

Newsletter

4-H Enrollment!

October 1, 2025
v2.4HOnline.com

4HOnline is open to enroll/re-enroll youth for the 2025-2026 program year!

To get the most out of your 4-H experience, please enroll before January 15, 2026

Adult Volunteers

Re-enrolling 4-H Volunteers need to go into 4HOnline and re-enroll as an adult volunteer and complete the required trainings before December 1, 2025.

Please contact the Extension Office if we can help in any way!



812-354-6838
<http://extension.purdue.edu/Pike>
Courthouse, 801 E Main Street, Suite 101
Petersburg, IN 47567

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4-H Youth Development and
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Kloe Bromm

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Tiffany Lundy

Office Manager
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4-H Council Meetings

The Pike County 4-H Council meets on the first Monday of each month at 6:30pm at the Pike County 4-H Exhibit Building. These meetings are open for anyone to attend.



SAVE THE
DATE!

2025 PIKE COUNTY
4-H ACHIEVEMENT
DINNER

Location: Pike County
4-H Fairgrounds
Exhibit Building
Petersburg, IN

Time: 6 P.M.





We are thrilled to celebrate some very special Pike County 4-H volunteers who reached incredible milestones this year! Their dedication, passion, and countless hours of service have made a lasting impact on our program, and we are so grateful for all that they do. A heartfelt thank you goes to Becky Steinhart for 50 years, Judy Gumbel for 30 years, and Dana Wilson for 10 years of commitment to 4-H. Your time, energy, and love for our youth make Pike County 4-H stronger every year—congratulations on these amazing achievements!



Club Leaders

It's time to transition from one 4-H year to the next with enrollment beginning October 1. Clubs are encouraged to begin meeting now while the weather is nice. Fall is a great time to invite new members to come to a meeting to see what 4-H offers. Consider offering a meeting or event where potential members are welcome to attend to meet members and leaders and experience a 4-H event. Reach out to Brooke or Kloe if you are needing activity ideas or would like them to come one of your meetings or events.





WELCOME TO THE
**PUMPKIN
PATCH
ESCAPE**

**OCTOBER 22ND
9AM-3PM**

Grades 5-8

HornadyPark, 1211 St.Rd.56

Petersburg, IN 47567

@Pike County Fairgrounds



Mini 4-H'ers in grades K-2 are invited to join our Mighty Minis Club! Through fun, hands-on activities, kids will explore what 4-H is all about while learning new skills, making friends, and gaining confidence. It's the perfect way to get started in 4-H! For more information, contact club leaders Tiffany Lundy or Kloe Bromm.



Jr. Leaders

Youth in grades 7-12 are invited to join Pike County 4-H Jr. Leaders. Jr. Leaders work to provide community service in Pike County as well as expanding their knowledge in citizenship, leadership, healthy living, and STEM. Our next meetings will be on October 27th, 5PM-7PM. If you have any questions about Jr. Leaders, reach out to Brooke (bgoble5@purdue.edu) for more information.

JUNIOR LEADERS



4-H Club Meeting

Monday,
October 27th

5pm-7pm @ 4-H
Exhibit Building

Mark
YOUR
Calendars

Phone: 812-354-6838
tlundy@purdue.edu

PURDUE
UNIVERSITY® Extension - Pike County



Why You Should Eat With Your Young Athlete



Even during busy sports seasons, shared meals are important. Aim for at least 2-3 family meals or snacks a week – and remember, it doesn't have to be dinner!



Sharing Meals Helps With Nutrition.

Young athletes need good fuel, and parents can more easily offer balanced choices at structured meals and snacks. Family meals are more likely to include more fruits and vegetables and lower sugar and trans fats than convenience options.



Eating Together Offers Much Needed Connection

Time. Young athletes may feel like they only connect with their parents around sports and schedules. Taking time to engage during regular family meals shows you're making an effort to know them and bond with them, beyond their identity as an athlete.



Young Athletes are at an Increased Risk of Disordered Eating,

especially in appearance or weight-focused sports like swimming, wrestling, dance, gymnastics, or skating. When parents eat with their kids, they can keep an eye on dietary changes or unusual patterns. And family meals can also be protective against eating disorders.



