






Steps to a Healthy You

Discover the Mediterranean way of eating with Purdue Extension's Steps to a Healthy You class series! Over four sessions, we'll guide you through seven simple steps to following a Mediterranean-style eating pattern—equipping you with the knowledge, tools, and inspiration to make this healthy lifestyle part of your everyday routine.

-  Wednesdays, September 10, 17, 24 & October 1
-  Beaver Township Community Center, Morocco
-  4–6 p.m.
-  \$40 (includes weekly food samples)
-  Register online: <https://cvent.me/NMr1xW>
-  Questions? Call the Extension Office at 219-285-8620








Visit the Story Walk in Chris LaCosse Park

Make reading a fun, active adventure! Bring your children or grandchildren to the Story Walk at Chris LaCosse Park, 614 E. Michigan Ave., Morocco. Stroll along the path while enjoying September's featured book: *The Little Elephants' Big Adventures: Too Many Pillows* by Angela M. Isaacs.

Pick up free extended activity kits at the Extension Office (while supplies last). In October, the featured story will be *10 Timid Ghosts* by Jennifer O'Connell. Stories are updated every 6–8 weeks—so come back often!

Community Baby Shower

Expecting a little one or caring for a baby under 1 year? Join us for the Community Baby Shower!

-  Saturday, September 20
-  9 a.m.–Noon CT
-  Newton County Government Center, Morocco
-  The first 50 people to register and attend will receive a door prize!
-  Register at: [TINYURL.COM/NCCBS25](https://tinyurl.com/NCCBS25)



Connect with local vendors and resources, gather educational materials, and receive a complimentary diaper bag filled with diapers, wipes, and essential baby items. Free car seat safety checks will be provided by Benton Community School Corporation's Director of Transportation.

Purdue Extension – Newton County's Wellness Bingo

Enjoy the crisp fall weather while completing our Wellness Bingo Challenge! Find your Bingo card in this newsletter or online. Complete all the activities, then return your card to the Purdue Extension – Newton County Office for a prize. Activities include gentle exercises and healthy habits to keep you moving and feeling your best.

Newton County Pun'kin Palooza

Celebrate fall at the very first Pun'kin Palooza, September 26–28
at the Newton County Fairgrounds!



Canvas Painting Class

Saturday, September 27 • 10 a.m.

Led by Lynn Buckmaster • Cost: \$35

Text your name to 317.507.5608 to register. Limited to 25 participants




Kids' Crafts


Saturday, September 27 • 1–2 p.m.

Make your own fabric pumpkin from a pool noodle slice or enjoy other fun crafts and coloring activities.

Mark Your Calendar – Senior Expo

Don't miss the Annual Senior Expo!

 Thursday, October 2

 8:30–11 a.m.

 Newton County Government Center

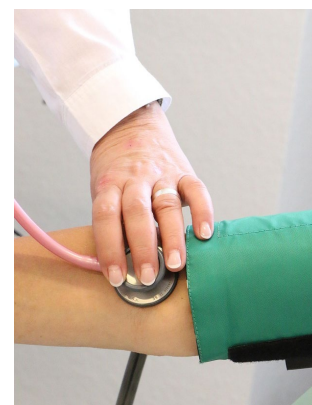
- 25 vendors
- Free health screenings: hearing, A1C, blood pressure
- Limited vaccinations available
- Free breakfast & door prizes

Educational Sessions:

9:00 a.m. – Managing the Medicare Maze – Sherri Van Buren, Franciscan Health

9:45 a.m. – Vaccine Health – William Baker, RN, Iroquois Memorial Hospital


10:30 a.m. – Aging in Place – Amy Wulf, VNA Hospice



A Matter of Balance

Concerned about falling? Join our free workshop designed to help you manage fall risks and stay active. You'll learn to:

- View falls as controllable
- Set activity goals
- Make home safety changes
- Practice exercises to improve strength, flexibility, and balance

 Mondays & Wednesdays • 9:30–11:30 a.m.

October 27, 29 • November 3, 5, 10, 12, 17, 19

 Brook Senior Nutrition Site

Register with Jane Kereven at the Nutrition Site or call the Purdue Extension Newton County Office at 219-285-8620.

Thank you for a successful fair!

I could not be more grateful for all of our Newton County 4-H members, volunteers, and leaders. Each of you plays such an important role in helping this program grow. This year we celebrated a **2.8% increase in 4-H member enrollment** and an **8.5% increase in volunteer enrollment**—a true reflection of the strength and dedication of our community.

