#### Purdue Extension Floyd County

# Newsletter

### August 2024





# What's Inside the Newsletter?

Extension Office Updates pages 1-3 Health ~ Human Sciences pages 4-7 <u>4-H Youth</u> pages 8-15 AgricultureNatural Resources pages 16-24

The Extension Office will be CLOSED on Labor Day, September 2nd.





Extension - Floyd County

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

# Purdue Extension Floyd County

**Extension Educators, Support Staff, & Social Media** 



Janet Steffens, M. Ed.

County Extension Director Health & Human Sciences Educator Email: jsteffens@purdue.edu



**Gina Anderson, M.S.** Agriculture & Natural Resource Educator Community Development Educator Email: <u>gmanders@purdue.edu</u>



**Sam McCollum, M.S.** 4-H Youth Development Educator Email: <u>mccolluj@purdue.edu</u>



Katie Davidson, MS, RD Community Wellness Coordinator Email: <u>davidskm@purdue.edu</u>



**Cindy Finerfrock** Nutrition Education Program Provider Email: <u>cfinerf@purdue.edu</u>

#### Purdue Extension Floyd County Support Staff

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> Floyd County Purdue Extension

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Office Hours: Monday - Friday 8 AM - 4 PM



Purdue Extension Floyd County



www.extension.purdue.edu/floyd



# Purdue Extension Floyd County

#### PURDUE EXTENSION FLOYD COUNTY BOARD MEMBERS

Al Knable, President Andy Lemon, Vice President Joe Evinger, Secretary Dale Bagshaw Terry Becker Rebecca Didelot Rebecca Gardenour Tony Kruer Jeremy Paden Chris Redden Connie Schilmiller Diana Topping

#### **PCARET Representatives:**

Joe Evinger Andy Lemon Diana Topping

Plans are currently underway for our Purdue Extension Floyd County Annual Meeting and Volunteer Recognition. The date and location will be announced soon. Follow our Facebook page or visit our website for more information.



Is there something you'd like to see included in our newsletter? Is there something that peaked your interest? Let us know! Send an email to <u>floydces@purdue.edu</u> and tell us how we're doing.



Extension - Floyd County

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, genetic information, marital status, parental status, sexual orientation, gender identity and expression, disability or status as a veteran. Purdue University is an Affirmative Action institution. This material may be available in alternative formats.

# Purdue Extension Floyd County Health & Human Sciences

# **Dial Gauge Pressure Canner Testing**



Pressure canner dial gauges should be checked for accuracy every year. To make sure that your canned foods are safe to eat, your gauge must be accurate.

#### WHY IS THIS IMPORTANT?

Over time as the canner lid is handled, bumped, or just used, the calibration of a dial gauge can become inaccurate. If it is off just a little bit, you may not notice the inaccuracy. Inaccuracy can lead to food borne illness. Dial gauges can be tested at the Floyd County Extension Office. *Testing is performed on Presto dial-gauge pressure canners only*. Weighted gauges do NOT need to be tested.



Please call Janet Steffens at 812-948-5470 for an appointment to have your gauge tested. Bring your Presto canner lid with gauge and gasket for the most thorough assessment. There is a \$5.00 fee for testing. **Cash or check ONLY. Make your check payable to: Purdue CES Ed Fund** 

# Purdue Extension Floyd County Health & Human Sciences

#### Quick Summer Dessert is Delicious and Healthy

Looking for a quick new dessert recipe that is low is sugar, fat, and salt? This versatile recipe from *Dining with Diabetes* class may be just what you want! You can change the recipe by substituting a different flavor of pudding as the base and adding fresh fruit.

#### Chocolate Mousse Pie

INGREDIENTS:

- 19-inch frozen pie crust
- 1 (1.4 ounce) sugar-free, fat-free chocolate instant pudding mix
- 1-2/3 cups fat-free milk
- 1 8-ounce container fat-free whipped topping divided into two parts
- 2 Tablespoons mini semi-sweet chocolate chips

#### DIRECTIONS:

- 1. Preheat oven to 400° F
- 2. Bake pie crust according to package directions
- 3. Remove crust from oven and cool completely
- 4. In a medium bowl whisk pudding and milk until thickened
- 5. Fold half (4 ounces) of whipped topping into pudding mixture and stir until blended.
- 6. Spread pudding mixture into pie crust and top with remaining whipped topping.
- 7. Sprinkle mini chocolate chips on top.
- 8. Chill until ready to serve.