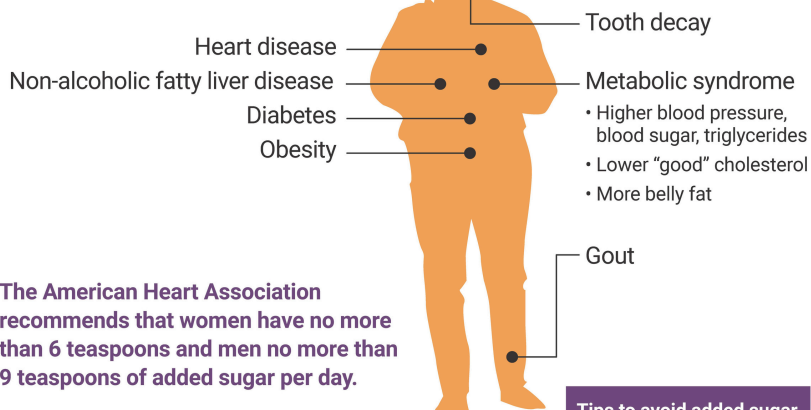
Not sure how to make it work? Get tips and tools at thefamilydinnerproject.org.



Rethink Your Sweets

Added sugar is sugar added to processed or prepared foods.

SUGAR: Making us sick



The American Heart Association recommends that women have no more than 6 teaspoons and men no more than 9 teaspoons of added sugar per day.

SUGAR: Too much of a sweet thing

What we should eat/drink

6 teaspoons of added sugar recommended for **women** per day

9 teaspoons of added sugar recommended for **men** per day

What we actually eat/drink

23 teaspoons **actual** added sugar consumed by average American per day



15 teaspoons of added sugar in a 20-oz. soda

Tips to avoid added sugar

- Read labels. Much of the sugar that we eat is in processed foods, some of which may not even be sweet.
- Limit sweets, sugary beverages, and foods high in added sugar.
- Choose foods in their natural form as opposed to highly processed foods.
- Choose unsweetened versions of yogurt and oatmeal and add only a touch of sweetness.

Sugar has all types of names, but anytime you see a word ending in "OSE" you can be certain that that ingredient is a type of sugar.

Sugar by Other Names

Agave nectar	Evaporated cane juice	Invert sugar
Brown sugar	Fruit juice concentrate	MaltOSE
Cane sugar	Glucose	Malt syrup
Corn sweetener	High fructose corn syrup	Maple syrup
Corn syrup	Honey	Raw sugar
Fructose		Turbinado sugar
Dextrose		Sucrose
		Syrup

Manufacturers may break apart different kinds of sugar so that it does not appear as the first ingredient.*

Use the food label to help you select foods low in added sugar.

MED TIPS

Read labels



Look for added sugar on the nutrition facts label.

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

Nutrition Facts		Amount/serving		% Daily Value*	
10 servings per container		Total Fat 1.5g		2%	
Serving size 2 slices (56g)		Saturated Fat 0.5g		3%	
Calories 170		Trans Fat 0.5g		1%	
		Cholesterol 0mg		0%	
		Sodium 280mg		12%	
		Total Carbohydrate 36g		13%	
		Dietary Fiber 2g		7%	
		Total Sugars 1g		2%	
		Includes 1g Added Sugars		2%	
		Protein 4g		8%	
		Vitamin D 0mcg 0%		Calcium 80mg 6%	
		Iron 1mg 6%		Potassium 470mg 10%	
		Thiamin 15%		Riboflavin 8%	
		Niacin 10%			

Pike County Community Leadership Program

Purdue Extension Pike County is proud to offer the 2025-2026 Pike County Community Leadership Program for adults living or working in Pike County who want to make a positive difference in the community.

Through this interactive leadership development series, you will develop your knowledge, skills, commitment, and connection to improve the quality of life in our community. You will have the opportunity to network with emerging and established leaders, advance your own leadership abilities, and learn about challenges and opportunities in the community, as well as some of the local organizations leading the way forward.

The registration fee is \$300 per person.

Questions about this program or if you need an application, please contact Brooke Goble, bgoble5@purdue.edu.

PIKE COUNTY COMMUNITY LEADERSHIP PROGRAM

Program Purpose:

To improve the quality of life of communities by developing more civically engaged leaders with the knowledge, skills, commitment and connections to advance positive change.

Session Dates:

October 15, October 29, November 12, December 3, January 7, January 21, February 4, February 18, March 4, March 18

Cost:

\$300- Consider asking your employer or non-profit to sponsor your cost. Need based scholarships are available. Contact Jill Hyneman for more information.

