



Extension - Sullivan County

Sullivan County Extension N.E.W.S.

extension.purdue.edu/sullivan

Purdue Extension Sullivan County Staff

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Rethinking Your Daily Beverages

The next time you go grocery shopping, read the nutrition labels on the items in your cart to see which ones have the most added sugars. You may be surprised to see that the beverages have more added sugars than the food. Sugary drinks are the leading source of added sugars in the American diet. These sweetened liquids include regular soda, fruit drinks, sports drinks, energy drinks, and sweetened waters. The flavored coffees we grab on the way to work and the sweet tea we make at home also count as sugary drinks. Let's look at the added sugar in drinks.

(Adapted from CDC, We Can! PDF-305KB)

Why Should I Be Concerned about Sugary Drinks?

People who often drink sugary drinks are more likely to face health problems, such as weight gain, obesity, type 2 diabetes, heart disease, kidney diseases, non-alcoholic liver disease, cavities, and gout, a type of arthritis.

Tips to Rethink Your Beverages

- Choose water (tap or unsweetened, bottled, or sparkling) over sugary drinks.
- Need more flavor? Add berries or slices of lime, lemon, or cucumber to water.
- Missing fizzy drinks? Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.
- Breaking the habit? Don't buy sugary drinks. Instead, keep a jug or bottles of cold water in the fridge.
- Reach for drinks that contain important nutrients such as low fat or fat free milk; unsweetened, fortified milk alternatives; or 100% fruit or vegetable juice first.
- Skip the flavored syrups or whipped cream. Ask for a low fat or fat free milk, an unsweetened milk alternative such as soy or almond, or get back to basics with black coffee.

- Read the Nutrition Facts label to choose drinks that are low in calories, added sugars, and saturated fat.
- Carry a reusable water bottle with you and refill it throughout the day.

Remember that you can be a role model for your friends and family by choosing water and other healthy, low-calorie beverages.

"Sugar" by Any Other Name: How to Tell Whether Your Drink Is Sweetened

If these items appear in the ingredient list of your favorite beverage, you are consuming a sugar-sweetened beverage: high-fructose corn syrup, fructose; fruit juice concentrates; honey; sugar; syrup; corn syrup, Sucrose; Dextrose.

| Drink (12-ounce serving) | Teaspoons of Sugar | Calories |
|----------------------------------|--------------------|----------|
| Tap or Unsweetened Bottled Water | 0 teaspoons | 0 |
| Unsweetened Tea | 0 teaspoons | 0 |
| Sports Drinks | 2 teaspoons | 75 |
| Lemonade | 6 ¼ teaspoons | 105 |
| Sweet Tea | 8 ½ teaspoons | 120 |
| Cola | 10 ¼ teaspoons | 150 |
| Fruit Punch | 11 ½ teaspoons | 195 |
| Root Beer | 11 ½ teaspoons | 170 |
| Orange Soda | 13 teaspoons | 210 |

Source: Karen Ensle EDD, RDN, FAND, CFCS, Rutgers Cooperative Extension

References

Malik V, Popkin B, Bray G, Desprs J-P, Hu F. Sugar-sweetened beverages, obesity, type 2 diabetes mellitus, and cardiovascular disease risk. *Circulation*. 2010;121(11):1356-1364.

Malik VS, Hu FB. Fructose and Cardiometabolic Health: What the Evidence From Sugar-Sweetened Beverages Tells Us. *J Am Coll Cardiol*. 2015;66(14):1615-1624.

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Bernabe E, Vehkalahti MM, Sheiham A, Aromaa A, Suominen AL. Sugar-sweetened beverages and dental caries in adults: a 4-year prospective study. *J Dent*. 2014;42(8):952-958.

Indiana Extension Homemakers Association

Sullivan County president's message

Thank you to all who helped make our 2023 Christmas Bazaar a success. We had a wonderful variety of vendors and a great crowd.

The Food Stand has a new metal roof. After the first of the year, inside work will begin. We're looking forward to the improvements and to providing better service during the fair.

Merry Christmas to all and a Happy New Year.

Becky Cole



PURDUE UNIVERSITY Extension - Community Development

Experience Incubator
Virtual Workshop Series

EXPLORE STARTING A BUSINESS AT AGE 50+

Purdue Extension will teach a series of interactive workshops to help individuals in the 50+ age range discover their inner entrepreneur and the initial steps needed to launch a business.

