

February / March 2022

# **PURDUE EXTENSION**

**Nicholas Held, Extension Educator**  
Agriculture & Natural Resources  
Community Development  
County Extension Director  
E-mail—[nheld@purdue.edu](mailto:nheld@purdue.edu)

**Jennifer Mayo, Extension Educator**  
4-H Youth Development Educator  
E-mail—[allen393@purdue.edu](mailto:allen393@purdue.edu)

**Megan Jaspersen, Extension Educator**  
Health and Human Sciences Educator  
E-mail—[mjaspers@purdue.edu](mailto:mjaspers@purdue.edu)

**Erin Meyer**  
NEP Community Wellness Coordinator  
E-mail—[meyer258@purdue.edu](mailto:meyer258@purdue.edu)

**Nutrition Education Program Assistant**  
Danica Williams Email: [will1179@purdue.edu](mailto:will1179@purdue.edu)

**Pat Cochenour**  
Office Manager  
E-mail—[pcocheno@purdue.edu](mailto:pcocheno@purdue.edu)

**Mailing Address: Purdue Extension**  
1101 E CR 800 N , Chrisney, IN 47611  
Phone: 812-362-8066 FAX 812-362-8071  
Website: [www.extension.purdue.edu/spencer](http://www.extension.purdue.edu/spencer)

**MISSION  
STATEMENT**

The mission of Purdue Extension is to assist people in the identification of their problems and solutions that improve their homes, families, farms, businesses and communities. The county office with professional Extension Educators serves as a link between research at Purdue and the practical application of that research through informal educational opportunities for all people.

**PURDUE**  
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Extension

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# PRIVATE APPLICATOR, CORE EXAM TRAINING PROGRAM

FRIDAY FEBRUARY 25TH, 2022

8 A.M. - 12:00 P.M. CST

IVY TECH AUDITORIUM - 3501 N First Ave, Evansville, IN 47710

8:00 – 8:30 A.M. REGISTRATION & WELCOME

8:30 – NOON PESTICIDE FORMULATIONS

PESTICIDE LABELS, PART 1

PESTICIDE LABELS, PART 2

REGULATING PESTICIDE USE

CALIBRATION AND MAINTENANCE

CATEGORY 14, AG FERTILIZER APPLICATOR

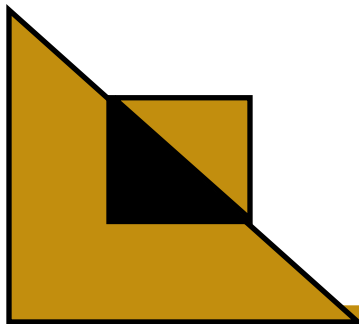
- *ONLY FOR THOSE PRIVATE APPLICATORS WHO ALSO WANT TO TAKE THE EXAM TO OBTAIN THEIR CATEGORY 14 CERTIFICATION FOR APPLICATION OF LIVESTOCK MANURE.*

12:00 TO 4:00 PM – ON -SITE TESTING AVAILABLE. MOST TAKE 60-90 MINUTES FOR EXAM

**MUST REGISTER AT 812-897-6100 TO RECEIVE SITE PASSWORD AND THEN TEST MUST BE SCHEDULED WITH METRO INSTITUTE IN ADVANCE! 1 877 533 2900** – OUR SITE HAS SPECIFIC INSTRUCTIONS!

FOR MORE INFORMATION OR QUESTIONS, CONTACT AMANDA MOSIMAN, PURDUE EXTENSION, WARRICK COUNTY AT: 812-897-6100 (OFFICE) OR [BAILEY1@PURDUE.EDU](mailto:BAILEY1@PURDUE.EDU)

NOTE: IF YOU HAVE SPECIAL NEEDS, PLEASE CONTACT YOUR LOCAL PURDUE EXTENSION OFFICE PRIOR TO THE PROGRAM OR CALL PURDUE EXTENSION, WARRICK COUNTY AT: (812) 897 -6100



**Nicholas Held, Extension Educator**  
Agriculture & Natural Resources  
Community Development

**February—March 2022**

## Gardeners, Start Your Seeds!

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

Growing your own garden transplants from seed may take some extra work, but it does have its advantages.

**You'll have a much wider choice of species and cultivars** since most garden centers have limited space and tend to carry primarily the plants that sell quickly. Rather than having to buy a dozen of one type of tomato when you only need one or two, you can grow just the amount of each plant you need. Or you can grow five flats of flowers all in the same color for that border garden you've been planning.

