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| Office contact information:  4259 N Purdue Rd.  Vincennes, IN 47591  Phone: 812-882-3509  Fax: 812-882-3537  Website: [www.extension.purdue.edu/knox](http://www.extension.purdue.edu/knox)  Email: [knoxces@purdue.edu](mailto:knoxces@purdue.edu) |

What does Purdue Extension in Knox County look like?

Many people that I talk with are always surprised when I start discussing what all we do in our office. We have three Extension Educators that focus on Agriculture and Natural Resources, Health and Human Sciences, and 4-H and Youth Development. We also have a Nutrition Education Program Advisor (NEPA) and Community Wellness Coordinator (CWC) which are more regional personnel. So, what do these amazing people all do?

**Agriculture and Natural Resources**-Valerie Clingerman. I conduct education programming for farmers, applicators, gardeners, landscapers, and for naturalists. I love hands-on programs like teaching gardening, fishing, or crop diagnostics. I also enjoy assisting the community with their questions.

**Health and Human Sciences**-Tonya Short. HHS outreach focuses on food, family, health, and money. Some of her programs include those focused on mental health, ServSafe, and her favorite: food preservation. Tonya also really enjoys receiving calls from the public and being able to provide them with the information they need and/or connecting them with the appropriate specialist. Check out page 10 for more detail.

**4-H and Youth Development**-Mitch Wagoner. He oversees the 4-H program this includes the community clubs and volunteers but he also does afterschool programs and school enrichment activities. He is also the County 4-H Camp State Coordinator which is fitting since camp is his favorite 4-H activity.

**Nutrition Education Program:** This includes both the NEPA (Chris Clark) and CWC (Chloee Hurst). Chris works with low- income residents of the community leading cooking demonstrations and programs on stretching food dollars and increasing physical activity. Chloee provides support for community partners to make the healthy choice the easy choice. She provides support to impact policies, systems, and environments.

If you have 4-H, health, human science, agriculture, natural resource, or gardening questions feel free to call us at 812-882-3509.

Valerie Clingerman Extension Educator

Agriculture and Natural Resources/County Extension Director

**4-H & Youth Development**

Mitch Wagoner

Extension Educator – 4-H Youth Development

[mwagoner@purdue.edu](mailto:mwagoner@purdue.edu)

**4-H Enrollment for 2024-2025**

**Parents** can go into 4Honline (https://v2.4honline.com) to enroll/re-enroll their children in 4-H for 2024-2025

**Push Ends: January 15, 2025**

**Certificated adult volunteers** need to go into 4hOnline (https://v2.4honline.com) to re-enroll as an adult volunteer and to sign your 2025 Adult Behavior Expectations by **Nov. 1**!

If you do not have internet access, please contact the Extension Office (812-882-3509) so we can help!

**2025 4-H Scholarships**

4-H Accomplishment Scholarship – Sophomores, Juniors, Seniors, & College Freshman are eligible to apply for this scholarship!

4-H Senior Year Scholarship – All Seniors are eligible to apply. This one application will cover both County & State Scholarship.

4-H Club Scholarship - Senior in high school or currently enrolled in a post-secondary institution and will be transferring to Purdue University in the fall semester.

2025 4-H scholarship applications must be **uploaded & submitted through 4-HOnline by January 25, 2025**!

Scholarship Workshop: January 14, 2025 at 6:00 pm at the Extension Office in the 1st classroom.

For scholarship forms please visit this website:

<https://extension.purdue.edu/4-H/get-involved/scholarships.html>

**4-H Day at the Statehouse**

Join Indiana 4-H’ers in 7th-12th grade on February 11 on a trip to the Indiana Statehouse! They will learn about their state government through a day full of civic engagement & leadership opportunities. Participants will tour the state house, meet representatives, and have the opportunity to serve as student pages!

Please contact the Extension Office **ASAP** if you are interested. Spots are limited to attend. Depending on numbers of youth going, 4-H Council may cover the cost of $25 & round-trip transportation. The State will close registration on January 13 or when all the spots are taken!

**4-H Camp**

4-H Camp is June 2-4 at Historical Santa Claus Campground.

**Camp Counselor “grade 9 - 12”**

Counselor applications are **DUE** by February 15 via 4-HOnline. Counselor trainings: April \_\_, May \_\_, & June 1.