The workshops explore entrepreneurial thinking and application and include the following topics:

1. Introduction to Entrepreneurship
2. What is Entrepreneurial Thinking and Acting?
3. Decoding Your Entrepreneurial History
4. Anatomy of an Idea
5. Building Your Brain Trust
6. Branding that Brings Results
7. Finance: Common Sense and Cents
8. Entrepreneurship is a Verb, not a Business Plan – Just Start!

In addition to the workshops, you may choose to receive coaching from the Small Business Development Center after completion to move forward with your business idea.

Workshops are held on Zoom from 4-5 pm EST on Tuesday and Thursday afternoons in February: 6, 8, 13, 15, 20, 22, 27, 29. **Register by January 30, 2024**, at <https://cvent.me/3wba1l>. The cost of the workshop series is \$99 and is payable when you register.

Questions? Contact Kristi Whitacre at:



812-462-3371



kwhitacr@purdue.edu



WHAT IS BROADBAND?

Broadband is defined by the Federal Communications Commission (FCC), a government entity that regulates telecommunications, as an internet connection that is always on and faster than dial-up.

DO I HAVE BROADBAND?

While the definition is a bit vague, it really means that if internet service available at your address (home business, organization, etc.) is slower than 25 megabits per second or Mbps download and 3 Mbps upload (Mbps refers to the amount of data that can be handled by your internet connection), 25/3 for short, then you are considered unserved. If you do have 25/3 Mbps service but not 100/20 Mbps available, then you are considered underserved. If either of these is the case, your address could be eligible for funds to provide service of at least 100/20 Mbps. In case you were wondering, “gig” service refers to speeds of 1,000 Mbps.

The FCC unveiled a new map and needs your help to make sure your address and internet service offered are accurate. Read more on how to review your address by reading this blog post: [3 Steps to Bring Better Broadband to Indiana – Purdue Center for Regional Development](#)



WHAT TYPES OF BROADBAND TECHNOLOGIES ARE THERE?

Broadband technologies vary resulting in different internet speeds and reliability measured in Mbps per technology, but the most common ones include:

DIGITAL SUBSCRIBER LINE (DSL)

This one uses your copper phone line to provide an internet connection.



FIXED WIRELESS

This technology requires an antenna and line of sight between your address and the tower providing the service.



CABLE

This one is usually offered by cable companies and rely on a combination of fiber-optic and coaxial cable.



FIBER-OPTIC

This technology relies on very thin glass fibers, usually as thick as a human hair, to provide internet service.



SATELLITE

This technology also requires an antenna at your address and line of sight with the satellite providing the internet connection. However, please note that this technology is not considered broadband by the upcoming federal funds. In other words, if your address has access to satellite service, you can still be considered unserved or underserved.



FIXED VS. MOBILE BROADBAND

Upcoming broadband funds can only be used for what is called fixed broadband. This refers to the fact that the end-user (a home, business, etc.) is fixed or does not move. Mobile broadband refers to cellular data plans. All technologies described here are considered fixed broadband.



Cellular data provides internet service in a different way. These technologies include 3G, 4G, and/or 5G (do not confuse with 1 G(ig) service, see above). However, these are not considered fixed broadband and if available at your address, you are still eligible for broadband funds.

One last thing, your Wi-Fi relies on these broadband technologies. Consider your broadband connection to be your main water line while Wi-Fi is the shower.



WHAT IS BROADBAND?

WHY IS BROADBAND ACCESS DATA IMPORTANT?

The federal government, in partnership with states, is deploying broadband funds through the Broadband Equity, Adoption, and Deployment program also known as BEAD. Indiana is receiving close to \$870 million. A map compiled by the FCC will dictate where these funds go. So, we need to make sure Indiana's map is as accurate as possible. Continue reading below for more information.

CONFLICTING BROADBAND INFORMATION

Part of the reason this map is being updated is because broadband data is very muddy. In the past, the FCC compiled data from providers that report where they offer service, with what technology, and their maximum advertised download and upload speeds. However, because this data is provider self-reported and not validated by consumers it can overestimate broadband availability. This time around, they are asking for your help to make sure the data reported by providers is accurate at the address level.

SPEED TESTS

Another wrinkle to consider is that beyond internet service being available, is the issue of reliability and quality of service. One way to measure this is through speed tests. A speed test calculates your download and upload speeds (again, measured in Mbps). If your internet connection consistently delivers speed tests below what the provider says it is providing, there may be some quality issues. This in turn may make your address eligible for funds to build more high-quality internet service. You can see what service you subscribed to by checking out your internet bill.

