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## Holiday Healthy Eating for Everyone

**Don't skip meals.** Skipping meals prior to a holiday event and thinking of saving calories, can often backfire and lead to overeating. Eating a light healthy snack such as a light soup, fruit, yogurt or a handful of nuts can help curb your appetite and prevent overeating.

**Never go to a party hungry.** Eat a light snack before you go out. Skipping meals to "save calories" for later can lead to mindless overeating. A piece of fruit and cheese, a hard-boiled egg, a handful of nuts or a yogurt can help curb your hunger and help you feel fuller on fewer calories.

**Scan the buffet or dinner table.** Check out the food table before putting anything on your plate. Choose a couple of holiday favorites to splurge on instead of foods that you can have any other day of the year.

**Choose drinks wisely.** Alcoholic beverages contribute empty calories and can cause you to make poor judgments with food. Be aware of how many calories and how much alcohol is in your glass. If you choose to drink alcohol, do so in moderation, and alternate each alcoholic drink with a glass of water.

**Contribute to a healthy dish.** Bring a low fat holiday dish to the party and go home empty-handed.

**Say no to food pushers.** Be polite but firm when you are pressured to eat. Learn to say no politely.

**Eat until you are satisfied, not stuffed.** Eat slowly, and check your fullness levels while you're eating.



Photo from cdc.gov

**Eat slowly- put your fork down between bites and savor every bite.** It can take up to 20 minutes to feel full once you start to eat.

**Think about the rainbow of color.** Cover half of your plate with a variety of veggies and fruits. They are rich in nutrients and the fiber will help you feel full.

**Keep moving.** One of the most effective ways to maintain or lose body weight is to engage in regular, sustained aerobic activity. To burn off extra calories, intensify your exercise. If you exercise for 30 minutes a day, increase it to 45 minutes. If you exercise three times a week, move it up to five times a week, and increase the intensity of your workout. Check with your doctor before you start.

*Source: Rutgers Cooperative Extension*

**Extension office holiday office closings: Thursday Nov. 11 for Veterans Day; Thursday and Friday Nov. 25 & 26 for Thanksgiving; Dec. 24 & 27 for Christmas; and Dec. 31 for New Year's Day.**

**Indiana Extension Homemakers Association  
Sullivan County president's message**

2021 is the 50th year a Christmas Goodie Book has been assembled from favorite recipes of Extension Homemakers. "Fifty Years of Good Cookin" will be available at this year's Christmas Bazaar. This year's book will include recipes from past Goodie Books and the three other Extension cookbooks. The bazaar will be held December 2 from 3 to 7 p.m. at the 4-H Building. It will include vendors, door prizes and the Cookie Walk. Join us for our celebration! Goodie Books will be available at the Extension Office after the Bazaar for \$ 2.00 each.

County Homemakers are purchasing and assembling treat bags for the Halloween Trick or Treating at the Fairgrounds on Saturday, Oct. 30, 2021.

Thanks,  
Becky Cole

**To learn how to become a member of Sullivan County Extension Homemakers, call 812-268-4332.**

**Sullivan County Extension Homemakers**  
**Christmas Bazaar**  
*50 Years of Good Cookin'*

**3-7 pm, Thursday, Dec. 2**  
**Sullivan County 4-H Fairgrounds**

1631 E Co Rd 75 N (East Washington St.), Sullivan, Indiana

- **Cookie & Candy Walk**  
Buy assorted holiday cookies & candies at \$4 per pound
- **Crafts & other goodies for sale**  
by area crafters and cooks
- **50th Anniversary Goodie Books**  
for sale (recipes)  
\$2 each



# ***CURB THE URGE TO SPLURGE DURING THE HOLIDAYS***

**SATURDAY, NOVEMBER 13, 10:30 AM  
SULLIVAN COUNTY PUBLIC LIBRARY**



Image by Jill Wellington from Pixabay



Extension - Sullivan County



[www.extension.purdue.edu/sullivan](http://www.extension.purdue.edu/sullivan)

Join us for an in-person presentation that includes gift ideas and a check list with Cheryl Casselman of Purdue Extension-Sullivan County.

Learn strategies for controlling your spending during the holidays.

Refreshments will be served.

## **REGISTRATION**

Contact Purdue Extension Sullivan County prior to this presentation to let us know you're coming, so we have enough materials for everyone: 812-268-4332 or [sullivances@purdue.edu](mailto:sullivances@purdue.edu)

No charge.