On the other hand, growing plants from seed does present some challenges, including finding enough space with the appropriate environment for healthy plants. **They'll need bright light, high humidity, warm – but not hot – temperature and good air circulation.** If your space for plant production is limited, plan on buying the more commonly found plants from the garden center, and save the home production space for the special, hard-to-find items you can only obtain as seed.

Start with high-quality, fresh seed; look for the freshness date on the packet. Almost any container can be used for planting, as long as it



Seedlings started indoors (Crow, Purdue Agricultural Communications)

is clean and allows excess water to drain out the bottom. Use a fine-textured, well-drained media, such as a peat moss-vermiculite mixture. Seeds need high relative humidity for good germination, so place a plastic bag around the container until seedlings are up and growing. Too much humidity also can be a problem, so poke a few holes in the plastic to allow ventilation.

Be sure to check your seedlings frequently for moisture needs. The planting media should be kept reasonably moist throughout the germination period. Water gently to avoid physically damaging the tender seedlings. Once plants are up and growing, allow the media to

dry slightly between waterings.

Most home growers get into trouble after the seeds come up by not supplying the plants with enough light. Low light causes plants to become spindly and weak, so place them in as sunny a location as possible. Use artificial lights, if necessary.

Proper timing is crucial if you want the transplant to be the right size at planting time. Seeds of tomatoes, peppers and eggplant should be started about seven weeks before your outdoor planting date. Pumpkins, melons and squash should be started about four weeks before planting outdoors. Flower seeds will need anywhere from four to 14 weeks, depending on the species. Most seed packets have this type of information on the back.

For more information, see Purdue Extension Bulletin HO-14, *Starting Seeds Indoors*, found at <https://www.purdue.edu/hla/sites/yardandgarden/extpub/starting-seeds-indoors/> or by contacting the Extension Office.

- Rosie Lerner, Purdue Extension Consumer Horticulture Specialist (retired)

### Inside this issue:

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## Winter Preparation Essential for Cattle Herd Management

(Reprinted from 2012) The arrival of cold weather across the eastern Corn Belt means cattle producers need to take extra care in manag-

ing their livestock. There are a number of techniques producers can employ to help animals maintain rate of gain and to protect

cows as they approach the spring calving season.

First, feeding high-forage diets or

## Winter Preparation (cont.)

forages with supplements can help cattle deal with cold-induced energy loss, said Ron Lemenager, Purdue Extension beef specialist. Because cattle are ruminants, digestion happens through a complex fermentation process that produces heat and energy.

Beyond diet modifications, producers also should be aware of how animals react to winter weather elements. "A cow can handle zero or below-zero temperatures. It's the wet and windy conditions that can be tough," Lemenager said. Animals with wet hides often can't create enough body heat to stay warm when it's windy. Lemenager recommended that producers create windbreaks for their animals to eliminate the wind chill.

For each 10-degree temperature drop in wind chill below 30 degrees Fahrenheit, the energy requirement of a cow goes up by 13 percent in animals with moderate body conditions and dry winter hair coats. If a cow is wet or thin, the energy requirement goes up by 30 percent for each 10-degree drop. "For example, in a thin cow at zero degrees wind chill, the cow's energy requirement has increased 90 percent," Lemenager said. "She needs additional energy and protein, such as corn or distiller's grains."

But Lemenager cautioned farmers not to overfeed protein to late-pregnancy cows because there's an associated risk of increased calf birth weights and dystocia, or birthing difficulties. "If we have a really cold winter, that will increase birth weights, anyway, because of the natural way a cow responds to cold," he said. "They reduce blood flow to extremities and increase flow inside, where the calf is growing. If it's cold and you're increasing protein too much, that will collectively bring up birth weights and birthing problems."

Another management tip is to ensure that herds have easy access to water throughout winter months. "If animals don't drink water, they don't eat," Lemenager said. "Producers should frost-proof their water supplies, either by using tank heaters or chipping ice in ponds. We often forget about reviewing our water sources, but now's a good time to double-check those tank heaters before we get into the blistering cold of winter."

Producers who plan to allow animals to graze during the winter also should consider pasture management. Pastures need to retain a stubble height of at least 4 inches, unless they will be reseeded in the spring. "If you're in an area where wintering cows on pasture is feasible, create a sacrifice area for tromping so cows don't tromp all your acreage and damage chances for regrowth next season," Lemenager said. "Designating one area saves a whole pasture from being abused, and it's much cheaper than having to re-do an entire pasture."

In these sacrifice lots, Lemenager recommended that farmers disk or drill summer annuals or legumes that are suited to their areas next spring. This will allow an opportunity to make hay or provide additional grazing. For those pastures that need renovation, allowing cattle to graze the pasture to a 2-inch stubble height will reduce the residue and allow for good seed-to-soil contact next spring and reduce the competition for new seedling to get established.

