

March/April 2021 Newsletter

Purdue Extension Jennings County Office

200 E Brown, St.
P O Box 365
Vernon, IN 47282
Phone: 812-352-3033
FAX: 812-352-3040
Hours: Monday - Friday
8 a.m. - 4 p.m.

www.extension.purdue.edu/Jennings



Purdue Extension Jennings County



Purdue Extension Jennings County



PurdueExtJenCo

Jennings County Staff



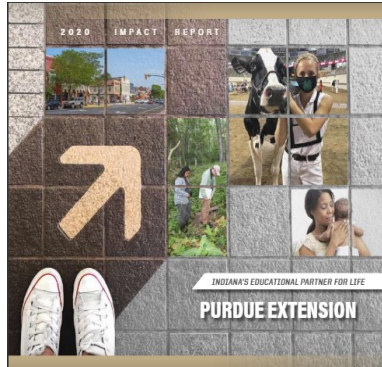
Atina Rozhon
Health & Human Sciences
County Extension Director
arozhon@purdue.edu



Melessa Wiesehan
4-H Youth Development
mwieseha@purdue.edu



ANR Extension Educator-Vacancy
Please see the ANR Update page
in this newsletter for more details.



2020 Purdue Extension-Annual Report

Purdue Extension is your educational partner for life. The 2020 Impact Report shows how Extension delivers practical, research-based information and events for Indiana's residents in agriculture and natural resources, health and human sciences, and community development, and trains tomorrow's leaders through Indiana 4-H Youth Development.

<https://extension.purdue.edu/annualreport>

YQCA training will be implemented again this year. All 4-H members exhibiting animals at the fair must complete their YQCA training. See details in this newsletter about our upcoming in-person trainings!

Visit <http://yqca.org> to learn more!



At Purdue University, we are empowering students to direct their own futures through the FREE Purdue Fast Start Program, which makes higher education more affordable for all.

Learn more at:

<https://www.admissions.purdue.edu/purduefaststart/>

PURDUE FAST START

PROGRAM



Extension - Jennings County

Purdue University Cooperative Extension Service is an equal access/equal opportunity institution.

Hello Spring!



March-April Update

Hi all,

Wow, after all that winter weather a break of warm air feels awesome! It's definitely the time of year to shake off the blankets and get moving outdoors again, and I know my wife and I have seen a lot of people out and about for walks over the last week.

Along with the changes of Spring, I have some big and bittersweet news to share! Today, February 26th, is my last working for Purdue Extension as a Community Wellness Coordinator. However, that doesn't mean I'll be going far! I've decided to accept the Director of Food Service position that is currently open with Jennings County School Corporation. In a sense, I'll be continuing my public health and nutrition work in the community, just from a new position.

Atina, Melessa, and Deidre are especially dedicated and hardworking and they are a real asset for this community. It's been awesome working, networking, and thinking of ideas for the community alongside them (even when I probably drove them nuts). Atina and I have already talked about the transition, and how to tag team between Purdue Extension and JCSC's Food Service Department. She has also agreed to take some of my ongoing responsibilities with the F3 program. I plan to remain involved with Joining Jennings for Healthy Living, and I most definitely will be at the fair this summer.

I also want to thank those of you who are in and out of the office throughout the year for making this a fun community to work in. If there's one thing I could ask you all to do as I switch jobs, it's to continue opening doors in the community for Purdue Extension programs and to get involved with the work this office does as volunteers. Especially as our community gets to have what feels like the biggest reunion ever later this year at the county fair, investing your time in what Purdue Extension does in Jennings is one of the best ways you can pull the social fabric of our community back together again.

If you'd like to get involved in the nutrition and physical activity related work I've done over the last 2 ½ years feel free to reach out to our office to learn about the Joining Jennings for Healthy Living group and keep an eye out for news of when the Purdue Extension Nutrition Education Program fills my position. I'll see you all around the community!

Healthfully yours,

Jeff Walker



March - National Nutrition Month

March is National Nutrition Month. Personalize Your Plate is this year's theme. Each week during the month, Atina will be posting education programs to the Extension webpage and Facebook page. Topics will include eating a variety of nutritious foods every day, planning meals, and learning new skills to create tasty meals (even some kids can do). This is an opportunity for you to think about how you could personalize your plate to increase your nutrition health.