To conduct a speed test on your existing service or to report an address with no service, please visit: pcrd.purdue.edu/speedtest

And remember, speed tests are free so please complete as many as possible, as frequently as possible! The more data there is on your internet service, the better!



ADOPTION AND AFFORDABILITY

In addition to having access to adequate internet, another issue is adoption. Many times, internet is available, but folks do not subscribe because they may not be able to afford it. Fortunately, there is a program in place called the Affordable Connectivity Program (ACP) that provides \$30 per month to eligible homes (\$75 in qualifying tribal lands and high-cost areas). Please visit www.fcc.gov/acp for more information and for instructions on how to enroll.



The Office of Engagement fosters reciprocal relationships with external partners to address societal challenges by leveraging University resources in teaching, research, and engagement. These resources include colleges and academic units, service learning, [Purdue Extension](#), and the [Purdue Center for Regional Development](#), to name a few.

Meet the new Sullivan County Extension Educator



Purdue Extension Sullivan County welcomed Kevin Cross as the new Extension Educator for Ag and Natural Resources/4-H Youth Development on Dec. 4.

Kevin grew up on a small grain and livestock farm in Greene County. As a 10-year 4-H member, Kevin participated in shooting sports, tractor driving, and gardening projects at the county fair. He was also very involved with FFA. After graduating from high school, he served as a state officer with the Indiana FFA Association.

Kevin and his wife, Laura, are both Lilly Endowment Community Scholars and they attended Purdue University where Kevin graduated with a Bachelor's Degree in Agricultural Education and an Associate's Degree in Agronomy in 2012.

For the past 11.5 years, Kevin served as an agricultural science/business instructor and FFA advisor at Sullivan Middle/High Schools, helping to build vibrant natural resources and introductory agriculture courses of study. Kevin has encouraged his students to develop leadership skills through community involvement—a focus that helped Sullivan FFA become designated as one of the top ten FFA chapters in the nation.

Kevin and Laura have two small children, Homer and Opal, who are a lot of fun and keep them very busy. Kevin is both a deacon and the song leader at Fellowship Baptist Church in Linton. He enjoys traveling with his family, listening to audiobooks, writing agriculture blogs, and eating Brussels sprouts.

Kevin can be reached at crossk@purdue.edu or by calling the office at 812-268-4332.

Diversified Farming and Food Systems



2024

**INDIANA
SMALL FARM
CONFERENCE**

February 29 - March 1
Hendricks County Fairgrounds • Danville, Indiana

View 2022 Small Farm Conference Recorded Webinars by scanning here



SAVE THE DATE

AG WOMEN 2024

**ENGAGE
CONFERENCE**

February 22, 2024

» Grand Wayne Convention Center
Fort Wayne, IN



Women in Agriculture

Purdue University is an equal opportunity/equal access institution.

SULLIVAN COUNTY AG DAY 2024

**Saturday, March 9th, 2024
Sullivan County 4-H Fairgrounds
6:30 am-11 am**

PANCAKE & SAUSAGE BREAKFAST

In-Person - \$3/plate

To-Go - \$5/plate

(Limit 5 to-go per person)

SILENT AUCTION

Ends at 10:30, must be present to place bids

PEDAL TRACTOR PULL

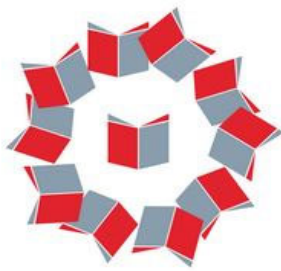
**Registration begins at 9 am and event starts at
9:30 am**

60+ VENDORS AND BOOTHS!

**AG DAY SCHOLARSHIPS
WILL BE AWARDED TO
ESSAY CONTEST
WINNERS!**

**1ST PLACE - \$1,000
2ND PLACE - \$850
3RD PLACE - \$650**

Contact the Ag Day Committee at 812-564-0444 or at 812-268-5157 Ext. 3 with any questions.



SULLIVAN COUNTY



PUBLIC LIBRARIES

Follow us on Facebook!