Application:

Applications are available online and in the Purdue Extension and Chamber of Commerce offices.

Contact Information

Brooke Goble
Purdue Extension
bgoble5@purdue.edu
812-354-6838

Jill Hyneman
Chamber of Commerce
chamber@pikecounty.in.gov
812-354-8155





CLASSROOM CONNECTION

Fall 2025

A Newsletter for Teachers



PROGRAM SCHEDULING

We will be using a Google Form for scheduling. Once your form is submitted, we will then start organizing and sorting requests. We will be in contact with you by September 13th with your scheduled program date and times.

Please fill out the google form by 9/13/25



Leasing Pasture & Hay Ground

By Michael Langemeier

Due to low response rates, the [Purdue Cash Rent and Land Value Survey](#) has not included questions on pasture and hay ground leases since 2021. This article provides guidance on setting lease rates for pasture and hay ground.

PASTURE LEASE RATES PER ACRE

Three of the most important factors impacting pasture lease rates are stocking rate, lease period (e.g., May through September), and services provided (e.g., fence maintenance, identification of sick animals, distribution of mineral and salt, checking and gathering cattle, etc.). Due to its direct impact on the quality of the grass stand, the stocking rate should be discussed and included in any pasture leasing agreement. Stocking rates can be stated in number of animals or animal units. The average carrying capacity in the 2021 cash rent and land value survey for Indiana was 2.3 acres per cow. Pasture rental rates can also utilize animal units per month (AUM). One animal unit is defined as a 1000 pound cow. If a cow weighs 1300 pounds and has a calf that averages 300 pounds during the grazing season, there would be 1.6 AUM's (1.3 for the cow and 0.3 for the calf). In the case of sheep, five or six adult sheep represent one AUM and five ewes with lambs equals one AUM.

Pasture rental rates should also reflect productivity. Highly productive pastures rent for more than poor pastures. Lease rates may also be influenced by market rates (i.e., higher in areas where demand is strong), location (i.e., close to farm operation), water supply, and whether the pasture is an improved pasture which requires annual fertilizer applications.

Table 1 contains examples of how to compute pasture lease rates per acre. The first example labeled "Cow-Calf Pair" uses a cow-calf pair lease rate of \$250 and a stocking rate of 2.3 acres per cow to derive a lease rate per acre of \$109. Information from the Western Corn Belt pertaining to cow-calf pair lease rates for the grazing season was used in the example (Bluestem Pasture Release, 2025; Jansen, 2025). There is a wide range of reported lease rates, ranging from \$200 to \$300 per cow-calf pair. This example uses the mid-point of the reported rates (i.e., \$250). The second example closely follows Lemenager. The AUM per cow-calf pair is assumed to be 1.6. Lemenager lists the following pasture quality factors: 0.22 for lush, 0.20 for excellent; 0.15 for fair to good, and 0.12 for poor. This example uses a quality factor of 0.20. Grass hay price is assumed to be \$150 per ton. Multiplying the AUM per cow-calf pair by the quality factor and hay price yields a cow-calf pair rate per month of \$48.00. Using a cow-calf pair rate per season of \$240 (\$48.00 x 5 months) and a stocking rate of 2.3 acres per cow yields a pasture lease per acre of \$104.

Table 1. Examples of Pasture Lease Computations
Cow-Calf Pair

Cow-Calf Pair Lease Rate = \$250
 5 month summer lease
 Stocking Rate = 2.3 acres
 Lease Rate per Acre = $\$250 / 2.3 = \109

Animal Unit Months

AUM per Cow-Calf Pair = 1.6
 Quality Factor = 0.20
 Grass Hay Price = \$150 per ton
 Cow-Calf Pair Rate per Month = $1.6 \times 0.20 \times 150 = \48
 Lease Period (number of months) = 5.0
 Cow-Calf Pair Rate for Summer Season = $\$48 \times 5 = \240
 Stocking Rate = 2.3 acres per cow
 Lease Rate per Acre = \$104

The [Ag Lease 101 web site](#) discusses pasture rental agreements and contains an example of a written pasture lease. In addition to signatures and property descriptions, a written lease should include the term of the lease, maximum allowable stocking rates, and service responsibilities of landlord and tenant.

PASTURE SHARE LEASES

Occasionally, landlords would rather lease their pasture for a share of gross revenue or the calf crop than use a per acre lease. An equitable share lease is a rental arrangement where the landowner and tenant share in the revenue and costs of production based on the proportion of resources each party contributes. Pasture represents approximately 16 percent of total costs, so in an equitable lease the landlord would receive 16 percent of the gross revenue from the sale of weaned calves and cull cows, or 19 percent of the sale of weaned calves.

