

Newsletter

Purdue Day of Giving

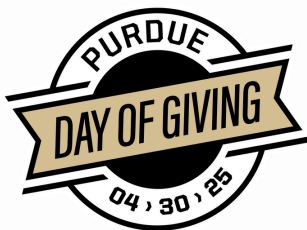
Support Your Local Extension on Purdue Day of Giving!

Purdue Day of Giving is back, and this year, our community has the opportunity to make a lasting impact! By participating, you can help support our local Purdue Extension programs, ensuring they continue to provide valuable resources and experiences for youth and family.

One exciting initiative we hope to fund is a **Mini Day Camp**, offering young participants hands-on learning, skill-building activities, and fun educational experiences. Additionally, your support could help our **4-H Council improve buildings and grounds**, creating a better space for 4-H members to learn, grow, and showcase their achievements.

Every donation, big or small, brings us closer to these goals. By giving on Purdue Day of Giving, you're investing in local youth, community programs, and the future of 4-H. All contributed funds stay within our local county office.

Mark your calendar for April 30th and join us in making a difference! Stay tuned for details on how to give and help us spread the word. Together, we can build a brighter future for our community!



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4-H Enrollment

v2.4HOnline.com

4HOnline is open to enroll/re-enroll youth for the 2024-2025 program year! Mini 4-H is for youth in grades K-2 and regular 4-H is for youth in grades 3-12.

All 4-Her's MUST BE ENROLLED in all projects before May 15th.

Please contact the Extension Office if we can help in any way!

4-H Volunteers

All new first year 4-H Volunteers, please make sure to return your personal reference form to our office and remind your references to return their reference forms as soon as possible. You should have received a packet with this information. If you have not received this packet, please let our office know so we can mail you a new one. You will not be considered an approved volunteer until we have received this information. Any volunteers that have not completed the required training, needs to go back into 4-H Online and complete the training as soon as possible.

National Volunteer Week

April 20-26, 2025 is National Volunteer Week! It's time to celebrate our volunteers and all that they do. Nationally we rely on a network of over 500,000 volunteers to provide caring and supportive mentoring to our 4-Her's, helping them learn life skills and grow into true leaders. THANK YOU for your service! We could not have 4-H without our volunteers! Keep an eye on our Facebook pages for some special highlights that week!

*We ♥ our
Volunteers*



2025 4-H Scoop

The 2025 4-H Scoop is finished and ready for you to pick up! You can stop by the office Monday-Friday from 8am-4pm.

Please check out the Scoop carefully!

There were a few projects that were updated this year! As you start working on your projects, make sure you check the guidelines.

If you have any questions, call the office at 812-354-6838.



Project Closet

As you do your Spring cleaning, please consider donating any project supplies to our office. Project Closet is an initiative we started to help all youth get free supplies for their projects! The closet will be open for 4-H youth on April 29th from 4pm-7pm at the Pike County 4-H Exhibit Building. It will be a first-come, first-serve basis, with no holds on items.

Want to donate supplies to the closet? We are seeing new or gently used items such as poster boards, paper, legos, ribbon, fabric, and other craft supplies or tools. Donations can be brought to our extension office from April 14-25 between 8am-4pm. Any questions? Please contact our office at 812-354-6838 or at bgoble5@purdue.edu.

Spring Break

Looking for a great way to spend a couple of days of Spring Break? Join in on our Spring Break Day Camp on March 25th, and 26th from 12:00PM-4:30PM. This is open to all youth in grades 3-12! We have two fun-filled days jam-packed with lots of activities!

**Spring Break Camp is
FREE to all Pike County
4-H youth in Pike County!
You do not have to be
enrolled in 4-H to attend.**

**Register by March 18th to
reserve your spot!
[https://forms.gle/Ea1e1f5
Vfjychj6t7](https://forms.gle/Ea1e1f5Vfjychj6t7)**



**Pike County
4-H Council
Presents:**

**KID'S
SPRING
BREAK
DAY CAMP**

**March 25th & 26th
Noon-4:30 PM**
Location:
4-H Exhibit Building
Hornady Park, Petersburg, IN

Free Event!



