

# November



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



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## Staff Directory

### Educators

Jill Andrew-Richards  
County Extension Director  
Agriculture & Natural Resource  
4-H Youth Development  
jmrichards@purdue.edu

Shannon Chipman  
County Extension Director  
Health & Human Sciences  
4-H Youth Development  
chipmans@purdue.edu

### Nutrition Education

Trenna Jossart,  
Nutrition Education Program Advisor  
tjossart@purdue.edu

Jessica Martini  
Community Wellness Coordinator  
koons0@purdue.edu

### Support Staff

Alyssa Devers  
Office Manager  
cook308@purdue.edu



Extension - Ohio County

# Upcoming Dates

<b>DATE</b>	<b>EVENTS</b>	<b>TIME</b>	<b>LOCATION</b>
<b>November 2nd</b>	<b>Beef Quality Assurance (BQA) Training</b>	<b>6:30pm</b>	<b>SEPAC</b>
<b>November 6th</b>	<b>YAB Meeting</b>	<b>6:30pm</b>	<b>Extension Office</b>
<b>November 7th</b>	<b>Matter of Balance</b>	<b>10am-12pm</b>	<b>Hoosier Haven Rec Room</b>
<b>November 7th</b>	<b>Beef Quality Assurance (BQA) Training</b>	<b>6:30pm</b>	<b>SEPAC</b>
<b>November 9th</b>	<b>Purdue CARET</b>	<b>9am</b>	<b>Beck Center, West Lafayette, IN</b>
<b>November 9th</b>	<b>Crops, Forestry, &amp; Entomology CDE</b>	<b>5pm</b>	<b>South Ripley</b>
<b>November 10th</b>	<b>OFFICE CLOSED</b>		
<b>November 13th</b>	<b>Purdue Extension Ohio County Annual Celebration</b>	<b>11am-1pm</b>	<b>Extension Office</b>
<b>November 14th</b>	<b>Matter of Balance</b>	<b>10am-12pm</b>	<b>Hoosier Haven Rec Room</b>
<b>November 15th</b>	<b>Lunch &amp; Learn-Forages &amp; BCS</b>	<b>12:00pm</b>	<b>Via Zoom</b>
<b>November 15th</b>	<b>Mini 4-H After School</b>	<b>3pm</b>	<b>OCEMS</b>
<b>November 20th</b>	<b>Jr. Leaders Meeting</b>	<b>5pm</b>	<b>Extension Office</b>
<b>November 20th</b>	<b>Jr. Livestock Committee Meeting</b>	<b>5:30pm</b>	<b>Extension Office</b>
<b>November 20th</b>	<b>Fair Board Meeting</b>	<b>6:30pm</b>	<b>Extension Office</b>
<b>November 21st</b>	<b>Matter of Balance</b>	<b>10am-12pm</b>	<b>Hoosier Haven</b>
<b>November 23rd &amp; 24th</b>	<b>Office Closed</b>		
<b>November 28th</b>	<b>Matter of Balance</b>	<b>10am- 12pm</b>	<b>Hoosier Haven Rec Room</b>

# 4-H Youth Development

## MONTHLY COMMUNITY SERVICE OPPORTUNITY

WE ARE SEEKING STUDENTS WHO NEED TO EARN COMMUNITY SERVICES HOURS TO COME IN AND HELP WITH OUR MONTHLY MAILINGS AND OTHER TASKS. WE HAVE ONE HOUR A WEEK AVAILABLE. PLEASE CONTACT THE EXTENSION OFFICE IF YOU ARE INTERESTED!

PURDUE EXTENSION | OHIO COUNTY

CALLING ALL KIDS AGES K - 2ND GRADE TO JOIN OUR **FREE** MINI 4-H PROGRAM!

### THE PLAN:

4-H Enrollment is OPEN! Mini 4-H is a great way for parents and youth to know the fun, life skills and responsibility that being a member of 4-H can give your child!

OCEMS Mini 4-H program will be offered after school on the 3rd Wednesday of each month. Enrollment and all supplies are free thanks to the generosity of the City of Rising Sun!

By enrolling your K-2nd grader in Mini 4-H they will build friendships, learn what 4-H is all about and complete projects that will be displayed at the 2024 Ohio County 4-H Fair!

**JUST A FEW MINI 4H PROJECTS TO CHOOSE FROM**

for a list of more, enroll now online!