**Camper “grade 3 – 6”**

Camper applications will open soon on 4-HOnline. Extension Office will mail out a letter & post on social media when it opens. Camper registration will close on April 15.

**Camp COST** will be decided at the January 4-H Council meeting.

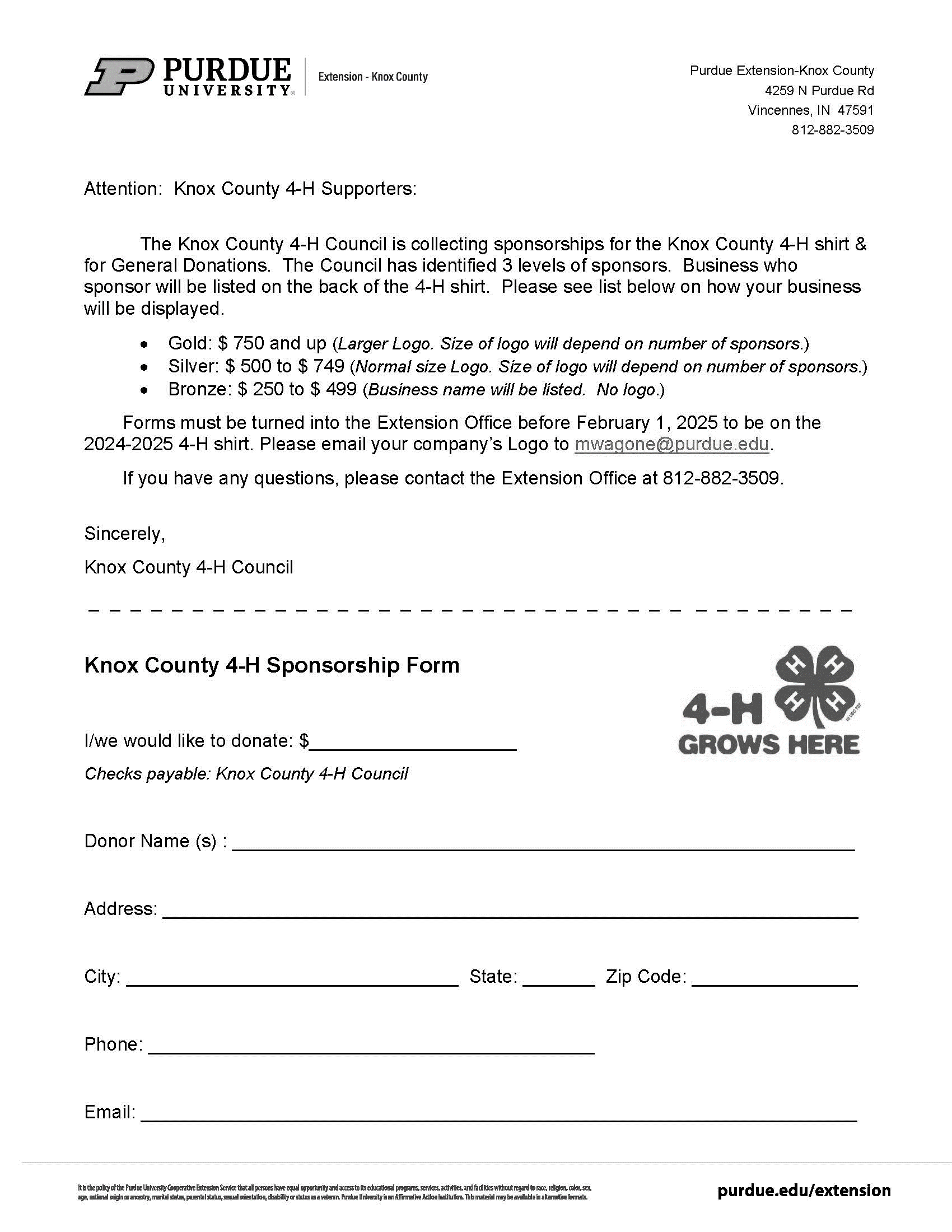
**4-H TEEN LEADERSHIP Weekend**

Teen Leadership Weekend is designed for youth in grades 7-12 who are ready to take their leadership journey to the next level.

