

Ohio County Purdue Extension Newsletter

January /February Newsletter



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ENROLLMENT DEADLINE JANUARY 15TH

DROP ADD DEADLINE MAY 15TH

REMINDER LIVESTOCK EXHIBITORS MUST ATTEND 3 MEETINGS AS
WELL AS QLC TRAINING

CLUBS MEET ON A MONTHLY BASIS.

CLASSY CLOVERS- 2ND WEDNESDAY 6PM @ EXTENSION OFFICE

LUMBERJACKS- 1ST WEDNESDAY 6PM @ EXTENSION OFFICE

TRAILBLAZERS- 4TH SUNDAY 2PM @ EXTENSION OFFICE

JAZZY JESTERS- 1ST FRIDAY @ LEADERS HOUSE

Staff Directory

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Extension - Ohio County

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Upcoming Dates

DATE	EVENTS	TIME	LOCATION
January 6th	YAB Meeting	6:30PM	Extension Office
January 14th	Junior Director Meeting	6:00PM	Jefferson County Fairgrounds
January 15th	Enrollment Deadline		
January 20th	Office Closed		
January 20th	Junior Livestock Committee Meeting	5:30PM	Extension Office
January 20th	Livestock Committee	6:00PM	Extension Office
January 20th	Fair Board Meeting	6:30PM	Extension Office
February 3rd	QLC Training	5:00PM	Extension Office
February 3rd	YAB Meeting	6:30PM	Extension Office
February 17th	Office Closed		
February 17th	QLC Training	5:00PM	Extension Office
February 17th	Junior & Adult Livestock Committee	6:00PM	Extension Office
February 17th	Fair Board Meeting	6:30PM	Extension Office
March 1st	Beef ID	8-9AM	Fairgrounds



2025

SCHOLARSHIP OPPORTUNITIES

Senior Year Scholarship

Available to 4-H members in their senior year of high school

Club Scholarship

Available to 4-H members entering Purdue University majoring in the College of Agriculture or select majors in the College of Health and Human Sciences

Purdue Horticulture & Landscape Architecture Scholarship

Available to a 4-H member majoring in horticulture or landscape architecture at Purdue University and studied plant science in 4-H.

Accomplishment Scholarship

Available to 4-H members in grades 10-12 of high school and the year immediately following high school graduation. The purpose of the 4-H Accomplishment Scholarship is to recognize youth who have excelled in life skills development through their 4-H activities and involvement.

Categories: Animal Science—Meat and Milk Production; Animal Science—Companion and Small Animal Production; Citizenship; Communications; Engineering and Technological Science; Healthy Living, Food and Nutrition Science; Leadership Development; and Plant and Environmental Science. Three additional categories are reserved for applicants demonstrating life skills development in more than one of the previously listed categories. Those are Premier Achievement, Premier Citizenship, and Premier Leadership.

Eligibility: Applicants must be in grade 10, 11, 12, or their first year immediately following 4-H enrollment eligibility at the time applications are due. While an applicant does not have to be a current 4-H member, they must demonstrate multiple years of involvement in Indiana's 4-H Youth Development Program.

Youth who have previously been awarded a \$1,000 accomplishment scholarship are only eligible to compete in the Premier Achievement, Premier Citizenship, and Premier Leadership categories. Youth who have previously been awarded a \$2,000 scholarship are no longer eligible to compete in any category.

Awards: A minimum of thirty \$1,000 scholarships will be awarded to youth based on their demonstration of life skills development in these eight categories: Animal Science—Meat and Milk Production; Animal Science—Companion and Small Animal Production; Citizenship; Communications; Engineering and Technological Science; Healthy Living, Food, and Nutrition Science; Leadership Development; and Plant and Environmental Science.

A minimum of one \$2,000 scholarship will be awarded in each of these categories: Premier Achievement; Premier Citizenship; and Premier Leadership.

Visit bit.ly/4hscholarship to download applications.

Applications due to County 4-H Educator January 25.
Contact your county's Purdue Extension Office to learn more.

