

Celebrate NEAFCS Living Well Month

Health is a lot more than how one looks and feels. Conversations about health should include all eight dimensions or areas of wellness—that is mental, social, emotional, spiritual, financial, occupational, environmental, and intellectual. That's the focus of Living Well Month, a national event in March promoting overall wellness and the education provided by Family and Consumer Sciences professionals to improve the lives of people, families, and communities.

To make every month a "Living Well Month," consider these tips:

1. Engage children in at least 60 minutes of physical activity on most days of the week. Adults need at least 30 minutes of physical activity. Play sports or recreational games, turn on some music and dance, hula hoop, or make an obstacle course. Take a walk or a bike ride in your neighborhood. All movement counts.
2. Start planning a garden now to work in the spring and summer. Gardening is great physical activity. This activity could also nurture your mental and environmental wellness.
3. Rethink your drink. The average adult human body is approximately 60 percent water. Water regulates every living cell's process and chemical reactions. It transports nutrients and oxygen. Water also helps to maintain normal bowel habits and prevent constipation. Reduce the amount of soda and fruit drinks consumed daily.
4. Eat a variety of healthful foods. Eat colorful fruits and vegetables every day. Most people need to increase their fruit and vegetable intake. Have a sliced banana on cereal for breakfast. Enjoy a sandwich loaded with vegetables at lunch. At dinner, steam some vegetables and prepare a fruit parfait with yogurt for dessert. Try new fruits and vegetables. If there's a kind you don't like, try preparing it in a different way. See www.choosemyplate.gov for more information about nutrition for yourself and members of your family.
5. Read, read, read. Go to the library and check out books. Keep the mental stimulation flowing throughout the year regardless of your age. This will stimulate your intellectual health.
6. Talk to a friend or start a journal to get your thoughts and feelings off your chest. Staying in check with emotional health can be tough, but it's important.
7. Check out parenting, finance, nutrition and/or food preparation classes offered by your Extension office. Check out our workshop page for more information about upcoming offerings.
8. Maintain a healthy home. Check that your smoke detector is working correctly and test for the presence of Radon. Help manage allergies and/or asthma by cleaning and vacuuming regularly to reduce allergy triggers in the home. Avoid accidental poisonings by keeping medications locked up, and cleaning agents and other poisons out of reach of children.
9. Keep your family finances in check. Track your expenses and update your budget regularly. Eat at home often because meals outside of home usually cost more. Plan your menus and use coupons as a planning tool. Creating and sticking to a budget, along with paying off debt are great first steps to financial wellness.



All eight of the dimensions or areas of wellness are connected and support each other. Evaluate your overall wellness and take small steps to improve your health during Living Well Month and all year long.

Extension Family and Consumer Science professionals are part of a nationwide educational organization funded through the Land Grant University System and United States Department of Agriculture. Local Extension Family and Consumer Sciences professionals provide practical, relevant, non-biased, research-based information.

NEAFCS is an equal opportunity/affirmative action association. NEAFCS values and seeks a diverse membership. There shall be no barriers to full participation in this organization on the basis of race, color, gender, age, religion, national origin, disability, veteran status, or sexual orientation. Membership is not by invitation.



To Do List for March/April

- ✓ Volunteer one hour of your time to help someone else.
- ✓ Explore ways to save for your future.
- ✓ Try a new vegetable or try a familiar vegetable in a new way.
- ✓ Reach out to someone you care about. Make a date to get together.
- ✓ Take a mental health break, go outside for a walk.
- ✓ Work in some strengthening training twice per week.



Ingredients

- 1 tsp. olive oil
- 1 onion, peeled and diced
- 1 tsp. minced garlic
- 2 cups low-sodium vegetable broth (or chicken broth)
- 2 boneless skinless chicken thighs, diced
- 1-14.5 ounce can pinto beans, drained
- 1-14.5 ounce can no-salt-added diced tomatoes, with juice
- 2 tsp. Italian seasoning (salt-free)
- 1 pinch red pepper flakes or Aleppo pepper flakes
- ¼ cup chopped fresh parsley

Pasta Fagiole

Instructions

1. Heat a large Dutch oven over medium heat. Add the oil and saute the onions and garlic for a few minutes.
2. Add the broth, chicken, pinto beans, tomatoes and all seasonings except the pepper flakes and parsley.
3. Bring to a boil, cover, and lower the heat to a simmer.
4. Cook for 20 minutes or until the chicken is done.
5. Top with pepper flakes and chopped parsley and serve hot.
6. You can freeze leftovers in portion sized containers for future use.