Participants will focus on personal growth, teamwork, and service, the weekend empowers youth to step into leadership roles, develop practical skills, and create lasting memories!

Located at Camp Tecumseh on March 28 - 30, 2025

Cost is TBA. Please RSVP with the Extension Office at 812-882-3509.

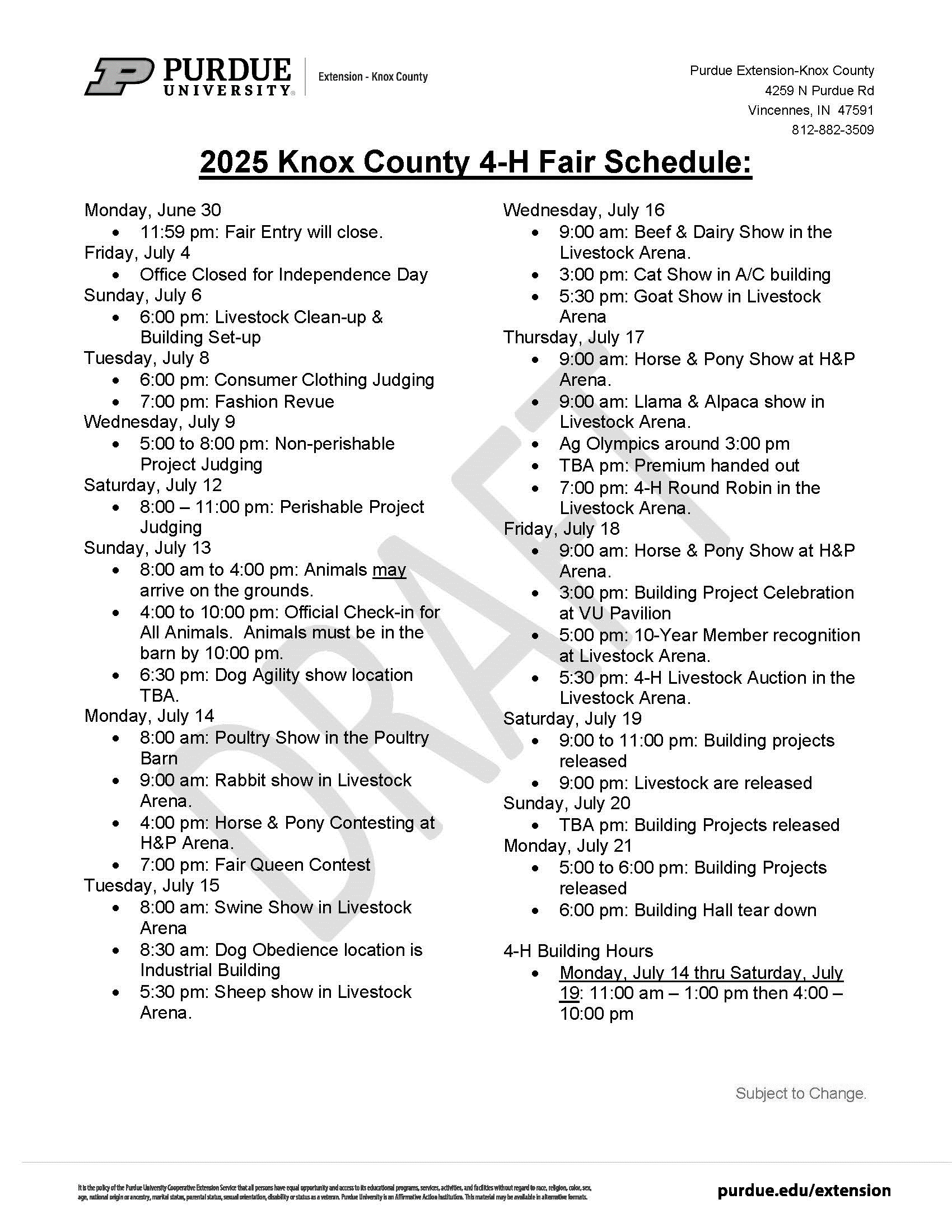
**Upcoming Dates**

* 4-H Scholarship workshop: January 14
* **4-H Enrollment push ENDS**: January 15, 2025
* 4-H Scholarships “Senior Year & Accomplishment”
  + **DUE**: **January 25, 2025**
* 4-H Day at the Indiana Statehouse: Feb 11, 2025.
  + Open to grades 7-12.
* Cattle tagging: TBA
* Knox County Ag Day: March 13
* State 4-H Junior Leader Weekend: March 28-30, 2025.
  + Open to grades 7-12.
* Purdue Day of Giving: April 30
* Poultry banding, Rabbit tattooing, Sheep/ Goat tagging: May 10
* Animal ID Deadline: May 15
* Project Add & Drop Deadline: May 15
* 4-H Camp Counselors: June 1 – 4, 2025. Plus, in-person camp counselor trainings date TBA. Open to grades 9-12.
* 4-H Camp: June 2 – 4, 2025. Open to grades 3-6.
* 4-H Academy @ Purdue: June 11 – 13, 2025. Open to grades 9-12.
* 4-H Band Workshop: June 21 - 23, 2025 Open to grades 9-12.
* 4-H Chorus Workshop “aka. Show Choir”: June 21 - 24, 2025. Open to grades 9-12.
* 4-H Round Up: June 23 – 25, 2025. Open to grades 7-9.
* Fair Deadlines: June 30
* Knox County Fair: July 14 – 19, 2025
* Indiana State Fair: August 1 – 17, 2025

**Social Media**

Facebook: “KnoxCountyIN4H”

Instagram: “@knoxcountyin4h”



## **Health & Human Sciences**

Tonya Short, Extension Educator – Health & Human Sciences

[Short43@purdue.edu](mailto:Short43@purdue.edu) [www.facebook.com/KnoxCoHHS](http://www.facebook.com/KnoxCoHHS)



# Extension Homemakers—Updates

Next **County Council** meeting is January 6, 2025 at 10:30AM. This meeting is for county officers, club presidents, and anyone else who cares about Knox County Extension Homemakers.

**Club Presidents:** if you have activities or announcements to include in the newsletter, get that information to Tonya by the 15th of even numbered months. E.g. Information to Tonya by June 15 for printing in the July-August newsletter.

**Spring District Meeting**, March 27, 2025, Posey County

**May Brunch**, May 3, 2025, location TBA

# News from the Knox County Extension Homemakers

The Knox County Extension Homemaker council would like to invite all members to join in at events. If you have limitations that prevent you from participating and coming to events, please let your club officers or the Extension office know. We are happy to help so that everyone is able to take part. This includes activities like district meetings or county gatherings, and county council meetings. Dates are listed above, or you can always contact your club president or the Extension office for information.