\$176,880 AWARDED IN 2024

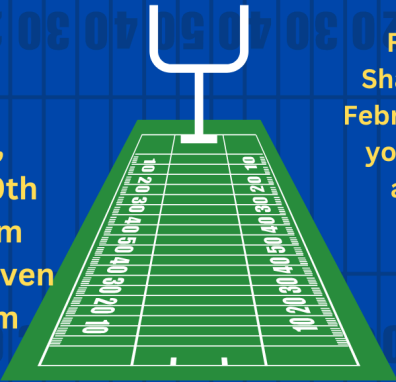


Extension

4-H Youth Development

OHIO COUNTY 4-H JUNIOR LEADERS SOUPER BOWL SUNDAY

Sunday,
February 9th
12-1:30pm
Hoosier Haven
Rec Room



RSVP to
Shannon by
February 5th if
you plan to
attend!

Purdue Extension is an Equal Opportunity/Equal access/Affirmative Action institution



Beef & Dairy Identification Day

March 1st from 8 - 9AM @ Fairgrounds



- All animals must be haltered with lead.
- All steers and all heifers will be RFID tagged. 4-H members MUST provide Premise ID numbers in 4-H Online by May 15th. Steers will be tagged and weighed.
- All commercial heifers will be tagged (unless they already have a tattoo) and weighed. Registered heifers will be tagged with RFID tags and must present registration form at tag day and complete livestock enrollment in 4HOnline. All heifers must be permanently identified with a tattoo or 5-digit county tag, in order to meet federal health requirements.
- Cows for the cow/calf project must be enrolled in 4HOnline by May 15. The calf will be tagged at the fair prior to unloading.
- Dairy heifers must be tattooed if not previously done and entered in 4HOnline by May 15.
- Any beef cattle going to the Indiana State Fair will need DNA samples taken contact the extension office for more information.

**Junior Leaders will
meet on Monday,
January 20th at 5pm
at the EO to plan!**



INDIANA 4-H QUALITY LIVESTOCK CARE



To exhibit BEEF CATTLE, DAIRY CATTLE, SWINE, SHEEP, MEAT GOATS, DAIRY GOATS, POULTRY, and RABBITS, 4-H members must be certified through the Indiana 4-H Quality Livestock Care training OR the online Youth for the Quality Care of Animals program (YQCA) (\$12).

- This certification must be done on an annual basis
- Members must be registered in 4-HOnline BEFORE attending a training
- Members may attend any training dates listed on this flyer



To register for the Indiana 4-H Quality Livestock Care program, please use <https://v2.4honline.com>. Those planning to be certified through the YQCA program, will register at www.yqcaprogram.org and will present their completion certificate to their 4-H Educator. If you need to request special accommodations, please contact the Extension office @ 812-438-3656.

Training Dates & Times

February 3 @ 5pm
February 17 @ 5pm
March 25 @ 10am
May 5 @ 5pm

Training Locations

Extension Office
Extension Office
Extension Office
Extension Office

Purdue University is an equal opportunity/equal access/affirmative action institution.

2025 Important Dates

- March 1 - Beef ID Day @ 8am
- March 8 - Area Volunteer Training
- March 29 - Area Livestock Showmanship
- April 26 - Goat, Sheep, & Swine ID Day 8am
- June 2-6 - 4-H Camp
- June 7 - Poultry & Rabbit ID Day
- June 20-28 - Ohio County 4-H Fair

Agriculture & Natural Resources

Top 10 Reasons to Test Hay

Most of you recognize the value of testing hay and make sure your livestock are fed the right hay at the right time. If you don't regularly test hay then the following is a list the top ten reasons you should make the effort to test the hay you produce or the hay you are buying.