-Amanda Gee, Purdue Agricultural Communications

## Need a Private Applicator License?

To obtain either a private pesticide or fertilizer applicator license, the first step is to pass the core (pesticide) or Category 14 (fertilizer) exam. This can be accomplished at Metro Institute Testing Centers located at Ivy Tech locations across the state. The closest location in our area is Ivy Tech Evansville, 501 N First Ave, Evansville, IN 47710. To sign up for an exam time, see <http://indiana.metrosignup.com> or call 1-877-533-2900. The testing fee is \$55. Exam opportunities are available throughout the year. Core and Category 14 study manuals can be ordered prior to taking the exam, from the Purdue Extension Education Store at <https://www.edustore.purdue.edu/>.

In addition, Purdue Extension in SW Indiana will be offering a training session on February 25 to help prepare applicators to take the exams. Training will take place from 8:30 AM-12:00 PM CST at Ivy Tech in Evansville, with testing slots available that afternoon. There is no cost for the training session but the testing fee of \$55 will apply. Registration for the training session and exam is a two-step process—First, register for the training session by contacting Purdue Extension-Warrick Co. at 812-897-6100 or [bailey1@purdue.edu](mailto:bailey1@purdue.edu). Next, contact Metro Institute at 1-877-533-2900 or <http://indiana.metrosignup.com> to register for a testing time. Exams will be given from 12:00-4:00 PM CST, with 90 minutes allotted per exam. A flyer with details can be found at the end of this newsletter.

*"For each 10-degree temperature drop in wind chill below 30 degrees Fahrenheit, the energy requirement of a cow goes up by 13 percent in animals with moderate body conditions and dry winter hair coats. If a cow is wet or thin, the energy requirement goes up by 30 percent for each 10-degree drop"*



*The first step to receiving a private applicator permit is to pass the applicator exam.*

## Four Steps for Thriving Indoor Plants

In celebration of National Houseplant Appreciation Day, Karen Mitchell, consumer horticulture Extension specialist, shares these helpful tips to ensure your plants stay green and healthy.

**“Houseplants are great year long, but they are especially beneficial in the winter to keep your home’s inside as green as possible. Winter is also the best time to reevaluate your houseplants for necessary care,”** said Mitchell.

### Watering

**When it comes to watering houseplants, it’s important to make sure they aren’t over or under watered. I recommend sticking the tip of your finger, past the first knuckle, into the soil. If the soil is dry, it’s time to water. Watering frequency can depend on the size of the plant and pot. I prefer to water from the bottom, where I set my plants in a bowl of water to let them soak up moisture. As soon as the top is moist, take it out and let it drain in a dish. I find you don’t have to water nearly as much because the plant receives consistent watering throughout the pot instead of only on the top soil.**

### Placement

Different houseplants will have different needs, so it is important to know and observe each plant. When looking for a sunny window, windows that are south facing are likely to be the best. Don’t place your plant too close to windows especially in the winter because of cold air drafts and don’t allow plants to directly touch the window. When it comes to plants with thicker leaves or succulents, they don’t need direct light as much and will grow fine with florescent lighting. Usually, if a plant isn’t getting enough light, the leaves will yellow and fall off. In some cases of too little light, the plant will elongate and the stems might start stretching. If you see cases of yellowing leaves or stretching, move your plant to a better lit area.

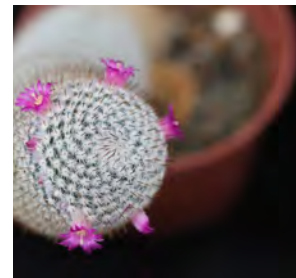
### Repotting

**Houseplants should be repotted when they are root bound, meaning there isn’t additional space for the roots to grow. One way to know if a plant is rootbound is if the roots are growing out of the drainage hole. If you find the roots have filled the pot and there isn’t any loose soil, it’s time to pot it up. Only pot up an inch to two inches bigger than the current pot. If you place the plant in a pot too big, there is a risk for the soil around the roots to stay moist and possibly cause root rot. I don’t recommend repotting in the winter because plants are generally more stressed; instead, I usually wait until the spring when the humidity and light are better.**

### Pest Control

A common houseplant pest is mealybugs, which look like fuzzy cotton on leaves. They are easily removed with a cotton tip and rubbing alcohol. Another common pest is soil gnats. These are generally caused by overwatering. To remove, reduce the amount of water given and consider repotting.