Thank you to all who make the Knox County Extension Homemakers.

# More Kisses = Better Heart Health

February is when we celebrate Valentine’s Day and heart health month. So what’s the connection? An article by the American Heart Association reported on studies which indicate that sharing more affection with your partner can lower blood pressure and reduce stress. Both of these are risk factors for heart disease so that’s great news! Some would even go on to say that more kisses and cuddles makes you less prone to catching cold.

No partner? No problem. Affection isn’t just for romantic partners. Any healthy relationship that makes you feel valued and cared for, and gives you a sense of belonging can provide these same benefits. So, go on and share a hug and good conversation with someone close to you today.

[www.heart.org/en/news/2022/02/11/want-a-healthier-valentines-day-more-hugs-and-kisses](http://www.heart.org/en/news/2022/02/11/want-a-healthier-valentines-day-more-hugs-and-kisses)

# Adult Mental Health First Aid

With the help of grant funding, Purdue Extension is able to offer a limited number of Adult Mental Health First Aid courses for no cost. The first set of courses in early 2025 are already full but below are some other dates you can reserve on your calendar. All courses will be virtual and require approximately 2 hours of self-paced pre-work in addition to the live training via zoom. Courses are set for the following dates; registration links are not yet open.

* April 16, 2025 9A-4P ET
* June 19, 2025 9:30-4:30 ET
* September 10, 2025 9:30-4:30 ET

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Adult Mental Health First Aid is an evidence-based course that teaches participants:

* How to help someone who is developing a mental health problem or experiencing a mental health crisis.
* Signs and symptoms for a variety of mental health disorders such as anxiety, depression, substance use, trauma, and deliberate self-injury.
* Awareness and understanding of the impact mental health and substance use stigma can have.
* How to assist those in need to get help from a health professional.

Some CEU’s are available.