SCPL Children's Dept. January 2024



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|---|--|--|
| 31 | 1 | 2 Farmersburg Branch arts and crafts 3:30 pm | 3 | 4 Storytime 10:30 am D & D Guild 4 pm | 5 | 6 |
| 7 | 8 Mommy Meet-up 10:30 am *Arts and Crafts 3:30 pm | 9 JR. BOOK CLUB 4 PM | 10 Tween/teen Totally Rad Crafts 4pm | 11 Storytime 10:30 am | 12 National Hot Tea day Tea Tasting 4:30-5:30 pm | 13 |
| 14 | 15 *Arts and Crafts 3:30 pm | 16 Farmersburg Branch arts and crafts 3:30 pm | 17 *Homeschool Meetup 1 pm | 18 Storytime 10:30 am D & D Guild 4 pm | 19 | 20 80s Obstacle Course 11 am-4 pm |
| 21 | 22 Mommy Meet-up 10:30 am *Arts and Crafts 3:30 pm | 23 JR. BOOK CLUB 4 PM | 24 Dugger storytime 11:15 am 80s Game Night 4:30-6 pm | 25 Storytime 10:30 am | 26 *Napoleon Dynamite interactive movie 6-8pm | 27 |
| 28  | 29 *Arts and Crafts 3:30 pm | 30 | 31 *Lego Club 5 pm | 1 | 2 | 3  |

*Please call to register for these programs.



100 S. CROWDER ST. SULLIVAN, IN 812.268.4957. WWW.SULLIVAN.LIB.IN.US



SCPL Children's Dept. February 2024



Schedule subject to change. Please check our Facebook page for up-to-date details.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---|---|---|---|--------|---|
| 28 | 29 | 30 | 31 | 1 Storytime 10:30 am D & D Guild 4 pm | 2 | 3 Take Your Child to the Library Day 9 am-5 pm |
| 4 | 5 *Arts and Crafts 3:30 pm | 6 Farmersburg Branch arts and crafts 3:30 pm | 7 Card Maker's Station 1 pm-6:30 pm | 8 Storytime 10:30 am | 9 | 10 |
| 11 | 12 Mommy Meet-up 10:30 am *Arts and Crafts 3:30 pm | 13 JR. BOOK CLUB 4 PM  | 14 Valentine's Day and Read to Your Child Day | 15 Storytime 10:30 am D & D Guild 4 pm | 16 | 17 |
| 18 | 19 Closed for staff in-service | 20 Farmersburg Branch arts and crafts 3:30 pm Tween/teen Dog Toy Craft 5:30 pm-6:30 pm | 21 *Homeschool Meetup 1 pm | 22 Storytime 10:30 am | 23 | 24 |
| 25 | 26 Mommy Meet-up 10:30 am *Arts and Crafts 3:30 pm | 27 JR. BOOK CLUB 4 PM | 28 Dugger storytime 11:15 am *Lego Club 5 pm | 29 Storytime 10:30 am Leap Year Launch 3:30 pm- 5 pm | 1 | 2  |

*Please call to register for these programs.

100 S. CROWDER ST. SULLIVAN, IN 812.268.4957. WWW.SULLIVAN.LIB.IN.US

Follow us on Facebook!



Clover Monthly January 2024

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

Important dates

Extension office closed: Jan 1 and 15, 2024

Preferred deadline for 4-H enrollment: Jan 15, 2024

4-H scholarship deadline: Jan 25, 2024

8th Annual Wabash Valley STEM Fest: March 2, 2024

4-H Camp: June 9-13, 2024

Sullivan County Fair: July 13-20, 2024

State Fair: Aug. 2-18, 2024



July 13-20, 2024

4-H Enrollment for 2023-2024 is open!

The 4-H program year runs from October 1, 2023 to September 30, 2024.

Starting on October 1, parents can go into 4HOnline (v2.4honline.com) to enroll or re-enroll their children in 4-H for the 2024 fair.

Grades as of January 1, 2024 for participants in 4-H

- Mini 4-H is Kindergarten through 2nd grade
- 4-H is 3rd-12th grade
- Junior Leaders is for 4-Hers in 7th-12th grade

Cost to participate in 4-H

- Mini 4-H is free
- 4-H cost is \$15. Please pay online or cash or check at the Extension Office.

Checks payable to: Purdue CES Ed Fund.

If you need assistance, please contact the Extension office at 812-268-4332.

Choosing projects

Go to the Extension website to see a list of projects: www.extension.purdue.edu/sullivan. Scroll down and click on "4-H Information," then click on Sullivan County 4-H projects.

Go to v2.4honline.com to enroll/re-enroll in 4-H today!

Purdue Extension Sullivan County Holiday Office Closures

Jan 1 and 15, 2023 for New Year's and Martin Luther King Jr. Day

4-H Adult Volunteers

It's time for all 4-H adult volunteers to enroll or re-enroll in 4Honline. The online training has been updated this year and will take about 45 minutes to complete. Go to v2.4honline.com to complete the annual training.