*-Abby Leeds, Purdue Agricultural Communications*



*Many varieties of cactus are popular as indoor plants (Campbell, Purdue)*

## Hemp Licensing In 2022

Those interested in growing, handling, or researching hemp in 2022 need to apply for a license through the Office of the Indiana State Chemist. The process of obtaining a license is the same as 2021. Both new and former license holders will need to get a federal FBI background check and upload the results into the OISC licensing software. Background checks must be completed within 60 days of hemp application submission. There are multiple videos available on the OISC hemp page (<https://oisc.purdue.edu/hemp/index.html>) in section 3 that guide applicants through the process. It is important to note that a federal background check can be obtained through the United States Postal Office in Indianapolis, by sending in a fingerprint card to FBI, or using an FBI chaneler service.

This is a busy time of year for OISC, license applicants should review the materials in Section 3 before calling with questions. For those interested in hemp licensing, an overview of the 2021 season, and hemp legislation, there is a webinar on February 3rd at 7:00pm. This is a great way to stay on top of changes taking place in the Indiana hemp industry and connect with other webinar attendees. This webinar is hosted through the Midwest Hemp Council. For more information, see: [www.midwesthempcouncil.com/2022-virtual-growers-meeting](http://www.midwesthempcouncil.com/2022-virtual-growers-meeting).

*-Marguerite Bolt, Purdue Extension Hemp Production Specialist*

*“Those interested in growing, handling, or researching hemp in 2022 need to apply for a license through the Office of the Indiana State Chemist. The process of obtaining a license is the same as 2021.”*

**2022 FORAGE FORUM FRIDAYS**

Join Purdue and Industry Forage Specialists as we dive even deeper into the world of forages!

~~JANUARY 7, 2022  
MARKETING & PURCHASING HAY~~

~~JANUARY 14, 2022  
OPPORTUNITIES WITH SORGHUM GENETICS~~

~~JANUARY 21, 2022  
RESPONDING TO FERTILIZER ISSUES & RISING COSTS~~

~~JANUARY 28, 2022  
FINDING MONEY IN GRASSING~~

~~FEBRUARY 4, 2022  
FORAGE TOOLKIT NECESSITIES & FUTURE GADGETS~~

~~FEBRUARY 11, 2022  
FARMING WITH A 4-WHEELER-TOOLS FOR SMALL ACRES~~

~~FEBRUARY 18, 2022  
FORAGE EQUIPMENT MAINTENANCE~~

~~FEBRUARY 25, 2022  
LIVESTOCK PRODUCTION LABELING~~

**PLEASE REGISTER AT:**  
[tinyurl.com/ExtFFF](https://tinyurl.com/ExtFFF)

*If you registered for the first round back in March 2021, you do not need to register again.*

Free of charge! Register for remaining workshops at [tinyurl.com/ExtFFF](https://tinyurl.com/ExtFFF)

Diversified Farming and Food Systems

**PURDUE UNIVERSITY** Extension

**2022 INDIANA SMALL FARM CONFERENCE**

**NOW VIRTUAL - March 2022**

See [purdue.edu/dffs/smallfarms/](https://purdue.edu/dffs/smallfarms/) for more info on the online webinar series

**PURDUE UNIVERSITY** Extension

The Succession Planning Team

**2022 WINTER WORKSHOP**

**Farm and Family Business Succession Strategies to Stay on Track**

FEBRUARY 15, 22 & MARCH 1, 2022  
12:00 - 1:30 PM ET

Registration link:  
<https://cvent.me/xwg8qr>

Program Fee: \$30.00 per family



Webinar series—Register at <https://cvent.me/xwq8qr>

**Farmland for the Next Generation**

Ready to grow your farm operation, but unsure how to acquire more land? This 5-session virtual program will help you achieve your land acquisition goals.

<b>When:</b>	Monday evenings Feb. 21 - Mar. 21
<b>Where:</b>	6:30 - 8:30 pm EST / 5:30 - 7:30 pm CST
<b>Cost:</b>	\$50 per family
<b>Register:</b>	<a href="https://tinyurl.com/FarmNext22">https://tinyurl.com/FarmNext22</a> by Feb. 14th

Questions? Please contact Kathryn Weiss, [weiss44@purdue.edu](mailto:weiss44@purdue.edu) or (219) 285-8620 ext. 2800

Register by Feb. 14 at [tinyurl.com/FarmNext22](https://tinyurl.com/FarmNext22)

**PURDUE UNIVERSITY** Extension - Spencer County

### Upcoming Events

Nicholas Held

1101 E. CR 800 N.  
Chrisney, IN 47611

Phone: (812) 362-8066  
Fax: (812) 362-8071

Email: [nheld@purdue.edu](mailto:nheld@purdue.edu)

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

 [Purdue Extension-Spencer County](https://www.facebook.com/Purdue-Extension-Spencer-County)

