



Extension

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Newsletter

“Making the Healthy Choice, the Easy Choice!”

I want to take a moment to introduce myself as my work in Pike County has only just begun. My name is Erin Meyer and I am a Community Wellness Coordinator for Purdue Extension in Spencer, Perry, Crawford, and Pike counties. I joined Purdue Extension in 2015 but have just recently started working in Pike County. I am trained as a Registered Dietitian and Certified Diabetes Educator and as part of Purdue Extension's Nutrition Education Program you will find me working in the areas of nutrition, physical activity, food insecurity, food safety and food resource management. Most recently, I helped a group of wonderful community partners organize the Farmers to Families Food Box distributions that were held on July 14 and August 5 at Pike Central High School. In the near future, I will be looking for people to interview as part of a community health needs assessment. If this is something that interests you, please contact me at meyer258@purdue.edu. I look forward to working in Pike County and meeting you very soon!



Financial Planning Month

October is National Financial Planning Month—an ideal time to plan your financial future. The end of the year is approaching and a new one will soon begin, so this is the right time to think about what you have done in 2020 and what you could do in 2021. You might want to do something new; you may want to do some things differently. Your financial future is in your hands, so be proactive and plan.

Purdue Extension Health and Human Sciences (HHS), has launched a free online program for anyone seeking money management best practices and financial control. The Where Does Your Money Go? online program will guide participants through the creation of their spending-savings plan and provide practical resources for them to use in their own lives.

To register for the Where Does Your Money Go? program, go to: <https://bit.ly/WDYMGOnlineRegistrationLink>.



MAKING LIFE A LITTLE EASIER... **GETTING THROUGH THE DAY**

Lunch-N-Learn * Virtual Sessions * No Cost

MONDAYS in SEPTEMBER

12:00/EDT

Sept. 14th Tired of Being Tired?

*Six ways to beat chronic tiredness

Sept. 21st Overwhelmed?

*Tips to reduce stress and maintain balance

Sept. 28th Family Chaos?

*Finding routine in a new normal

Pre-registration is required.

Go to: bit.ly/GetThroughTheDay. Once registered you will receive a Zoom link for the live session as well as access to the recording after-

Brought to you by your Southwest Indiana Purdue Extension HHS Educators-"Community is Our Classroom"!

QUESTIONS? Email jgilreat@purdue.edu or call 812-897-6100

HEADING BACK TO SCHOOL WITH FACE COVERINGS

As school is now under way, many families have sent their children back into classrooms. Every school district is sure to have different requirements and mandates related to COVID-19, but a common thread is the use of face coverings by students and staff in various situations. This raises many questions for families. The Indiana Department of Education (IDOE) has provided guidance around face coverings.

Their recommendations include:

- Get familiar. Wash your hands, and ensure the face covering fits over the nose and mouth while fitting snugly but also allowing your child to breathe easily.
- Set rules. Talk to your child about appropriate use for their own face covering and the face coverings of others such as not sharing them with others.
- Reassure. Remind children that face coverings keep students, teachers, and other adults in the school healthy.

In addition to properly wearing face coverings, it is important that they be handled and cleaned correctly, and guidance has been issued by IDOE regarding proper care.

Caring for Your Cloth Face Covering

Take Off Your Face Covering Carefully, When You Are Home

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine or wash by hand
- Be careful to not touch your eyes, nose, or mouth and wash hands immediately after removal



How to Clean Your Face Covering

- **Washing Machine**
 - Wash your face covering with your regular laundry
 - Use regular laundry detergent and the warmest appropriate water setting for the cloth used for the face covering



How to Clean Your Face Covering

- **Washing by Hand**
 - Prepare a bleach solution by mixing:
 - 5 tablespoons (1/4 cup) household bleach per gallon of room temperature water
 - 4 teaspoons household bleach per quart of room temperature water
 - Check the label to see if your bleach is intended for disinfection. Some bleach products, such as those designed for safe use on colored clothing may not be suitable for disinfection
 - Ensure the bleach product is not past its expiration date
 - **Never mix household bleach with ammonia or any other cleanser**
 - Soak the face covering in the bleach solution for five minutes
 - Rinse thoroughly with cool or room temperature water

How to Dry Your Face Covering

- Make sure to completely dry cloth face coverings after washing
- **Dryer**
 - Use the highest heat setting and leave in the dryer until completely dry
- **Air Dry**
 - Lay flat and allow to completely dry. If possible place the cloth face covering in direct sunlight





4-H Youth Development

By Brooke Goble, 4-H Youth Development Educator

4-H Enrollment will open October 1st!!