### MEETINGS:

10/18/2023    11/15/2023  
 12/20/2023    01/17/2024  
                     02/21/2024  
 04/17/24      05/15/24  
 After School until 4:00 pm  
 OCEMS cafeteria

*Those days don't work?  
 Stay tuned for Mini 4-H Power Hour dates at the Extension Office!*

**Sponsored by the City of Rising Sun**

Enroll at [V2.4honline.com](http://V2.4honline.com)

Questions?

Contact Purdue Extension Ohio County  
 812-438-3656  
[chipmans@purdue.edu](mailto:chipmans@purdue.edu)

\*When enrolling online, choose pay by check. The office will then waive the fee.

### Area 1- Southeastern Indiana

## 4-H Volunteer Conference



**February 24, 2024 Hopewell Baptist Church 2319 N County Rd 850 W, Holton, IN**

Area 1 4-H Extension Educators aim to enhance the 4-H experience by bringing together volunteers from multiple counties to share best practices and learn from each other. This is event is of no charge to 4-H volunteers and includes lunch, door prizes and 4-H curriculum resources. Registration is collected on 4-H Online.

### Schedule of Events

<b>10 am</b> Thrive Session	<b>12 noon</b> Catered Lunch
<b>11 am</b> First Session Choose a topic relevant to your role.	<b>1 pm</b> Second Session Choose a topic relevant to your role.



Registration Required on 4-H Online Events by February 19th [v2.4honline.com](http://v2.4honline.com)

### First Session Options

**4-H Camps & Trips**  
 Explore the opportunities in our area and at Purdue for youth to learn on a higher level. Discuss cost offsetting & recruitment.

**Back to Basics: Club Recreation**  
 Play games you can bring back to your club meetings.

**4-H Electric Project**  
 Specialists discuss how to judge and have a strong project based learning experience.

### Second Session Options

**Back to Basics: Club Structure**  
 Discuss program planning for club leaders, using social media, resources given by extension and more.

**Livestock Leader Panel!**  
 Discuss hosting Animal Science Workshops members want to attend, planning shows and best practices from fellow volunteers.

**4-H Tractor Project**  
 Explore the new tractor project curriculum, discuss the area contest and meet with area tractor project leaders.

This event is free to all 4-H Volunteers Call (812) 265-8919 or email [copelanb@purdue.edu](mailto:copelanb@purdue.edu) with questions



Purdue Extension is an equal access/equal opportunity institution.

# 4-H Youth Development



It's time to start thinking about camp again! The Junior Staff (4-H members in Grades 8-12) Application is now live on 4-H Online Events! Go to 4-H Online to complete your application before November 17th! Junior Staff will be required to attend camp training events before camp. Full details are on the event page. Contact Jill at the office with any questions about camp!

## Junior Livestock Committee

LOOKING FOR YOUTH THAT SHOW LIVESTOCK IN GRADES 9-12 TO HELP GIVE INPUT AND GUIDANCE.

FIRST MEETING FOR IDEAS AND INFORMATION ON MONDAY, NOVEMBER 20 @ 5:30PM.

WANTING YOUTH THAT HAVE EXPERIENCE TO SHARE. CALL THE OFFICE IF INTERESTED



### Clubs and Leaders

**Classy Clovers** - Sonja Southard - Meet 2nd Wednesday @ 6pm - EO

**Jazzy Jesters** - Mary Zeiser, Kathy Steele, Ashley Castle - Meet the 1st Friday @ Ashley's

**4-H Lumberjacks** - Katie Schulz, Ethan Snelling - Meet the 1st Wednesday @ 6pm - EO

**Ohio County Trailblazers** - Jenny Ohlmansiek - Meet 4th Sunday @ 2pm - EO

# THANK YOU!

The Extension Office would like to extend a shoutout and **THANK YOU** to Robin Jackson for usage of her décor and props for the Haunted House!