- Indiana Hort Conference & Expo—\*\*now virtual\*\*, February 1-March 1; online webinar series; for more info, see: [www.indianahortconference.org](http://www.indianahortconference.org)
- Private Applicator Core & Cat. 14 Training & Exam—February 25, Ivy Tech, Evansville; {see attached flyer for details}
- Spencer Co. 4-H Pork Chop Dinner & Basket Auction—February 26, 5:00 PM CST, Spencer Co. Youth & Community Center, Chrisney; Dine-in or carryout available; Ticket available at Extension Office or from any 4H Association member

# HEALTH & HUMAN SCIENCES

*Bringing University information to the local level to strengthen families,  
spend smart, eat right, and live well.*

## Don't Miss our Upcoming February Webinar Series: Healthy You in 2022!

Join Purdue Extension Educators Jo Gilreath and Megan Jaspersen on Wednesdays in February from 12:00-1:00 CST as they share research-based information to help you improve your physical health as you work towards a "healthy you" in 2022! This webinar series is free, but pre-registration is required. You can sign up for the sessions that work for you by going to <https://bit.ly/HealthyYOU2022>.

- Self-Care at your Desk: Wednesday, February 8- 12:00-1:00 CST
- Sleep On It: Why Sleep Matters: Wednesday, February 15- 12:00-1:00 CST
- Physical Activity Across the Lifespan: Wednesday, February 22- 12:00-1:00 CST

If you have questions or would like more information, reach out to Megan. See included flyer.



**Megan Jaspersen**  
Health and Human  
Sciences Educator  
Purdue Extension

## Diabetes Education Program Coming to Neighboring Perry County! Open for Registration

In partnership with Everbody's Fitness and Perry County Memorial Hospital, Purdue Extension HHS will be offering Dining with Diabetes. This four-session class will be held at the Perry Co fairgrounds during the evenings of Feb 21, 28, March 7, & 14 from 5-7PM. Dining with Diabetes is a cooking school that offers a practical approach to eating well for those with type 2 diabetes and their caregivers. Program topics include:

- planning meals and snacks with delicious and healthy recipes
- cooking demonstrations and food sampling
- motivation and support – connect with others who are living with diabetes
- ideas for being more active
- an understanding of how diabetes affects your overall health.

Thanks to a generous donation from Perry Co Memorial Hospital, this class will only cost \$10 per person. If you are interested in signing up or getting more information contact Megan Jaspersen at [mjaspers@purdue.edu](mailto:mjaspers@purdue.edu) or call 812-547-7084. See included flyer for registration information.

### CONTACT:

[mjaspers@purdue.edu](mailto:mjaspers@purdue.edu)

Perry County Office  
65 Park Ave  
Tell City, IN 47586  
812-547-7084

Spencer County Office  
1101 E. County Rd 800 N  
Chrisney, IN 47611  
812-362-8066

**PURDUE**  
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# February

## **HEALTHY YOU**

### **IN 2022**

#### **WEBINAR SERIES**

Join Purdue Extension Educators Jo Gilreath and Megan Jaspersen as they share research-based information to help you improve your physical health as you work towards a "healthy you" in 2022!



#### **SELF CARE AT YOUR DESK**

Wed, Feb 8

12:00-1:00 CST



#### **SLEEP ON IT: WHY SLEEP MATTERS**

Wed, Feb 15

12:00-1:00 CST



#### **PHYSICAL ACTIVITY ACROSS THE LIFESPAN**

Wed, Feb 22

12:00-1:00 CST

**PRE-REGISTRATION IS REQUIRED  
NO COST!**

LINK TO SIGN UP  
FOR ALL SESSIONS:

<https://bit.ly/HealthyYOU2022>

QUESTIONS? CALL OR EMAIL

**812-897-6100**

[jgilreath@purdue.edu](mailto:jgilreath@purdue.edu)



- DO YOU HAVE DIABETES?
- WANT TO MAKE THE BEST CHOICES FOR YOUR HEALTH?

WE CAN HELP...

# Dining

with Diabetes



**DATES, TIMES:** Monday Evenings:  
February 21, 28, March 7, & 14  
5:00-7:00PM CST  
3 month follow up reunion TBD

**LOCATION:** Perry County 4-H Fairgrounds  
99 Roy Fenn Drive  
Tell City, IN 47586

**COST:** \$10 per person

**Nutrition and physical activity** are keys to managing your type 2 diabetes. But where do you start? The *Dining with Diabetes* program can help!

- *Dining with Diabetes* consists of four sessions and a reunion.
- Adults with type 2 diabetes (or who are at risk) are invited to participate. Family members, caregivers, and support persons, too.

