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**Be sure to follow us on social media to stay up to date with programs and events**

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<https://extension.purdue.edu/county/ohio/>

## REMINDER– ENROLLMENT IS NOW OPEN FOR 2022-2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1.	2. Lumberjacks 6pm	3. SE ANR Lunch & Learn Forages @ Noon	4. Jazzy Jest- ers	5.
6.	7. Annual Ext Celebration 11am-1pm Volunteer Training 6pm YAB 6:30pm	8. Meal Kits– are they worth your money– 1pm	9. Classy Clover 6pm	10.	11. <b>Office Closed</b> 	12.
13.	14.	15. Mini 4-H after School– 3pm	16.	17. SE ANR Lunch & Learn Soil Health @ Noon Area CFE CDE	18.	19.
20.	21. Junior Leaders– 5:30  Fair Board 6:30pm	22.	23.	24. <b>Office Closed</b> 	25.	26.
27. Trailblazers 2pm	28.	29.	30.			

PLEASE JOIN US FOR  
OUR



ANNUAL  
EXTENSION

CELEBRATION

NOVEMBER 7TH

11AM-1PM

OHIO COUNTY EXTENSION OFFICE

412 MAIN STREET, RISING SUN, IN 47040

LUNCH PROVIDED  
PUBLIC WELCOME



Extension



## Junior Staff Applications are now available. Deadline to apply is November 21st.

The applications for any 4-H member in grades 8 to 12 who would like to serve as a Junior Director, Group Leader, Counselor, or Counselor In Training are now available. All Junior Directors, Group Leaders, Counselors, and Counselors In Training will be referred to as Junior Staff for camp. The application process has changed from last year and it is outlined below.



1. The Junior Staff and camp application are now one electronic application. In years past you were required to fill out a junior staff application and a separate camp application. We have made one application that will allow you to apply for a junior staff position and register for camp at the same time.
2. Visit [v2.4honline.com](http://v2.4honline.com) and enroll as a 4-H member. You must be enrolled in 4-H to complete a Junior Staff Application.
3. 4. Once you have reenrolled select the event titled Southeastern Indiana 4-H Camp and follow instructions.

As always please feel free to contact your county Extension Office with any questions.

## 2023 Important 4-H Camp Updates and Changes

### Camp Dates:

1. Junior Directors, Group Leaders, and Counselors will report to camp from June 5th through June 9th.
2. Counselors In Training and Campers will report to camp from June 6th through June 9th.

### Camp Fee:

1. Unfortunately, our costs for camp have increased. Due to inflationary pressure and the need to cover our rising expenses we have set the **camp fee for our 2023 4-H camp at \$220.** (YAB will still pay half)

### Schedule and Meal Change for Friday June 9th:

1. The time for the closing program for Friday June 9th will be moved up to accommodate the travel time for our counties that are driving the furthest. Due to the change in time, we will not be serving dinner on Friday. Please plan accordingly.

Feel free to contact your local county Extension Office with any questions.

# 2023 Ohio County 4-H Fair Livestock Show Schedule Changes

## Monday, June 26, 2023

5:00 Sheep Show  
7:00 Swine Show

## Tuesday, June 27, 2023

8:00AM Rabbit Show  
4:30 Dairy Cattle  
5:00 Dairy Goat Show  
7:00 Meat Goat Show

## Wednesday, June 28, 2023

8:00AM Poultry/Waterfowl Show  
6:00 Beef Show



## CLUBS AND LEADERS

**Classy Clovers– Sonja Southard**

**Jazzy Jesters– Mary Zeiser, Kathy Steele, Ashley Castle**

**4-H Lumberjacks– Katie Schulz**

**Ohio County Trailblazers– Jenny Ohlmansiek**

**Meeting information can be found on the front page.**



In an effort to help you with the re-enrollment process, we will be showing the required volunteer videos for anyone wishing to be a volunteer in 2022-2023 program year

**UPCOMING  
VOLUNTEER  
TRAINING**

**Monday, November 7th**

@ 6pm, the videos take about 45 minutes to watch and are required to be completed annually



# Southeastern Indiana Agriculture & Natural Resources *Lunch & Learn Webinar Series*

Make the most of your lunch break and join extension educators live to discuss topics relevant to you and your operation. *All sessions are hosted at 12 pm noon.* Call (812) 265-8919 or email [copelanb@purdue.edu](mailto:copelanb@purdue.edu) with any questions.

**November 3**  
**Forage Quality**



**November 17**  
**Soil Health in the Garden**



**December 1**  
**Winter Care of Trees & Shrubs**



**January 12**  
**Growing Bigger Fish**



**January 26**  
**Frost Seeding Pastures**



**February 9**  
**Home Lawn Care**



**February 23**  
**Gardening 101**



Extension - Agriculture  
and Natural Resources

Purdue Cooperative Extension Service is an  
Equal Opportunity/Equal Access Institution

Register for one  
or all here:  
[bit.ly/3fGf32m](https://bit.ly/3fGf32m)



## Invasive spotted lanternfly now in northern Indiana

Seen in July in Indiana's Huntington County, the invasive spotted lanternfly has officially migrated to northern Indiana, just one year after its initial sighting in Switzerland County.