*If you need accommodations to attend, please contact Cheryl Casselman prior to the event.*



# SLEEP ON IT: WHY SLEEP MATTERS

TUESDAY, NOVEMBER 16, NOON  
SULLIVAN COUNTY PUBLIC LIBRARY



Extension - Sullivan County



[www.extension.purdue.edu/sullivan](http://www.extension.purdue.edu/sullivan)

## Presentation includes:

- benefits of sleep
- risks of insufficient sleep
- barriers to sleep quality
- practical tips to improve sleep quality

## Presenter

**Cheryl Casselman of Purdue Extension-  
Sullivan County**

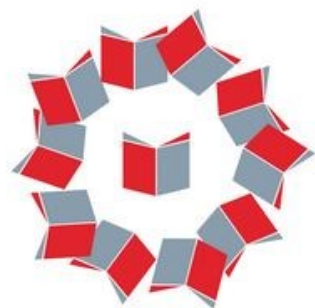
**Refreshments will be served.**

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No charge.

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# SULLIVAN COUNTY

## PUBLIC LIBRARIES

### Lunch & Learn at the Sullivan Library--3rd Tuesday of each month at Noon

November 16: Sleep On It: Why sleep is essential for overall good health presented by Cheryl Casselman of Purdue Extension--Sullivan County

December 21: Celebrate the Season Holiday Luncheon. Lunch is provided free of charge. Registration is required by calling 812-268-4957.

### Curb the Urge to Splurge During the Holidays

Saturday, November 13 at 10:30 a.m.

Join us at the Sullivan County Public Library for a discussion with Cheryl Casselman of the Purdue Extension on strategies for controlling your spending during the holidays. Refreshments will be served.

Call 812-268-4332 to register.

### Holiday Wassail and Cookies

December 16-17

Stop by any SCPL location during normal hours to partake in our annual tradition of wassail (a Yuletide beverage made from hot mulled cider and spices) and cookies. Library locations include Carlisle, Dugger, Farmersburg, Merom, Shelburn, and Sullivan.



### 4-H Night at the Drive-In

Join Sullivan County 4-H at the Moonlite Drive-In for 4-H Night on Tuesday, Nov. 2.

*Lemony Snicket's A Series of Unfortunate Events* is a fantasy/comedy rated PG starring Jim Carrey, Liam Aiken, Emily Browning, Jude Law, Timothy Spall, Billy Connolly, Meryl Streep, Catherine O'Hara, and Cedric the Entertainer

The free admission movie, begins at 7:15 p.m. Come early to catch some fun 4-H activities that begin at 6:15 p.m.

Youth Extension Educators Brooke Stefanik and Cheryl Casselman will be there.

Call the Extension office if you need a ride or have questions at 812-268-4332.

*Moonlite Drive-In: 5056 N Lafayette St, Terre Haute, IN 47805*



# The Clover Monthly November 2021

Sullivan County 4-H monthly communication for 4-H members, families, leaders, fair board, and council.

## 4-H Important Dates

4-H Enrollment open: October 1, 2021-January 15, 2022

Trick or treat at the fairgrounds—Saturday, Oct. 30, 5-7 pm at the Sullivan Co. Fairgrounds. (all Sullivan Co youth)

Nov. 7, Achievement Award Program, 4-H Building 2 p.m.

Nov. 8, Junior Leader Kickoff Meeting, 4-H Building, 7-8 p.m.

Nov. 11, 4-H Council meeting, Extension office conference room

Dec. 2, 2021; Homemakers Christmas Bazaar, 3-7 pm

Jan. 25, 2022 4-H scholarship application deadline

Purdue Extension-Sullivan County Office Closed

November 11—Veterans Day

November 25 & 26—Thanksgiving

December 23, 24 & 27—Christmas

December 31—New Year's Day



## **Start Planning for the 4-H year!**

The new 4-H year is here! — October 1, 2021 through January 15, 2022 is sign-up time for the new year at [v2.4honline.com](https://v2.4honline.com). Ask about projects that you might be interested in at 812-268-4332 or explore projects on our website at [extension.purdue.edu/sullivan](https://extension.purdue.edu/sullivan).



## **Save the Date for these 2022 4-H Opportunities!**

More information on these opportunities will be available at a later time. If you're interested in learning more, contact Brooke for information. If you are a volunteer interested in chaperoning any of the trips below, please reach out to Brooke.

4-H Academy (Career Workshops) will be June 8 –10, 2022. Grades 9-12.