HAY GROUND LEASE RATES PER ACRE

The 2021 Purdue Cash Rent and Land Value survey reported a cash rent for grass hay of \$95 per acre for Indiana. Cash rent varied from \$67 per acre in west and west central Indiana to \$132 per acre in southeast and southwest Indiana. The survey also reported a rate for alfalfa hay. In regions where there is a market for alfalfa, production of alfalfa is competitive with row crop production. Thus, this article will focus on rental rates for grass hay. Rental rates for grass hay are very dependent on hay quality and hay yields. Quality is typically incorporated into hay price, higher quality hay receiving a premium price.

Two examples of hay ground lease computations can be found in table 2. The first example is based on poor quality land in Indiana. If the cash rent for poor quality land is \$204 per acre (i.e., 2024 rate for Indiana) and hay ground is 75 percent as productive as poor quality land, the lease rate per acre would be \$153. Obviously, the adjustment factor varies tremendously within and across regions. In some cases, hay ground might only be 50 percent as productive as crop ground. In other instances, hay ground could be of similar quality as crop ground. The second example uses hay yield, hay price, and the rule of thumb that farmland cost or rent represents approximately one-third of total cost to compute a lease rate per acre. Using a hay yield of 2.5 tons per acre and a hay price of \$150 per ton results in a lease rate per acre of \$125. Of course,

this example is directly related to a share lease in which the landowner would receive one-third of the gross revenue from hay sales.

Table 2. Examples of Hay Ground Computations

Based on Poor Quality Crop Land

Poor Quality Land = \$204

Adjustment Factor = 0.75

Lease Rate per Acre = $\$204 \times 0.75 = \153

Based on Share of Hay Production

Hay Yield = 2.5 tons per acre

Hay Price = \$150 per ton

Hay Gross Revenue = $2.5 \times \$150 = \375 per acre

Landowner's Share = one-third

Lease Rate per Acre = $\$375 \times \text{one-third} = \125

SUMMARY AND CONCLUSIONS

This article provides guidance when establishing a lease rate per acre for pasture and hay ground. Due to land quality differences, pasture and hay ground lease rates vary substantially among farms. For pasture leases, it is very important to consider stocking rates, the lease period, and services provided by the landlord. For hay ground, hay quality and hay price are important considerations. An accompanying spreadsheet is available on the web site for the Center for Commercial Agriculture at <https://purdue.ag/pastureorhaylease>. This spreadsheet enables the user to change the parameters presented in the article's examples.

REFERENCES

[Bluestem Pasture Release 2025](#). Department of Agricultural Economics, Kansas State University, May 30, 2025.

Jansen, J. "[Nebraska Farm Real Estate Market Highlights, 2024-2025](#)." Center for Agricultural Profitability, Department of Agricultural Economics, University of Nebraska-Lincoln, 2025. <https://cap.unl.edu/realestate/>

Lemenager, R. "Pasture Rental Rates." Department of Animal Sciences, Purdue University, not dated.

Pike County

PARP/CCH

Session

November 7

6:00-8:00PM

Pike County 4-H Exhibit Building
1211 St. Rd. 56 Petersburg, IN

RSVP to Pike County Extension Office by phone or
email

November 1st

(812)354-6838
key14@purdue.edu



Fall Fun

N	P	E	N	R	O	C	S	M	E	P	K	P	V	E
H	A	L	L	O	W	E	E	N	A	B	N	U	R	E
M	M	T	I	A	R	A	V	P	A	U	R	M	U	A
B	T	T	S	E	V	R	A	H	O	H	R	P	B	U
B	A	P	V	L	R	M	E	P	E	O	S	K	K	L
Y	L	E	E	N	A	E	L	P	P	A	P	I	P	K
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A	P	E	A	S	B	H	K	A	B	U	T	A	E	H
I	T	L	L	A	U	L	U	H	P	M	P	L	T	L
B	L	P	L	E	O	O	E	R	E	T	T	N	U	L
P	L	L	A	H	N	N	O	O	B	A	E	W	V	O

LEAVES
HALLOWEEN
BREAK

PUMPKIN
TURKEY
CORN

AUTUMN
APPLE

HARVEST
FOOTBALL



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