THE OFFICE WILL BE CLOSED NOVEMBER 10TH FOR VETERANS DAY AND NOVEMBER 23RD AND 24TH FOR THANKSGIVING



# INDIANA 4-H NEEDS YOU TO BE A



BROADBAND  
INFLUENCER

## What is an Indiana 4-H Broadband Influencer?

1

Checks your internet speed

[pcrd.purdue.edu/speedtest](http://pcrd.purdue.edu/speedtest)



2

Validates it on the FCC website

[broadbandmap.fcc.gov](http://broadbandmap.fcc.gov)

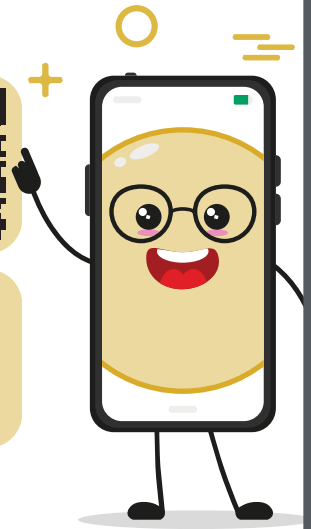


3

Share what they've done with others

4

Reports work in the Broadband Influencers event in 4-H Online



Once you have completed all 4, you will receive your Broadband Influencer Pin and be eligible to win an iPad\*!

## Why should I be an

## Indiana 4-H Broadband Influencer? I have more questions!

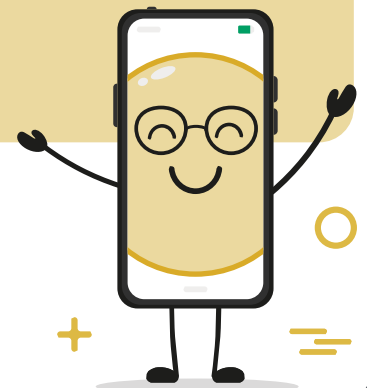
There are a lot of different ways to connect to the internet. Some of them are *very* fast, and some of them are *very* slow. We would like everyone in the state of Indiana to be able to use the internet at fast speeds. While it might help you play games and watch videos more easily, it also can help people who are looking for jobs or trying to communicate, do business, or do schoolwork.

The FCC, or Federal Communication Commission, can't help everyone get fast internet unless they know all the places the internet is installed and how fast it is in each location.



For more information contact your county extension 4-H educator OR email:

[state4hleader@purdue.edu](mailto:state4hleader@purdue.edu)



 **PURDUE**  
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Extension - 4-H Youth  
Development



Indiana 4-H Broadband Influencers will be asked to write a short essay about their experience. The Broadband Influencer Program is a Purdue Broadband Team initiative.

# Agriculture & Natural Resources



## Fall Grazing Dos and Don'ts

Although it's fall now, KY and many regions of the US are still experiencing the aftermath from an exceptionally dry summer. Even as milder temperatures bring cool-season forages out of their drought-induced dormancy, producers must continue to be mindful about grazing management. A recent article by Craig Shaeffer at Univ. of MN reminded producers to avoid overgrazing, reduce stocking rates, give pastures adequate rest, and control weeds this fall.

**Avoid overgrazing.** Some species can tolerate more defoliation than others, but in general, plants must not be grazed lower than 4 inches. This is typically advised at any time of year, but it is especially critical following a dry growing season. When cool-season forages go dormant during drought, plant leaves and stems stop growing but growing points and crowns remain active. Overgrazing removes these growing points and drains root reserves.

Orchardgrass and other perennial cool season grasses store energy in stem bases and are especially susceptible to combined stress of overgrazing and drought. Shallow rooted species like KY bluegrass and clovers are also damaged by overgrazing.

**Reduce stocking rates.** With less forage available, reducing the number of animals on pasture will stretch feed supplies. This can be achieved by culling cattle from the grazing herd and/or relocating livestock to a dry lot or sacrifice paddock and feeding them hay. Assess feed costs and cull prices to determine the most cost-effective solution. If feeding hay, calculate how much forage will be needed through the winter. For example, one 1,200-pound cow that eats 2% of its bodyweight in hay will eat approximately 2.5 tons of forage from Oct through May.

**Give pastures rest.** Even if pastures start to green up after some precipitation, drought-stressed plants are likely not strong enough to withstand regular grazing. Giving livestock access to a pasture before it has sufficient time and moisture to make a full recovery can reduce stand persistence.

It takes 4 to 6 inches of water to produce a ton of cool-season grass or alfalfa. Smaller amounts of rainfall may stimulate regrowth, but grazing should be delayed until there is 8 to 10 inches of regrowth. While grazing regrowth before plants reach these minimum heights may provide forage, it can weaken plants and reduce the long-term productivity of the pasture.

