

Newsletter

Welcome!

Welcome Our New Office Manager, Jenny Ridao!

Please help us welcome Jenny Ridao to the Purdue Extension office team as our new Office Manager! Jenny is a wonderful addition to our staff, and we are excited to have her on board.

Don't hesitate to call the office or stop in to say hello—she's looking forward to meeting everyone!

4-H Enrollment!

4HOnline is open to enroll/re-enroll youth for the 2025-2026 program year!

To get the most out of your 4-H experience, please enroll before January 15, 2026

Adult Volunteers

Re-enrolling 4-H Volunteers need to go into 4HOnline and re-enroll as an adult volunteer and complete the required trainings before helping with any 4-H events.

Please contact the Extension Office if you are having any issues or have questions!



812-354-6838

<http://extension.purdue.edu/Pike>
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Brooke Goble

County Extension Director
4-H Youth Development and
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Kloe Bromm

4-H Youth Development and
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Jenny Ridao

Office Manager
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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 their participation in a variety of 4-H experiences.



To Apply: Click on each title below to access the application. Applications are due January 25. Youth may complete their application through their 4-H Online account.

If you have any questions about scholarships, how to apply, or would like someone to review it, contact Brooke Goble at bgoble5@purdue.edu.



Mighty Minis

Youth in grades K-2 are invited to join Pike County 4-H Mighty Minis. Mighty Minis is about helping youth from early connections and skills to take with them through out their time at 4-H and beyond! Our next meetings will be on December 4. If you have any questions about Mighty Minis, reach out to Kloe (key14@purdue.edu) for more information.





4-H Council Meetings

The Pike County 4-H Council meets on the first Monday of each month at 6:30pm at the Pike County 4-H Exhibit Building. These meetings are open for anyone to attend. Upcoming meetings are December 1, January 5, and February 2, 2026.



Save the Date!

2026 Pike County 4-H Fair

July 19-25, 2026



Jr. Leaders

Youth in grades 7-12 are invited to join Pike County 4-H Jr. Leaders. Jr. Leaders work to provide community service in Pike County as well as expanding their knowledge in citizenship, leadership, healthy living, and STEM. Our next meetings will be on December 4. If you have any questions about Jr. Leaders, reach out to Brooke (bgoble5@purdue.edu) for more information.

JUNIOR LEADERS



4-H Club Meeting

Thursday,
December 4th

4:30pm @ 4-H Exhibit
Building



Phone: 812-354-6838
bgoble5@purdue.edu



MARK YOUR CALANDERS

COUNCIL MEETINGS

DECEMBER 1ST 6:30,
JANUARY 5TH 6:30

JUNIOR LEADERS

DECEMBER 4TH 4:30

MIGHTY MINIS

DECEMBER 4TH 4:30

NORTH POLE

DECEMBER 6TH

PIKE COUNTY 4-H FAIR

JULY 19TH-25TH



Why You Should Eat With Your Young Athlete



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!



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.



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



Take Charge of your Diabetes During the Holidays

Towards the end of the year, we really do celebrate a holiday “season” because we have holidays occurring right in a row from October to January. Many of the holidays that take place at the end of the year have a heavy focus on food- especially foods that are high in sugar, sodium, fat, and calories. Holidays also bring many extra gatherings, social events, and shopping, which leave us with even less time for healthy lifestyle habits like exercise.

Since research shows that weight gained during the holidays doesn’t usually come off later in the year, it is important to focus on “weight maintenance” through quality diets and physical activity during the holidays. This not only helps our waistline, but also helps us to manage other health conditions like diabetes and heart disease.

Cut out stress and stay active- Stress causes our bodies to stay in a constant state of fight or flight. In response, our bodies release hormones that effect the way our bodies release and use glucose. This can cause our blood sugar levels to remain high and be more difficult to manage. Staying active can help you manage your diabetes. Try incorporating more physical activities into your day like going for a walk after a holiday meal, plan an activity to do with friends or family, or clear the table after a meal (this will get you active and prevent mindless munching).

Stay on Track- Plan Ahead- While the holidays can be hectic, planning ahead helps to keep aspects of your diabetes care in balance. Remembering to take medications, eat healthy, and be physically active will help you to stay healthy and manage your diabetes. Plan your meals in advance so you are not putting meals together at the last minute and can take diabetes-friendly foods to gatherings.