If you have questions or need computer access, please contact the Extension office at 812-268-4332.

4-H GROWING TOGETHER

02/10/2024



WHEN??



10AM-1PM

WHERE?

208 S CHERRY STREET
CENTERPOINT IN 47840

WHO?

JUNIOR LEADERS

ADULT VOLUNTEERS

\$20

INCLUDES LUNCH

4-H GROWING TOGETHER PROVIDES AN OPPORTUNITY FOR ADULT VOLUNTEERS & JUNIOR LEADERS TO MAKE 4-H AND CLUB MEETINGS FUN. ADULT LEADERS CAN CHOOSE FROM A VARIETY OF SESSIONS THAT INCLUDE HANDS ON ACTIVITIES AND TAKE HOME MATERIALS. THERE WILL ALSO BE A ROUNDTABLE TO FACILITATE DISCUSSION BETWEEN ADULT VOLUNTEERS AND THE JUNIOR LEADERS. JUNIOR LEADERS WILL ATTEND AN ETIQUETTE SESSION AND THEN DEMONSTRATE THEIR NEWLY LEARNED SKILLS AT THE LUNCHEON WITH COMMUNITY MEMBERS AND 4-H VOLUNTEERS

REGISTER NOW!

[HTTPS://GROWINGTOGETHER.4HONLINE.COM](https://growingtogether.4honline.com)



18 USC 707

Virtual 4-H Volunteer Connections in 2024

Join this open forum opportunity to connect with fellow volunteers and 4-H professionals from across the state. Sessions are via Zoom and each will provide timely, focused information/knowledge with the opportunity for you to share ideas and ask questions.

Sessions for 2024:

- Thursday, January 11, 2024 from 7:00-7:45 pm- Topic: Enrollment and Programming Ideas for 2024
- Tuesday, April 9, 2024 from 7:00-7:45 pm- Topic: Appreciating Others and Celebrating National Volunteer Week
- Monday, July 8, 2024 from 7:00-7:45 pm- Topic: Being a Positive Role Model, Mentor and Leader
- Wednesday, October 9, 2024 from 7:00-7:45 pm- Topic: Building Youth and Adult Partnerships to Support Your Community

Zoom Session Connection: <https://tinyurl.com/in4hvvc>

Meeting ID: 927 5120 9250

Passcode: volunteer

One tap mobile : +13017158592,,92751209250#,,,,*530381776# US (Washington DC)

+13052241968,,92751209250#,,,,*530381776# US

Volunteer Book Club

Wednesdays - February 7, 14, 21, 28

Noon-1 pm ET

Register by Feb. 7:

<https://tinyurl.com/Thrivers2024>



THRIVERS LUNCH & LEARN

Join us for a lunch time virtual book club as we explore the book "Thrivers" by Michele Borba

Wednesdays - February 7, 14, 21, 28
11:00 am - 12:00 pm CT / 12:00 - 1:00 pm ET
Sessions will be held on Zoom

Register: <https://tinyurl.com/Thrivers2024>
by February 7

Questions?
Contact Carla Kidwell at kidwellc@purdue.edu or Megan Hoffherr at mkron@purdue.edu

 An Affirmative Action, equal access/equal opportunity institution

Show your clover pride



Show your clover pride by purchasing an Indiana 4-H Foundation Specialty License Plate at your local BMV Branch! Plate fees support programs for young people state-wide and a portion of the money from each plate goes to the 4-H in the county where the plate is purchased.

The license plates are \$40 at the BMV. The Indiana 4-H Foundation receives \$25 (this money comes back to youth) and the county it's purchased in receives \$10 (Sullivan County 4-H Council puts this toward 4-Hers going on trips and county programs, etc.)

Show your 4-H pride with a 4-H License Plate!

Hippology and Horse Bowl

Hippology and Horse Bowl teams will meet on Thursdays, 5-7:00 p.m. in the 4-H Building meeting room. 4-Hers of any age who would like to learn more about horses and be part of our wonderful team are encouraged to come and check it out.

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

If you have any questions, please contact Missy Holmes at 812-249-2466.

2024 Project Guideline Changes

The 2024 4-H Handbook will be coming out soon. Please be sure to review your project guidelines to insure you are meeting all the requirements of your project. Projects that have changes for 2024 are the following;

Aerospace: Rockets/Drones

Bowling

Communications

Electric

Garden

Genealogy

Swine

Photography

Woodworking

Foods Baked and Foods Preserved have a newly revised recipe card.