Thank you very much to everyone who made this year's first-ever virtual Pike County 4-H Fair a success! I hope you enjoyed and learned from this year of 4-H Membership. I'm already looking forward to next year, and I hope you are too! 4HOnline will open October 1, so plan to re-enroll early this fall!

Take a moment and reflect on the 4-H experience you had in the past year. Now, work with your family to set some 4-H goals for the new 4-H year. Remember that decision making, goal setting, and time management are a few of the life skills that 4-H teaches. Each of those skills can be practiced by taking the time to engage in the goal setting process.

It may be helpful to consider the following questions: What 4-H projects do you want to learn about this year? Which 4-H club(s) will you belong with? What specific life skills do you hope to learn through 4-H participation this year?

Let's start this 4-H year off strong! First, we need to make sure everyone who wants to be a 4-H member or adult volunteer is enrolled for the year. The enrollment window is open from October 1- January 15.

Enrollment and reenrollment can be completed through 4HOnline at <https://in.4honline.com>. Please take the time to update any changes to your contact information. If you would rather complete a paper form, one can be requested from the Extension office.



Youth in grades 7-12 are invited to become a Pike County 4-H Junior Leader. The 4-H Junior Leaders serve as role models for the 4-H Youth Development program and have the opportunity to participate in Area and State trip and award opportunities. The next 4-H Junior Leader Meeting has not been scheduled yet. Snacks and refreshments are provided at each meeting.

State Fair Results

Congratulations to all Pike County 4-H'ers whose projects were selected for exhibition at the Indiana State Fair this year! Exhibitors and their State Fair results can be found online at: <https://www.four-h.purdue.edu>
Congratulations again to those who were chosen to advance to the State level. You did a wonderful job representing Pike County 4-H!





4-H Achievement Day Drive Thru

This years' Achievement Day will be held Drive Thru style! The event will be held on *October 3rd from 10am-12pm at the Fairgrounds*. You will drive into the fairgrounds by the Exhibit building, drive thru the Robinson Building (where you will be picking up your items) and then drive out of the fairgrounds through the back.

Every 4-H member will have a bag with their ribbons, scorecards, awards (trophies, buckles, etc.) premium money, and t-shirts. During this event stay in your vehicle at all times. Come at any time during these 2 hours! If you can't make it, please let the Extension Office know and we can set up a time for you to pick up your items at the office! Volunteers and parents, if you ordered a t-shirt, you can pay for them and pick them up at this event. If you aren't sure if you ordered a t-shirt or need to know how much you owe, please call the Extension Office at 812-354-6838.

National 4-H Week: October 4-10

All Pike County 4-H Clubs are encouraged to create and exhibit a display in a local public area during this week to promote Pike County 4-H and all of the awesome benefits our program has to offer. 4-H members: Break out those 4-H Club T-shirts for school that week and be sure to invite your friends to **"Make the Best Better!"**

Club Leaders

It's time to transition from one 4-H year to the next with enrollment beginning October 1. What will the new 4-H year look like? While it is hard to predict, it will likely be a mix of traditional activities with some new ways of meeting the needs of youth. Clubs are encouraged to begin meeting now while the weather is nice. Outdoor meetings are safer to conduct than those indoors as social distancing and air circulation are easier when meeting outdoors. This may mean changing the time of the year when meetings are held. Fall is a great time to invite new members to come to a meeting to see what 4-H offers. Small group gatherings are safer than larger gatherings. Consider offering a meeting or event where potential members are welcome to attend to meet members and leaders and experience a 4-H event. Club leaders will need to submit a safety plan for every meeting happening in person. The safety plan will need to be submitted 3 weeks before the meeting is supposed to take place. Contact Brooke Goble for a copy of the safety plan and if you are needing any assistance. Finished safety plans will need to be submitted to Brooke at bgoble5@purdue.edu. Safety plans are easy to do!