Healthy Americans as well as those with diabetes should consume a well-balanced diet that consists of fruits, vegetables, whole grains, lean protein, and low-fat or fat-free dairy. That’s not always an easy task during the holidays. However, a few smart choices and recipe modifications can make this an easier task.



Empower me to Be Clutter Free

Clutter is a disordered collection of things that impedes movement or reduces effectiveness.

What are the negative effects of clutter in your life? Does it impact your relationships, your energy, your self-esteem, or your budget?

Action Steps:

- Make a Plan. Visualize the end result; what should that space be used for?
- START! Do Something. Set a time limit so you don't feel overwhelmed.
- Schedule time to organize and declutter.
- Set a deadline to be done. Invite someone over to make the deadline real.
- Keep it going. Work at it every day.
- Enlist help from others if you struggle to make decisions.
- Work fast! Decide that you will quickly select the most important items from the pile and start. Again, set a time limit so you don't feel overwhelmed.

Helpful Supplies

- Timer
- Shredder
- Markers
- Packing Tape
- Bags/Boxes
- Labels (trash, relocate, replace, donate)

Places to Donate

- Other People
- Charities (Salvation Army, Goodwill)
- Resale/Thrift Shops
- Historical Society
- At the Curb

Recycle

- Check Local Options
- community Drop Off Boxes
- Hazardous Waste Day
- Document Shredding

Places to Sell Your Stuff

- Yard Sale
- Online
- Estate Sale



Agriculture Role in the Holidays

Agriculture is deeply ingrained in our long standing and celebrated holiday traditions! As we well know all food itself comes from agriculture but much more of our holiday's lean on its importance, let's do some exploring on how this is!

The thing we most often think of when thinking holidays is Christmas Trees! Did you know somewhere between 25 and 30 million Christmas trees are grown yearly according to AGDAILY. With the constant rise in artificial trees, we tend to forget that this deep-rooted tradition began with agriculture. Such a beautiful and exciting way to celebrate our holidays comes from all that hard work and care.

Another very interesting topic most people don't equate to agriculture is Santa's Reindeer! Reindeer are raised on farms and offer many benefits such as help working the ground, providing meat, and so much more. If you are ever lucky enough to visit a reindeer farm in person, remember that these beautiful animals are a large part of our favorite traditions! Fun-fact if found in the wild a reindeer is actually a caribou!

Know to arguably the best part of the Holidays, the food! Anywhere from your turkey on thanksgiving to your sides on Christmas is supplied and raised in the Agricultural world! These meals while very delicious can be rather pricey with the average cost of a thanksgiving meal being \$112.60 as of 2023 and Christmas dinner being closer to \$150! While these can seem expensive these meals are a staple to our tradition and bringing people together, so next time you sit down for a holiday meal make sure you take the time to thank a farmer!

So, there you have it some of the traditions that are rooted in agriculture, and this is just barely scratching the surface! Our holidays that we know and love would simply not be what they are without the world of agriculture. Not only is ag a major part of our holidays but also a major part of our everyday lives. Anytime we can we should be very grateful for the world of agriculture and all it does for us every day.



happy holidays
From the World of
Agriculture to You



PIKE COUNTY **WINTER PARP** **DECEMBER 16TH, 2025**

6:30pm EST - Registration
6:45pm EST - Program Begins

Pike County 4-H Exhibit Building
1211 N State Rd 62
Petersburg, IN

Topics

Soil Fertility
Fumigation & IPM in
Grain Storage
Regulatory Topic

RSVP to Kloe Bromm at 812-354-6838

PARP FEE SPONSORED BY:



Purdue University is an Equal Opportunity/Equal Access University.

If you need an interpreter or translator, please contact Shalee Bradley prior to the meeting at 317-736-3724 by December 10th.

If you are in need of accommodations to attend this program, please contact Shalee Bradley prior to the meeting at 317-736-3724 or sdaming@purdue.edu by December 10th.

Winter Wonderland

F	I	S	R	R	C	R	A	N	B	E	R	R	Y	O
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Snow
Reindeer
Cranberry
Snowflake

Tree
Christmas
Sled
Coat

Ham
Family
Presents
Ice

Turkey
Holly
Snowman



PURDUE EXTENSION — PIKE COUNTY
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Address Service Requested

A festive graphic with the words 'Happy Holidays' written in a large, red, cursive script. The text is surrounded by several small, light blue decorative elements, including plus signs and snowflake-like shapes.

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.