Empower Me to be Clutter Free

Are you planning on spring cleaning? Do you need some ideas for how to tackle the task at hand? Check out the Empower Me to be Clutter Free program: <https://youtu.be/rAOavMGYJis>
After viewing the video, we would appreciate your feedback by completing a short survey: <https://www.surveymonkey.com/question.html?2849>

Heart Health

Do you or a loved one have heart health issues? This link will lead you to a Heart Health program Atina created last month. <https://youtu.be/yK-0kZ6NL7s>

Included in this newsletter are a couple of heart healthy recipes you may want to try.

If you have questions, or need additional resources, please reach out to Atina for further assistance. And, if you are willing, Atina would appreciate your participating in a short evaluation of the program: <https://www.surveymonkey.com/question.html?2929>

April Financial Programs

Atina will be offering a couple different financial programs in the month of April. Program topics will be for adults and kids. Stay tuned to our Facebook page for more details on the offerings.

Home Food Preservation

Now is the time to be thinking about your plans for this summer's harvest. If you have never preserved food, please reach out to Atina for guidance. There are several things that can go wrong, and often times people do not realize their good intentions are a risk for catastrophic things to happen. A simple thing to remember, even for experienced individuals, is to have your dial gauge checked. Contact the Extension Office to set up a time to have your dial gauge evaluated. There will be virtual classes offered this summer, however, if you are looking for a quick review, you might want to check out this video Atina has created on home food preservation. <https://youtu.be/2FByX4-9pYU>.

ServSafe

ServSafe exams can be proctored by contacting Atina.



CED Note - Positions Available

The Extension Office is seeking individuals for our Extension Summer Assistant (part time, summer only) and Program Assistant positions (part time, but all year). Further information about each of these positions can be found on our website under Health and Human Sciences. Contact Atina Rozhon for more information.



Extension

Want to take control of your money? Put yourself in the driver's seat with Purdue Extension on #WalletWellness Wednesdays

Join us in March for this program series by Purdue Extension. Register for each session individually or up to all five free virtual lunch-and-learns to learn steps to take control of your money and make wise choices.

Join us for #WalletWellness Wednesday every Wednesday from 12-1pm EST.

Register online: <http://bit.ly/PUEXT-WalletWellness-MAR2021>

.....

Session 1: Where Does Your Money Go? Part 1
Wednesday, Mar. 3, 2021, 12pm-1pm EST.

Session 2: Where Does Your Money Go? Part 2
Wednesday, Mar. 10, 2021, 12pm-1pm EST.

Session 3: Cash Flow Budget
Wednesday, Mar. 17, 2021, 12pm-1pm EST.

Session 4: Saving Dollars When There Is NO Money Left
Wednesday, Mar. 24, 2021, 12pm-1pm EST.

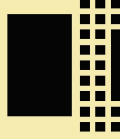
Session 5: Food Budgeting
Wednesday, Mar. 31, 2021, 12pm-1pm EST.

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Take Control



MENTAL HEALTH FIRST AID
IS NOW AVAILABLE VIRTUALLY!



WHY MENTAL HEALTH FIRST AID?

- Mental health affects everyone.
- Like CPR, it's good to know what to do when someone is in crisis.
- You can raise awareness and reduce stigma.



Extension



DETAILS



Two Course Types Available:

- Adult
- Youth (teaches adults to help youth)



Each Course Includes:

- Self-paced online learning
- Instructor-led training over Zoom



\$20 per person*

Advance Sign-up REQUIRED



Some CEUs available

LEARN MORE AND SIGN UP

www.extension.purdue.edu/mhfa

QUESTIONS?

Contact

Purdue Extension: mhfa@purdue.edu

*Supported by the Substance Abuse and Mental Health Services Administration (grant number 1 H79 T081898-01 or T083276), as grant funds are available. Purdue University is an equal access/equal opportunity institution.

quinoa and black bean salad

Ingredients

1/2 cup dry quinoa
1 1/2 cups water
1 1/2 tablespoons olive oil
3 tablespoons lime juice
1/4 teaspoon cumin
1/4 teaspoon ground coriander
(dried cilantro seeds)
2 tablespoons cilantro, chopped
2 medium scallions, minced
1 15-ounce can black beans,
rinsed and drained
2 cups tomato, chopped
1 medium red bell pepper,
chopped
1 medium green bell pepper,
chopped
2 fresh green chilis (or to taste),
minced
black pepper (to taste)



1. Rinse the quinoa in cold water. Boil water in a saucepan, then add the quinoa. Return to boil, then simmer until the water is absorbed, 10 to 15 minutes. Cool for 15 minutes.
2. When quinoa is cooking, mix olive oil, lime juice, cumin, coriander, chopped cilantro, and scallions in a small bowl, and set aside.
3. Combine chopped vegetables with the black beans in a large bowl, and set aside.
4. Once quinoa has cooled, combine all ingredients and mix well. Cover and refrigerate until ready to serve.

