

## Interested in Research at Purdue University?

You can be a part of research taking place in the College of Health and Human Sciences at Purdue. The mission is to advance research that improves health, relationships, communities and quality of life. The College of HHS is seeking voluntary research participants from individuals and families.

Join the list of potential participants. By joining, your name and any provided information will be selectively shared with research studies that fit you and your interests. Researchers will then contact you to tell you about their studies. There is no compensation for joining the registry list, but individual studies may provide cash, gift cards, and other forms of compensation. Your information will not be shared beyond researchers at Purdue and will be retained until you request its removal. Go to [purdue.link/rr](http://purdue.link/rr) to sign up for the research registry.

## Happy Mother's Day! Happy Father's Day!

National Women's Health Week starts each year on Mother's Day. Likewise, Men's Health Week begins on Father's Day. These health observances encourage women and men to make their health a priority.

Taking care of yourself includes caring for your physical, mental, social, and emotional health. There's a lot that you can do – from practicing healthy habits to making and keeping all health care appointments. Practice healthy behaviors to get the care you need.

Regular check-ups are important. Talk to a healthcare provider to find out about screenings and exams you may need and when they should occur.

- Nutrition is an essential part of a healthy lifestyle. Learn the basics of healthier eating habits. Use reliable sources such as [www.choosemyplate.gov](http://www.choosemyplate.gov). Look for healthy recipes at <https://fcs.ces.ncsu.edu/2016/9/med-instead-of-meds/>
- Prioritize Mental Health. Research shows that positive mental health is associated with better overall health and well-being. There are some important steps you can take to get the support you need to cope with stress and improve your well-being:
  - Take five. Take a deep breath and relax. Even five minutes to take care of yourself can help.
  - Be active. Take a walk, stretch, or exercise.
  - Connect with others. Reach out to friends and family.
  - Make an appointment with a counselor.
- Get Active! Physical activity helps improve your overall health. **Move more and sit less.** Every little bit of physical activity helps. Start small and build up to 2 hours and 30 minutes a week. You can break it into smaller amounts of time, such as 20 to 30 minutes a day. Physical activity has many benefits, including lowering your risk for heart disease—the leading cause of death for women.
  - Adults should do strengthening activities at least 2 days a week that include all major muscle groups.
  - More than one out of four older people falls each year and women fall more often than men. Strength and balance training can help reduce falls.



For more information on Women's Health, read the full article with links here: <https://www.cdc.gov/healthequity/features/nwhw/index.html>.

# Fast & Healthy Dinners

When you're short on time but still want a healthy dinner, opting for quick and nutritious recipes is the way to go. Here are some ideas for fast & healthy dinners:

1. **Protein and Veggie Foil Pocket Dinner:** Place fish or chicken fillets on aluminum foil, add your favorite vegetables like bell peppers, zucchini, and cherry tomatoes, season with herbs, lemon juice, and a drizzle of olive oil. Seal the foil to create a packet and bake or grill for about 15-20 minutes until the fish or chicken is cooked through and vegetables are tender.
2. **Stir-Fry:** Stir-fries are quick and easy to make. Simply sauté your choice of lean protein (such as chicken, tofu, or shrimp) with vegetables (like broccoli, bell peppers, snap peas, and carrots) in a hot pan with a bit of oil. Season with soy sauce, garlic, ginger, and a sprinkle of sesame seeds. Serve over brown rice or quinoa for a complete meal.
3. **Vegetable Omelette:** Whip up a vegetable omelette with eggs and your favorite veggies such as spinach, mushrooms, onions, and bell peppers. Add a sprinkle of herbs for extra flavor and serve with whole grain toast or a side salad.
4. **Grain Bowl:** Cook quinoa or brown rice according to package instructions and let it cool. Toss cooked quinoa with chopped vegetables (cucumbers, cherry tomatoes, bell peppers, etc.), beans (such as black beans or chickpeas), herbs, a squeeze of lemon juice, and a drizzle of olive oil. Top with feta cheese or avocado for extra flavor.
5. **Burrito Bowl:** Assemble a quick burrito bowl with cooked brown rice or quinoa, black beans, sautéed peppers and onions, salsa, avocado slices, and a dollop of Greek yogurt or sour cream. Customize with your favorite toppings and enjoy a nutritious and satisfying meal in minutes.

