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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

In this issue

Welcome to our newly formatted newsletter for the Purdue Extension-Knox County Office.

Happy New Year from our office to you and your families! We hope everyone had an enjoyable and relaxing holiday season. If you are still feeling a little groggy check out the health and human sciences section for some tips to regain some energy. Once recovered don’t forget to sign youth up for 4-H, you have until Jan. 15.

As you are making your New Year’s resolution if eating healthier is on that list and you want to start gardening but want to learn more before you start we will be offering a Master Gardener course in the spring that can help.

We have many other programs coming up so make sure to see details inside this newsletter and follow-us on our social media accounts or e-newsletter lists to stay current.

If you have any 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

**Applicator recertification programs provide valuable lessons**

The end of the year is busy as applicators who apply restricted use pesticides or apply pesticides for hire need to get credits to renew their licenses by the end of the year.

Over the last few months we have had three of these programs in Knox County that 89 applicators attended. Topics included disease updates, sprayer tank cleanout, herbicide shortage, drainage, manure application, and pollinator protection.

\*87% of respondents indicated they learned something new at the program they attended.

\*80% stated they would likely or very likely apply new knowledge to their farm or company practices.

\*Nearly half of the participants had attended one of these programs in the past. 66% stated they had adopted recommended practices from past programs. 32% have either increased dollar returns or reduced costs due to adopted practices.

**4-H & Youth Development**

Mitch Wagoner

Extension Educator - 4-H Youth Development

mwagoner@purdue.edu

**4-H Enrollment!**

4-H teaches youth life skills like hard work, respect & compassion to create positive change in their community & the world. 4-H welcomes kids of all beliefs & backgrounds, giving them a voice to express who they are & how they make their lives & communities better.

**Parents** can go into 4HOnline (https://v2.4honline.com) to enroll/re-enroll their children in 4-H for 2022

**Starts: October 1, 2021 & Ends: January 15, 2022**

**Certificated adult volunteers** need to go into 4hOnline (https://v2.4honline.com) to re-enroll as an adult volunteer and to sign your 2022 Adult Behavior Expectations by **Jan. 15**!

If you do not have internet access please contact the Extension Office (812-882-3509)!

## **4-H Scholarship**

**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 for this 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.

 **2022 4-H scholarship applications will be submitted through 4HOnline!**

Scholarships need uploaded and submitted by **January 25th**!

For scholarship forms, please visit this website:

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

**4-H Scholarship Workshops:**

* Tuesday, January 4 at 6:30 pm at Fairgrounds to cover an over view of the scholarships and the procedures for submitting.
* Tuesday, January 11 at 6:30 pm at the Fairgrounds during the Junior Leader meeting. Will answer questions and provide feedback on Scholarships.

**Premise ID**

**Why is a national animal traceability program needed?** A national system is needed to help protect American animal agriculture from foreign or domestic disease threats. Fundamental to controlling any disease threat is a system that quickly and effectively identifies individual animals or groups; the premise where they are located; and the date of entry to that premise. Identifying all food and livestock animals will enhance disease preparedness by allowing the U.S. to identify and locate any animals exposed to disease and will facilitate stopping its spread.

**Is the premise ID program mandatory?** Indiana state law requires premise identification for all sites associated with the purchase, sale, or exhibition of livestock in the state of Indiana.

**What are the benefits for 4-Hers to participate in the premise ID program?** Registration provides government animal health agencies essential contact information (name, phone number, address) for livestock owners. That data can be accessed in an animal health emergency to speed notification. Faster notification is essential to the rapid containment and control of disease. That translates into faster eradication and recovery from a potential economic disaster. Premise ID is especially useful for exhibitors. Exhibition livestock regularly commingle at fairs and shows; this can cause animals to be more susceptible to disease. Premise ID makes traceback of these animals much simpler.

**What species are included in the premise ID program?** Indiana’s law includes: cattle/bison, cervids, swine, sheep and goats. Poultry and aquaculture are also part of Indiana’s plan. Although it is not mandatory, equine and camelids may register voluntarily.

Important about Traceability & Promises ID: see Indiana State Board of Animal Health website: <https://www.in.gov/boah/traceability-and-premise-id/>

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**Official ID**

An Official ID tag is imprinted with an “US shield”.

