

July 2025 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

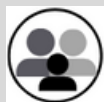


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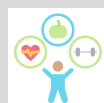


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SHIFT BRINGS CHANGES

As a part of a shift in focus of program delivery, standalone direct nutrition education (e.g., nutrition lessons delivered by Nutrition Education Program Advisors) will no longer have funding. Community Wellness Coordinators will continue working through the Nutrition Education Program (NEP) to support multi-level interventions. We want to thank Emily Dunn for being a part of our team as a NEPA and serving Decatur and Jennings counties over the last year. While we must say goodbye, we are happy Emily will continue to serve as a Jennings County 4-H Volunteer and co-leader of our Jennings 4-H Junior Leaders Club.



July 4-H Newsletter

Jennings County 4-H

JULY
2025

Dear 4-H Families & Volunteers,

We have officially survived the Jennings County Fair! I am so proud of our 4-H'ers! I am grateful for every volunteer for all of their hard work and dedication! Our 4-H'ers and volunteers make our County Fair the best! Even though the fair is over for the year, the fun continues and there are many more 4-H opportunities coming your way!

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



FOLLOW OUR
FACEBOOK PAGE FOR
MORE UPCOMING
IMPORTANT DATES!

Indiana State Fair Tickets

The Indiana State Fair this year will take place on August 1-17, 2025. 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. These tickets are available now through July 18th. The following week (July 21st - 25th) tickets will be available to any 4-H member and their family. Beginning on July 28th, tickets will be available to the public. Be sure to get your tickets the earliest that they are available to you so you can ensure you have tickets before we run out!



INDIANA
STATE FAIR

State Fair Project Transport Dates & Times

If you have taken your State Fair Eligible project home at the Jennings County Project Check-Out, you will need to bring your projects to the Extension Office by the following dates and times:

- Non-Perishable projects: Before 4:00 pm on Friday, July 18th.
- Cake-Decorating & Floriculture: Before 8:30 AM Monday, July 28th.
- Foods & Garden: Before 8:30 AM Monday, August 4th.

If you have been asked to take your project yourself or have chosen to take your project yourself, you must pick up project tags, parking/check-in information, and other required documentation from the office July 14th - 25th.

The dates for project drop off are as follows:

- Non-Perishable Projects: 8:00 AM- 8:00 PM on Monday, July 28th.
- Cake Decorating and Floriculture: 8:00 AM - 8:00 PM on Monday July 28th.
- Foods and Garden: 9:00 AM- 3:00 PM on Monday, August 4th.

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

- Project Check-Out: August 18th 8:00 AM - 8:00 PM

State Fair 4-H Events

Tractor & Zero Turn Mower Skills Operator Contests: Thursday, August 7th.
Consumer Clothing Fashion Revue: Wednesday, August 13th.
Sewing Fashion Revue: Thursday, August 14th

Area Tractor Contest

The Area Tractor Contest will take place in Decatur County on July 26th. Registration will take place on 4-H Online this year. All youth planning to participate need to register under the events tab in 4-H Online. Check-In will begin at 7:00 AM and the contest will start at 7:30 AM.

Important Dates

July

- 4 Office Closed in Observance of Independence Day
- 7 Dog Club Practice
- 18 Last Day for Non-Perishable Project Drop- Off for Extension Transport
- 21 Dog Club Practice
- 26 Area Tractor and Zero Turn Contest
- 28 Cake Decorating and Floriculture Project Drop-Off for Extension Transport by 8:30 am
- 28 Static Project Check-In at the Indiana State Fair

August

- 1-17 Indiana State Fair
- 4 Dog Club Practice
- 7 State Tractor and Zero Turn Contest
- 18 Dog Club Practice

Health & Human Sciences

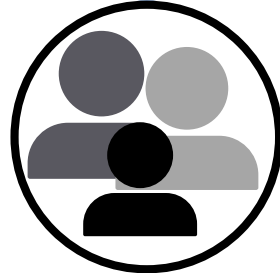
JULY
2025

12 Nights of Summertime Stories: July 14-26

We are excited to partner again with North Vernon Main Street for this special bedtime stories series that starts virtually July 14th!