Agriculture & Natural Resources

State officials warn: Unsolicited seeds could wreak havoc on agriculture & environment

People across the country are receiving unsolicited packages of unidentified seeds in the mail that seem to be coming from China. The Office of Indiana State Chemist, located at Purdue University, is urging Hoosiers not to plant or dispose of the seeds since they could be spreading noxious weeds, plant diseases or invasive species.

Anyone in Indiana who receives a package is told not to open the seed packet and to mail it and any packaging materials to the U.S. Department of Agriculture's Animal and Plant Health Inspection Service (APHIS) Indiana office (full instructions below). State and federal authorities will work together to identify and properly dispose of all seeds and plant materials.

"It might be tempting to put this into some soil to see what happens, but there's a lot of damage that can cause," said Don Robison, seed administrator for the Office of Indiana State Chemist. "We don't know what these seeds are, and there is potential for doing serious harm to everything from your backyard garden to the commodity and specialty crops that are such an important part of the agricultural economy. The last thing we want is to spread a weed, invasive species or disease, and that's a real risk if people plant these or throw them in the garbage."

Weed seeds, invasive species and disease pathogens can spread rapidly, costing millions of dollars annually for just a single plant or disease, and cause billions of dollars of impact overall each year. It's possible that the seeds are part of a "brushing" campaign in which online retailers send out unsolicited packages and use the fake sales to improve the seller's ratings in the marketplace. But state agricultural and environmental leaders don't want to take any chances.

"Once a new disease or invasive species is out there, it's a very costly problem," Robison said. "It's like trying to put a genie back in the bottle."

Anyone who receives unsolicited seeds should:

- Keep the seeds and packaging, including the mailing label, but do not open the seed packet;
- Place all contents in a zip-top bag, then place the bag in an envelope or small box and mail it to:

USDA APHIS PPQ
State Plant Health Director
Nick Johnson
3059 N. Morton St.
Franklin, IN 46131

- If you cannot mail the items, do not dispose of them. Keep the seeds, packaging and mailing label and contact the Indiana Department of Natural Resources Division of Entomology & Plant Pathology at 866-663-9684 or DEPP@dnr.IN.gov.
- Anyone who has already planted seeds should not dispose of the plants or soil. Contact the Indiana DNR Division of Entomology & Plant Pathology at the phone number and email address above.
- Never plant seeds of unknown origin.

YARD (Lawns, woody ornamentals and fruits)

- ♦ Fall is a good time to plant many container-grown or balled-and-burlapped nursery stock. Prepare a good-size planting hole wider than the ball, but plant at the same depth it grew in the nursery and water thoroughly. Mulching will help protect against large fluctuations in soil temperature and moisture.
- ♦ Do not be alarmed if your evergreens, particularly white pine and arborvitae, drop some older needles. All evergreens shed needles at some time, but not all at once as deciduous plants do.
- ♦ Harvest apples, pears, grapes, and everbearing strawberries and raspberries. For most fruits, flavor is the best indicator of ripeness, although color change also can be a good indicator. However, pears are best ripened off the tree, and grapes change color long before they are fully flavored, so sample the fruit to be sure.
- ♦ Remove raspberry canes after they bear fruit.
- ♦ Clean up fallen fruits, twigs and leaves around apple (including crabapple) and other fruit trees to reduce disease and insect carryover.
- ♦ To promote the lawn's recovery from summer stress, apply high-nitrogen fertilizer at the rate of 0.5 to 1 pound actual nitrogen per 1,000 square feet. More information on lawn fertilization is available at https://mdc.itap.purdue.edu/item.asp?item_number=AY-22-W
- ♦ Reseed bare spots or new lawns using a good-quality seed mixture. Seeding in late summer allows the turf to maximize its establishment and rooting prior to the next summer's heat and drought. For more information, see <http://purdueturftips.blogspot.com/2014/08/start-seeding-cool-season-turf-now.html>
- ♦ September and October are appropriate months to apply broadleaf weed killers to the lawn. Be sure to follow all label directions, and choose a calm day to prevent spray drift.