These are just a few ideas for fast and healthy dinners. Remember to keep your kitchen stocked with staple ingredients like eggs, frozen lean protein, salad, canned beans, whole grains, and frozen vegetables to make meal preparation even quicker.

(Source: adapted from FoodandHealth.com)

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## Black Bean Taco Salad

Foodandhealth.com

### INGREDIENTS

- 2 small corn tortillas
- 1/4 cup black beans, drained and heated
- 1 tablespoon shredded Jack cheese
- 1 tomato, cored and diced
- 1 cup lettuce, rinsed and sliced
- 1 tablespoon diced red onion
- 1 tablespoon nonfat plain yogurt
- 1 tablespoon guacamole

### INSTRUCTIONS

1. Place the heated beans on the tortillas followed by the cheese and heat in the microwave for 30 seconds or until the cheese just melts.
2. Top with the rest of the ingredients as pictured.
3. Add a little dressing or oil and vinegar to the lettuce.
4. Enjoy!

*Chef's Tips: Mashed avocado makes a great stand-in for guacamole if you don't have time to make it or can't find it prepared.*

Serves 1. Each 2 cup serving: 168 calories, 6 g fat, 2 g saturated fat, 9 mg cholesterol, 0 mg trans fat, 90 mg sodium, 21 g carbohydrates, 7 g fiber, 6 g sugar, 9 g protein.



## 2024 4-H Quality Livestock Care Training

All 4-H youth participating in the beef cattle, dairy cattle, swine, sheep, meat goats, dairy goats, poultry and rabbit projects must complete the 4-H Quality Livestock Care program **OR** the online Youth for the Quality Care of Animals Program (YQCA).

The cost for the in-person Quality Livestock Care Training is \$3 per participant. Payment will be due at the time of the training.

You must register on 4-H Online to attend!

Dates: May 29 and June 17



Scan the QR Code to sign up!

## Premise ID

Don't remember your premise ID? Need to register your livestock premises? Go to [www.in.gov/boah](http://www.in.gov/boah) and select "Traceability & Premise ID" for more information on how to register a location or who to contact if you have lost your premise ID!



## Project Add/Drop Deadline

The **last day to add or drop projects is June 28th!** Please call the Extension Office or email Mercedes to make those changes!!! This version of 4-H Online doesn't let members make changes on their own, so you will need to contact the Extension Office so we can make the changes for you.

## Barn Clean Up Dates

Horse and Pony Barn- June 30<sup>th</sup>, 4:00 PM

Swine- July 3<sup>rd</sup>, 6:00 PM

Beef and Dairy Barn- July 3<sup>rd</sup>, 6:00 PM

Sheep and Goat Barn- July 2<sup>nd</sup>, 5:00 PM

Rabbit- June 27<sup>th</sup>, 6:00 PM

Poultry- June 27<sup>th</sup>, 6:30 PM

## Sheep, Goat, and Dairy ID

Sheep, Goat, Beef and Dairy Feeder Calf ID Day will be held on **May 9<sup>th</sup> from 5:00 to 7:00pm** at the Newton County Fairgrounds.

## Swing into Spring!

### Craft Show and Family Fun Day!

Join in on the fun at the Newton County 4-H Building on May 18<sup>th</sup> from 9:00 am to 2:00 pm! There will be lots of vendors and community groups that will have booths!

## Animal Enrollment Process

All animals except poultry will be registered through the Indiana 4HOnline system:

<https://v2.4honline.com>. You will need to register your breed class rabbits in 4HOnline as well!

Please log in using your family account username and password. **All animals must be added to the system by May 15<sup>th</sup>!** Please contact the office if you have any questions!



## Paddling Spark Club

June 2<sup>nd</sup> & 16<sup>th</sup>, 1:00 pm-4:00 pm

Enjoy an afternoon on the water with the Newton County 4-H Paddling Spark Club! Come learn how to paddle a kayak and canoe at Willow Slough's JC Murphy Lake and on the slow moving backwaters of the Kankakee River at LaSalle Fish and Wildlife Area. Members will also learn watercraft safety and all about how Fish and Wildlife Areas are managed for water recreation.

Register at <https://paddlingsparkclub.4honline.com> or scan the QR Code.