Cliff Sadof, professor of entomology and Purdue Extension fellow, said this migration poses a significant agricultural risk to wine grape growers and honeybee and walnut tree producers. While the spotted lanternfly feeds on over 100 different types of plants, Sadof said, the insect can reproduce only when feeding on walnut trees, grape vines or tree of heaven.

Elizabeth Long, Purdue University assistant professor of horticulture crop entomology, said one of the best defenses that wine grape growers can take against the spotted lanternfly is learning to identify the life stages of the insect and remaining vigilant inspecting for them.

"Several of the insecticides grape growers currently use for other insect pests will also knock down the spotted lanternfly, so there is no need to make additional sprays as a preventative at this time," Long said. "Looking to next season, the same strategy is needed. Keeping an eye out for spotted lanternfly hitchhikers and avoiding moving items that are likely to accidentally move insects along are key. Spotted lanternfly populations feeding on wine grape vines can severely reduce winter hardiness or kill the crop all together.

Brock Harpur, Purdue assistant professor of entomology, said bee keeping equipment can also provide the perfect spot for spotted lanternflies to lay eggs, allowing the insect to travel around the state.

"It is imperative for beekeepers to keep a careful eye out for signs of the spotted lanternfly in their area and on their equipment," Harpur said. "Should the spotted lanternfly become established in all parts of Indiana, it is expected that honeydew, the secretion that spotted lanternfly leave behind, will become part of our late-summer honey harvest."

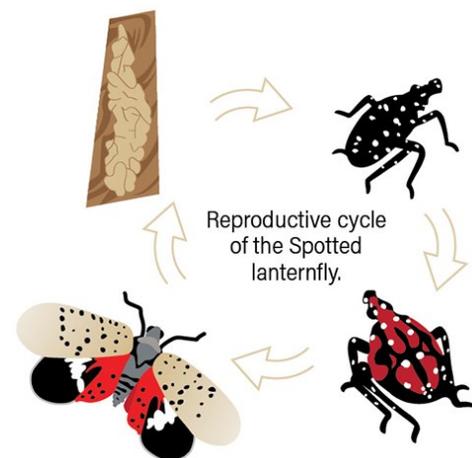
Bees make good use of any honeydew they collect, Harpur said, but that isn't desirable. If a colony does collect honeydew, a beekeeper may notice the honey has a smokey taste and smell and is less sweet than a typical honey. The honeydew tainted product has a darker brown color and a notable aftertaste.

Though the full-grown adults have beautiful coloring and patterns, spotted lanternfly eggs resemble a splash of mud, making them easy to overlook on large vehicles traveling from state to state. Homeowners should, therefore, also remain vigilant in keeping populations in check, Sadof said, as the honeydew secretions from the insect are frequently spread across homes and structures and are extremely difficult to remove when dried.

The Indiana Department of Natural Resources asks all residents to search for and report spotted lanternfly sightings. Anyone spotting the insect should photograph it and send the image and location to [DEPP@dnr.in.gov](mailto:DEPP@dnr.in.gov), or call 1-866-No-Exotic.

**Writer:** Jillian Ellison, 765-494-0948, [ellison1@purdue.edu](mailto:ellison1@purdue.edu)

**Sources:** Cliff Sadof, 765-494-5983, [csadof@purdue.edu](mailto:csadof@purdue.edu); Elizabeth Long, 765-496-1918, [long132@purdue.edu](mailto:long132@purdue.edu)



# **HEALTH & HUMAN SCIENCES**

## **November is National COPD Awareness Month**

Chronic Obstructive Pulmonary Disease aka COPD is described as a chronic inflammatory lung disease that causes airflow from the lungs to be obstructed. COPD is typically caused by long term exposure to irritating gases and in particular, cigarette smoke. Those living with COPD have an increased risk of developing other healthy concerns like heart disease and lung cancer.

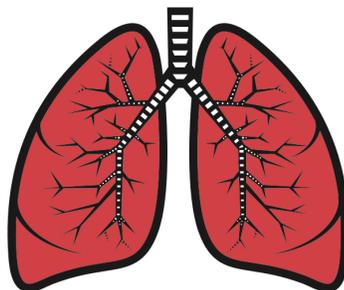
The two most common indicators of COPD are emphysema and chronic bronchitis as these usually occur together and can vary in their severity depending upon an individual's COPD condition. Emphysema is a condition where the alveoli at the end of the smallest air passages (aka bronchioles) of the lungs are destroyed. The bronchioles are usually destroyed by exposure to cigarette smoke and other irritant gases. Chronic Bronchitis is an inflammation of the lining of the bronchial tubes. The bronchial tubes transport air to and from the air sacs (aka alveoli) of the lungs. Chronic bronchitis is usually known by a daily cough that produces mucus. Our lungs rely on the elasticity of our bronchial tubes and COPD reduces that elasticity, which can leave air trapped in your lungs when you exhale.