2024 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.

\$166,725 AWARDED IN 2023



FORCES *Of Nature*



\$35

January

Join us as we kick-off our Forces of Nature SPARK Club! We will be taking a deeper dive into the Wildlife and Soil & Water Conservation 4-H Projects. Come to the Goose Pond FWA property to learn about and see a restored wetland, migratory birds, and the flora/fauna of this unique Hoosier property!

January 17th - Virtual Session 7pm-8:30pm

January 20th - Goose Pond Fish & Wildlife Area 10am-3pm

February

Join us at IU's Geology Learning Lab! One part each museum, lab, and classroom, you can compare thousands of rocks, minerals, and fossils, create art, and participate in interactive activities. 450 million years of Hoosier history will be at our fingertips as we explore Geology, Weather & Climate Science, and more!

February 21st - Virtual Session 7pm-8:30pm

February 24th - Indiana University Geology Lab 10am-3pm

March

Join us as we learn more about Forestry and Weather & Climate Science! We will use tools to help with tree identification, learn about producing maple syrup, the role of slopes in microclimates and even learn about sandstone geology at Turkey Run State Park. We will also discuss career opportunities in both of these fields of study.

March 13th - Virtual Session 7pm-8:30pm

March 16th - Turkey Run State Park 10am-3pm

April

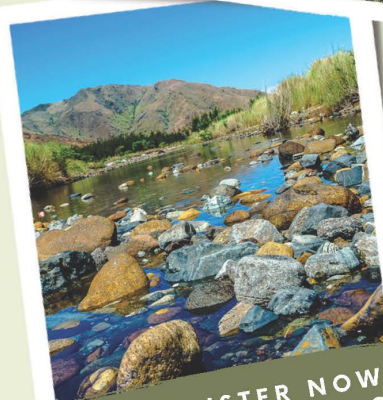
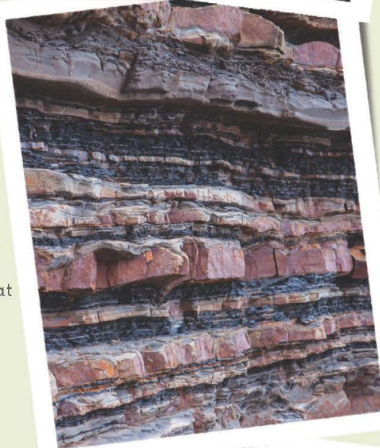
Exploration of benthic macroinvertebrates like what is the significance of a left or right handed snail for water quality? Local limestone geology and soil formation will be discussed. From the Indiana 4-H soil and water science project curriculum, we will conduct the clod comparison activity and learn about soil health.

April 3rd - Virtual Session 7pm-8:30pm

April 6th - DePauw Nature Park 10am-3pm

Lots of Ways to Participate!!

- 1 Go all in! Attend all 4 virtual sessions and all 4 in-person sessions
- 2 Attend whatever sessions that fit into your schedule!
- 3 Busy, but still crave the knowledge? All virtual sessions will be recorded & you can watch them at your leisure



REGISTER NOW
V2.4HONLINE.COM

10 Year 4-H Member Fun Facts



Javyn Woodard

Nickname: Jav

Parents: Keith and Anita Woodard

Siblings: Jaren Woodard

Pets: Jax

4-H Club: Lads and Lassies

Future job: Nurse

Cats or dogs? Dogs

Favorite candy: Reese's

What's your theme song? Better Together

Favorite 4-H project: Basketball

Your disaster (worst experience) project: Electrical

Most fun 4-H memory: Pig Wrestling

Genevieve Brooks

Parents: Eric & Donna Brooks

Siblings: Gideon, Gretchen, Gabriel Brooks

4-H Club: Gill Go Getters

College you want/will go to? Ozark Christian College,
Joplin Missouri

Future job: Counselor/Psychologist

Favorite candy: Sour Patch Kids

What's your theme song? Praise by Elevation Worship

Favorite 4-H project: Goats

Your disaster (worst experience) project: Second year
of Cake Decorating.....it melted.

Most fun 4-H memory: It's a tie....Goat Olympics and then chasing a goat
that got loose and jumped through a moving golf cart.

Best advice for first year members: You will have good years and bad
years. But the bad years help motivate and teach you for future years.

Why do you love 4-H? I love 4-H because it has taught me life skills and
has given me hundreds of opportunities to serve in my community. It has
also helped me to step out of my comfort zone and do things I never