This pie can be made the day before and kept in the refrigerator until ready to serve! Send me an email at jsteffens@purdue.edu and let me know if you changed the recipe and how you liked it. 🗢

 Nutrition Facts

 Serving Size (111g)







Floyd Memorial IIIII Foundation Awards \$9,999 to Purdue University

To cover the cost of diabetes and heart disease prevention education for individuals in Southern Indiana.

This 12-week program focuses on diabetes and heart disease prevention through education on meal planning, mindful eating, and food budgeting. Participants will enjoy meal demos and receive groceries to make the recipes at home. Additionally, personalized incentive items, such as kitchen appliances and fitness trackers, will be provided to support healthy changes.

Created in response to the Baptist Health Floyd 2022-2024 Community Needs Assessment, this initiative addresses critical health issues in Floyd County, including high rates of cardiovascular disease and diabetes.

We are very proud to provide this program to better the health in our community. Registration for the 2024 Fall class has closed, but another class will be offered in Spring of 2025! Thanks to Floyd Memorial Foundation for funding these programs to better the health in Floyd County!



# Cultivating a nourishing and equitable food system for all Hoosiers.

#### What is the Indiana Food Vision?

Our state is embarking on the exciting project of creating a statewide food vision for Indiana. The Indiana Food Vision will be a strategic road map for cultivating a robust, nourishing, and equitable food system where all communities in Indiana thrive. The Indiana Food Vision is a 'by the people for the people' effort to center the voices of Hoosiers who eat, grow, or buy food in Indiana - that means YOU!

Your Voice. YOUR Vision. We want to hear about what matters to YOU. Help shape the Vision by taking the survey.



#### A roadmap for food system change

#### 2024

Spring & Summer Gather information through online survey and focus group meetings.

#### Fall

Summarize collected information from thousands of Hoosiers and begin a roadmap for change based on your voices.

#### Winter

Assemble the Indiana Food Vision and launch sign-on campaign.

#### 2025

Energize support for the food vision with groups in the public, private, and nonprofit sectors and find champions for food system change.

### How to get involved

Take the online survey.

Attend a focus group and share your experience. Join our emailing list to keep in touch and stay in the know. Share the online survey with as many people as you know through email and social media. Reach out to <u>hello@indianafoodvision.org</u> to ask questions or get more involved.

### indianafoodvision.org

ELECTRIC & WOODWORKING PROJECTS

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First

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DO NOT





Floyd County 4-H Fair Animal

**Grand Champions** 

Poultry Show - Micah Todd

Goat & Sheep - Lola Hollis

Swine - Rookie Shaw

Horse & Pony - Allie McKim Rabbit Show - Grace Uhl

Llama Show - Chloe Harnishfeger

Beef - Myra Holz

# **4-H FAIR**

SH HIE



#### **Master Showmanship**

Morgan Froehle Adrian Harnishfeger Lola Hollis Avi McKim Lacy Schilmiller Amber Simpson Chloe Spann







**4-H** 



#### Floyd County Fair Exhibit Hall Grand Champion Winners:

Addalyn Beckman- Cat Poster, Health & Well Being Rylee Carr- Beef Poster Camden Davis- Aerospace Madison Dragoo- Cake Decorating, Child Development, Construction Toys & Arch. Replica, Needle Craft, Sewing Non-Wearables Zachary Dragoo- Computer, Creative Writing, Geology, Sport Fishing Andrew Dixon- Electic, Woodworking Ataleaha Dixon- Consumer Clothing, Fashion Revue, Sewing Wearables Morgan Froehle-Swine Poster, Maddison Geltmaker- Live Floriculture, Genealogy Adrian Harnishfeger- Llama & Alpaca Poster Ava Kunaschk- Fine Arts Alexis Luckett- Zero Turn Mower Poster Olivia Luckett- Tractor Safety Education **Nevin Ott**- Horse & Pony Poster **Rylan Ott**- Forestry Ava Radcliffe- Veterinary Science Evan Schilmiller- Crafts Lacy Schilmiller- Artificial Floriculture, Herbs Lee Schilmiller- Small Engine Addington Teeters- Preserved Foods, Photography Stella Teeters- Baked Foods Micah Todd- Home Environment Nathaniel Todd- Shooting Sports Roselyn Todd- Wildlife



Special THANKS goes to Farm Bureau Insurance for acknowledging the Floyd County 4-H Grand & Grand Champion winners with a DQ Gift Card!