Official ID tags include but not limited to Scrapie Tag, Flock ID, visual 840 Tags, &/or 840 RFID Tags.

Official ID tags are permanent & tamper resistant.

**It is a FELONY to remove an Official Identification!!**

If you have questions on which tags to remove, please contact the Extension Office at 812-882-3509.

**Upcoming Dates**

* 4-H Enrollment Begins: October 1, 2021
* Office Closed: Dec 24, 27, 31, 2021 & Jan 3, 2022
* 4-H Scholarship Workshop: January 4
* 4-H Scholarship Workshop: January 11
* **4-H Enrollment push ENDS: January 15!!**
* Office Closed: January 17 for Martin Luther King Day
* Experience 4-H Workshop: January 18, 20, 25, & 27
* **4-H Scholarships DUE: January 25**
* Knox County Annual Extension Board Meeting: January 31
* 4-H Day at the State House: February 1
* Junior Leader Trip to French Lick Big Splash: February 19
* Beef Tagging: February 19
* Teens as Teachers training: February 25-27
* TBA: Knox County Ag Day: March 10 “Subject to change!”
* Area 3 Livestock Judging Contest: April 7 at Knox County
* Knox County Performing Art Contest: April TBA
* Area 3 Performing Art Contest: TBA at Spencer County
* Livestock Tagging date (for Goats, Poultry, Rabbits, & Sheep): May 7
* Animal ID Deadline: May 15
* Drop & Add Deadline: May 15
* Knox County 4-H Camp: June 6-8
* 4-H Academy @ Purdue: June 8-10
* 4-H Round-Up: June 20-22
* Area 3 Tractor Driving Contest: June 25 at Warrick County
* Knox County Fair: July 18-23
* Indiana State Fair: July 29 – Aug 21

**Social Media**

Facebook: “KnoxCountyIN4H”

Instagram: “@knoxcountyin4h”

Twitter: “@knox\_in4h”

## **Health & Human Sciences**

Tonya Short-Extension Educator

Health & Human Sciences

Short43@purdue.edu

**Club highlight: Wabash Extension Homemakers Club**

While the word homemaker may conjure certain images and stereotypes of days gone by, the Knox County Extension Homemakers are so much more. (But for the record, a homemaker or housewife, had/has a mountain of responsibilities and related skills to make that household run. And it takes an efficient and organized household to support healthy families and communities. Ponder on that!)

The Indiana Home Economics Association was organized in 1913 with 10 clubs across the state. Now known as the Indiana Extension Homemakers Association (IEHA), the mission of this group is **to strengthen families through continuing education, leadership development and volunteer community support**.

Knox County Extension Homemakers is part of IEHA and currently consists of four active clubs. This month we are highlighting the club Wabash Homemakers. This club was formed in 1974 and currently has 20 members including several charter members.

Throughout the year this club donates to various charities or individuals in need. Examples include:

 Annual donation to Hospice

 Donate to St. Vincent DePaul Food Bank

 Helping provide Christmas gifts for identified South Knox Elementary students

Funds for these activities are raised by member donations and by having their own memorable fundraising activities like a club Christmas auction and birthday gift raffles.

As part of the larger Knox County Extension Homemakers, the Wabash Homemaker club also participates in their annual Bingo fundraiser which helps fund college scholarships for local students.

The Club also has a “friendship plate” that is won by someone in a monthly drawing at our meetings. The winner returns it the next meeting with a “goodie” of some kind on it, for the next person that has the winning ticket in the monthly drawing. Again, the money raised helps support the various donations that are given throughout the year.

The Extension Homemakers are not all work though! They are able to socialize and feed their spirit through monthly meetings that allow them to stay connected while planning on how they will continue to fulfill their charge of community service.

If you are interested in learning more or maybe attending a club meeting just to check it out, contact the Purdue Extension office for more information.