Interested in Youth Mental Health First Aid? Contact Tonya at 812-882-3509 or [short43@purdue.edu](mailto:short43@purdue.edu)

# Bite by Bite: Nutrition for Life Podcast

Anywhere you look you can find a magic pill or formula promising to protect your health and transform your body in three easy steps. And, many of these claims do have (or at least started with) a speck of valid science. So, how to you cut through all the hype and separate truth from false marketing claims? The truth is, it doesn’t have to be that complicated! Join us as we explore and dissect different fads and trends to discover the real science behind food and nutrition.

Find us on Apple podcasts, Spotify, or anywhere you listen.

Follow us on Facebook and Instagram @BiteByBiteNutritionForLife

# ServSafe Manager courses

ServSafe Manager Certification is an approved training in the state of Indiana to become a certified food protection manager.

ServSafe Food Handler is for anyone else who needs basic food safety and food handling training, including home-based vendors, food service workers, volunteers, or others who work with food and only need the basic training. This course is NOT intended for food service managers.

To find and register for upcoming classes, visit [www.purdue.edu/servsafe/workshops](http://www.purdue.edu/servsafe/workshops) or contact Tonya at 812-882-3507 or short43@purdue.edu.

# Throw away those leftovers

If you still have leftovers from the holidays, it’s time to throw them out. As a general rule, leftovers can be kept in the refrigerator for 3-4 days and in the freezer for a few months. Refrigerators should be kept at 41°F or lower. Freezers should be kept at 0°F or lower. Not keeping your fridge or freezer at the proper temperatures will result in food spoiling or otherwise going bad more quickly. Theoretically, if a food is properly frozen at 0°F it will stay good forever – from a food safety standpoint. Now, anyone who has been on the wrong side of freezer burn knows that keeping food frozen forever will suffer greatly in quality.

If you had a holiday meal later in the week and it’s been just a day or two, leftovers can still be safely frozen. Just seal in an airtight container or freezer bag. Make sure to remove or squeeze out as much air as possible. Label with date and contents and you are good to go to the freezer. If it has already been that three- or four-day mark, I would advise against freezing the leftovers at this point.

And remember, when reheating leftovers heat to an internal temperature of 165°F. Foods that have been through multiple steps – those that have been prepped, cooked, served, cooled and stored are more susceptible to food safety risks and need the higher cooking temperature.

For more information on this topic, contact the Extension office or visit the USDA Food Safety and Inspection Service at [www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety](http://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety).

You can’t know the temperature without a thermometer. The Extension office has low-cost food thermometers and fridge/freezer thermometers available for purchase.

# Beginner’s Guide to Grant Writing

The two-day Beginner’s Guide to Grant Writing program is a great skill builder for the beginner or intermediate grant writer. Whatever your skill level, come with an idea and be ready to write. At the end of Day One, you will have a proposal outline and all of the resources you need to expand your outline into a full proposal.

Return on Day Two with your full proposal and we will put you into the role of a reviewer, teach you strategies for finding funding, and provide you with an opportunity to polish your proposal and send it in for a strong professional review.

**When:** Monday April 14 and Monday May 12, 2025

9:00 am to 4:30 pm ET

**Where:** Knox County Chamber of Commerce

702 Main Street, Vincennes, IN

**Cost:** $225.00, includes all materials and lunch both days.

**Registration:** Watch our website or facebook page for registration details to follow. Or, contact Tonya at 812-882-3509 or short43@purdue.edu to be notified when registration is open.

Whether your project is big or small, this workshop will give you the information you need to submit proposals confidently.

NOTE: If you need a reasonable accommodation to participate in this program, contact Tonya Short at 812-882-3509 prior to the workshop.

# What is Health and Human Sciences?

Health and Human Sciences, or HHS, is similar to but distinctly different from the federal agency HHS, Health and Human Services. The mission of Purdue Extension is to bring research knowledge information from campus to the community. By focusing only on research-based information, Extension is able to bring the most up-to-date knowledge to our communities. For Purdue Extension HHS, this is in the areas of food & nutrition, families & human development, health & wellness, and financial resource management. Specifically, this might look like programs about mental health, food preservation, home based vendors, food safety training, nutrition education, and leadership development. But it could look many different ways and is based on feedback from the community. If you, your club, or your organization would like more information in this topic area, please reach out to me. This could be for programming, collaboration, or just a conversation to see how our missions align. I look genuinely enjoy speaking with anyone who cares about Knox County and wants to see our families and community thrive. Reach out to me at 882-3509 or short43@purdue.edu.