4-H Camp will held on June 12-15, 2022. Campers: Grade 3-6 Counselors: Grade 8-12

4-H Round Up will be 20-22, 2022. Grade 7—9.

Volunteers – Save the Date for February 12 4-H Grows Volunteer Development Training in Putnam County. 4-H Grows is an area wide FUN volunteer training event. Join volunteers from Vigo to Monroe counties to learn about spicing up your club activities, cool opportunities for our youth in Indiana and beyond, and network with other great volunteers!





# The Clover Monthly November 2021

Sullivan County 4-H monthly communication for 4-H members, families, leaders, fair board, and council.

The Junior Leader kickoff meeting will be on November 8 from 7 to 8 p.m. If you have a 4-Her who is in 7th to 12th grade, you will be receiving more information in the mail in October about how to join Junior Leaders. Feel free to reach out to Brooke if you have any questions.

## 2022 Jr. Leader Meeting Dates:

Jan. 10, 7-8 pm

Feb. 14, 7-8 pm

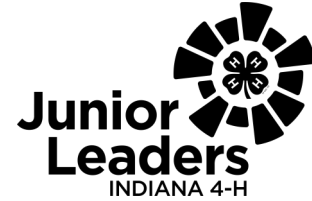
March 14, 7-8 pm

April 11, 7-8 pm

May 9, 7-8 pm

June 13, 7-8 pm

July 11, 7-8 pm



## Sullivan County 4-H Minecraft Club

Brooke is looking into starting a Minecraft Club for 4-Hers and 4-H volunteers only. It would be a private game that 4-Hers could only access at specific meeting times, and they would join the game from their own house on any device (Nintendo Switch, PS4, computer, etc). If this is something you are interested in, call the office with the username of the player and we will add you to the server and give you our meeting days/times.

## Falling for art

Seven middle schoolers participated in Art Camp on October 14 at the Sullivan County 4-H Fairgrounds during their school's fall break. Sessions included acrylic painting, string art, origami, weaving, and making an art installation with paper airplanes. The day concluded with an art show displaying all of their beautiful creations for their families.

Thank you to the instructors who volunteered their time to teach these young artists — Emily Bennett, Pam Irvin, Linda Lou Rogers, Nancy Watts, and Ryan Walker.



# The Clover Monthly November 2021

Sullivan County 4-H monthly communication for 4-H members, families, leaders, fair board, and council.

## Sullivan County 4-H Hippology, Horse Bowl, and Horse Judging Team

We will meet weekly on Thursdays starting in November (No meetings on December 23 or 30) from 5 to 7 pm. All 4-H members in grades 3-12 are welcome and you DO NOT need a horse or be able to ride in order to participate. This is a great opportunity to learn more about horse science and horsemanship. While we are not sure how contests will look in 2022, the following are what a “normal” year looks like. In February, we have the opportunity to attend Hippology Camp. We will participate in area invitationals, then compete in the State Hippology, Public Speaking, and Horse Bowl Competitions in early spring. Finally, we compete in State Horse Judging competition in May. In these events you compete both individually and as a team. We had a great group of 4-Hers last year with our Junior Horse Bowl team placing 2nd at the State competition, and our Senior Team also placed 2nd.

The kids have a great time together and learn a lot about horses, biology and science in general. We look forward to having new members join this highly motivated team! Come check us out and see if Hippology, Horse Bowl and Horse Judging is for you!

### What is Hippology?

The contest consists of:

- Written examinations- multiple choice format questions based on the age appropriate resources.
- Stations- identifying items in different categories for each station
- Slides- multiple choice question from a picture on a screen
- Judging- two classes will be judged on video, usually halter and performance



### What is Horse Bowl?

Horse Bowl is a team event. A panel of four members competing against another team. Horse related questions will be asked, and the contestants will have to “Buzz In” their answers.

### What is Horse Judging?

Horse judging trains young people in decision-making skills related to equine selection. Team members will learn:

- 1) How to evaluate the conformation of different types and breeds of horses
- 2) How to defend their placings through the delivery of 2-4 sets of oral reasons
- 3) How to evaluate the performance of different types and breeds of horses

### For more information contact:

Missy Holmes: dmholmes01@gmail.com or 812-249-2466

Mary Bowen: 812-398-5452





# THE FARM NEWS



## of SULLIVAN COUNTY

### **Upcoming Purdue Extension Programs**

Each month the Center for Commercial Ag will host a free webinar providing an update on the corn and soybean outlook following release of USDA's WASDE reports. The webinars will review the USDA reports and provide implications for the current and upcoming crop year.