Camp Highlights:

- Outdoor Adventures
- Creative Arts & Crafts
- Games
- Special Guest Presenters

Registration Information:

- This event is free for all Pike County Youth K-12
- Open to 4-H & non 4-H Members

Register By **3/18** here:
<https://forms.gle/Ea1e1f5Vfjychj6t7>

With special thanks to:



**United Way
of Pike County**

**For More Info Call:
812-766-0777 or 812-354-6838**



Summer CAMP

State 4-H Trips

**June 11-
13, 2025**

4-H Academy @ Purdue

4-H Academy @ Purdue is a program held at Purdue University specifically designed to offer hands-on, exciting opportunities to learn about a diverse selection of subjects & careers. During this conference participants will meet and learn from professors, graduate students and other experts in their respective fields and participate in interactive activities and experiential learning. Participants stay in a Purdue University Residence Hall for two nights while exploring the Purdue University campus and meeting 4-H members from across Indiana. 4-H Academy @ Purdue is open to all youth grades 9-12. Registration open March 15!

4-H Round- Up

4-H Round-Up is an exciting opportunity offered to youth who have completed grades 7-9. Attendees have an opportunity to explore a variety of careers by attending classes created just for Round-Up attendees at Purdue University. Participants will get a taste of college life and will live in a Purdue Residence Hall for two nights. Youth have an opportunity to meet others from across the state and further develop their leadership skills. Recreation events are planned in the evenings and blocks of free time allow attendees the opportunity to build friendships on their own. Registration opens March 15!

**June 23-
25, 2025**

**June 21-
25, 2025**

4-H Band and Chorus

The 2025 4-H Band and Chorus workshop is four days length. Youth will improve their instrumental skills as they prepare for a concert band performance on Monday evening during 4-H Round-Up. Youth will improve their vocal and choreography skills as they prepare for a show choir performance Tuesday evening during 4-H Round-Up. Any youth who has completed grade 9, 10, 11, or 12 may apply. 4-H membership is not required. Selection is made by State 4-H Band Director and Coordinator.

**Registration can be completed via 4-H Online
Reach out to Brooke (bgoble5@purdue.edu) if you have any
questions about these trip opportunities or cost.**

More information:: <https://extension.purdue.edu/4-H/get-involved/state-programs/index.html>



PIKE COUNTY QUALITY LIVESTOCK CARE

February 26, 2025: 6 PM

March 18, 2025: 6 PM

April 12, 2025: 2 PM



The Indiana Quality Care Training is an exhibit requirement for any 4-H member in the following projects: Beef Cattle, Dairy Cattle, Goats, Poultry, Rabbits, Sheep, and Swine. Members may attend any of the above meetings OR a QCA training in another county OR complete the training online.



QLC Training

Pike County 4-H members showing livestock must complete Quality Livestock Care Training. Sessions: Feb 26 (6PM), Mar 18 (6PM), Apr 12 (2PM). Attend one or complete online. Hosted by Purdue Extension-Pike County.

Livestock Tagging

Pike County 2025
Livestock Tagging Days:
March 22- Beef & Dairy
Beef Weigh-in & Tagging
April 12- Livestock ID
Day (Cattle, Sheep,
Swine, & Goats)
Held at the Livestock
Barn at the Fairgrounds.
Contact the Extension
Office with any
questions.



2025 Livestock Tagging Day

Livestock Tagging Days, March 22nd, 9am and April 12th, 9 am at the Livestock Barns at the Fairgrounds.
Contact the Extension office at 812-354-6838 with any questions.

March 22

Beef & Dairy Beef Weigh-in and Tagging

9am @ Livestock Barns at Fairground

All feeder calves, steers, and heifers **MUST** be tagged at tag in at the fairgrounds. We will also weigh steers for Rate of Gain

April 12

Livestock ID Day Weigh-in and Tagging

9am @ Livestock Barns at Fairground

Cattle, Sheep, Swine, & Goats

Animals that have attended a previous ID day in Pike County & meet current identification requirements do not need to attend. All steers, dairy/meat goat wethers, & market lamb will be weighed for Rate of Gain



Extension - Pike County



Healthy Homes: Dealing with Household Clutter

What is Clutter?

Clutter is a collection of things lying around in an untidy mess, usually because we don't have a designated place for it. It can be all kinds of different stuff that people buy, receive and/or collect over the years. Clutter can accumulate anywhere – it can start in one small space, like a dining room table, and eventually spread to take over a whole room, or in severe cases, a whole house. Some prime sources of clutter include paper (mail, bills, etc.), books & magazines, toys & games, hobby materials, shoes & clothes, tools & hardware, cleaning supplies, and laundry.

Why Should You Be Concerned About Clutter?