Register youth by July 14th at <https://bit.ly/12NightsSummer2025>

Join the Facebook Event for the nightly stories by scanning the QRC below or going to <https://www.facebook.com/share/1FjPG9EeoB/>



12 Nights of Summertime Stories

Virtual Bedtime Stories

14-25 JULY
2025 | 8PM



Join
the FB
event
here!

Each night will have a special code word to decipher a summer message to receive a free book at the Main Street Live event!

North Vernon Main Street Live!

26 JULY
2025 | NOON-2:00 PM
NV MAIN STREET
50 SHORT STREET

Join us at the NV Main Street Live event to receive a free book and enjoy some fun kid activities before the main event. Register your family at the link below by July 14.

<https://bit.ly/12NightsSummer2025>



ServSafe Food Manager

2025 Training & Exam Dates

Monday, July 14, 2025

Monday, September 15, 2025

Monday, November 17, 2025

Monday, July 14, 2025

Purdue Extension Office

Registration 8:15 AM

Training begins at 8:30 AM

Exam immediately following



**Register by July 7th by
scanning QR Code or at:
<https://cvent.me/KNx1PE>**



Health & Human Sciences

JULY
2025

Boys & Girls Club Market2Go

About 80 youth with the CSL and NVE Summer Boys and Girls Clubs of Jennings County's participated in Market2Go in June. Youth shopped the market for locally grown fruits, veggies, and local proteins of eggs, sausage and chicken. Produce included asparagus, lettuce, kale, kohlrabi, chinese cabbage, zucchini, yellow squash, green onions, tomatoes, bell peppers, black raspberries, strawberries and blueberries.

Youth received a new recipe packet to try out at home with ingredients from the market. The recipes included "Blueberry Bling" which was the cooking demo and a hit with the CSL club kids. You can find the recipe at eatgathergo.org. They also continued the fun and made omelets with leftover ingredients from the market later that week!

This program is made possible thanks to an Indiana Department of Health-Health Issues & Challenges grant to help address food insecurity, physical inactivity, and obesity in Jennings County. If you are a Jennings area grower that would like to participate, please contact Deidre.

Thanks to our local growers and producers that participated. An extra thanks to the club staff for making both markets possible for this month!



Thank You to our June Market2Go Local Partners!!

**Baldwin's Back 40
Clark's Berry Farm
Gatrell Family
Hayden Hub
McCowan's Market**

**NexGen
Pollert's Produce
Ray Spicer
Redmond Produce
Vojkufka Greenhouse**

The Family Dinner Project: Managing Mealtime with Fidgety Kids



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.



Pasta Poulet

INGREDIENTS

Serves 4-6

- 1 lb. boneless, chicken breast, cubed
- 2 tbsp. olive oil
- 4 cloves garlic, minced
- 4 medium tomatoes, diced
- 4-6 scallions, diced
- 1 1/2 c. chicken broth
- 2 tsp. oregano
- 1 tbsp. dried basil
- 1 tsp. salt
- 1/2 tsp. black pepper
- 1 lb. spaghetti, or other long pasta

INSTRUCTIONS

1. Cook the pasta according to package directions.
2. While the pasta is cooking, warm the olive oil in a skillet over medium heat. Add the garlic and saute for about 30 seconds, just until fragrant.
3. Add the chicken to the skillet and cook, stirring frequently, until lightly browned.
4. Season with the basil, oregano, salt, and pepper.
5. Add the chicken broth, stir to combine, and simmer for 5-7 minutes.
6. Add the tomatoes and scallions and cook for an additional 2-3 minutes, just until the tomatoes are softened.
7. Toss the chicken mixture with the cooked, drained pasta. Serve with Parmesan cheese as desired.



DINNER TONIGHT

Pasta Poulet



FUN

Everyone at the table picks a person they would invite to dinner and explains why.