Newton County continues to amaze me every day with the incredible support shown to our youth. Thank you for pledging your head, heart, hands, and health to the Newton County 4-H program—and for making this year's fair such a success!

Ever Grateful,
Mercedes Brunton

2025-2026 4-H Online Enrollment

It is that time again! 4-H Online enrollment will open on October 1st for Mini 4-H Members K-2nd and 4-H Members in 3rd-12th grade. Families will be able to access the online system to enroll their youth in the Newton County 4-H program. New families will create a family profile and add youth into 4-H, returning families will use the same login information as 2025.

Website: v2.4honline.com



End of Fair Reminders:

- Make sure to send out thank you cards to the individuals who sponsored your banners/trophies, auction buyers, leaders, 4-H Council members, and the Newton County Fair Board. If you need thank you cards or contact information, please stop by the office.
- Please make sure to pick up projects left after the fair, as well as projects that have returned from the Indiana State Fair. Please have your projects picked up by September 5th. The office is open Monday through Friday from 8:00am to 4:00pm.

4-H Night at the Fair

Congrats to all of our graduating members!! We can't wait to see what you do!

Farm Bureau Tenure Awards: Noah Klemme and June Busboom

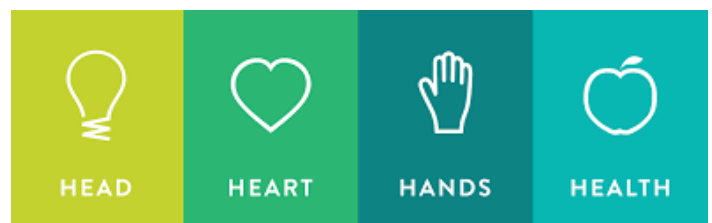
Ritter Spirit Award: Noah Klemme

Outstanding 4-H Member: Aaron Turner

Outstanding Junior Leader: Bailey LaFlech

Periscope Cover: Emily Light

Newton County Friend of 4-H: Newton County Fair Association



Indiana State Fair Results

Sweepstakes:

Arts & Crafts, General –
Holloway, Elianna

Merit Award:

Garden Education - Holloway,
Elianna

Arts and Crafts, General -
Busboom, June

Construction and Architectural
Replica - Sikma, Wade

Genealogy - Osowski, Emma

Model Craft - Snodgrass,
Cassidy

Photography - Lawrence,
Addilyn

Photography - McDermitt,
Emersyn

Sport Fishing - Sikma, Wade

Sport Fishing - Sikma, Abigail

Sport Fishing - Sikma, Carolyn

Woodworking - Frederick,
Karter

Blue Ribbon:

Aerospace - Harris, Titus

Aerospace - Harris, Asher

Aerospace - Snodgrass, Laura

Animal Education- Blasco,
Abigail

Animal Education- Noel, Ciara

Arts and Crafts, General -
LaFlech, Bailey

Cake Decorating - Myers, Blake

Cake Decorating - Standish,
Alyssa

Consumer Clothing – Misiara,
Tessa

Consumer Clothing - Blasco,
Abigail

Consumer Clothing - Iseminger,
Briley

Electric - Light, Tice

Electric – Schulte, Vance

Electric - Noel, Ciara

Fine Arts - Lawrence, Addilyn

Fine Arts - Nyberg, Forest

Floriculture - Goad, Avery

Floriculture – Myers, Blake

Floriculture – Smith, Riley

Floriculture - Hanen, Erin

Foods, Baked – Mauger, Bryson

Foods, Baked - Cowan, Julianna

Foods, Baked - Storey, Olivia

Foods, Preserved - Dobbs, Mary

Forestry – Smith, Elaina

Forestry - Arrenholz, Sophia

Geology - Voglund, Lucas

Geology - Logsdon, Chase

Home Environment - Frederick,
Karter

Photography – Misiara, Tessa

Photography - Smith, Charlotte

Photography - Hanen, Erin

Poultry Poster – DeYoung,
Evelyn

Poultry Poster - LaFlech, Bailey

Sewing Construction, Wearable
- Peretin, Presley

Tractor Operator Skills-

Schulte, Vance

Tractor Operator Skills-

Schulte, Jarrett

Wildlife - Dustin, Bryce

Wildlife - Logsdon, Chase

Wildlife - Arrenholz, Sophia

Red Ribbon:

Cake Decorating - Luttrell,
Adyson

Cat Poster - Palmer, Madilynn

Child Development - Grammer,
Juliet

Electric - Dobbs, David

Floriculture - Noel, Ciara

Foods, Baked- Klemme, Zoe

Foods, Baked - Hayworth,
Jaxson

Forestry - Arrenholz, Harper

Health - Noel, Ciara

Needle Craft – Grammer, Juliet

Photography - Lawrence,
Addilyn

Photography – Iseminger, Brynn

Photography – Klemme, Noah

Woodworking – Mauger, Bryson

White Ribbon:

Tractor Operator Skills -
Harrington, Lyle

Temperatures are coming down and the days are getting shorter, meaning one thing – FALL IS HERE! For farmers, this means harvest and long hours, so please remember to be patient and share the road when you see large equipment come by. Personally, my favorite part about fall is the activities, like making apple cider, corn mazes, and carving pumpkins. Whether you grow pumpkins in your garden, buy them at a store, or carve them too early for Halloween, pumpkins are one of the most recognizable signs of fall.

There are many varieties for you to choose from depending on your goals for the plant. Here are just a few that I found in a seed catalog. Pumpkins should be harvested when they have a deep color and the rinds are hard. They should also be dying back at this point. Don't lift pumpkins by their stem because it may fall off, leaving a wound which would cause your pumpkin to go soft prematurely.



Jack-o-Lanterns	Baking/Cooking	Decorative	Giant
Connecticut Field	New England	Jarrahdale	Big Max Pumpkin
Harvest Jack	Crespo	Flat White Boer	Atlantic Giant
Montana Jack	Sugar Pie	Jack Be Little	Early Giant

Link: <https://extension.purdue.edu/news/county/whitley/2022/10/fall-pumpkins.html>

Upcoming Events

Lambing School

Hear from Extension Educators and a Purdue Veterinarian about expecting ewes, labor management, and how to care for newborn lambs in this 1-Day Workshop held on September 6. Participation is limited - RSVP to Emma O'Brian via email, executive@indianasheep.com. Cost - \$20, covers lunch and materials.

Extension Master Gardeners

The Newton County Master Gardeners will be meeting the 3rd Monday of every month at 5:30 pm. Location TBD but will typically be somewhere in the Newton County Government Center. September is our first public meeting, but feel free to come out and meet everyone.

Ag Drone Demonstration Fair Oaks Farms

Come meet Adam Shanks, our Purdue "Drone Guy" while he's at Fair Oaks on October 29. Adam brings a whole van of various Unmanned Aerial Vehicles (UAV or drones for short) that can be used for multiple different reasons. He will be demonstrating some of the uses and you may even have a chance to fly a drone under supervision.

Featured Insect: *Fall Armyworm*

Description: Larvae are smooth and can be light tan or green to nearly black. They have three yellow-white hairlines down their backs. On each side of their bodies and next to the yellow lines is a dark stripe. Adults have dark gray, mottled forewings with light and dark splotches, and a noticeable white spot near the end of each.



Symptoms: Larvae feed on corn leaves and may attack the tassels and/or ears of corn. Damage appears as ragged-edged holes on leaves, tassels and/or ears. Severe feeding may give the appearance of corn that has been damaged by hail.

Contributing Factors: Armyworm moths arrive in the Midwest late in the season and are attracted to extremely late corn, which can sustain considerable damage from this pest.

Prevention and Treatment: Insecticide is usually not economical for control of the fall armyworm. Applications when larvae are large and/or hidden in plant structures are ineffective. If larvae are less than 1-1/4" long, and the plants are under stress, treatment may be advisable. Spot treatments are an option for control.

Link: <https://ag.purdue.edu/departement/entm/extension/field-crops-ipm/corn/fall-armyworms.html>

Featured Weed: *Poison Hemlock*

Identification: Stems are stout, smooth, with distinctive purple spots. Flowers are small, white and found in umbrella-shaped clusters in early summer. The fern-like leaves are pinnately compounded and arranged alternately on the stem. Seeds mature in August/September.

Location: Poison hemlock is found in all 92 counties of Indiana. This is an invasive weed.

Concerns: It has a biennial growth pattern, being a short rosette the first year and bolting to 3-10 feet the second year. Poison hemlock contains highly poisonous alkaloid compounds that can be fatal to humans and livestock.

Control: This plant spreads by seed, so mowing before seed heads develop prevents seed production and will exhaust the existing seed bank.



Link: <chrome-extension://efaidnbmninnbpcajpcglclefindmkaj/https://extension.purdue.edu/county/harrison/anr-storage/poison-hemlock-article.pdf>