Yield 6 servings, **Serving Size** 1 cup, **Calories** 208, **Total Fat** 5g, **Saturated Fat** 1g, **Cholesterol** 0mg, **Sodium** 284mg, **Total Fiber** 7g, **Protein** 9g, **Carbohydrates** 34g, **Potassium** 619mg



National Heart, Lung,
and Blood Institute



Jennings County 4-H

March and April 2021

Dear 4-H Families and Volunteers,

You still have time to sign-up for 4-H! The last day to sign-up or to add/drop 4-H projects is May 15. Current and new members and volunteers may enroll in the Jennings County 4-H program at the NEW 4HOnline 2.0 website at <http://v2.4honline.com>.

Paper enrollment forms are available at the Extension Office. Please contact the Extension office at 812-352-3033 if you need assistance with enrollment. The enrollment fee is \$5.00 for Mini 4-H members in grades K-2 and \$20.00 for regular members in grades 3-12. If you are paying your 4-H program fees with a check or cash, please try to submit your payment to the Extension Office within 2 weeks of your enrollment date. Checks are payable to **Jennings CES Fund**.

All 4-H families should make arrangements to pick up the 4-H Handbook updates from the Extension Office! This includes 4-H guidelines, 4-H project requirements and the 4-H Livestock Handbook. This information may also be found on our website at: <https://extension.purdue.edu/Jennings/article/35777>.

The best way to keep informed of 4-H news is by following the Purdue Extension Jennings County Facebook page, frequently checking your 4HOnline email account, and reading your bi-monthly newsletter and other special mailings.

CORRECTION: In the last newsletter, due to a formatting issue, Jennifer VanLandeghem was not listed as a 4-H Council member. Jennifer is a 4-H Council member and currently represents the 4-H Council as a liaison for the Fair Board.

GOOD NEWS! We have been given permission by the local Health Department to begin meeting in-person again. We must continue to wear face coverings/masks and social distance at all Purdue Extension meetings and programs!

Sincerely,

Melessa Wiesehan

Melessa Wiesehan— Extension Educator, 4-H Youth Development



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4-H Events

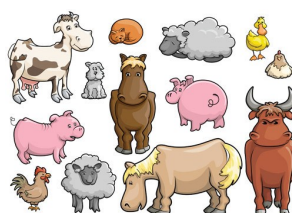
Spring Break Spark Clubs

For students in grades 3-12

Free for current (2020-2021) 4-H members and \$20 (annual fee) for new members.

Registration is required by Friday, March 19 by calling the Extension Office at 812-352-3033.

Volunteers needed! Contact Melessa if you want to assist with these programs.



Animal Science Spark Club

Learn about different animal species and animal science related careers.

Tuesday, March 23 AND Wednesday, March 24

10 am to 1 pm at the Jennings County Public Library



STEM Spark Club

Design a maze, create a catapult, build a straw geodesic dome & sphere, assemble a miniature greenhouse and more!

Thursday, March 25 AND Friday, March 26

10 am to 1 pm at the Jennings County Public Library.

4-H: Exploring Agriculture

March 30

April 27

May 11

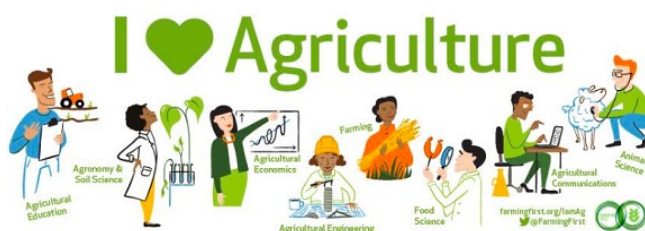
6-7 pm

Jennings County Public Library

This program series is for youth in grades 3-6.

Participants will learn about agricultural topics, 4-H projects and careers.

To register for this free program, please call the Extension Office at 812-352-3033.



