

October 2021 Newsletter

Dear Friends,

As leaves are starting to turn and harvest is in full swing, be sure to watch out for farm machinery on the roads and take in the sights and smells of the season. We did not have a change in staffing but we do have a name change in

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the extension office! Jessica Koons, our 4-H/HHS Educator, was married to Zachary Martini on October 2nd. Jessica Martini's email will remain koons0@purdue.edu should you need to contact her. Congrats!

This first week in October we are celebrating National 4-H Week. This kick off to 4-H Enrollment is lead by the National 4-H Council and celebrated across the United States by nearly 6 million 4-H members. Help us celebrate by sharing posts online, coming out to our Trick or Treat Enrollment Event, tuning into WORX at 3:30 to hear 4-H members share their experiences and sharing how you "Found your Spark" in 4-H. More about National 4-H Week on Page 4.

In non 4-H news, we have a couple programs coming up including Putting your Garden and Pollinator Habitat to Bed on October 20th, Youth Mental Health First Aid on November 10th and are in planning stages for many more. We appreciate the help from our advisory boards to set up programming aids this past month.

The next Fair Board meeting will be October 7th at 7 pm in the extension office. The next Extension Board meeting will be November 17th at 6 pm in the extension office. Our Annual Extension Board Meeting and Leader Recognition Dinner is tentatively planned for January 25th, more information to follow is subsequent newsletters.

Sincerely,

Britt Copeland, Extension Educator

Jessica Martini, Extension Educator

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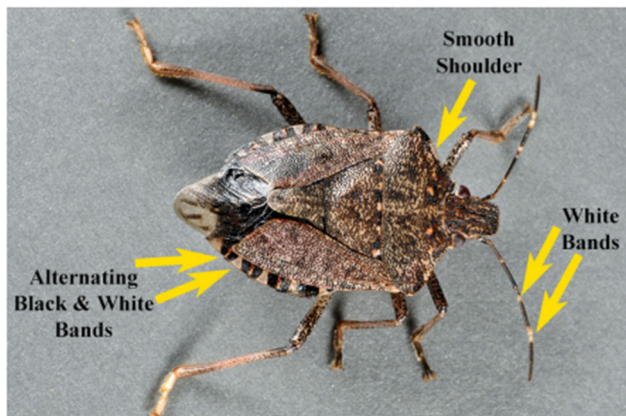


Agriculture & Natural Resources

Stink Bugs

Part of my job as an ANR Educator is to conduct ANR consultations. ANR Consults involve answering questions such as “what disease is killing my tree?” and sending samples to the Purdue Plant and Pest Diagnostic Laboratory for analysis.

This month I was asked about controlling Stink Bugs. The brown marmorated stink bug (BMSB) is an invasive pest from China, Japan, Korea and Taiwan that was accidentally introduced into eastern Pennsylvania sometime prior to 1998. Here in Indiana they start invading homes in September and October through any crevice they can find whether its doors windows, pipes, chimneys or siding. Their name refers to the odor released by the insect through scent glands when it's disturbed. The smell can make this insect a real nuisance in your home.



Retrieved from: <https://extension.entm.purdue.edu/publications/E-273/E-273.pdf>

So how do you get rid of them? Mechanical exclusion is always the best method for control stink bugs. Sealing up holes with silicone caulking or foam and installing screens over vents and windows will help with a variety of pests. You can also employ a pest control professional to apply exterior applications of pesticides in places where the stink bugs appear.

Once in your home, stink bugs have to be removed manually with a broom or vacuum. A helpful tip is to drop the stink bugs into soapy water to kill them as the mixture should trap the smell. Remember to replace your vacuum bag immediately after cleaning stink bugs or the next time you use it there will be a very unpleasant smell waiting for you.