1. It saves feed costs. Overwintering costs are the single biggest cost in a cow-calf operation. UK budgets place the hay cost of overwintering a cow at \$150 (2.5 tons at \$60 per ton). Since much of the profit in a cow-calf operation comes from saving money, it makes good sense to know what is in your hay and to not purchase nutrients you don't need.
2. It keeps livestock healthy. By preventing underfeeding, you keep cows in better condition and they can better handle the disease stresses of winter.
3. It tells you about your legume content. The calcium to phosphorous ratio will indicate how much legume is in the hay. If calcium and phosphorous are present in similar amounts (in other words the ratio is 1 to 1), your hay is mostly grass. If it is 2 to 1 or greater, you have a significant amount of legume.
4. You get more calves. In other words, skinny cows don't rebreed. Testing hay and feeding accordingly lowers the risk of cows losing significant body condition over winter.
5. It is a scorecard for your hay program. Hay quality is something you can do something about but only if you get it tested. Comparing current values to historic values for your hay quality will "red flag" production issues before you find out about them in the form of fewer calves or thin cows.
6. It can make you money. A hay test can help leverage higher prices for cash sales. Having a hay test says to potential customers that you are a serious forage producer.
7. It can tell you if your hay got hot. A hay test can tell you if your hay got hot in storage, if you specify the correct assay when you submit the sample. Commonly used acronyms for heat damaged protein are ADICP, ADF-CP, ADIN, HDP and ICP. All of these represent the same thing – the amount of insoluble nitrogen associated with the acid detergent fiber in forage. All forage will have some insoluble nitrogen in the acid detergent fiber, but if it is more than 10% of the total, then you have heat damaged protein and you may need supplement.
8. It helps you use your hay efficiently. You will be able to feed the best hay to the livestock that need the most nutrition.
9. It helps diagnose storage problems. Getting around to all your hay barns and storage locations will give you a chance to make note of any barn leaks, water encroachment from poor drainage, and other problems.
10. It will impress (and maybe shock) your county agent, your ag dealer and even your neighbors.

~excerpt from Dr. Jimmy Henning's Forage Doctor column Oct. 17 Farmers Pride. For the full online issue go to TheFarmersPride.com



Car Winter Survival Kit Checklist



Flashlight
& Extra Batteries



First Aid Kit



Snow Shovel



Ice Scraper
with Brush



Blankets/Sleeping Bag



Non-Perishable Food
Granola Bars, Dried nuts, etc.



Bottled Water



Booster Cables



Extra Clothing
Hats, Mittens, Parkas, Boots



Sand/Kitty Litter
Used for Traction



Cell Phone
& Charger



Flares/Triangles
& other Bright Objects

Agriculture & Natural Resources

Drone Farming:

Innovations in Agriculture

TUESDAY, FEBRUARY 18TH

6-8PM

GUEST SPEAKERS:



Join us & learn about the many uses of drones in agriculture!

LOCATION:

Switzerland Co. TEC Center
708 W. Seminary St
Vevay, IN 47043

RSVP:

By Friday 2/14/25 to Purdue Extension (Switzerland Co.) 812-427-3152 or the SWCD 812-427-3126 ext. 3



Cattle Prices Near Record Levels to Finish 2024

Derrell S. Peel Oklahoma State University Ext Livestock Marketing Specialist

Feeder auction trading is finished for the year with new record prices in 2024. Combined Oklahoma auction prices for 500-pound steers (M/L, Number 1) averaged \$320.14/cwt. with the highest weekly price of \$360.99/cwt in early December. The average price this year was up 18.6 percent year over year and was up 62.6 percent over 2022 levels. The 2024 average price exceeded the previous record high in 2015 by 21.3 percent.

The average price of 800-pound steers (M/L, Number 1) this year was \$247.43/cwt, up 14.7 percent year over year and up 50.5 percent over 2022 levels. The highest weekly price for these big feeder steers was \$264.74/cwt. in early July and only slightly below that in December. The 2024 average price exceeded the previous annual record in 2015 by 21.6 percent.

Just a few more fed cattle are expected to trade to wrap up December. The 5-Market average fed price for 50 weeks through mid-December was \$186.66/cwt., up six percent year over year and up 29.2 percent over 2022 fed prices. The 2024 average price is 21.3 percent higher than the previous high price in 2014. The highest weekly fed price was \$197.09/cwt. in early July and is expected to end the year with prices close to that level.