4-H Events

4-H Cloverbud Club

March 16 (Jennings County Library)

April 13 (Fairgrounds Community Building)

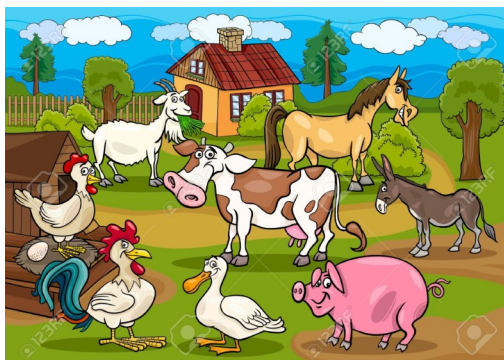
May 4 (Jennings County Library)

6-7 pm

This program series is for Mini 4-H members in grades K-2.

Participants will learn about livestock, agriculture and other 4-H projects.

To register for this free program, please call the Extension Office at 812-352-3033.



Area 1 Rabbit Workshop

SAVE THE DATE!

April 8, 2021

5-7 pm

Jennings County Public Library

4-H Events Continued

Sign-up for the March 16 Session!



AREA 1 4-H VOLUNTEER DEVELOPMENT WEB SERIES

***JOIN US FOR LUNCH AND LEARNS @ NOON ON
THE THIRD TUESDAY OF THE MONTH!***

We will also be sharing **Fast Five Minute Training videos and Handouts** to give you ideas to take back to your clubs and 4-H Groups quickly! Register using the link below so you don't miss out!

LINK TO REGISTER: [BIT.LY/AREA14HVOLUNTEERDEVELOPMENT](https://bit.ly/Area14HVolunteerDevelopment)

JAN 19

Socially
Distanced
Teambuilding,
Rec. & Mixers

FEB 16

Zoom & Online
Recreation

MAR 16

Parliamentary
Procedures with
the Pros



Extension

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I PLEDGE ... FOR MY CLUB, MY COMMUNITY, MY COUNTRY, AND MY WORLD

4-H Livestock!

Animal ID (Tagging) Days at the Jennings County Fairgrounds

4-H members enrolled in these livestock projects will receive a mailing with more information about animal ID day and requirements. If you do NOT receive the mailing a week prior to the Animal ID day, please contact the Extension Office at 812-352-3033.

Saturday, May 1 from 9 am to 11 am
Goats, Horse and Sheep

Thursday, May 6 from 4:30-7 pm
Goats and Swine

Thursday, May 20 from 5-7 pm
Poultry, Turkeys and Rabbits



YQCA training will be implemented again this year. All 4-H members exhibiting animals at the fair must complete their YQCA training. "YQCA is designed as an annual education and certification program focused on food safety, animal well-being and character awareness for youth ages 8 to 21 producing and/or showing pigs, beef cattle, dairy cattle, sheep, goats, rabbits and poultry."

Visit <http://yqca.org> to learn more!

In-person YQCA training

Monday, March 22 at 1:00 pm AND 5:30 pm

Tuesday, April 6 at 6 pm

Thursday, April 15 at 6 pm

Wednesday, April 21 at 6 pm

Jennings County Public Library

Registration information will be sent to all members.

CALLING ALL 4-H LIVESTOCK VOLUNTEERS

Via Zoom - March 13th
9:00 am - 12:00 pm



Why join us:

- State Livestock Specialist, Courtney Stierwalt, will be speaking
- RFID Tag Info
- Networking and Volunteer Development
- Breakout Sessions for Barn Superintendents and Livestock Leaders
- Animal Ethics
- YQCA- Training Our Future Animal Industry Leaders
- Youth/Adult Partnership Introduction
- State Fair and County Fair Breakdown

4- H Livestock Volunteer Training

**Call your local
extension office
with questions**

**9 am - Coffee and
Conversations
9:25 - Session Begins**

Join us on **Zoom** at <https://purdue-edu.zoom.us/j/91436588945>

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I PLEDGE ... FOR MY CLUB, MY COMMUNITY, MY COUNTRY, AND MY WORLD

4-H Club Connection



Due to ongoing COVID-19 precautionary measures, some clubs may hold 4-H meetings virtually or wait to start meetings later in the 4-H year. 4-H Club Leaders who choose to meet in-person are required to submit a safety plan to the Extension Office 4 weeks prior to the event. 4-H members, family members and guests attending 4-H meetings and events will be required to wear face coverings and observe social distancing guidelines. Please be patient with 4-H Club Leaders as they determine what is best for them and their clubs. Everyone's safety is our first priority!