## Geranium Sales

Newton County 4-H Members can pick up their Geranium Orders on May 4<sup>th</sup>. Locations for pick up are at the Old Fire Station in Lake Village or the Newton County Fairgrounds.



## Fair Entry is Open from June 1-June 28

Beginning June 1-June 28 you must go online to <http://newtoncountyin.fairentry.com> and enter your exhibit for each project in which you are enrolled. This includes **ALL projects, breathing and non-breathing**. No new profile is necessary, as you will use the same email and password that you use for your 4-H Online profile.

Remember, this process is required for us to successfully accept your exhibit for all judging events and the auction. Failure to complete this process by June 28 will result in a delay of entry on judging day.

## Annual Showmanship 101 Workshop

The Annual Livestock Workshop will be held on Saturday, June 22<sup>nd</sup> from 9:00 am to 3:00 pm at the Newton County Fair Grounds! The workshop will cover showmanship and animal husbandry topics that provide industry knowledge to 4-H youth! This workshop will be HANDS-ON and INTERACTIVE. Register by scanning the QR Code below or by

going to <https://NewtonCountyShowmanship.4honline.com>



## Newton County Friend of 4-H Award

Who is the leader, Council member or community 4-H supporter who has had a positive effect on you or your 4-H member? Do you know an adult or business who has made a significant contribution in support of Newton County 4-H? Please take the time to thank this person by nominating them for the "Friend of 4-H Award."

Previous winners include:

2017-Charlie Dyer

2018- Scott & Carol Carlson

2019- Scott & Maureen Deno

2021- Sue Frischie

2022- Newton County Government

2023- Pam Latta

Please scan the QR Code or enter the link <https://forms.gle/ytnx9aiHDWRgKQDw8> to submit a nomination. Physical forms can also be picked up at the Extension Office. This form needs to be completed by July 1.





## Featured Bug: 17-Year Cicadas

**Description:** The first sign of a cicada is going to be the discarded shells (exuvia). An adult has a sturdy, thick body, with clear wings that are longer than the body. A 17-year cicada looks different than an annual cicada; the 17-year cicadas are dark, nearly black or brown with amber highlights on their wings with red eyes.

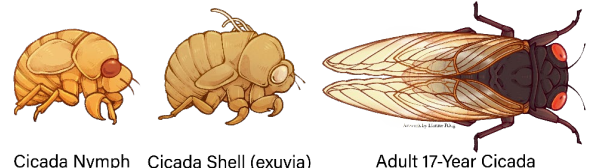
**Location:** Cicadas will mostly emerge in Southern Indiana, but we still should have some emergence in Newton County. Cicadas will typically be found in areas that had trees 17 years ago and has continued to have trees the entire time since then due to the fact that they feed on trees nearly constantly for most of their lives.

**Time of Attack:** Any day now! In our area, most cicadas will emerge in late April or early May and will stick around for about a month and a half.

**Damage:** Homeowners only need to worry if they have newly planted trees (3-4 years old) or have fruit trees. Periodical cicadas prefer to lay their eggs in apple, cherry, peach, plum trees, and grape vines. Egg laying physically weakens and damages branches, which may turn brown, die, and break off.

**Management:** The best way to protect young trees is to cover them in a mesh fabric. Drape the fabric over the branches that are smaller than 3/8 of an inch and secure it so that the cicadas can't climb up from underneath. Covering the trees, or 'netting' has been shown to be the most effective. When purchasing netting look products with the words "Insect Netting" specifically, otherwise the holes may be too big.

**References:** <https://extension.entm.purdue.edu/cicadas/>,  
<https://fff.hort.purdue.edu/article/plan-ahead-to-protect-young-fruit-trees-from-17-year-periodical-cicadas-emerging-in-may/>



## Featured Weed: Canada Thistle

**Description:** Spiny, deeply lobed leaves with a purple, pale purple, or sometimes white flower head that is 1 inch or shorter that develops in June/July. The stems of Canada thistle lack the spiny wings found on other thistles. Some articles say that the flowers have a vanilla-like odor.

**Reproduction:** Canada thistle is a perennial noxious weed that spreads by seed and horizontal root shoots. Removal of shoots and severe damage to established plants stimulates new growth from underground buds. Buds on creeping roots can generate new shoots a year or more after top-growth has been destroyed. Seeds can persist over 20 years in the soil.