Household clutter has a big impact on your health and quality of life. It can be so out of control that people fall and injure themselves because they cannot reach things or maneuver around piles of junk. This can be especially hazardous for elderly people or people with limited mobility. Most people spend 90% of their time indoors – a lot of which is spent at home. Home is the place you start and end your day, the place where you spend time with family and friends. Research has indicated that a clean house can positively affect your physical and mental health. By cutting down on “stuff,” you make room to socialize with the people who matter to you.

Does Clutter Really Affect Indoor Air Quality?

Yes – piles of clutter that are left undisturbed for long periods of time can accumulate dust, dirt and allergens, including pet hair and dander, pollen, dust mites and other pests. Mold can also develop undetected if the area is damp. If someone smokes cigarettes in a cluttered home, the walls and furnishings can become tinged with yellow and smell of smoke. This is especially hazardous for people with asthma, children, and the elderly.

Healthy Homes: Dealing with Household Clutter

Take Charge and Clear Your Clutter

Start by sorting items into separate piles: keep, trash (or recycle), donate, sell, or uncertain. Experts estimate that people only use about 20% of the items in their home. This means the other 80% is potential clutter. Take a good look at your “stuff” and be honest with yourself about what you really use. Only keep things that you need and will use or that have a strong personal meaning to you. Don’t confuse things with memories. Our memories of people and events in our past will be with us long after the “stuff” is gone.

-KEEP – put items you will keep in this pile. Sort like items together so they will be easier to put away. Create organized centers for things like cleaning products, office supplies, cooking, makeup, hardware, etc. The keep pile may be divided into two separate categories in some cases:

- Things to keep and put away now OR
- Things that are broken or need repair before they can be put away. If you haven’t repaired a “keep” item in two months, dispose of it.

-GIVE AWAY – put items you will give to friends or donate to charity in this box.

-TRASH/RECYCLE – put items that need to be thrown away in trash bags or recycling containers.

-SELL – put items that can be sold for a profit on websites (like eBay or Craigslist), at consignment shops, or yard sales in this box.

-UNCERTAIN – put items that you are unsure about in this box. If you have enough room, keep the box for 6 months. If you haven’t needed anything in the box after 6 months, get rid of it.

Be sure to deal with sorted items as soon as possible after de-cluttering. For example, take bags of trash and recycling to the recycling center and give items to friends, the Good Will, or Salvation Army. If you are selling items on a website, list them as soon as possible. If you need to have a yard sale, try to plan to have it within a couple of weeks. Donate the stuff that doesn’t sell online or at your yard sale.



Literacy + Family Dinner

Research shows that kids learn even more words through family dinner conversations than through being read to...Try some of our games and conversation starters to reinforce reading at your table tonight!



CONVERSATION

If you were stranded on a desert island, what 3 books would you bring with you?