#### 2024 Indiana State Fair Exhibit Hall Participants

Lillian Abrams **Peyton Allen** Addalyn Beckman Camden Davis Andrew Dixon Ataleaha Dixon Madison Dragoo Zachary Dragoo Maddison Geltmaker Adrian Harnishfeger Graham Hollis Myra Holz Ava Kunaschk Levi Kunaschk Alexis Luckett Olivia Luckett



Avi McKim Rvlan Ott Ava Radcliffe Arian Redden **Charles Schilmiller** Evan Schilmiller Lacy Schilmiller Lee Schilmiller Amber Simpson Myleigha Smith **Addington Teeters** Stella Teeters Micah Todd Nathaniel Todd Roselyn Todd Grace Uhl Vivian Vega





The Art 8 Nature of Fun PRESENTED BY NEWFIELDS

#### While Supplies Last.....

Our office has free Indiana State Fair tickets available for 4-H families. Our office is open M-F, 8 AM-4 PM. The fair runs Friday August 2 - Sunday August 18. Closed Mondays \*Limit six per family.

FAIR



**Project Pick Up** 



State Fair projects, ribbons & pins will be ready for pick up August 26, 8 AM-4 PM except Labor Day. Any projects remaining after September 9 will be recycled or disposed of.

> Special thanks goes out to the Corporation Board, volunteers, and youth who exhibited, for helping to make this another successful 4-H year!

Thank youl:)







Last call reminder to pick up year pins & fair t-shirts if you haven't already. Call before you come 812-948-5470.





Educators who transport State Fair projects make very effort that they are delivered in the condition received. Plants and other projects may not come back in the condition that they left in due to unforeseen circumstances.

**Project parties** are a great way to learn about a specific project and prepare an exhibit for the Floyd County Fair. More info will be coming soon. This year we will focus on: Beekeeping - Herbs - Computer Want a party for other projects? Let us know.

**Club Leaders** - If you need certain supplies to do crafts etc., please call our office to check availability. We have cloth, felt, easels, and paint, among other items available.





Get a jump on next year's fair projects! 4-H'ers! Now is the perfect time to can garden vegetables and save the product until next year's county fair! Project Manuals are found online or some are available for purchase at our office. Call 812-948-5470 for availability.



#### **Handprints Needed**

The Jr. Leaders did an amazing job painting the wall mural on Newlin Hall at the 4-H fairgrounds. If you would like your hand print to be included in the mural,



contact the club leaders: Jamieschil@hotmail.com kristi.kunaschk@gmail.com





The Floyd County Health Department is offering FREE CPR/AED/First Aid Training. Spaces are limited, so sign up soon! Please make an appointment by calling (812)-948-4726 ext. 190. This is a non-4-H event.





MARK YOUR CALENDAR ....



Watch your email for upcoming animal workshops. If you aren't getting emails from us, please check your spam or junk folder



Floyd County 4-H & Floyd County Parks and Recreation will be partnering in an eSports league! We are looking for youth players in grades 3-12, coaches, and referees. Competitions will be held in Floyd County. The goal is to grow critical thinking skills, leadership, communication, teamwork, and sportsmanship through the world of eSports! Interested? Take this short survey <u>here!</u> Please contact Sam if you would like more info: mccolluj@purdue.edu.



Juntos pronounced ("hoon-tohs)



Juntos means "Together" in Spanish and works to unite community partners to provide Latino 8-12th grade students and their parents with knowledge, skills, and resources to prevent youth from dropping out and to encourage families to work to gain access to college and other post-secondary options.

The Juntos 4-H program is an intensive long-term program made up of four components: Juntos 4-H Family Engagements Juntos 4-H Clubs Monthly One-On-One success coaching and/or mentoring Juntos 4-H Summer Programming

If you are interested in helping Latino students achieve high school graduation and attend higher education or know youth who could benefit from this program, please contact Sam McCollum, 4-H Educator, mccolluj@purdue.edu

# **4-H**



MARK YOUR CALENDAR ....