## **Agriculture & Natural Resources**

Valerie Clingerman-Extension Educator

Agriculture & Natural Resources

[clingerman@purdue.edu](mailto:clingerman@purdue.edu)

\*\*Like **Purdue Extension Knox County Ag and Natural Resources on Facebook.**

**\***\*To receive monthly e-newsletters call 812-882-3509 or e-mail me to be added.

**Upcoming Events**

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| --- | --- | --- | --- | --- |
| Date | Event | Time (Eastern) | Location | Contact info. |
| Mondays, Jan. 6-Feb. 24 | Farm Winter Workshops | 7:00pm | Ft. Branch | 812-385-3491 |
| Jan. 9, 16, 23, 30, Feb. 6, 20 | Get Growing (see pg. 13 for details) | 6:00-8:00pm | Vincennes | 812-882-3509 |
| Thursdays, Jan. 9-Feb. 27 | Beginning Farmer Program | 7:00-8:30pm | Virtual | Register at: <https://cvent.me/2BYd1E> |
| Jan. 10 | Top Farmer Conference | 8:00am-4:00pm | Virtual or West Lafayette | Register at: https://tinyurl.com/2025TopFarmerConference |
| Tues. & Thurs. Jan. 14-Feb. 6 | Spanish for Agriculture Workers | 3:00-5:00pm | Vincennes | Register at: https://tinyurl.com/VUSpanish forAg |
| Jan. 21, 28, Feb. 4, 11 | Succession Planning Workshop for Farms (see pg. 12 for details) | 6:00-9:00pm | Vincennes | Register at: purdue.link/legacy |
| Jan. 28 | Crop Management Workshop  PARP\*, CCH\*\*, CEU\*\*\* (see pg. 12 for details) | 8:30am-4:00pm | Vincennes | Register at:  https://tinyurl.com/  2025CMWVincennes |
| Jan. 31 | Southwest IN Sprayer School |  | Vincennes | 812-882-3509 |
| Wednesdays from Feb. 5-May 14 | Master Gardener Basic Training (see pg. 13 for details) | 5:30-8:30pm | Vincennes and Washington | 812-882-3509 |
| Feb. 13-14 | UAV (Drone) Technology Program (see pg. 12 for details) | 9:00am-5:00pm | Boonville | Register at: <https://cvent.me/wmrBgo>, Got questions? Call 812-882-3509 |

\*PARP=Private Applicator Recertification Program \*\*CCH=Commercial Applicator Credits \*\*\*CEU=Certified Crop Adviser

**Leaving a Lasting Legacy-Farm Succession Planning Series**

Purdue Extension-Knox County will be offering a 4-part succession planning workshop in partnership with Kansas State and University of Nebraska-Lincoln. Each program will begin with a meal, followed by livestreamed keynote sessions, and ending with local hands-on activities. This program is open to anyone wanting to learn more about why succession planning is important, how to communicate about estate and transition planning, financial aspects of estate and transfer plans and legal aspects of succession planning.

We will meet Jan. 21, 28, Feb. 4, and 11th at the Purdue Extension-Knox County Office (4259 N Purdue Rd. Vincennes, 47591) from 6:00-9:00pm. Registration before Jan. 13: In-person $60, Virtual $75 after Jan. 13 registration is $75 for both in person or virtual. For more details and to register visit: purdue.link/legacy.

**UAV (Drone) Technology Program**

Do you want to learn more about drones? Do you need to take the FAA remote pilot exam and need help studying? If yes, then this program is for you. We will cover topics that include FAA test preparation, flight instructions, camera settings, flight plans and record keeping, data management, image quality and troubleshooting, sensors and artificial intelligence, and emergency preparation.

This year we will meet at the Warrick County Fairgrounds (133 W Degonia Rd. Boonville, 47601) on Feb. 13-14 from 9:00am-5:00pm eastern. Cost to attend this program will be $200/person and registration is due by Feb. 4. Register at <https://cvent.me/wmrBgo>. If you have questions contact Valerie Clingerman, 812-882-3509 or [clingerman@purdue.edu](mailto:clingerman@purdue.edu).