Read more about controlling Stink Bugs in your home in this publication: <https://extension.entm.purdue.edu/publications/E-273/E-273.pdf>



YOUTH ESSAY COMPETITION

NATIONAL YOUTH IN FORAGE MANAGEMENT ESSAY

The National Youth in Forage Management Essay focuses on essays written about anything pertaining to grazing management, including but not limited to, personal experiences in grazing management, observation or explanation of grazing practices, livestock management on pasture, fencing or other equipment related to grazing management, plant or animal species response to grazing management, or any other subject matter related to forage management.

There are two categories for participants:

- I) 6th to 9th Grade
- II) 10th to 12th Grade.

Essays must be original composition of the entrants and can either be typed or legibly hand written. Individuals participating in this competition will receive a one year student membership to AFGC.

Prize money given for top 2 essays in each category.

Two prizes will be awarded:

- First prize – \$100
- Second prize – \$50

The deadline for the 2022 Youth in Forage Management Essay Contest is November 30, 2021. Entries should be submitted electronically via e-mail to membership@afgc.org as a Word Document or mail to AFGC, PO Box 867, Berea, KY 40403. For additional information call 800.944.2342. Learn more about the competition by visiting: <https://www.afgc.org/i4a/pages/index.cfm?pageID=3348>

Indiana Beef Evaluation Program 88th IBEP Bull Sale & Springville Feeder Auction Association Heifer & Cow Sale



Saturday, October 16,
2021—2:00pm
Springville Feeder Auction
10 miles northwest of Bedford,
Indiana on SR 54-58

28 Bulls Sell- Broadcast live on
CattleUSA.com Contact: Springville Feeder
Auction (812-279-1282 or Dr. Jerry Rusch (812-
849-4525)

Full Flyer available in the Extension Office

Agriculture & Natural Resources

Take Time to Self Evaluate Your Pasture Management



By: Keith Johnson
Purdue Extension Forage Specialist,
Professor of Agronomy

Managing pasture properly requires much skill, just like any agronomic crop. I think it requires more skill to do it in an “A” grade fashion than row crops because there is a livestock component to the agricultural system, too. Proper pasture management is more than opening the gate to the pasture and letting livestock graze season long.

The following table includes several statements that I consider essential for a very successful pasture program. Take the time to do a self evaluation of how good a job **you** are doing with each statement given. Rankings “Strongly Disagree” or “Disagree” require some attention to have topnotch pasture for your livestock. Rank statement Strongly Agree, Agree, Neutral, Disagree or Strongly Disagree.

If you have not developed a team of resource people that can help you with your questions about forage management, a good starting point is to contact your county’s Purdue Extension Agriculture and Natural Resources Educator and Natural Resources Conservation Service (NRCS) personnel. These individuals have a network within their own organizations and know local-regional agribusinesses and producers that will be able to help you with your questions.

Excellent detailed information developed by NRCS employees about pasture assessment can be found at this link [Guide to Pasture Condition Scoring | NRCS \(usda.gov\)](https://www.usda.gov/learn/forage/guide-to-pasture-condition-scoring).

Developing excellent pasture management skills require much effort, but the well being of your livestock will improve because you do.

Statement
I soil test at least every third year and add lime and fertilizer based on the test results.
I can produce hay profitably “on paper” with reasonable assumptions about yield, quality and input costs.
I scout my fields for the presence of weeds, insects and diseases.
I know the proper moisture levels to ted, rake and bale hay to retain top quality.
I utilize available technologies to reduce the amount of rain-damaged hay.

I really try to harvest first cutting hay before the grass begins pollination.

I protect high quality hay from weather damage.

I have a marketing plan to sell hay.

I harvest perennial forages for the last time six weeks before a killing freeze occurs.

I use forage testing to determine what hay should be fed to different livestock types and how it is best supplemented.

Next Master Gardener Association Meeting is Oct. 20th



MGs and the public are invited to take part in our Putting your Garden to Bed Program and Listen to guest speaker Kirsten

Carlson from the Oak Heritage Conservancy discuss caring for Pollinator habitats in the fall. A brief MG Business meeting will follow the program to discuss association leadership and to gauge interest in putting on a December Wreath Making Workshop.