GARDEN (Flowers, vegetables and small fruits)

- ♦ Dig onions and garlic after tops fall over naturally and necks begin to dry.
- ♦ Plant radishes, green onion sets, lettuce and spinach for fall harvest.
- ♦ Thin fall crops, such as lettuce and carrots, that were planted earlier.
- ♦ Harvest crops such as tomatoes, peppers, eggplants, melons and sweet potatoes before frost, or cover plants with blankets, newspaper, etc., (but not plastic) to protect them from light frost.
- ♦ Mature green tomatoes can be ripened indoors. Individually wrap fruits in newspaper, or leave them on the vine, pulling the entire plant out of the garden. Store in a cool location – about 55-60°F.
- ♦ Harvest winter squash when mature (skin is tough) with deep, solid color, but before hard frost. Some cultivars will show an orange blush when mature.
- ♦ Plant, transplant or divide peonies, daylilies, iris and phlox only if you can apply irrigation during dry spells.
- ♦ Save plants such as coleus, wax begonias, impatiens or fuchsia for indoor growing over winter. Dig plants and cut them back about halfway, or take cuttings of shoot tips, and root them in moist vermiculite, soil mix or perlite.
- ♦ Watch for garden chrysanthemums to bloom as days grow shorter. Some may have bloomed earlier this summer, which will decrease the number of fall blooms.
- ♦ Plant spring-flowering bulbs beginning in late September. Planting too early can cause bulbs to sprout top growth before winter. However, allow at least four to six weeks before the ground freezes for good root formation.
- ♦ Dig tender bulbs, such as cannas, caladiums, tuberous begonias and gladiolus, before frost. Allow to air dry, and store in dry peat moss or vermiculite.

HOME (Indoor plants and activities)

- ♦ Prepare storage areas for overwintering tender flower bulbs and garden produce.
- ♦ Thanksgiving (or Christmas) cactus can be forced into bloom for the Thanksgiving holidays. Provide 15 hours of complete darkness each day, for instance, from 5 p.m. to 8 a.m., for approximately eight weeks. Keep temperature at about 60-65 degrees F. Temperatures of 55°F will cause flower buds to set without dark treatment.
- ♦ Dig and repot herbs, or take cuttings, for growing indoors over winter.
- ♦ Store leftover garden seed in a cool, dry place. A sealable jar with a layer of silica gel or powdered milk in the bottom works well.
- ♦ Bring houseplants moved outside for summer indoors before night temperatures fall below 55°F. Gradually decrease light to acclimate the plants and help reduce leaf drop. Check and control insects and diseases before putting these plants near other houseplants.
- ♦ Poinsettias saved from last year can be re-flowered for this year's holiday by providing complete darkness for 15 hours daily from about Oct. 1 until about Dec. 10.

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Dear Extension Supporter,

Purdue Extension Pike County is implementing an electronic newsletter. ***This is your last paper newsletter unless you request otherwise.*** The shift to an e-newsletter will allow us to communicate the same information efficiently via email, our website, <https://extension.purdue.edu/Pike>, and our Facebook page, Purdue Extension Pike County. The e-newsletter automatically will be sent to the email address we have on file for you. If you would like to verify or update the email address we have on file, or receive a printed version of our e-newsletter, please contact Lisa Clark at 812-354-6838 or clark428@purdue.edu.

Thank you for your continued support of Purdue Extension Pike County. We're looking forward to a great future filled with new programming, old favorites, and the best resources of Purdue Extension.

Sincerely,

Brooke Goble

4-H Youth Development

**Important
Notice**

It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran. Purdue University is an Affirmative Action institution. This material may be available in alternative formats.