Serves 4-6

Each 1 cup serving: 217 calories, 4 g fat, 1 g saturated fat, 54 mg cholesterol, 0 mg trans fat, 465 mg sodium, 28 g carbohydrates, 8 g fiber, 7 g sugar, 18 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!

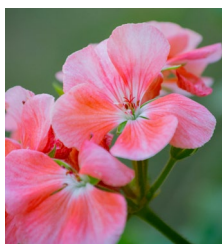
Dates: March 11, April 29, May 29, June 17

Scan the QR Code to sign up!



Geranium Sales

Newton County 4-H Members are selling geraniums to raise funds for clubs and 4-H Council sponsored activities. 4-Hers need to attend their local 4-H club meeting to get a geranium order form. Plants will be sold for \$1.50 each. Hanging baskets will be \$20. Turn in your orders with payment to your leader by April 20th.



Mini 4-H Workshop

Newton County Jr. Leaders are working to put on a Mini 4-H Workshop on Saturday, April 27th at the Newton County 4-H Building for Mini 4-H members in grades K-2. Be on the lookout for more information!

Beef Weigh-In Date

The Beef check-in for beef steers and commercial heifers will be held on Saturday, March 2nd from 9:00am to 12:00pm at Dawson Angus. Please contact Carla, Beef Barn Superintendent, at 843.941.0984.



Beef Barn Fundraiser Dinner

The annual Beef Barn Fundraiser dinner will be held on March 2nd from 5:00pm-7:30pm at the Newton County 4-H Building. Tickets are available for purchase with any of the Beef Barn Members and will be available at the door.

Premise ID

Don't remember your premise ID? Need to register your livestock premises? Go to 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 Workshop

**Saturday, March 23rd,
9:00 AM to 12:00 PM**

This year we will be offering a Newton County 4-H Staycation. 4-H Staycation will be a Saturday full of fun! Newton County Staff will be covering projects offered in Newton County and provide the opportunity to try them out! The projects that were selected this year are Foods, Drones, and Posters. You do not need to be enrolled in these projects to attend. This is a great opportunity to learn more about these projects! To RSVP please call/email Mercedes or scan the QR code!



SCAN THIS CODE TO REGISTER



New Member Meeting

March 4th, Newton County Government Center,
Morocco, 6:00pm

Great opportunity for new and potential 4-H members to learn what 4-H is all about! We will share important dates and helpful ideas! RSVP using the QR Code!



Sheep and Goat ID

Sheep, Goat, Beef and Dairy Feeder Calf ID Day will be held on **May 9th from 5:00 to 7:00pm** at the Newton County Fairgrounds. More information will be mailed to 4-H members.



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 15th**! Please contact the office if you have any questions!

4-H Camp

Attention 3rd through 6th grade 4-H members! 4-H Camp is right around the corner! Be on the look out for camper applications here soon! 4-H Camp will be held June 5th-7th at Camp Tecumseh!



Annual Livestock Workshop

Be on the lookout for more information coming soon for the Annual Livestock Workshop. The workshop will cover showmanship and animal husbandry topics that provide industry knowledge to 4-H youth!



Spring Craft Show and Family Fun Day!

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

4-H Calendar

Want to stay connected? Check out our 4-H Calendar to see what is going on in 4-H Youth Development! You can access the calendar on our 4-H website at Purdue Extension Newton County 4-H Youth Development.



4-H Building Rental for 4-H Events/Meetings

Looking for different space to hold a club meeting? Check out our beautiful 4-H Building!

Hear ye! Hear ye! The 4-H Building is ready for some fun. When scheduling your next meeting or activity, consider using the new 4-H Building at the fairgrounds. The building is available rent free for 4-H groups. Schedule your event with Pam, who can be reached at lattapd@gmail.com.

Hello Everyone,



For those that haven't met me yet, my name is Jamie Reed and I am happy to announce that I am the new Agriculture and Natural Resource Extension Educator for Newton County. I started in January and have met a couple of people already, so I'll keep this introduction short and quick. I grew up on a hobby farm in Lowell, was a 10-year 4-H member, and graduated from Purdue with a Bachelor's in Animal Science – Animal Agribusiness; while at Purdue, I also marched in the All-American Marching Band. After graduation I managed a farm for the USDA Animal Disease Research Unit in Washington and, most recently, I worked for the University of Wisconsin at Madison assisting with dairy cattle research. I'm ecstatic to be back Indiana and working for my alma mater. Lastly, I've been asked this question more than anything else so far, so for those that are wondering, yes, James and Janet Reed are my parents and I hope to live up to their reputation.