**Control weeds** Some weed species can take advantage of drought conditions and proliferate when cool-season forage goes dormant. Many weeds are low nutritive value, and some weeds like lambsquarters and pigweed can accumulate high levels of nitrates during drought. To successfully eliminate weeds, it is best to apply herbicide around a rainfall event. Always read the herbicide label prior to use. ~ excerpt from article by Amber Friedrichsen, Hay and Forage Grower. Hayandforage.com



## 2023 Beef Quality Assurance (BQA) Trainings

Thursday, November 2, 2023  
@ SEPAC from 6:30-9:00PM

Tuesday, November 7, 2023  
@ Jefferson County Fairgrounds  
from 6:30-9:00PM



Pre-registration is highly encouraged so we can ensure appropriate accommodations and to speed the on-site registration process and printing of certificates. Contact Jill Richards at Purdue Extension-Ohio County, 812-438-3656, to reserve your spot.

Producers can go online at <https://www.bqa.org> and become certified as an alternative to face-to-face meetings.

BQA Certification is valid for a three consecutive year period.

# Agriculture & Natural Resources

## PURDUE BEEF BASICS

IN THE EASTERN CORNBELT

### SAVE THE DATE

From Purdue University Extension, Agricultural and Natural Resources, comes a virtual, multi-session program this February and March for the **beef cattle industry!**

PROGRAM BEGINS FEBRUARY 6

Extension educators, specialists and industry experts will facilitate and lead program sessions. Among the topics to be covered are an **overview of beef cattle, behavior and facilities, health, genetic selection, forages, nutrition and reproduction.**

### PROGRAM DATES & TIMES

February 6 until March 26, 2024 on:

- Tuesdays from 6:00 - 8:30 p.m. EST
- Thursdays from 7:00 - 8:00 p.m. EST

Producers with less than five years of experience and those interested in exploring the industry are encouraged to attend. The cost to participate is \$50 and the deadline to register is January 24, 2024.



Facebook/Twitter/LinkedIn: @PurdueExtension | www.extension.purdue.edu

REGISTER TODAY  
<https://cvent.me/EBNPNV>



### QUESTIONS

and other inquiries, email:  
allen484@purdue.edu or  
jmrichards@purdue.edu

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**PURDUE**  
UNIVERSITY

## 2023-2024 Indiana Beef Cattle Association (IBCA) and Purdue Area 1 Beef Meeting

- WHEN:** Thursday, December 7<sup>th</sup>, 2023 at 6:00 pm
- WHERE:** South East Purdue Ag Center (SEPAC), Butlerville, IN
- WHY:** The meetings will feature great food and valuable information on a variety of beef topics. IBCA will provide an update on current policy and programs. Purdue Dept. of Animal Science will provide the educational presentation.
- HOW:** RSVP to Jennings County Extension office at 812-352-3033 by 11/30/23.
- WHO:** All IBCA Members and Non-Members are all invited to attend!

The counties in this AREA are: Bartholomew, Brown, Dearborn, Decatur, Jackson, Jefferson, Jennings, Ohio, Ripley and Switzerland.

Current IBCA Director: Vacant

An IBCA Area Director will be elected at this meeting. All beef producers are eligible to vote in the elections as the Director will represent their respective area on the IBCA Board of Directors which oversees the IBCA membership programs and the utilization of the national beef checkoff funds.

### Sponsors:



A Touchstone Energy® Cooperative



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.



Extension - Agriculture  
and Natural Resources

## Southeastern Indiana Agriculture & Natural Resources Lunch & Learns



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 on zoom.** Call (812) 265-8919 or email copelanb@purdue.edu with any questions.

Register for one or all here:  
<http://bit.ly/LunchnLearnSEIANR>

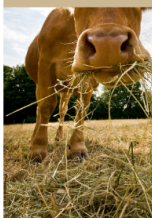
November 1st  
Holiday Plant  
Care



November 8  
Fall  
Fertilization  
for your  
Lawn



November 15  
Body Condition  
Scores &  
Winter Forage  
Management



November 22  
Farm  
Succession  
Planning



December 6  
Overwintering  
Pollinators in  
your garden



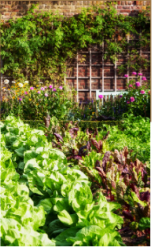
January 10  
Enhancing  
your  
Landscape



January 17th  
Pond  
Management



January  
24th  
Gardening



January 31st  
Preparing for  
Livestock  
Emergencies



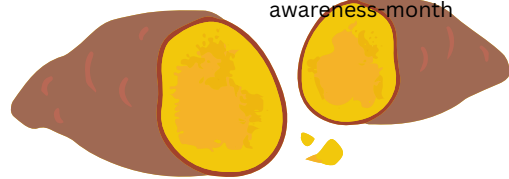
# Health & Human Science

## Sweet Potatoes Awareness Month

Sweet potatoes are nutrition powerhouses. They are high in vitamin C which helps the immune system and our body's ability to heal. They are also high in vitamin A which helps with vision and cell growth. When picking sweet potatoes, look for small to medium sized potatoes that are firm with smooth skins.