**Damage:** In cropland, Canada thistle causes extensive yield losses through competition for light, nutrients, and moisture. It also increases harvesting problems due to seed and forage contamination. Since Canada thistle is a nitrate accumulator, there is a *possibility of* nitrate poisoning in livestock.

**Management:** Mowing, prescribed fire, tilling, herbicide application. This weed is very difficult to manage, mowing, fire, and tillage provide varying and temporary control. Herbicides need to be able to move down the plant and substantially injure the creeping root system.

**References:** <https://www.btny.purdue.edu/Pubs/WS/CanadaThistle/CanadaThistle.html>,  
<https://www.extension.purdue.edu/extmedia/FNR/FNR-436-W.pdf>,



The following is a letter from the Office of the Indiana State Chemist outlining the legislative changes that will go into effect July 1<sup>st</sup>, 2024 regarding the direct supervision of noncertified applicators using restricted use pesticides. There have also been changes to bulk storage & containment requirements for fertilizers & pesticides, and training, certification & licensing requirements for Indiana pesticide users. If you would like to read the two other letters that the Office of the Indiana State Chemist has published or have any questions feel free to reach out to me or OISC.

Additionally, I would like to create an email list for anyone who would like important updates relating to agriculture from Purdue Extension. This could be anything from legislative changes to upcoming programs and everything in between. If you are interested in this, please contact me at [reed258@purdue.edu](mailto:reed258@purdue.edu) or call the Extension Office at 219.285.8620.

March 12, 2024

### **Direct Supervision of Noncertified Applicators - Using Restricted Use Pesticides**

Effective July 1, 2024, the Indiana General Assembly adopted Senate Enrolled Act No. 216 to amend and clarify direct supervision requirements for noncertified applicators using Restricted Use Pesticides (RUPs). SEA #216 adopted the federal requirements for direct supervision in 40 CFR 171.201 <https://www.ecfr.gov/current/title-40/chapter-I/subchapter-E/part-171/subpart-C/section-171.201>. Following is a summary of the new requirements.

#### **1. Use of a Restricted Use Pesticide (RUP)**

- a. Any individual that uses any RUP for any purpose or on any property must be:
  - i. at least 18 years of age; and
  - ii. a certified and licensed applicator; or
  - iii. operating under the direct supervision (see #5 below) of a certified and licensed applicator employed by the business, organization, or farm operation.
- b. To qualify as a commercial certified applicator, an individual must pass a written:
  - i. core exam; and
  - ii. category-specific exam
- c. To qualify as a private applicator (uses a RUP on property personally owned or controlled for producing an agricultural commodity), an individual must pass a written core exam but must also pass a category specific exam to use fumigants (category 7D) or to apply aerially by plane, helicopter, or drone (category 11).

#### **2. Direct Supervision of a Noncertified Individual Using a Restricted Use Pesticide (RUP)**

- a. The certified and licensed supervisor shall be legally responsible for all requirements and activities by the noncertified applicator.
- b. The noncertified individual must complete one of the following mandatory training options annually, listed at [https://oisc.purdue.edu/pesticide/training\\_nca\\_rups.html](https://oisc.purdue.edu/pesticide/training_nca_rups.html).
- c. The certified and licensed supervisor must keep records for two years for the training in item 5b above, that includes the following:
  - i. Noncertified individual's name and signature.
  - ii. Date of the training.
  - iii. Name of the trainer.
  - iv. Title of specific annual training, i.e.
    1. WPS Pesticide Handler Training.
    2. Pesticide Safety Training for Non-Certified Applicators Using RUPs.
- d. The certified and licensed supervisor must ensure the following for the noncertified individual:
  - i. Access to product labeling at all times during use.
  - ii. Personal protective equipment is available, clean, and is being worn correctly.
  - iii. Understandable site-specific instructions covering precise location, precautions, use directions, and potential adverse effects.
  - iv. Daily proper operation verification of all mixing, loading, transferring, and application equipment.
  - v. Means of immediate communication between the noncertified applicator and the certified and licensed supervisor.
  - vi. Physical presence of certified and licensed supervisor at the work site, if required by label.

May/June 2024