4-H'ers who register at the 4-H Open House from 5-7 PM on October 21 at the Purdue Extension Office will receive a \$5 discount on 2024-25 enrollment fees. Staff will be available to help with registration. Tell your friends!



4-H'ers are needed to help with their club's booth during open house with an activity or game. Check with your leader for more info.

#### Youth & Volunteer REMINDER:



The 4-H program year runs October 1 - September 30. All youth and volunteers will need to re-enroll after October 1 and be approved to attend 4-H meetings, events, etc., to remain compliant with Purdue Policy. This applies to any adult who interacts with youth through Extension activity.

**August 29, 6 PM** via Zoom- Club Leaders are now part of the Expansion & Review Board to give input & help set goals for the upcoming 4-H program year.

ATTENTION 4-H Club Leaders

**August 12, 6 PM** via Zoom- This meeting will answer questions about the 4-H Open House and promote updates on the new program year. This meeting is *very important*. PLEASE ATTEND.

**October 21**, **5-7 PM** 4-H Open House at Purdue Technology Center. Please let us know if your club will be represented and what activity you will be doing. If you need suggestions or supplies, please let us know.

### GREAT NEWS!!!!!!!!!

**Volunteers!** Remember all of the forms and trainings that were required in 4-H Online? Signing up will be much easier in October as registration is streamlined online and easier to navigate.



4-H Online will close September 3- October 1 to families to prepare for the 2024-25 program year.







### LIVESTOCK SUPERINTENDENT CONTACT INFO:

Chair -- Scotty Hollis -- scotty.hollis@wareinc.com Sheep & Goat -- Melisa Bays -- sgtmelisa@gmail.com Beef - Scotty Hollis - scotty.hollis@wareinc.com Llama & Alpaca -- Abby Kreutner -- abigailkreutner@gmail.com Horse & Pony --Shanna McKim-- 4Hhorsebowl@gmail.com Poultry - April Geltmaker -- aprilgeltmaker@gmail.com Swine -- Chad Luckett--chadluckett@gmail.com Rabbit -- Jennifer Evans--scrapbookmama.jennifer@gmail.com Dog -- Candy McKing -- cmcking2004@yahoo.com







### **CORPORATION BOARD MEMBERS**

Chris Redden - President Scotty Hollis -Vice President Tammy Kruer - Secretary Liz Redden - Treasurer



Barry McKim Tony Toran Matt Dennison April Geltmaker Olivia Ferriell Louise Gohmann



The public is invited to 4-H Corporation Board meetings. These are held on the 4th Monday each month at 6:30 in Newlin Hall. Dates & times are subject to change.

#### Be sure to check out Gina's newest video series: <u>Beginning Gardening!</u>

When it comes to gardening practices... Do you know <u>what</u> you should be doing to your garden?

Do you know when you should be doing them?

Follow along with Gina as she gives you the beginning tips on gardening! Check out her videos on YouTube!

- Site Selection
- Soil Testing
- Soil Test -Reading the Results
- Seed Purchasing
- Plant Care During the Heat of Summer

# **Soil Testing**

Soil testing can help you decide how to amend your garden or lawn depending on what you're planting by looking at the calcium, phosphorous, potassium, and pH levels!

To collect soil for a soil test:

- Remove surface debris, such as mulch, and dig down 4-6 inches
- Break up any large lumps and ensure there are no rocks, sticks, or other debris in your soil sample
- Place at least one cup of soil ready for the test in a plastic bag or cup and bring to our office!

#### Soil tests are \$20 per sample. Cash or check ONLY!

Make check payable to Purdue CES Ed Fund You will receive your soil test results in the mail approximately 2-4 weeks after drop-off.









#### Are there certain ANR programs you'd like to have in Floyd County? Let Gina know by taking this quick survey! Scan the QR code of click <u>here</u> for the survey.

Examples of previous programs are: plant/insect/disease identification, Master Gardener training, Master Naturalist training, beekeeping, Pollinator Day, private pesticide applicator certification classes, and more.