**Extension Homemakers—Dates**

· Jan 5: County Council Meeting, 10AM, library

· March: various scholarships due—see program book or state website

· March 2: County Council Meeting, 10AM

· March 8: Spring District Meeting, Daviess County

 Purdue Extension-Knox County Health and Human Sciences

In the (social) media

|  |  |
| --- | --- |
| **What we’re doing** | **How to connect** |
| **Bite By Bite: Nutrition For Life**A podcast covering the latest fads in food and nutrition where we cut through the hype, explore the science behind food and nutrition, and provide practical tips for incorporating healthful strategies into everyday life.Bite By Bite Cover Art - FINAL-01 | Find us on **Spotify** and other popular listening platforms.  Or come take a peek at **Anchor.fm/BitebyBite**Follow us on social media to stay connected and suggest topics for us to cover!   @**BitebyBiteNutritionForLife**  @**BitebyBiteNutritionForLife** |
| Purdue Extension—Knox County Health & Human Sciences general **Facebook** page to share news and happenings. Stop by and leave me a note!  | Facebook “f” Logo Download and Usage Guidelines **@KnoxCountyHHS** |
| Purdue Extension HHS Southwest EducatorsA collaborative effort to record educational content from 1 minute to 1 hour to help Hoosiers live well, eat right and spend smart. Miss a session or just wonder what we’re up to? Come find us on **YouTube**! | Free Youtube Logo Icon, Symbol. PNG, SVG Download.Free Youtube Logo Icon, Symbol. PNG, SVG Download.Free Youtube Logo Icon, Symbol. PNG, SVG Download.   **@Purdue Extension HHS Southwest Educators** |

**ServSafe Manager Class and Certification Exam**

This class and exam fulfills Indiana requirements to become a “Certified Food Protection Manager” (formerly called Certified Food Handlers).

Exams are available in a variety of languages and classes are offered in English and Spanish in our area.

This class and proctored examination is offered at a variety of dates and locations. Training with Exam or Exam Only options for those who self-study are available. For more information contact Tonya @ 812-882-3509 or short43@purdue.edu. For a list of upcoming class dates visit:

www.purdue.edu/servsafe/workshops

“If you get tired, learn to rest, not to quit.” ~ Banksy

**Feeling Groggy?**

By: Tonya Short, Health and Human Sciences educator

Getting a good night’s sleep can sometimes be quite a challenge. Between hectic schedules, phones that are constantly buzzing, and not to mention the pandemic that never ends, the days of a peaceful nights’ sleep can seem like a distant memory.

Quality and quantity of sleep you get is important for mental clarity and energy. So, if you’ve been feeling a little groggy lately check out these tips for a better night’s sleep.

**6 ways to get a better night’s sleep:**

· **Put all screens away**. The light-emitting from digital devices disrupts our body’s natural production of melatonin which can make it harder to fall asleep.

· **Keep the bedroom quiet, dark, and at a comfortable temperature**. Also, keep devices out of the bedroom as much as possible. Reserve the bedroom for sleeping and snuggling.

· **Avoid large meals, caffeine, and alcohol before bedtime**. Indigestion and frequent bathroom visits aside; alcohol actually inhibits your ability to fall into a deep, restful sleep.

· **Stick to a regular sleeping schedule** even on weekends to help your body stay in sync.

· **Be physically active during the day to help you fall asleep at night**. Not only does activity help burn off any physical energy, it also helps clear your mind and rid it of any negative mental energy.

· **Create a bedtime routine**. Choose evening activities that can help you relax like reading a book and serve as a cue to your body that it’s time to wind down.

· **Seek stress relief.** Stress and its mental health effects can have the single greatest impact on our ability to relax into restful sleep. Visit [www.mhfirstaid.tools/diytools](http://www.mhfirstaid.tools/diytools) for helpful tools and tips on managing stress and its symptoms.

**Beating the Winter Blues**

By Tonya Short, Health and Human Sciences Educator

 Living in a region that fully experiences all four seasons has its benefits. The beauty of emerging spring, the joy of a cool pool on a hot summer day and the vibrance of a country drive on an autumn afternoon. Even winter can bring its own special spirit with the holidays and blanket of crisp white snow. But for many the long, dreary days can also evoke SAD - Seasonal Affective Disorder. SAD is a type of depression related to changes in season. For many afflicted persons this begins in the fall and continues through the winter. Symptoms of SAD include changes in energy, appetite or sleep patterns, inability to concentrate, increased irritability, social withdrawal or a sense of sadness, anxiety or hopelessness. No doubt, the ongoing pandemic and its isolating effects have added to these symptoms.