FUN

Higglety Pigglety

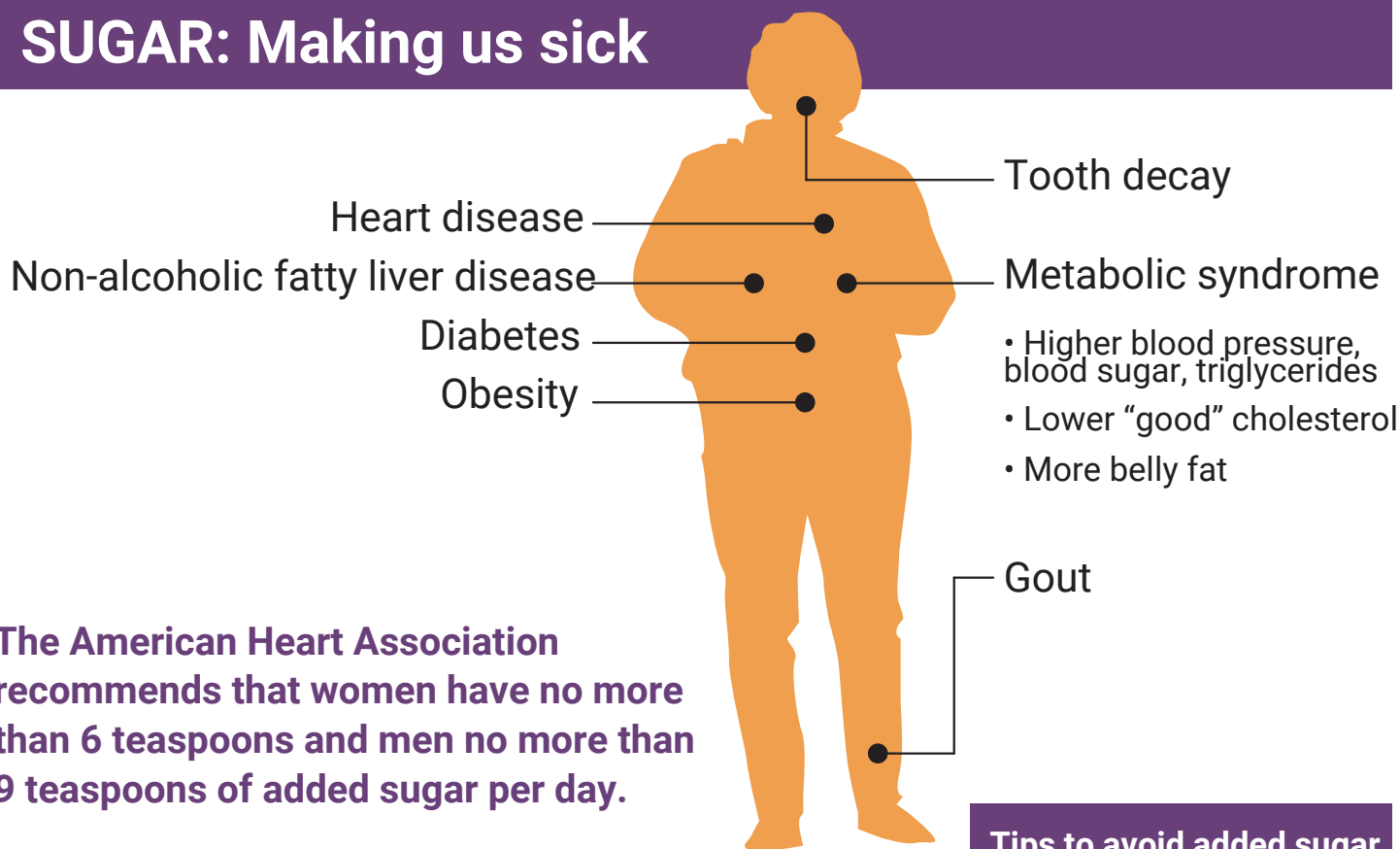
One person thinks of a rhyming pair of words, like Funny Bunny. Then the person gives clues which are synonyms for the two words– hilarious furry mammal. Additionally, the person clues everyone in to how many syllables each word is by using the phrases “higglety pigglety” (for 3 syllable words), “higgy piggy” (for 2 syllable words), or “hig pig” (for 1 syllable words). For example, Funny Bunny is a “higgy piggy,” but Old Mold is a “hig pig.” Everyone tries to guess. Whoever gets it first thinks of the next one.



Rethink Your Sweets

Added sugar is sugar added to processed or prepared foods.

SUGAR: Making us sick



SUGAR: Too much of a sweet thing

What we should eat/drink

6 teaspoons of added sugar recommended for **women** per day

9 teaspoons of added sugar recommended for **men** per day

What we actually eat/drink

23 teaspoons **actual** added sugar consumed by average American per day



15 teaspoons of added sugar in a 20-oz. soda

Tips to avoid added sugar

- Read labels. Much of the sugar that we eat is in processed foods, some of which may not even be sweet.
- Limit sweets, sugary beverages, and foods high in added sugar.
- Choose foods in their natural form as opposed to highly processed foods.
- Choose unsweetened versions of yogurt and oatmeal and add only a touch of sweetness.

Planting Season

Planting season is just around the corner! Reminder to be patient with farmers as they start to get in the fields! Roll your windows down, turn up your radio, and take it slow!





Hudsonville Family Campground
5064 E 800 S

Montgomery, In 47558

Thursday, April 24th

9:00 am—3:00 pm (Eastern)

8:00 am—2:00 pm (Central)

Are you concerned about water quality issues, interested in educating on water quality concerns, or a drinking or wastewater professional looking for CEU's? This workshop will train you on how to perform hands-on water quality education and volunteer stream monitoring. Morning session is classroom-style. After the provided lunch, venture to an outdoor setting to perform water monitoring of chemical, physical and biological parameters.

REGISTER BY April 14, 2025. SPACE IS LIMITED TO 25 PEOPLE.