CONVERSATION

What is the greatest song ever written?

Community Wellness Coordinator



Hi all!

I hope everyone is doing well with the heat and staying hydrated! A quick reminder that for those of us who aren't big fans of plain water, a little cucumber, mint, or blueberry (even frozen) can make staying hydrated more fun. We've been busy in the Purdue Extension office this month, here's a quick rundown of highlights from my work:

- 1. Several churches and Jennings County Schools are distributing food this summer to help families make ends meet.** Please share the church calendar for the summer on the next page! The Schools are giving out meals Wednesdays from 11am-12:30pm at JCHS through the end of July.
- 2. Summer Walks 4 Jennings is now!** If you'd like to join us for the fourth year of the summer walking social, you can learn more at the group's Summer Walks 4 Jennings Facebook page or contact me for more information!
- 3. The Jennings County Food Security Coalition can double your money!** Thanks to the Lilly Endowment the Coalition is matching every dollar donated in 2025 to build an endowment at the Jennings County Community Foundation. This endowment will allow the Coalition to continue hosting community events and workshops, bimonthly meetings, and support a shared fund that gives back every year to local organizations fighting hunger!
- 4. July's Walk with a Doc will be held on Friday, July 18th at 4pm.** Come join Dr. Jen Stanley to hear about the health topic of the month and enjoy a walk with others.
- 5. And a big THANK YOU to Emily Dunn!** Emily is heading for new opportunities and work in the days ahead. I want to give her a shout out for the amazing nutrition education she has provided in Jennings County over the last few years. The change in her role was unexpected, but we know she'll be successful at whatever she chooses to do next.

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



Free Grab-N-Go meals for June and July 2025 @ four locations at two different times sponsored by three different churches while supplies last.

Wednesday, June 11 from 5p-6p at [North Vernon First United Methodist](#) under the portico

Thursday, June 12 from 5:30p-6:30p at [Second United Methodist Church](#)

Tuesday, June 17 from 5p-6p at [North Vernon First Christian Church](#) in back parking lot

Wednesday, June 18 from 5p-6p North [Vernon First United Methodist](#) under the portico

Thursday, June 19 from 5:30p-6:30p at [Brush Creek Elementary](#) sponsored by SUMC

Wednesday, June 25 from 5p-6p [North Vernon First United Methodist](#) under the portico

Thursday, June 26 from 5:30p-6:30p at [Second United Methodist Church](#)

Wednesday, July 2 from 5p-6p at [North Vernon First United Methodist](#) under the portico

Thursday, July 3 from 5:30p-6:30p at [Brush Creek Elementary](#) sponsored by SUMC

Tuesday, July 8 from 5p-6p at [North Vernon First Christian Church](#) in back parking lot

Wednesday, July 9 from 5p-6p at [North Vernon First United Methodist](#) under the portico

Thursday, July 10 from 5:30p-6:30p at [Second United Methodist Church](#)

Wednesday, July 16 from 5p-6p at [North Vernon First United Methodist](#) under the portico

Thursday, July 17 from 5:30p-6:30p at [Brush Creek Elementary](#) sponsored by SUMC

Tuesday, July 22 from 5p-6p [North Vernon First Christian Church](#) in back parking lot

Wednesday, July 23 from 5p-6p at [North Vernon First United Methodist](#) under the portico

Thursday, July 24 from 5:30p-6:30p at [Second United Methodist Church](#)

Wednesday, July 30 from 5p-6p at [North Vernon First United Methodist](#) under the portico

Thursday, July 31 from 5:30p-6:30p at [Brush Creek Elementary](#) sponsored by SUMC

[North Vernon First United Methodist Church](#) is located at 240 W Poplar, North Vernon

[First Christian Church](#) is located at 108 E Walnut, North Vernon

[Second United Methodist Church \(SUMC\)](#) is located at 407 Stockwell St., North Vernon

[Brush Creek Elementary School](#) is located at 4270 US Highway 50, North Vernon