As many as 20% of people in the US may be impacted by Seasonal Affective Disorder or a less severe version of the winter blues. SAD is most common among women, those who have a history of depression and those who live farther from the equator.

A report last winter showed that Indiana ranked third in the number of Google searches made about the winter blues. Maybe that’s because Hoosiers are more in tune with their mental health and seeking help, or maybe it’s because we have compounding circumstances that make us more susceptible.

Whatever the cause, here are some things you can do to take care of yourself during the winter months. First, take care of your body. Try to stay on schedule. Eat regular balanced meals, maintain regular sleep patterns and stay active as much as possible. Studies show that those with mild depression find great benefit from regular exercise. Next, take care of your soul. Find a way to connect. Call a friend, volunteer, or join a club. It doesn’t matter how you connect; what matters is that you have genuine interactions with another person. Make time for activities you enjoy or start a new hobby. Whatever you do, be mindful and focus on that task and let go of the idea of multi-tasking. Lastly, seek help when needed. If symptoms are interfering with your ability to carry out daily activities and zapping your joy, talk to someone. That someone may be a trusted friend or it may be a medical provider or mental health professional.

The number one fact to know is that you are not alone and do not need to suffer alone. To learn more about managing depressive symptoms or how you can offer help to another person check out the resources at [www.mhfirstaid.tools/diytools](http://www.mhfirstaid.tools/diytools). Be Well Indiana ([www.bewellindiana.com](http://www.bewellindiana.com)) also offers a great variety of resources including a helpline. To reach someone any time of the day call 211, enter your zip code then press 3 for free, confidential assistance. We are in this together and support is available.

## **Agriculture & Natural Resources**

Valerie Clingerman-Extension Educator

Agriculture & Natural Resources Facebook@

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**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Date | Event | Time (Eastern) | Location | Contact info. |
| Tuesdays, 1/4-1/25/22 | Getting Into the Farm Business | 7:00pm | Fairgrounds, Bretzville | Register at: <https://cvent.me/VywwRb> |
| 1/11/2022 | Beginning Beekeeper Webinar: Panel Discussion With Seasoned Beekeepers | 7:00pm | Virtual | Register and join at:<https://bit.ly/30elSkn>812-948-5470 |
| 1/12/2022 | Indiana Beef Cattle Association and Purdue Area 3 Beef meeting | 7:00pm | Red Wagon Restaurant, Poseyville | Register by 1/5 by calling 812-385-3491 |
| 1/20 &1/27 | So You’ve Inherited a Farm, Now What? | 6:30pm | Virtual | For registration information call: 812-362-8071 |
| 1/18/2022 | Area Corn and Soybean Day(PARP\*, CCH\*\*, CEU\*\*\*applied for) | 9:00am | Fairgrounds, Evansville | 812-882-3509 |
| 1/27/2022 | Vermillion Co. PARP | 8:00am  | Fairgrounds, Cayuga | Register by Jan. 25 by calling 765-492-5330 |
| 1/27/22 | Crop Management Workshop (CCH\*\*, CEU\*\*\*) | 8am | Virtual or West Lafayette | Register at:<http://www.purdue.edu/conferences/crop> |
| 2/1/22-5/3/22 | Purdue Master Gardener Basic Training-Knox/Daviess (see article, page) | 6:30 pm | Virtual | Register by Jan. 11812-882-3509 |
| 2/8/21 | Virtual Soil Health Workshop PARP | 8:30am | Virtual | Register at <https://bit.ly/soilhealthworkshop22>  |
| 2/10/21 | Posey Nutrient PARP | 9:00am | Community Center, Poseyville | 812-838-1331 |

\*PARP=Private applicator recertification program \*\*CCH=Commercial applicator credits \*\*\* CEU=Certified Crop Advisor Credits

**New Tool for N,P, and K cost comparisons**

Input prices are on the increase so now will be a good time to re-evaluate your fertilizer use and apply only what is needed. You can find Purdue’s current recommendations for N, P, K and compare fertilizer costs by using the spreadsheet found at: <https://tinyurl.com/fertilizertool> you can find additional resources about this tool at: tinyurl.com/fertilizertoolresources. You can also contact the Extension Office 812-882-3509.