Register by contacting Watershed Coordinator Julie Loehr @ 812-779-7924 or Julia.loehr@in.nacdnet.net. This event is free, but you must be registered to attend to ensure adequate lunches and needed supplies are available.

Items to bring:

- ☑ Closed-toed shoes that can get wet (waders, rubber boots, water shoes or old tennis shoes are appropriate - NO FLIP FLOPS).
- ☑ Change of clothing that can get wet or muddy.
- ☐ Paper and writing utensil.
- ☐ Doughnuts and coffee will be available as you arrive. The provided lunch will be soup and sandwich bar, veggie and fruit tray, chips and cookies. Water will be available throughout the day, feel free to bring a soda or tea if your prefer that with lunch.

Sponsors: Pike, Daviess and Martin County SWCDs; The Nature Conservancy and Hoosier Riverwatch

SWCDs , The Nature Conservancy and Hoosier Riverwatch does not discriminate on the basis of race, color, gender, national origin, age, religion, or disability. If accommodations are required, please contact us.

Spring Puzzle

R	E	L	D	I	D	E	E	E	S	B	N	P	S	C
R	R	L	T	A	E	R	W	S	D	U	O	L	C	E
S	S	W	E	E	D	N	S	K	E	S	S	A	W	O
R	F	L	O	W	E	R	S	F	R	I	E	N	D	S
I	B	L	O	O	M	S	S	E	S	A	M	T	A	A
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L	O	F	E	I	E	O	B	O	W	I	U	L	O	N
L	I	V	E	S	T	O	C	K	C	N	G	R	L	E
N	M	R	A	W	T	N	T	E	I	I	N	D	S	S

plant

water

seeds

easter

flower

livestock

garden

bunnies

spring

sun

clouds

birds

rain

warm

blooms

friends



“MAKING THE HEALTHY CHOICE, THE EASY CHOICE.”

ERIN MEYER, RDN - COMMUNITY WELLNESS COORDINATOR

Do I Qualify for SNAP?



To qualify for the Supplemental Nutrition Assistance Program, applicants must meet certain non-financial and financial requirements. Non-financial requirements include state residency, citizenship/alien status, work registration and cooperation with the IMPACT (job training) program. Financial criteria include income and asset limits. The asset/resource limits are \$5,000 for most households.

Assets include bank accounts, cash, real estate, personal property, vehicles, etc. The household's home and surrounding lot, household goods, and personal belongings and life insurance policies are not counted as assets in the SNAP program. All households (except those with elderly or disabled members) must pass a gross income test (130% of poverty) to qualify for SNAP benefits. The gross income is per household size and based on the gross monthly income received by all household members. For more information, please visit: <https://www.in.gov/fssa/dfr/snap-food-assistance/do-i-qualify-for-snap/>

March is National Nutrition Month

VISIT THIS SITE FOR MORE INFORMATION ON NUTRITION:

[HTTPS://WWW.EATRIGHT.ORG/NATIONAL-NUTRITION-MONTH](https://www.eatright.org/national-nutrition-month)

Food Connects Us

Food is a connecting factor for many of us. Food connects us to our cultures, our families and our friends. Sharing a meal is an opportunity to learn about its preparation, who made it and where the ingredients were sourced. What's more, health, memories, traditions, seasons and access can all impact our relationship with food.

This National Nutrition Month®, learn more about these connections and how the foods you eat impact your health throughout life.

Connect with food.

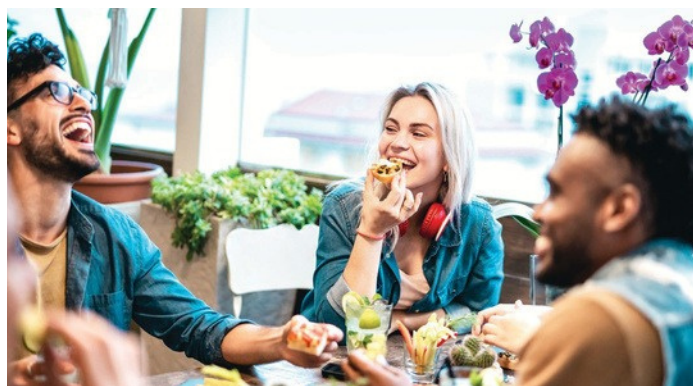
There are a variety of ways to connect with food. These include preparing your own meals and snacks and learning about how the ingredients you eat were grown or raised. Your ability to access food is also essential. Many people have a specific amount of money they're able to spend on food, which makes planning extra important when trying to eat healthfully.