### Grow with Us.... Again!

Last year, we had a generous donation of seed potatoes that we distributed throughout the community as a "Grow with Us" program! During the course of the summer and fall, videos were posted frequently on YouTube channel with updates for everyone on how our potatoes were growing. Tips and advice were also given in the videos so for those of you growing potatoes at home could follow along! If you are interested in seeing last year's Grow with Us - Potato Edition, click <u>here</u>.

We are excited to be bringing it back this year! It's time to Grow with Us...Again! This year we will have beets and lettuce to grow!

Sign-ups to receive a Grow with Us kit will begin soon! Keep an eye out on your emails or reach out to Gina Anderson at <u>gmanders@purdue.edu</u> to let her know you are interested!





### Floyd County JOIN US Native Habitat Restoration Team

Visit these website for

invasive plants in Indiana.

https://www.sicim.info/

https://www.mipn.org/

some more great

information on

The Floyd County Native Habitat Restoration Team provides resources to Floyd County citizens to help them identify, manage, and report invasive species on their properties. The team also hosts regularly field days and workshops to educate the public on invasive species, native species for landscaping, and native species for pollinators.

#### Why Should You Care About Invasive Species?

Causes Harm to Wildlife

Costly to Control

Changes Soil Chemistry

Causes Erosion

**Hinders Recreation** 

Nuisance in Gardens

Read more here to learn why you should care!

To learn more and stay up to date on meetings and events, follow the Floyd County Native Habitat Restoration team on Facebook!

> Source: Invasive Plants in Indiana: Pretty... Awful!

Asian Bush Honeysuckle F.O.W Lonicera maacki, L. morrowii, L. tatarica, x bella, x muendeniensis, and x xylosteioides Description: Shrub to 15-feet tall; leaves opposite, simple, oval to oblong with smooth margin, L. maacki with short pointed tip; flowers in pairs, fragrant, white in L. maacki and L. morrowii, pink to purplish red in L. tatarica, variable in the hybrids; berries red, orange, or yellow. Problem: Dense shrub growth shades out plants on the forest floor; it reduces the growth and regeneration of trees, reduces nesting bird success, and increases ticks and tick-related illnesses.



#### September 28th - 9 AM

#### Sam Peden Park

Since the last Weed Wrangle in February, there has been some new growth. Not as many invasives have returned but there are still a few plants that need to be targeted again at the weed wrangle. *The weed wrangle will also involve planting new, native plants in the treated area!* Details will follow closer to date regarding what tools to bring for the planting.

#### November 9th - 9 AM Kevin Hammersmith Park

It has been noticed by the Floyd County Native Habitat Restoration Team that there is a lot of honeysuckle growing at the park that needs to be addressed. Join us later in the fall this year to help address the issue and help restore our native flora!

# Indiana Master Naturalist

Indiana Master Naturalist is a volunteer program, similar to Master Gardener, which trains adults about Indiana's natural resources, teaches how to educate others, and provides opportunities to do conservation projects. *If you enjoy hiking, bird watching, following animal tracks, or identifying wildflowers, you'll love being a master naturalist!* 

As a master naturalist, you will gain new knowledge of Indiana plants, wildlife, geology, and geography. You will also meet others with interests similar to yours!



To become certified as an Indiana Master Naturalist, you need to complete the 10 week course sessions and complete 30 hours of volunteer service with a local or state natural resource organization

We are currently planning a Master Naturalist course for 2025. If you would be interested in the class, let us know! Email Gina Anderson at <u>gmanders@purdue.edu</u>







Presented by Sunnyside Master Gardener

Sunnyside Master Gardener welcomes you and your family to our inaugural **Tomato Festival**—a day filled with community, fun, and all things tomatoes! Join us for exciting contests, educational activities, delicious taste testing, and the chance to buy fresh produce while learning from the expert gardeners in your community.



Bring and enter your biggest, smallest, and/or weirdest tomato in the tomato contest!



Enjoy fun filled games while learning about the hundreds of different varieties of tomatoes!



Enjoy taste testing different varieties of tomatoes and get tomato recipes!



Purchase produce grown by Sunnyside Master Gardeners! *Cash, check, or Zelle.* 



Get gardening tips and questions answered at the Sunnyside Master Gardener booth.



Discover everything you need to know about growing tomatoes, along with fascinating, little-known facts about them.