October 20, 6:00 pm

Purdue Extension Jefferson County Office
3767 W SR 256 Madison, IN 47250

Putting Your Garden & Pollinator Habitat to Bed

Now is the time to plan out your garden for next year. Join us for a program with our Master Gardeners as we discuss landscape design, setting your Pollinator Garden Up for Success next year, and preparing your soil and perennials for winter.

Guest Speaker on Fall Pollinator Habitats:
Kirsten Carlson
Education & Outreach Coordinator
Oak Heritage Conservancy



► In-Person @ Purdue Extension-Jefferson County Office.

► On Zoom.
• Registration Required to copelanb@purdue.edu

Call (812) 265-8919 for more information

Jefferson/Switzerland Master Gardener Association



Extension - Jefferson County

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4-H Youth Development



4-H Enrollment for 2021-2022

Opens on October 1st!



October 1st is the official start date for enrollment in the 2021-2022 4-H Program. All returning and new 4-H Members and returning 4-H Volunteers are encouraged to enroll as soon as possible after October 1st!

Please note that the system will ask you to select your clubs and projects again. However, upon selecting clubs and projects, the system will recognize previous projects that you have completed and will assign the proper number of years completed to each project selected.

<http://v2.4honline.com/>

If you are a returning member, use your same email address and password. New members should click “Don’t have an account?” if you have never enrolled in 4-H. If you are a returning member and you forgot your password, no worries! Just use the “reset password” option below the login portal or call the Extension Office at (812)265-8919. More detailed instructions will be shared soon to assist families and volunteers with enrollment.

National 4-H Week

This year, we will be celebrating National 4-H Week on October 3rd-9th, 2021! Purdue Extension Jefferson County is going to be busy visiting schools, conducting radio interviews, and posting interactive graphics and 4-H spotlight videos on our social media.

4-H’s reach and depth are unmatched, reaching almost 6 million kids across America. During National 4-H Week, we will be celebrating the theme “Find Your Spark” to highlight all of the ways that 4-H helps youth learn and grow.

Throughout the week, make sure to check out our Purdue Extension Jefferson County Facebook page to join in the celebration of 4-H! @purdueextensionjefferson



Theme Days for National 4-H Week

Membership Monday	Tag Your Friend Tuesday	Why Wednesday	Throwback Thursday	Flash Forward Friday
Help us celebrate by enrolling in 4-H and commenting a clover when you are done.	Tag your friends in the comments of the post and let them know that they belong in 4-H too.	Comment your WHY on our post and let us know why you love being a part of Jefferson County 4-H.	In the comments, share a picture of your favorite past 4-H event and let us know why you loved it so much.	Comment below what projects you or your kiddo plan to take to the 2022 Jefferson County 4-H Fair.



4-H Youth Development



2ND ANNUAL JEFFERSON COUNTY 4-H TRICK OR TREAT DRIVE-THRU

3767 W SR 265 MADISON, IN 47250
OCTOBER 30, 2021, 2-5 PM

ALL COMMUNITY YOUTH ARE INVITED TO:

- Stay on your Brooms (in your Cars) with headlights on, under 10 mph.
- Follow NEW streamlined Traffic Flow**
 - Enter Extension Office Parking Lot
 - Exit Gate 3
- Collect your treats and treasures with a bag or bucket!
- Learn about 4-H along the way!

COMMUNITY GROUPS ARE INVITED TO:

- Call the Extension Office (812) 265-8919 to have a booth!
- Decorate a booth/table.
- Distribute Factory Sealed Candy only.

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PURDUE UNIVERSITY

Extension - Jefferson County

PUMPKIN PAINTING CONTEST

WINNING PUMPKIN WILL BE DISPLAYED AT THE ENTRANCE OF THE JEFFERSON COUNTY 4-H DRIVE-THRU TRICK OR TREAT ON OCT. 30TH!