**Purdue’s 2025 Crop Management Workshops** (Written by: John Obermeyer, Purdue University)

**When:** January 28 and 30, 2025

**How/Where:**

In-Person – Tuesday, January 28: Vincennes University, Green Activities Center, Vincennes, IN

Virtual – Thursday, January 30: Livestream

**Time:** All times listed are Eastern. In-Person – 8:30 am to 4:00 pm Virtual – 8:45 am to 4:00 pm

**Registration,**click the following link:  [**http://www.purdue.edu/conferences/Crop**](http://www.purdue.edu/conferences/Crop)

In-Person – $90.00 (includes handouts, refreshments, and lunch)

Virtual – $60.00 (unique/active email address required for registration)

**Topics**:

State Chemist Highlights, Weed Management Tips and Tools, Cold Soils and Seed Insecticide Efficacy, Continual Corn Nitrogen Challenges, Field Crop Disease Expectations, Soybean Nitrogen Fixation Competitors, Pesticide Spray Nozzles

**Credits Awarded:** Indiana commercial pesticide applicators (CCHs)

In-Person and Virtual\*: (Cat 1 = 7, Cat 4 = 2, Cat 11 = 4, and RT = 4), Certified Crop Advisors (CEUs), In-Person and Virtual\*: 7.0 (PM 5.0, NM 2.0), PARP (private applicator) available for in-person attendance only

**Additional Questions:** Purdue Conferences, 866-515-0023, [**confreg@purdue.edu**](mailto:confreg@purdue.edu)

**Get Growing Workshop**

Join Purdue Extension-Knox County for a 6-week program on commonly asked garden topics. This program will be offered Thursday evenings from Jan. 9-Feb. 20, 2025 from 6:00-8:00pm at the Purdue Extension-Knox County Office (4259 N Purdue Rd. Vincennes 47591).

**Topics:**

Jan. 9-How Plants Grow

Jan. 16-What’s Pestering Your Garden

Jan. 23-Wondering About Woody Plant Care

Jan. 30-Growing Fantastic Flower Gardens

Feb. 6-Growing Lush Lawns

Feb. 13-NO CLASS

Feb. 20-Fruit in the Backyard

**Pre-registration and the $40 registration fee are due by Jan. 3, 2025. Send payment to the Purdue Extension-Knox County Office (4259 N Purdue Rd. Vincennes 47591). Check payable to Purdue University. Please include names of attendees and contact information (phone number/email).** If you have questions contact Valerie Clingerman, 812-882-3509, or [clingerman@purdue.edu](mailto:clingerman@purdue.edu).

**Purdue Extension Master Gardener Program**

The primary objective of the Purdue Extension Master Gardener (EMG) Knox / Daviess Co. is to train volunteers to assist Purdue Extension with home horticulture education in local communities. In preparation for this role, Purdue EMGs receive the horticulture training they will need to perform their duties during EMG County Coordinator (County Extension Educator) - approved projects. To become a Purdue Extension Master Gardener, you must 1.) Complete the application/screening process and be accepted, 2.) Pay a registration fee, 3.) Complete EMG Basic Training, 4.) Pass an open-book final exam with a score of 70% or higher, and 5.) Contribute at least 40 hours of volunteer service, approved by the local EMG County Coordinator, within two years. To maintain active status, Purdue Extension Master Gardeners must complete at least 12 volunteer and 6 continuing education hours every year, thereafter.

The next EMG Basic training course will be held on Wednesdays from Feb. 5-May 14th from 5:30-8:30 pm eastern. We will meet at two locations throughout this course (Washington and Vincennes).

**Registration is a two-step process.**

**Step 1:** Read Master Gardener Policy Guide and submit below application to the local coordinator by Jan. 21, 2025.

**Step 2:** Registration and payment of fees through online portal. Due by Jan. 27, 2025. Individual registration is $110.00, or $155.00 for two people sharing the Purdue EMG manual (this works best for people living in the same household).

The application packet can be found at <https://extension.purdue.edu/county/knox/_docs/2025-emg-application-packet.pdf>. If you have additional questions contact Valerie Clingerman, 812-882-3509 or clingerman@purdue.edu.

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Knox County

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