtown North Vernon – Succulent Smoothies
37	Saturday	August 10, 2024	8am	Hayden Historical Museum

Any cancellations for inclement weather will be announced to the email list and Facebook group at least one hour before the start of a scheduled walk.

Nutrition Education Program Advisor

Hi everyone!

This month I will be collaborating with Deidre and Jeff to provide nutrition lessons to our community! These lessons are part of a program called Food as Medicine, and focus on managing overall health through food choices. The program starts on **Thursday, July 18th** and continues on Thursdays, ending on **September 5th**. Scan the QR code on page 1 of our HHS section to register!

In addition to Food as Medicine, I am continuing to teach the summer nutrition series with the **Boys and Girls Club** locations here in Jennings County! This series is with the 3rd graders at both **North Vernon Elementary School** and **Country Squire Lakes**. These lessons started on **Tuesday, June 4th** and continue on Tuesdays and Thursdays until **Thursday, July 25th**.

Would you like your child or family to learn about some of these topics? Or maybe you'd like to learn about something else, like regulating weight gain or weight loss? Reach out to me via email, egeorgi@purdue.edu, or call the office at **(812) 352-3033**. I offer a wide range of class lessons, including ways to get your picky eaters to eat, how to better afford groceries, or how to make smart choices when eating fast food. If you are unsure of your eligibility for SNAP (formerly named food stamps), I can help you find out if you are eligible. I would love to set up a one-on-one class for you or your family!



Purdue Extension Nutrition Education Program

@PurdueNEP



Emily Georgi: egeorgi@purdue.edu