ALL OTHER PUMPKINS WILL BE USED TO DECORATE THROUGHOUT THE JEFFERSON COUNTY FAIRGROUNDS

REQUIREMENTS:

- Must be an approved 4-H Club in Jefferson County
- Each club should submit 1 pumpkin minimum and may submit 3 pumpkins maximum.
- Put club name on each pumpkin submission.
- Only one 4-H Club will win based on which pumpkin is deemed the best!

SUBMIT ALL ENTRIES TO THE EXTENSION OFFICE BY: OCTOBER 27TH, 2021

FOR MORE INFORMATION, PLEASE CALL THE EXTENSION OFFICE AT (812)265-8919 OR EMAIL KOONS0@PURDUE.EDU

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JEFFERSON COUNTY 4-H

JUNIOR LEADERS

Fall Kickoff

- Cookout
- Cornhole, Yard Games
- Officer Elections
- Planning for Halloween Enrollment Event

Youth in grades 7-12 are welcomed to join at this event.

For more information call (812) 265-8919 or email koons0@purdue.edu

Tuesday, October 26th 6-8:30 pm
Betty's Barn & the Community Building

Exhibit Hall Cleanup Day

On October 6th at 3:30pm, there will be an Exhibit Hall Cleanup Day. 4-H Volunteers are encouraged to come help clean out the Exhibit Hall to prepare for the 2021-2022 year.

Indiana 4-H Leadership Summit

Youth and adults can grow their leadership skills at the October 23rd Indiana 4-H Leadership Summit. Visit purdue.ag/in4hsummit to learn more about this event, and register via 4-H Online before October 8.

4-H Online Volunteer Training

There are three trainings that volunteers will view upon enrollment. These trainings include an overview of the 4-H program, minors training, and a diversity, equity, and inclusion training. Be sure to complete these trainings after your re-enroll!

Health & Human Sciences

Pumpkin Spice & Everything Nice?

It's the fall season, so you know what that means? Pumpkin spice everything! From lattes to muffins, pumpkin spice is a staple during the fall season. However, opting for pumpkin spice is not always a healthy choice.



Today, we will be talking about the ingredients in a pumpkin spice latte and how you can make this delicious treat a bit more healthy! A typical pumpkin spice latte is made with milk, pumpkin spice sauce, espresso, whipped cream, vanilla syrup, and pumpkin spice topping. The primary issue with the ingredients mentioned here is that they contain high contents of sugar and very little nutrients. According to Houston Methodist (2020), a medium sized pumpkin spice latte has roughly 50 grams of sugar and about as many calories as a full breakfast of eggs and toast would have.

Do not fret though! There are ways to give this yummy treat a healthy twist. For example, the size of the drink matters. Order a smaller size in order to cut calories and reduce sugar intake. You can also ask for two pumps of pumpkin spice sauce instead of the regular four pumps. Try skipping the whipped cream. This will reduce the saturated fat content in the drink. Finally, ask for almond milk or non-fat milk to reduce additional calories.

Healthy eating is all about balance, so treat yourself to a pumpkin spice latte, but make healthier choices for the ingredients!

Houston Methodist. (2020). The hazards and healthfulness of pumpkin spice latte season. <https://www.houstonmethodist.org/blog/articles/2020/oct/the-hazards-and-healthfulness-of-pumpkin-spice-latte-season/>



2021 COMMUNITY-WIDE ADVERSE CHILDHOOD EXPERIENCE SURVEY

In partnership with the Indiana University Southeast Applied Research and Education Center and the Sociology Research Lab, Resilient Jefferson County is looking for participants to take an 8 minute survey about childhood experiences and adult outcomes. Now through October 29th.