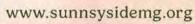
HOPE TO KETCHUP WITH YOU AT OUR TOMATO FESTIVAL!



Purdue Technology Center 3000 Technology Ave. New Albany, IN 47150



Sunnyside Master Gardeners





SUNNYSIDE MASTER GARDENER Helping Others Grow



BEEKEEPING BASSES AUGUST 26TH

<u>Are you new to beekeeping? Are you an experienced beekeeper?</u> Join our ANR Educator - Gina Anderson for a program focused on beekeeping! Take the opportunity to ask your own personal beekeeping questions and take a tour of the beehives behind the Purdue Polytechnic Center! Bee suits will be provided for those who cannot bring their own.

6PM - 8PM

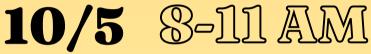
Email gmanders@purdue.edu by August 19th in order to RSVP.



# BIRDING 101



Purdue Research Park 3000 Technology Ave. New Albany, IN 47150



Hands-on Field Trip! Location TBD

Learn how to become a beginner birder from David Bailey!

### Learn the basics on how to...

- Identify birds View/watch birds

#### <u>Class size is limited.</u>

RSVP to Gina Anderson by emailing gmanders@purdue.edu



**Extension - Floyd County** 



#### WHEN: October 17th WHERE: TBD 5PM - 7 PM

Learn about forestry health, pest pressure, storm management, and wildlife habitat. Each participant will also receive a goodie-bag!

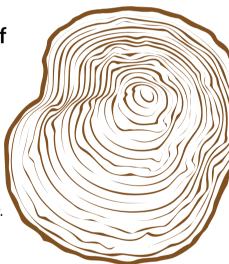
#### **REGISTRATION REQUIRED:**

Register by October 10th. There is a registration fee of \$20 per person. Cash or check only! To register, please send in payment and form below.

Questions? Contact Gina Anderson at <u>gmanders@purdue.edu</u> or (812)-948-5470.



Purdue University is an equal opportunity/access university. If you require special accommodations, please indicate on the registration form or by emailing gmanders@purdue.edu



#### **FORESTRY WORKSHOP**

Name:

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Address:

Email:

Phone Number:

**REGISTRATION FEE:** \$20 per person

MAIL TO: Purdue Extension Floyd County ATTN: Gina Anderson 3000 Technology Ave. L2110 New Albany, IN 47150

Checks payable to Purdue CES Ed Fund - Floyd County



## AREA 2 PESTICIDE APPLICATOR PROGRAM

### Tuesday, November 12, 2024

Obtain Private (PARP) and Commercial Applicator Credits: CAT 1, 11, 14 & RT

- Cover Crops & Soil Nutrition in Corn & Soybeans with introduction to Transitioning to Organic - Ashley Adair, Purdue Organic Ag Specialist
- Update on Weed Control in Corn & Soybeans Bill Johnson, Purdue Weed Science Specialist
- Worker Protection Standards Local Extension Educator

PURDUE EXTENSION CLARK COUNTY 9:00 - 11:00 am Clark County Community Bldg. 9608 Highway 62 Charlestown, IN 47111 Info or RSVP: Heidi Potter 812-256-4591 or hlpotter@purdue.edu PURDUE EXTENSION WASHINGTON COUNTY I:00 - 3:00 pm Washington County Fairgrounds 4-H Building II8 N Fair St Salem, IN 47167 Info or RSVP: Danielle Walker 812-883-4601 or dhowellw@purdue.edu PURDUE EXTENSION HARRISON COUNTY 6:00 - 8:00 pm 247 Atwood Street Corydon, IN 47112

Info or RSVP: Ariel Camm 812-738-4236 or

camm@purdue.edu

#### **Program Reminders:**

- Participants earn PARP & CCH credit by attending one program only.
- Program is free due to sponsorship by the IN Corn Marketing Council and IN Soybean Alliance
- RSVP's appreciated by Friday, November 8, 2024, but not required.





Purdue University is an equal opportunity/equal access/affirmative action institution. If you are in need of accommodations to attend this program, please contact Tom Springstun, ANR Educator, prior to the meeting at 812-752-8450 or tsprings@purdue.edu by Friday, November 8, 2024.