The schedule:

**Week 1** – What is diabetes? / Snacks & appetizers

**Week 2** – Carbs & sweeteners / Desserts

**Week 3** – Fats & sodium / Main dishes

**Week 4** – Putting it all together! / Side dishes

Join Purdue Extension, along with Perry County Memorial Hospital and Everbody's Fitness, to learn how to navigate life with diabetes.

Cooking demonstrations will occur at each session and participants will have a chance to sample recipes. Thanks to a generous donation by PCMH, registration is deeply discounted. All handouts will be provided.

To commit to a healthier lifestyle, register by 2/16 through CVENT at:  
<https://cvent.me/N9aq1y>

For questions please contact:  
Megan Jaspersen  
[mjaspers@purdue.edu](mailto:mjaspers@purdue.edu)  
812-547-7084

\*\*Masks strongly encouraged.

**PCMH** Perry County Memorial Hospital



**PURDUE** EXTENSION | HEALTH AND HUMAN SCIENCES

For more information, visit  
<http://www.purdue.edu/hhs/extension/dwd>

**Registration Link: <https://cvent.me/N9aq1y>**

# Matter of Balance Program launches at Santa Claus Community Center

Have you stopped doing certain things you enjoy because you were concerned about falling? If so, you are not alone. Chances are you or someone you know has fallen or is afraid of falling and might even restrict their activities because of these concerns. Many older adults share a common fear of falling that is so strong they actually limit their activities. Up to 50% of Americans over the age of 65 who live independently experience a fear of falling. When older adults limit their activity due to this fear, it can reduce their mobility and independence, affecting quality of life and actually increases the risk of future falls. It can also increase isolation and depression due the lack of interaction with family and friends. These who are most likely to be afraid of falling are likely to have already fallen once.

Purdue Extension is partnering with Santa Claus Parks and Recreation and Willowdale Village to help combat the issue. We just launched an eight week Matter of Balance class on January 13th at the Santa Claus Community Center. The class meets for two hours each Tuesday and has generated a lot of interest. Although the current class is full, we are keeping a waiting list for individuals interested in future classes. Persons interested in getting on the list for future classes can indicate interest by calling the Purdue Extension office 812-362-8066 or by emailing [mjaspers@purdue.edu](mailto:mjaspers@purdue.edu).

A Matter of Balance: Managing Concerns About Falls acknowledges the risk of falling but emphasizes practical coping strategies to reduce this concern and remain active and independent. During the class, participants learn to:

- View falls and fear of falling as controllable
- Set realistic goals for increasing activity
- Find ways to change the environment to reduce fall risk factors
- Learn simple exercises to increase strength and balance.

Falling is not a natural part of aging and can be avoided by assessing your risk factors and making changes to your environment. This program is presented with the guidance of Area IV Agency on Aging.

You should attend A Matter of Balance if you:

- are concerned about falls
- have had a fall in the past
- restrict activities because of concerns about falling
- are interested in improving flexibility, balance and strength



# "Making the healthy choice, the easy choice."

Erin Meyer, RD, CDE  
Community Wellness  
Coordinator



## February is American Heart Month



### Seven Strategies to Live a Heart-Healthy Lifestyle

1. **Learn Your Health History.** Know your risks and talk to your family and doctor about your health history.
2. **Eat a Healthy Diet.** Make healthy food choices like more fruits, vegetables, whole grains, lean meats, and low-fat dairy products. Eat less salt, saturated fat, and added sugar.
3. **Move More, Sit Less.** Get at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.
4. **Quit Smoking.** Start your quit plan today! Take the first step and call 1-800-QUIT-NOW for FREE support.
5. **Take Medicines as Directed.** If you take medicine to treat high cholesterol, high blood pressure, or diabetes, follow your doctor's instructions carefully. Always ask questions if you don't understand something. Never stop taking your medicine without talking to your doctor, nurse, or pharmacist.
6. **Rethink Your Drink.** Substitute water for sugary drinks to reduce calories. If you drink alcohol, do so in moderation.
7. **Monitor Your Blood Pressure at Home.** Self-measured blood pressure monitors (SMBPs) are easy and safe to use and your doctor can show you how to use one if you need help.

Learn more about keeping your heart healthy by visiting  
[www.cdc.gov/heartdisease/prevention.htm](http://www.cdc.gov/heartdisease/prevention.htm)

## Raise Healthy Eaters in the New Year

Ring in a new year by teaching kids the importance of food, nutrition and eating skills: food to fuel busy, successful lives; nutrition to nourish strong bodies and smart brains; and eating skills to enjoy the social aspect of meals with family and friends.