General Project Clubs:

Barefoot Bandits— Jessica Bailey (baileyjm12@gmail.com or 812-592-5279)

Muscatatuck Mud Puppies - Jeff Jones (812-592-2496)

Shining Stars - Mary Burton (812-592-6201)

Zenas Livewires & Plowboys – Cheryl Ward (cward@jcsc.org or 812-344-3409)

Project Specific Clubs:

Beef Club – Jenny Vogel (jlvogel89@gmail.com or 812-592-2144)

JC Riders – Krysta Thompson (krystaydanton@gmail.com or 812-592-1014)

Junior Leaders – Melessa Wiesehan (mwieseha@purdue.edu or 812-352-3033)

Llama Club – Connie Taylor and Jenny Gabbard (jgab38@aol.com or 812-756-1106)

Shooting Sports – We are searching for NEW club leaders. Contact Melessa at 812-352-3033 if you are interested in learning more about being a club leader or a member!

Swine Club — Chelsie Sharp (jenningscounty4hswineclub@gmail.com or 812-592-8619)

Tractor Club—Dave Vogel (jlvogel89@gmail.com or 812-592-2144)

Tractor Club is open to youth in grades 3-12.



4-H Calendar



March:

13: 4-H Livestock Volunteer Training, 9:00am– Noon via Zoom
 16: Area 1 4-H Volunteer Development Web Series, Noon via Zoom
 16: Cloverbud Club 6 pm
 22: Jennings County 4-H YQCA training 1 pm and 5:30 pm
 23: Animal Science Spark Club 10 am to 1 pm
 24: Animal Science Spark Club 10 am to 1 pm
 25: STEM Spark Club 10 am to 1 pm
 26: STEM Spark Club 10 am to 1 pm
 March 30: Exploring Agriculture 6 pm
 March 31: Junior Leaders' meeting 6 pm

Jennings County 4-H Council
 Monday, March 29
 Monday, April 26
 6 pm
 Jennings County Public Library

April:

6: Jennings County 4-H YQCA training 6 pm. Jennings County Public Library
 8: Area I Rabbit Workshop
 13: Cloverbud Club 6pm
 15: YQCA Training 6 pm
 20: Extension Board meeting
 21: YQCA Training 6 pm
 27: Exploring Agriculture 6 pm

Jennings County 4-H Livestock Committee
 Monday, March 15
 Monday, April 19
 6 pm
 Jennings County Public Library

May:

SAVE THE DATE: Mini 4-H Day Camp

June:

Southeastern Indiana 4-H Camp June 7-10, 2021. Camper applications will be available this spring!
 Jennings County Fair June 13-19, 2021



National Volunteer Week:

April 18-24

Thank you to all of our 4-H Volunteers who devote their time and talents to making the 4-H program a success each year.

Agriculture & Natural Resources Update



SAVE THE DATES



JUNIOR PORK DAY - GONE VIRTUAL



MARCH 3, 10, 17, 24



Junior Pork Day at Purdue has gone virtual for 2021! The Purdue Animal Science Department and Purdue Extension have some exciting sessions throughout the month of March that will help youth increase their knowledge of their swine project and industry. Save the dates for four live, virtual learning opportunities for youth to learn all about pork! Each session will take place on a **Wednesday in March at 7:00 pm ET**.

 **March 3**  Animal Selection - Learn about choosing the best project pig, market pig, and breeding gilt.

 **March 10**  Meat Cuts & Quality - Study carcass cuts, meat quality and carcass placing/judging in the Purdue Animal Science meats lab.

 **March 17**  Hot Topics - Discuss Ractopamine use and alternatives, vaccine needs and pig health, and showmanship.

 **March 24**  Pork Trivia Game Night

The sessions will be take place on Zoom using the same link each week <https://purdue.ag/jrpork21>.

Registration is not required, simply log on and participate the night of.

ANR Extension Educator-Vacancy

If you know of individuals who are qualified and would be interested in a position, please share with them the [Purdue Careers website](https://careers.purdue.edu). The new career site for Purdue is: careers.purdue.edu. When external applicants go to this page, they'll have to click on "staff" positions and they can search by "Extension" in keywords. If anyone has questions or would like more information about the position, they are asked to contact Atina Rozhon, County Extension Director, at arozhon@purdue.edu or call the Extension Office at 812-352-3033.

MARCH 2021 PARP EVENTS

Check out more details at <https://ppp.purdue.edu/>

March 2021

03/09/2021 - JACKSON COUNTY PARP

9:00 am EST - 11:30 am EST Jackson County Event Center

03/10/2021 - DECATUR PARP A.M.

9:00 am EST - 11:30 am EST Superior Seed Sales

03/10/2021 - DECATUR PARP P.M.