The next outlook webinar is at 12:00 p.m. EDT on Wednesday, November 10, 2021. Call Brooke if you would like to watch the webinar or recording in the Extension office, or need help getting registered.

Forage Forum Fridays will resume in December! If you did not participate in the spring series, we invite you to register for these fall webinars. They will be recorded, so if you cannot attend during the session, you will get access to the recording to watch on your own time. On December 3, there will be a forage seed production and inventory update, and December 10 will be information on what happens to your hay when you send it in for a hay test. More sessions will be added in January. Register anytime to be added to the e-mail to get the webinar links and recordings.

Register at: [tinyurl.com/ExtFFF](https://tinyurl.com/ExtFFF)

### **Helpful Resources**

The Indiana deer hunting season for 2021-2022 started September 15th and goes to January 31st. As your hunting adventures begin, Purdue Extension-Forestry and Natural Resources (FNR) has the resources you need. You will find How-To videos that address how to score your white-tailed deer, age determination, how to harvest your deer and many other deer management resources. View these resources by scanning the QR Code with your phone's camera. Contact Brooke at 812-268-4332 if you would like printed copies of any of these materials.

To see the 2021 Purdue Land Value and Cash Rent Update go to: [tinyurl.com/PUextCashRent](https://tinyurl.com/PUextCashRent)

To see the 2021 Indiana Farm Custom Rates Update go to: [tinyurl.com/PUext21CustomRate](https://tinyurl.com/PUext21CustomRate)

### **Quick Tip**

The Sullivan Soil and Water Conservation office is currently offering free soil sampling for lawns and gardens. Call Allison McKain at 812-268-5157, ext. 3.

### **Note from Purdue Extension Specialists**

#### **Synopsis from Jim Camberato, Purdue Extension Soil Fertility Specialist on Using Phosphorus and Potassium Fertilizers Wisely**

Contact Brooke if you would like a copy of the full update. This information is good for gardens, forages, and row crops.

Phosphorus (P) and potassium (K) fertilizer prices have increased dramatically in recent months. If you cannot afford all the fertilizer P and K you think you need or there is not enough fertilizer to be had, you might want to prioritize their use on your farm. The key to prioritizing P and K use is to have recent soil test information for your fields.

**Top Priority:** If soil test levels are below the critical level (Figure 1, Table 1) then crop yield response to added P and/or K might occur. These low testing fields or areas in a field should be given the highest priority for fertilization.

**Lowest Priority:** If soil test P and K are above the maintenance limits (Table 1) there is no agronomic need to apply P and K and no need to replace crop nutrient removal in the short term. Soil test levels change very slowly over time.

#### **Synopsis from Purdue Weed Specialists on Herbicide Shortage: How To Plan For The 2022 Growing Season**

There is a lot of speculation about a herbicide shortage for the 2022 growing season, which will impact weed management decisions starting with fall applications. The two main active ingredients that we're hearing about right now are glyphosate (Roundup, others) and glufosinate (Liberty, others), both associated with an increase in cost. There will likely be limited supplies of other pesticide active ingredients as well, but in the short term, a shortage of these two active ingredients poses some major challenges for corn and soybean production.

#### **Tips**

- Identify glyphosate or glufosinate premixes that may be in greater supply or at lower relative costs compared to solo glyphosate and glufosinate products.
- Cultivate if needed and/or possible.
- Failure is not an option for herbicide applications. Make sure you optimize your herbicide applications.



# Digging Deeper Into Land Leases

**Building Successful & Equitable Land  
Lease Agreements from the ground up**

## Dates & Times

November 16, 2021

6:30 pm - 8:30 pm EST

5:30 pm - 7:30 pm CST

or

November 18, 2021

10:00 am - 12:00 pm EST

9:00 am - 11:00 am CST

## Pick Which Works Best For You!

## Cost

\$25 per household/farm

Registration deadline is 24  
hours before each session.

- Identify the various lease tools available
- Understand the impact soil can have on a lease
- Learn about farm land leasing trends
- Discover how to protect yourself when unexpected events occur

Anthony Crowell, Attorney  
Gordon & Associates

Anthony Crowell will  
discuss the legal side of  
land leases.



**Register Online  
Today!**

<https://cvent.me/gmRR08>

For more information, or if you need a reasonable accommodation to participate in this program, contact Jenna Nees at 765-653-8411 or smith535@purdue.edu, prior to the program.

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