As with any part of raising children, no one does a perfect job with nutrition. As a parent, grandparent or adult caregiver, you can help to raise healthy eaters during these critical years by doing your best to:

- Serve regular, balanced meals and snacks with a variety of nutrient-rich foods.
- Provide calm, pleasant meal times where adults and children can talk together.
- Remove distractions such as television, phones and tablets so that your attention is on each other.
- Allow children to use their internal signals to decide how much and what to eat from the foods you set out for each meal.
- Explore a variety of flavors and foods from different cultures and cuisines.
- Share an appreciation for healthful food, lovingly prepared and shared with others.
- Make food safety, such as washing hands, part of every eating occasion.
- Teach basic skills for making positive food choices away from home.
- Find credible food and nutrition resources when you don't know the answer.

While this may seem like an intimidating to-do list, two family habits go a long way to making all this happen: regular family meals and involving kids in nutrition from the ground up.

### Make Family Meal Times a Priority

- Sometimes a very simple act can have important, long-lasting benefits. According to parenting and health experts, that is exactly the case with family meal times. Eating and talking together helps to:
  - Foster family unity
  - Prevent behavior problems at home and school
  - Enhance academic success
  - Improve nutrition
  - Promote healthy weight for kids

With that impressive list of benefits, it's worth making the time and effort to enjoy more family meal times each week. Look for easy ways to add just one family meal to the schedule. If evenings seem too hectic for family dinners, set aside time for a weekend breakfast or lunch. After a month or two of this new pattern, you can add another family meal each week. Before you know it, you will be eating together on most days.

### Get Kids Involved in Nutrition

This one is fun for everyone and it can happen anywhere – your kitchen, the grocery store or a community garden. Every trip through the supermarket can be a nutrition lesson. Kids can learn to categorize food into groups: grains, fruits, vegetables, dairy and protein foods. They can choose new foods they want to try, including picking out a new fresh, frozen, canned or dried fruit each trip. As children get older, they can help plan the menu at home and then pick out the foods to match the menu items while shopping.

Nutrition is just one of many reasons to have a garden. The process of planting, watching over and harvesting a garden provides daily opportunities for children to learn valuable lessons and enjoy physical activity, while reaping the fruits (and vegetables) of their labor.

Reference: <https://www.eatright.org/food/nutrition/eating-as-a-family/raise-healthy-eaters-in-the-new-year>



# FEBRUARY- MARCH 2022 4-H NEWSLETTER

## 4-H Registration Open

Don't forget that as you are attending 4-H events and club meetings to make sure you are enrolled for the current 4-H year. Projects will need to be dropped/added by May 15th for this year.

If you need any assistance with registration or selecting projects, please contact the office at (812) 362-8066.

## 4-H Camp Counselor

If you are interested in being a 4-H Camp Counselor, applications are due by February 15th. Applications can be filled out via this Qualtrics link [Camp Counselor Application](#). Counselor training dates are April 18th and May 10th with 4-H Camp being held on June 6-8 and counselors arriving the afternoon of the 5th. Please make sure you are able to attend trainings and the camp dates before you apply.

If you have questions please contact Jennifer at [allen393@purdue.edu](mailto:allen393@purdue.edu) or (812) 362-8066.

### INSIDE THIS NEWSLETTER

- 4-H REGISTRATION OPEN
- 4-H CAMP COUNSELORS
- 4-H CAMP
- PORK CHOP DINNER
- TRIP APPLICATION
- BOILERMAKER BLAST
- PROJECT CHECK-IN REMINDER
- CLUB LEADERS NEEDED
- IMPORTANT DATES

# 4-H Camp

Spencer County 4-H Camp will be June 6-8 at the Historic Santa Claus Campground for current grades 3-6. This year we will camp with Gibson, Knox, Posey, and Vanderburgh Counties. The intention is to have an overnight camp and return to the way camp has previously been structured, but as I continue to have more information it will be provided.

Camp applications will be available in in late February/early March. This year we will be using the 4HOnline system to register for camp. You will be able to register as an event and then send payment into the office. In order to register, you will need to be enrolled and approved in 4HOnline. Look for more information to come!

## Pork Chop Dinner

Save the date for the Spencer County 4-H Pork Chop Dinner. Dine in and drive thru tickets are available at the office or from any board member for \$12. All the proceeds raised from the Pork Chop Dinner & Auction directly benefit the youth in Spencer County 4-H. Funds are used to send youth on 4-H trips, camp, hold project workshops, provide program supplies, and many other things. Please come out and support our program!