Figure 1 shows how feeder and fed cattle prices have developed over the past 15 years. The current high prices are reminiscent of the cyclical peak prices of 2014 – 2015 with both having been provoked by drought exaggerated herd liquidations. However, some very important differences mean that the current situation will play out in a much different fashion going forward. The herd rebuild in 2014 – 2019 was sharp and rapid, leading to relatively brief high prices lasting about two years. This was possible because the pipeline of replacement heifers had been building prior to herd expansion. With two years of high prices already in 2023-2024, there is no indication that cyclically high prices will be as short lived as a decade ago. The pipeline of replacement heifers has continued to be depleted to this point. The cattle industry has shown no signs of attempting to rebuild the herd yet and the process will be slower when it does happen. The peak prices in 2014-2015 coincided with increased heifer retention that squeezed feeder supplies to the tightest levels. Since no heifer retention has occurred yet, the highest prices are ahead, possibly in 2025 but more likely beyond.

The inventory status of the cattle industry will be revealed in the annual Cattle report from USDA-NASS in late January. Many cattle producers will be receiving the annual inventory survey shortly. Producers are encouraged to complete the survey to provide good information for the industry. Reliable, accurate responses from producers is the only way for all producers, the industry and analysts to have timely and comprehensive information in order to plan and manage for the coming months and years.



Southeastern Indiana Agriculture & Natural Resources

Lunch & Learns

Make the most of your lunch break and join extension educators live to discuss topics relevant to you and your operation. All sessions are hosted at 12 pm noon on zoom. Call (812) 265-8919 or email copelanb@purdue.edu with any questions.

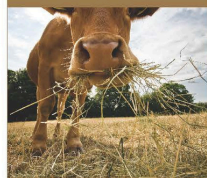


Register for one or all here: bit.ly/seianrlunchandlearn

December 18
Fall & Winter Lawn
Care



January 8
Forage Management

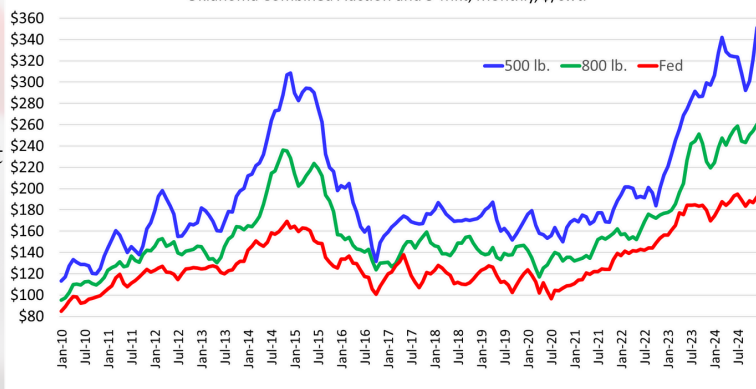


January 15
Growing Bigger
Fish



Purdue Cooperative Extension Service is an Equal Opportunity/Equal Access Institution

Figure 1. Fed and Feeder Steer Prices
Oklahoma Combined Auction and 5-Mkt, Monthly, \$/cwt.



Health & Human Science

JANUARY - NATIONAL RADON ACTION MONTH

What is Radon?

According to the Indiana State Department of Health, Radon is defined as a radioactive gas that does not have color, taste or odor and comes from the natural breakdown of uranium which is found in most soil types in Indiana and the US.

Radon can move from the ground and into buildings through cracks and holes in a building's foundation. The EPA states that radon is the leading cause of lung cancer deaths among non-smokers and claims the lives of about 21,000 Americans each year. Radon decays into radioactive particles that can be trapped in your lungs and as small bursts of radiation are released as those particles break down which causes lung damage.

So, what can you do to protect your home from Radon?

Test your home- many home radon test kits are available to purchase online. You can also reach out to National Radon Program Services to acquire a kit through minimal paperwork and mailing.

Information Courtesy: <https://www.epa.gov/radon/national-radon-action-month-information#takeaction>
<https://www.epa.gov/radon/find-radon-test-kit-or-measurement-and-mitigation-professional#where>

Go Nuts with Nuts

Peanuts. Cashews. Walnuts. Pecans. Every type of nut can be a healthy addition to diet because of their nutritional content and the good fats they contain that help reduce the risk for cardiovascular disease. Each variety of nuts is high in plant-based protein and fiber but has its own unique combination of vitamins and minerals. Nuts are also a good source of plant sterols and heart-healthy monounsaturated and polyunsaturated fats. Here are some of the more popular nuts consumed and their nutritional impact.