1:00 pm EST - 3:30 pm EST Superior Seed Sales

03/18/2021 - WASHINGTON COUNTY CROP NUTRIENT SERIES

10:00 am EDT - 11:00 am EDT 4-H Building Washington County Fairgrounds

PURDUE

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CLARK COUNTY

The After-Dinner Garden Conversation (2021) - A Clark County Extension Gardening Class Series

When: Thursdays, 6-8pm EST (see schedule below)

Where: Virtual (Zoom)

Fee: Free

The Clark County annual vegetable gardening class series dubbed "The After-Dinner Garden Conversation" will be offered starting February 25. We will have a series of 9 classes, one class per month on Thursdays from 6-8pm EST. **These classes are free of charge and open to everyone.**

Note that you will need a computer or a smart phone to participate.

The After-Dinner Garden Conversation combines conversations that enable the sharing of individual experiences with teaching in an interactive manner.

These series also offer a great opportunity for veteran gardeners to come and share their experiences and exchange best management practices with others.

Class Schedule

Date -- 2021	Topic
February 25	Indoor plants - Establishment, care and maintenance
March 18	Tomatoes, more than just in a garden
April 8	Backyard Composting
May 6	The Basics of Vegetable Agronomy for the Home Gardener
June 10	Application of Organic gardening concepts to the home garden
July 8	Integrated Pest Management (IPM) in the home garden
August 12	Containers, Raised beds, Vertical Gardens and Growing Towers
September 9	Turning your backyard into a healing garden - Basic principles
October 14	Turning your backyard into a healing garden - Application of concepts



Registration

Registration is required to attend, as a minimum number is required for the program to occur. To register for these classes or if you have questions, please call the Clark County Extension office (812-256-4591) or email Simon Kafari at skafari@purdue.edu

Purdue Extension, Clark County
9608 Hwy 62, Suite 1
Charlestown, IN 47111
Tel: 812-256-4591
Fax: 812-256-4270
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JOIN US FOR THE 2021 VIRTUAL
**Southeastern Indiana
Llama & Alpaca Conference**
SATURDAY, MARCH 20TH

Registration is \$30
Deadline to register is
March 12th

This year's conference will be virtual. Please go to this link to register:

<https://www.cvent.com/d/kjqkk5>



Topics for beginner and advanced owners:

- Grazing and fencing
- Nutrition requirements
- Hay cost analysis
- Safe transportation
- parasite and health management

Keynote Speaker Grace VanHoy, DVM MS, DACVIM-LA Assistant Professor-Ohio State University

Registered attendees will receive a link to the conference through email.

SOUTHEAST INDIANA GARDENING LUNCH & LEARN

11:30AM – 12:30PM

DATES & TOPICS

JANUARY 27 – FRUIT TREE BASICS

FEBRUARY 10 – SPRING LAWN TIPS

FEBRUARY 24 – PLANT SELECTION & LANDSCAPE DESIGN

MARCH 10 – VERTEBRATE PEST CONTROL

MARCH 24 – EARLY-SEASON GARDENING

APRIL 14 – COMPOSTING

APRIL 28 – GARDENING FOR THE ELEMENTS

MAY 12 – VEGETABLE GARDENING 101

Register at: <https://bit.ly/38Sglls>

Live Video Link: <https://bit.ly/2UzDwJ5>

View each program live or pre-recorded



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Southeast IN Animal Science Lunch & Learn @ 12:00pm

Join the conversation to ask the experts all your questions.

DATES & TOPICS

JANUARY 21 – FORAGE & FEED ANALYSIS

**FEBRUARY 4 – BODY CONDITION SCORING – SHEEP, GOAT,
BEEF, HORSE, & POULTRY**

FEBRUARY 18 – PASTURE MIX SELECTION

MARCH 4 – HERD HEALTH & RECORD KEEPING

MARCH 18 – PASTURE WEED ID & CONTROL

APRIL 1 – POULTRY – SELECTING EGG LAYERS

APRIL 15 – FENCING

APRIL 29 – BIOSECURITY & ZOO NOTIC DISEASES

MAY 13 – SELECTING REPLACEMENT HEIFERS



Register at: <https://bit.ly/2UZIwH8>

View each program live or pre-recorded



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PURDUE EXTENSION JENNINGS COUNTY

Atina Rozhon

Health & Human Sciences
County Extension Director
arozhon@purdue.edu

Melessa Wiesehan

4-H Youth Development
mwieseha@purdue.edu

Deidre Wagster

Office Manager
dwagster@purdue.edu

Office Hours: 8 AM to 4 PM Phone: 812-352-3033

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