**4-H PORK CHOP  
DINNER & AUCTION**  
SATURDAY, FEBRUARY 26  
5:00 PM DINNER 6:00 PM AUCTION



**DINE IN &  
DRIVE THRU**

Drive Thru and Dine In tickets available.  
\$12 Presale tickets only  
Meal includes a pork chop, green beans, creek fries,  
roll, and dessert.

Tickets available at the Extension Office or with any  
4-H Board Member. Drive thru pick-up in rear of  
building at kitchen door.

1101 E. County Road 800 N. Chrisney, IN

# Trip Applications

4-H trips will resume in normal format this year. Applications have been emailed out and are on the Purdue Extension Spencer County website. Trip opportunities are available for youth in middle and high school in a variety of interest areas. There are also opportunities for national trips, such as the Citizenship Washington Focus trip.

Prior to submitting a trip application, please make sure the dates and times will work with your schedule to attend. Once some trips are booked there are fees associated that you will be responsible for should you cancel. If you need more information on how to attend a trip, please contact Jennifer

## BoilerMaker Blast

Join us for a fun and interactive day of tinkering, building, and designing. Monday, February 21st from 9 am- 3 pm at the Warrick County Fairgrounds. Youth do not need to be current 4-H members to participate, so bring a friend!



**BOILERMAKER BLAST!** 

JOIN US FOR AN INTERACTIVE DAY OF  
TINKERING, BUILDING, AND DESIGNING!

**When:** Monday, February 21

**Who:** Youth in grades 3-8

**Location:** Alcoa Building, Warrick County 4-H Center,  
133 East Degonia Road, Boonville

**Time:** 9:00 am - 3:00 pm CT

**Register:** Complete registration on next page and send to  
Purdue Extension - Spencer Co., 1101 E County Rd 800 N,  
Chrisney, IN 47611

**Cost:** \$10 for current 4-H members; \$25 for non 4-H  
members (includes 4-H membership)

Lunch is provided. Registration required by Feb 14.  
No experience necessary.

Questions? Contact Megan Hoffherr at  
mkron@purdue.edu or (812) 867-4935. 



Purdue University Cooperative Extension Service is an equal access/equal opportunity institution.

# Project Check-In Reminder

This year the 4-H Fair dates will be June 24th-27th with fair clean-up the 28th.

Project check-in will be the Saturday before fair on June 18th in the morning. We have been able to talk with judges, leaders, parents, and youth to decide that moving judging to the Saturday before fair allows more time for judges to speak with exhibitors about their projects, a more relaxed experience, and more precision in result entries.

As we have done in the past, if you are unable to be present on the 18th for community judging we will work with you to have your projects judged.

## Club Volunteers Needed

As club leaders begin to phase out we are in need of new volunteers to be trained. Please consider to volunteer with your local club to help during times when transitions are needed. We always need more volunteers to make our 4-H clubs successful! Reach out to Jennifer or Patty for a volunteer application!

## Important Dates

**Please mark your calendars with these important dates**

- February 22- Leaders Meeting
- February 26- Pork Chop Dinner
- March 5- Beef Weigh-in (call the office to schedule your time)
- March 5- Succulent Workshop (floriculture project)
- April 3- Flower Arrangement Workshop (floriculture project)
- April 18- Camp Counselor Training 1 VU Ft. Branch
- April 30- Rocket Workshop
- May 10- Camp Counselor Training 2 VU Ft. Branch
- May 16- Leaders Meeting
- June 5- 4-H Camp Counselor Training 3 Santa Claus Camp
- June 6-8- 4-H Camp
- June 18- Project Judging
- June 24-27- 4-H Fair



*We will be updating our  
Extension mailing list soon.*

*Please watch for a mailing in  
February and be sure to  
respond with updated contact  
information and your  
preferences on how you would  
like to receive information  
from us.*



Extension - Spencer County

**Purdue Extension—Spencer County**

1101 E CR 800 N  
Chrisney, IN 47611

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47635

**Two Options this year—Dine In or Pick Up**

***Spencer County 4-H Pork Chop  
Dinner and Basket Auction***

***Date: February 26, 2022***

***Spencer County YCC & 4-H Fairgrounds***

**\*\*Doors open: 4:30 p.m., Serving starts at 5:00 p.m., Auction starts promptly at 6:00 p.m.  
Advance ticket price \$12.00 per person and includes: Pork Chop, creek fried potatoes, green  
beans, dessert and drink.**

**OR**

**\*\*Pick Up starts at 5:00 p.m. Advance ticket price \$12.00 per person and includes: Pork Chop,  
creek fried potatoes, green beans, dessert and drink.**

***Use lower driveway to Drive Thru Pick up is at South Side at Kitchen Door***



Extension - Spencer County