Almonds- High in Vitamin E (healthy skin and hair), folic acid (helps the body make new cells), calcium (strong bones and teeth) and magnesium (regulates muscle and nerve function, blood sugar levels, blood pressure).

Brazil Nuts- Contain selenium which is an antioxidant.

Cashews- great source of copper (red blood cell production, immune health) and magnesium.

Pecans- rich in monosaturated fat, vitamin E and minerals

Peanuts- classified as a nut but are actually a legume and are rich in niacin (B vitamin that converts food to energy, fiber and magnesium as well as protein.

Pistachios- high in fat and protein and contain antioxidants.

Walnuts- rich in vitamin E, antioxidants and polyunsaturated fats and omega-3 fatty acids.

DO YOU HAVE **concerns** about falling?



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

PURDUE Extension
UNIVERSITY

When: February, 4th, 6th, 11th, 13th, 18th, 20th, 25th and 27th

Tuesdays and Thursdays, 10am-12pm

Where: Purdue Extension Ohio County
412 Main St.
Rising Sun, IN 47040

Classes are held twice a week for 4 weeks for 2 hours each

RSVP to Purdue Extension Ohio County at 812-438-3656 by Friday, January 31st. Space is limited to 15 participants!

If you are in need of accommodations to attend this program please contact: Shannon Chipman, HHS Extension Educator chipmans@purdue.edu/812-438-3656 by January 31st, 2025.

This program emphasizes practical strategies to manage falls.

Participants in the classes will learn to:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance
- concerns

Who should attend?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

Health & Human Science

February Is Heart Health Month

Know your symptoms!



Heart Attack Symptoms

Chest Discomfort

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes or that goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of upper body

Symptoms can include pain or discomfort in one or both arms, your back, neck, jaw or stomach.

Shortness of Breath and other signs

Can happen with or without chest discomfort, cold sweat, nausea or lightheadedness.

Stroke Symptoms

Face Drooping

Is one side of face dropping or feeling numb?
Ask the person to smile.

Arm Weakness

Is one arm weak or numb? Ask the person to raise both arms and look to see if one drifts downward.

Speech Difficulty

Is speech slurred? Are they unable to speak or hard to understand? Ask them to repeat a simple sentence.

If the person you are with is experiencing ANY of these symptoms call 911 and get them medical care immediately!

By wearing RED on February 7th you can bring attention to Cardiovascular Disease which is the #1 killer of women in the US.

Information courtesy: <https://www.heart.org/en/about-us/heart-attack-and-stroke-symptoms>
<https://www.goredforwomen.org/en/>

Apple Bread Pudding

Ingredients

- 1 large egg
- 1 large egg white
- 1 c. fat-free milk
- 2 T. brown sugar blend
- 1 tsp. vanilla extract
- 1 tsp. ground cinnamon
- 1/2 tsp. cloves or allspice
- 6 slices light, whole-grain bread, cubed
- 3 medium apples (cored, cut into 1/2 inch cubes)
- 1/2 cup any of the following: raisins, walnuts, pecans, almonds, etc.

Directions

Wash hands with warm water and soap for a least 20 seconds. Preheat oven to 350 degrees. Lightly spray a 9 inch square baking pan with cooking spray.

Using a large bowl, whisk together the egg, egg white, milk, brown sugar blend, vanilla, cinnamon and cloves. Stir in the bread, apples and other additions of your choice. Pour the mixture into the prepared baking dish. Bake for 40-45 minutes or until the bread cubes are golden brown.

Serve warm with low-fat ice cream or milk.

Recipe courtesy:

<https://www.goredforwomen.org/en/recipes/apple-bread-pudding>

Dates to Remember

Matter of Balance- Tuesdays and Thursdays in February

Madison District Spring Meeting- Tuesday, March 25th, 2025, Greensburg, IN

Ohio County Extension Homemakers Achievement Night- TBA