Who We Are:
Resilient Jefferson County is a coalition of community members committed to increasing awareness of the direct link between childhood trauma and poor health outcomes in adults. We work with community stakeholders to support education, training, and support systems to better understand and address adverse childhood experiences. Learn more at www.resilientjeffersoncounty.org.

By taking this survey, you are helping us gather the data we need to identify gaps and to secure funding to fill those gaps.

Take the Survey!

Scan the QR code or visit www.ius.edu/arec/childhood-experiences. Available in English and Espanol



Upcoming Events

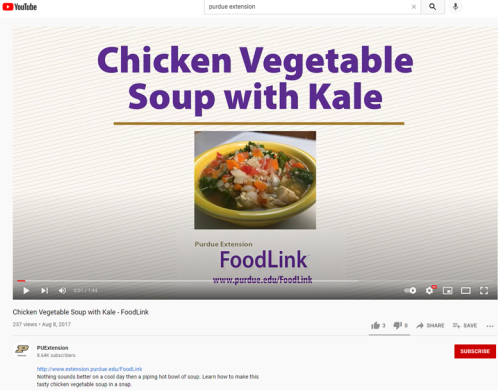
Where Does Your Money Go?

- Oct. 20th & Nov. 17th at 12:00pm at the Hopewell Baptist Church during the Smyrna Club Homemaker Meeting—contact Jessica Koons koons0@purdue.edu or call the Extension Office

Youth Mental Health First Aid

- Nov. 10th at 9:00am-4:00pm at the Extension Office— contact Britt Copeland copelanb@purdue.edu or call the Extension Office

Check out the Purdue Extension FoodLink on YouTube for some tasty fall recipes!



<https://youtu.be/aq4Kc8nDol8>

Health & Human Sciences



PRESENTS



WHY YOUTH MENTAL HEALTH FIRST AID?

- Mental health issues often start in teen years.
 - Like CPR, it's good to know what to do when someone is in crisis.
 - You can raise awareness and reduce stigma.
- Open to any adult who interacts with youth.

DETAILS



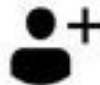
Purdue Extension - Jefferson County
3767 W SR 256
Madison, IN 47250



Wednesday, November 10, 2021
9:00 AM to 4:00 PM Eastern Time
Advance Sign-Up and Pre-Work **REQUIRED**



\$20 per person*
Lunch & workbook included



Sign up by October 27, 2021
Visit <https://cvent.me/BQDVw1>



Some CEUs available;
See registration page for details.

QUESTIONS?

Contact Instructors: Britt Copeland copelanb@purdue.edu
Jennifer Abrell jlabrell@purdue.edu

*Supported by the Substance Abuse and Mental Health Services Administration
(1 H79 T1081898-01 or T1083276)
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Register here: <https://cvent.me/BQDVw1>

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Upcoming Dates

<u>Date</u>	<u>Event</u>	<u>Place</u>	<u>Time</u>
Oct. 1—Jan 15	4-H Enrollment for 2022!		
Oct 6	Exhibit Hall Clean Up		
Oct 7	4-H Fairboard Meeting	Extension Office	7:00 p.m.
Oct 11	Extension Office closed for Columbus Day		
October 20	Putting your Garden to Bed	Extension Office	6:00 pm
October 26	Junior Leaders Fall Kickoff	Fairgrounds	6-8:30 p.m.
October 30	4-H Drive Thru Trick or Treat	Fairgrounds	2-5 pm
November 10	Youth Mental Health First Aid	Extension Office	9:00 a.m.-4:00 p.m.
November 17	Extension Board Meeting	Extension Office	6:00 p.m.
July 8-15	2022 Jefferson County 4-H Fair		



Purdue Fast Start Program

Visit <https://www.admissions.purdue.edu/purduefaststart/>

Giving Indiana students another pathway to Purdue and offering their families the opportunity to save thousands of dollars. These are the goals of the new Fast Start program -- and the latest example of our #PersistentPursuit of affordable and accessible education.

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