Some of the symptoms of COPD include shortness of breath (especially during physical activity), wheezing, tightness of chest, chronic cough that may produce mucus that is clear, yellow or greenish in color, frequent respiratory infections, unintended weight loss and swelling in the ankles, feet or legs.

Risk factors for COPD include your exposure to cigarette smoke, people with asthma, occupational exposure to certain dusts and chemicals, exposure to fumes from burning fuel and your genetics. Not only is COPD a serious illness but it can also cause many complications like respiratory infections, heart problems, lung cancer, high blood pressure and depression.

The best way to prevent COPD is to quit smoking, get your annual flu vaccination and by talking to your doctor about your health concerns.

<https://www.mayoclinic.org/>



## **Make a Difference Week**

was a great success! Over 190 items were donated to OCEMS for students in need!

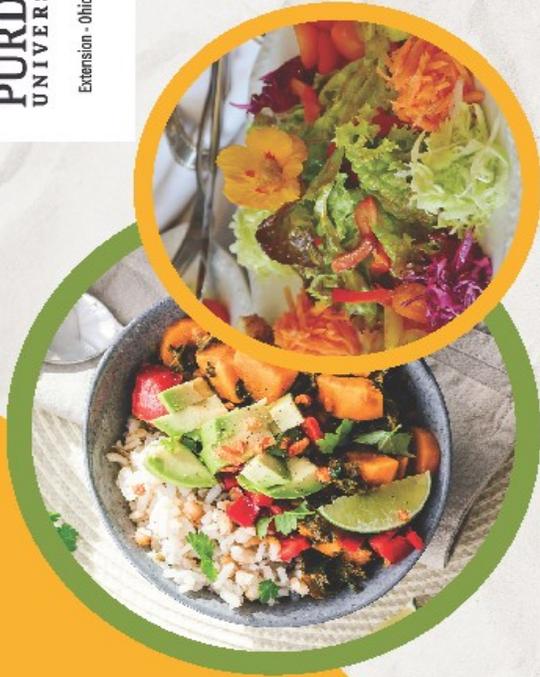
The best of both worlds.....

## **Pumpkin Apple Pie**

Pie Dough– enough for a single crust

1/3c. Brown sugar  
1 Tablespoon corn starch  
1 tsp. cinnamon, divided  
3/4 tsp. salt, divided  
1/3 c. water  
2 Tablespoons butter  
3 cups Sliced, tart apples  
3/4 cup canned pumpkin  
3/4 cup evaporated milk  
1/3 cup sugar  
1 large egg at room temperature

**Directions:** Wash hands with warm water and soap for 20 seconds. Pre-heat oven to 375°F. Roll pie dough into pie plate and trim crust to a ½ inch beyond pie plate rim., fluting the edges. In a saucepan, mix the brown sugar, cornstarch, ½ tsp. of cinnamon and salt, stirring until smooth. Add the butter and bring to a boil. Add apples. Continue to cook and stir for 4 minutes. Add the apple mixture to the crust. In a separate bowl, whisk the pumpkin, milk, sugar, egg, ½ tsp. cinnamon and salt until smooth. Pour over apple mixture. Bake for 50-55 minutes or until a knife inserted in the center comes out clean. Cool before serving and top with whip cream or ice cream if desired. Refrigerate within two hours of serving. \*\*To keep crust from over browning, you can cover with tinfoil for remaining 15 minutes of baking time. \*\* recipe adapted from <https://www.tasteofhome.com/recipes/pumpkin-apple->



# Meal Kits? Are they worth the money?

Meal kits are all the rage! The food arrives and you just have to prepare it BUT are they worth the money?

Join us on November 8th at 1pm as we look at the pros and cons of Meal Kits! RSVP to Purdue Extension Ohio County at 812-438-3656 by Monday, November 7th.

Purdue Extension is an Equal opportunity/equal access/affirmative action institution.

# Parents Forever

Education to aid families in transition after divorce, separation, or custody change



Families face many challenges and sometimes have to deal with transitions. Parents Forever © is an educational program for families experiencing divorce, separation, or a change in child custody. It was developed by the University of Minnesota Extension's Center for Family Development and adopted for use by Purdue Extension for Indiana residents.

Participants will receive a certificate after completing the course. The cost is \$50 per participant.

## By completing a Parents Forever course, participants learn to:

- Describe the family transition journey and how each family member will be affected.
- Recognize the role of self-care, parent-child relationships, and co-parenting in child well-being.
- Identify internal and external resources and strategize how to leverage these resources to promote resilience for all involved.



Parents Forever will be held on January 14th from

9am-1pm with lunch included at the Purdue Extension Ohio County office in Rising Sun.

For more information please contact Purdue Extension Ohio County at 812-438-3656



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