**Corn Planting Considerations for 2022**

Minimizing yield limiting factors throughout the growing season should be high on the list this year especially with increased input prices. Here are four factors to consider with corn germination and emergence.

1. Soil temperature- When corn is planted in soil temperatures that hover around 50 degrees there can be high variability in emergence. This variability can be caused by inconsistent seed depth, residue, weather patterns, and soil conditions that will impact temperature. This can reduce yields upwards of 10%.
2. Soil moisture-Again variability in moisture can cause variability in emergence. This can be caused by seed depth inconsistencies, amount of residue, soil conditions, and weather patterns.
3. Seed-to-soil contact-If there is high residue, soils are too wet, or furrows are not closed properly these can all cause poor seed-to-soil contact which is critical so seeds can imbibe water and germinate.
4. Seed depth-Seeds planted too shallow can get too dry or too cold but seed planted too deep may be planted in areas that are too wet. This can cause variability in germination and emergence.

When considering what planter upgrades or changes to make this winter here are a few questions to ask yourself.

1. Do you have issues with non-uniform seeding depth? May need to adjust/upgrade row-unit down pressure systems.
2. Do you have poor furrow closure? May need to look at different row cleaners or closing wheel systems especially if planting into high residue.
3. Did you have any issues with certain parts of the planter? If so make sure to fix/replace any parts that have issues.

For more information visit: <https://extension.entm.purdue.edu/newsletters/pestandcrop/> or contact the Extension Office.



Knox and Daviess Counties will be hosting the virtual Purdue Extension Master Gardener Basic Training that will meet Tuesdays from Feb. 1– May 3, 2022 from 6:30-8:30pm eastern. There will also be a weekly county connection hour. This course is for those wanting to gain more knowledge in a variety of horticulture topics. Participants will then volunteer in their communities to share their knowledge in gardening topics.

Steps to participate in the training:

1) Contact Valerie Clingerman by calling 812-882-3509 or email Clingerman@purdue.edu and submit the application no later than January 11, 2022.

2) Once your application is approved you will be sent the registration and payment information. For individual registration with a print version of the manual it will be $180 (pending final approval) and $280 (pending final approval) for two people sharing a print version of the manual. You will also be able to purchase a digital version for an additional $25.

To learn more about the Purdue Extension Master Gardener Program, visit: www.hort.purdue.edu/mg.

**Deicing salts helpful for us not for plants**

It is getting to be that time of year again when salt will be used on icy roadways or sidewalks to prevent sliding or falls on ice. While it is a great tool for that, our plants in nearby landscapes may not agree. So why is salt not good for plants?

\*If salt lands on twigs, branches, or evergreen needles it can cause drying of foliage and roots.

\*Salt can cause buds and twigs to die.

\*Salt can be absorbed through roots and accumulate to toxic levels.

\*Can cause a nutrient imbalance in soil by changing the chemistry and structure.

Plants damaged by salt may be slow to express this injury and it may take several months. Some signs that plants may have been injured by salt is they are stunted, die back of growing tips, poor vigor, and leaf burn/drop.

The best way to manage salt damage is through prevention. Avoid using sodium salts as they cause the most damage. Use deicing products with calcium chloride or calcium magnesium acetate (CMA). Protect roadside plants by using burlap or plastic screens to shield from splashing. If shielding them is not possible remember we do have some plants that can tolerate salt. For example Siberian pea shrub, juniper, honey locust, and poplar are labelled as salt-tolerant. When applying salt to sidewalks avoid throwing residue on nearby plants when shoveling. Other alternatives to salt can include sand, cat litter, or sawdust.

For more information visit: <http://www.extension.purdue.edu/extmedia/ID/ID-412-W.pdf> or contact the Extension Office.



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**4-H INSPIRES KIDS TO DO**

**4-H programs are grounded in the belief that kids learn best by doing.**

**Kids complete hands-on projects in areas like science, health, agriculture, civic engagement, and are encouraged to take on proactive leadership roles.**

**See page 2 for information on how to enroll your youth in 4-H!**



**This Purdue Extension-Knox County newsletter is sponsored by the Knox County 4-H Council**

Look inside for agriculture & natural resource,

health and human science, and 4-H updates.