Newton County is hosting a PARP! This is my first program with Extension and I want it to be a success. If anyone is looking to earn PARP or CCH (CAT 1, 11, 14, & RT) credits, please consider attending this event. The \$10 fee is sponsored by the Indiana Corn Marketing Council and Indiana Soybean Alliance, and Purdue Extension is providing lunch. Though registration is not required, it is appreciated so that we can order enough food for everyone.

In these newsletters, I plan on a rotating schedule featuring anywhere from one to three of the following subjects at a time; insects, weeds, and livestock/animal issues. If you are interested in learning more or would like to see anything specific in a feature, please reach out.

If you would ever like to stop in to get to know me better or to help me learn about the needs of Newton County, please feel free to reach out to me at the Extension Office or to connect via email.

NEWTON COUNTY Private Applicator Recertification Program

SCAN ME



March 4th, 10:00 AM ~ 1:15 PM
Newton Co. Government Center
LUNCH IS PROVIDED

Indiana Soybean Alliance and
Indiana Corn Marketing Council
are sponsoring the \$10 PARP fee

Continuing Credit Hours
Category 1, 11, and RT: 3
Category 14: 2

Please register
ahead of time.
We want to order
enough food!

Register using the following link,
the QR code above, or by calling
the Extension Office
<http://tinyurl.com/NewtonPARP>



Featured Animal Disease: Scrapie - Classical

Description: A fatal, degenerative TSE (Transmissible Spongiform Encephalopathy) disease affecting the central nervous system of sheep and goats. This disease has been described as the Mad Cow or the Chronic Wasting Disease of small ruminants.

Symptoms: Symptoms vary widely and can take years to develop, therefore this disease is hard to identify and requires a veterinarian's diagnosis. Affected animals experience a behavior change that can be attributed to nerve cell damage. Tremors (especially around the head or neck), itching, incoordination, weight loss despite an adequate appetite, and death are the most easily identifiable signs.

History: Scrapie is the oldest known TSE and was first reported in Europe more than 250 years ago. In the United States, scrapie has been primarily reported in the black-face sheep meat breeds and their crosses. Slaughter surveillance started in 2003 and has decreased the prevalence in the United States, with the last confirmed case of classical scrapie in 2021.

Sampling: The official test used for diagnosis is immunohistochemistry, which identifies pathological changes in the brain following a necropsy.

Economic Threshold: Because the official test to diagnose scrapie is administered post-mortem, a diagnosis can have severe economic consequences. Not only have you lost the infected animal, but further spread is reduced by removing genetically susceptible sheep and goats that were exposed to that animal or its environment. There is also live-testing available, but this places the farm under restrictions. There are also extra measures that need to be taken such as incinerating bedding/anything that comes off/out of the animal, bottle raising babies, maintaining the risk classification of animals, ongoing testing, etc. This is not even taking the cost of disinfection into consideration.

Personal Note: Please don't let this make you paranoid. This is the disease that I worked with most during my time with the USDA. It can sound scary, and should be taken very seriously, but it is not something that I actively worry about. The last reported case in Indiana was a goat in 2019. I loved working with this disease, so if you would like to hear more about my experience working with scrapie, or need reassurance after reading this, feel free to contact me.

Reference: www.aphis.usda.gov/aphis/ourfocus/animalhealth/nvap/NVAP-Reference-Guide/Control-and-Eradication/Scrapie#:~:text=Signs%20of%20scrapie%20vary%20widely,progresses%20to%20recumbency%20and%20death.

Featured Bug: Brown Marmorated Stink Bug

Description: Mottled brown, 1/2 - 3/4 inches in length and are 'shield-shaped', alternating dark and light bands on the last two antennal segments and exposed lateral margins of the abdomen, and have a rounded shoulder compared to other stink bugs

Time of Attack: Late April – Mid May, but are attracted to homes and can start being seen in September - October

Damage: Brown marmorated stink bug adults and nymphs feed on a wide variety of host plants, including fruits, ornamental plants, trees, weeds, soybeans and vegetables. Damage symptoms include shrunken and distorted fruits, necrotic spotting, and discoloration. They do not feed or breed inside homes, but they are a pest because of their presence and odor.

Eradication: Exterior surface applications of insecticides may offer some protection if applied when and where the stink bugs appear. Mechanical exclusion is the best method to keep stink bugs from entering homes and buildings; seal cracks around windows, doors, utility pipes, and vents with foam or silicone caulk.

Reference: https://extension.entm.purdue.edu/publications/E-273/E-273.html?_ga=2.219778449.904425739.1708465785-1215241432.1708465785

Photo source: Purdue Extension Entomology