Here are some tips for connecting with food:

- When purchasing food from a store, use a grocery list and pay attention to sales. When food is less processed, it's often more affordable.
- Learn about resources in your community that offer access to healthy foods, such as the Supplemental Nutrition Assistance Program (SNAP), Women Infants and Children (WIC), and food banks.
- Visit a farmers' market to ask about how your food was grown or raised, or consider starting a home or community garden to get hands-on experience with the growing process.

Whether you have a health condition that requires you to eat a certain way, or you just want to make changes to how you eat, preparing your own meals

makes it easier to control the ingredients and their amounts. It's also a chance for children and teenagers to interact with the food they eat and build healthy eating habits for life.



Explore the Connection Between Food and Culture.

Another way to connect with food includes learning about the traditions or history behind what you're eating. Whether a food is traditional or new to you, learning more about how and why it's prepared can be a valuable experience. It may help build a connection to the person that prepared it, teach about sustainability, or provide information about how it affects your health.

Build the Connection Across All Stages of Life.

While the amount of nutrients we need changes from the time we're infants until we're older adults, essential nutrients play a role across the lifecycle. For example:

- Consuming adequate calcium from a young age helps reduce the risk of osteoporosis, or weak bones, as we age.
- The B vitamin, folate (also known as folic acid), is important for metabolism and is of increased concern for anyone who may become pregnant as it can decrease certain health risks in newborns.
- While protein is often the focus of athletes, older adults also should pay extra attention to this nutrient as loss of muscle mass becomes a concern as we age.

For most people, choosing food instead of supplements is the best way to meet nutrient needs. Include fruits, vegetables, whole grains, lean protein foods and low-fat or fat-free dairy or fortified soy milk as the basis of your daily eating routine to get the nutrients you need.



Connect with a registered dietitian nutritionist (RDN).

Registered dietitian nutritionists, also known as RDNs, are food and nutrition experts who help people live healthier lives. RDNs provide medical nutrition therapy, or MNT, and can help you understand the connection between the foods you eat and your health. Make an appointment with an RDN who specializes in your specific needs to jumpstart your plan for personal wellness or ask your physician for a referral for MNT.

To find a registered dietitian nutritionist in your area and get additional food and nutrition information, visit eatright.org.



The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

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Community Wellness Coordinator
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Minestrone Soup

Ingredients:

- 1/4 cup extra virgin olive oil
- 1 small yellow onion, chopped
- 2 carrots, chopped
- 2 celery stalks, diced
- 4 garlic cloves, minced
- 1 zucchini or yellow squash, diced
- 1 cup green beans, fresh or frozen, if needed
- Kosher salt and black pepper
- 1 tsp paprika
- 1/2 tsp rosemary
- 6 cups broth, veg or chicken broth
- 1-inch Parmesan cheese rind, optional
- 1 bay leaf
- 2 to 3 springs fresh thyme
- 1 (15-oz) can kidney beans
- Large handful chopped parsley
- Handful fresh basil leaves
- Grated Parmesan cheese, to serve (optional)
- 2 cups cooked ditalini or elbow pasta

Directions:

- In large Dutch oven, heat the extra virgin olive oil over medium heat until simmering, but not smoking. Add onions, carrots and celery. Raise heat to medium-high and cook stirring regularly, until the veggies soften a bit (about 5 minutes or so). Add the garlic and cook another minute, tossing regularly.
- Add the zucchini or yellow squash and green beans. Season with paprika, rosemary, and a generous pinch of kosher salt and pepper. Toss to combine.
- Now add the crushed tomatoes, broth, fresh thyme, bay leaf and Parmesan rind (if using). Bring to a boil, then reduce heat to a gentle simmer and partially cover the pot. Let simmer for about 20 minutes or so.
- Uncover the pot and add the kidney beans. Cook for another 5 minutes.
- Finally, stir in the parsley and fresh basil. And, if serving immediately, stir in the cooked pasta and simmer just until the pasta is warmed through, do not overcook.
- Remove the cheese rind and bay leaf. Taste and adjust seasoning to your liking. Serve the minestrone hot with a sprinkle of grated Parmesan and a drizzle of extra virgin olive oil.

Equal Opportunity Statement

It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran. Purdue University is an Affirmative Action institution. This material may be available in alternative formats.