Sweet potatoes need to be stored in a dry, dark, cool area and can be stored there for up to a month. If stored on the counter, they can last for up to a week. information courtesy:

<https://food.unl.edu/food-calendar/november/sweet-potato-awareness-month>



## Chicken and Veggie Sheet Pan Dinner

- 1 large sweet potato or 2 medium sized ones, cubed
- 4 T. olive oil
- 1 1/2 boneless, skinless chicken breast, cubed
- 3 1/2 c. broccoli florets
- 1/2 medium red onion, diced (optional)
- 3 cloves garlic, minced
- 3/4 tsp each of thyme, sage, parsley and rosemary
- 1/8 tsp. nutmeg
- 1/2 c. chopped pecans
- 1/3 c. dried cranberries

Directions: preheat oven to 400° F. Place cut sweet potatoes in a mound on a baking sheet. Pour 1 T. of olive oil over potatoes and evenly coat. Spread in an even layer and roast for 15 minutes. While potatoes roast, cut up other ingredients. Remove sweet potatoes from oven and add remaining ingredients and drizzle with olive oil and garlic. Sprinkle on spices. Return to oven for 15- 20 minutes or until chicken reaches 165° and vegetables are tender. Refrigerate leftovers within 2 hours.

## Diabetes Awareness Month

According to the CDC, more than 37 million people have diabetes. People living with diabetes are also at a higher risk for heart disease, stroke and other serious health complications like kidney failure, blindness and amputation of a toe, foot or leg. **People with the following conditions are at a higher risk for type 2 diabetes:**



**37 million Americans are living with diabetes.**

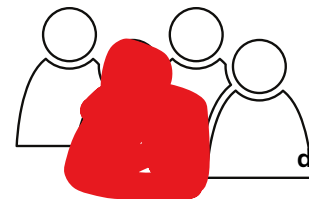
### diabetes:

- Overweight or have obesity.
- Are age 45 or older.
- Have a parent or sibling with type 2 diabetes.
- Are physically active less than 3x per week.
- Had gestational diabetes.

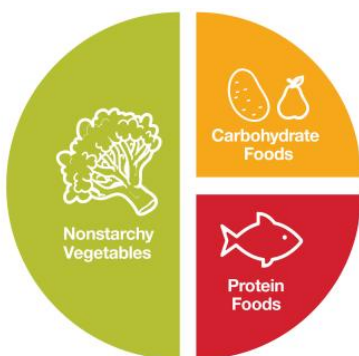


**96 million American adults have prediabetes.**

**\$327 Billion is the annual estimated cost of diabetes**



**1 in 4 US adults have diabetes and do not know it.**



Changing the way we eat can have an impact on our health. To help make this change try the Diabetes Plate Method. Using a 9-inch plate, fill half your plate with non-starchy vegetables like broccoli, spinach or Brussels sprouts. Fill 1/4 of your plate with a lean protein and lastly, make the last 1/4 of your plate a carbohydrate that is whole grain. Top off the meal with zero calorie beverage and you have a well-balanced plate.

info courtesy: <https://diabetes.org/food-nutrition/eating-healthy>



# Health & Human Science

## TURKEY TIME- THE BIG THAW

It's that time of year! Turkey, stuffing, cranberries - OH MY! Here are some tips to make sure that your Thanksgiving Dinner is a memorable one and not one spent sick due to food born illness.

1. After purchasing the turkey, get it home and stored in the freezer. Frozen turkeys should not be left out in any place where the temperature cannot be constantly monitored.
2. When thawing the turkey in the refrigerator allow 24 hours for each 4 -5 lbs. in a refrigerator set at 40°F or below. Be sure to place the turkey in a container on the bottom shelf of the fridge so that juices cannot drip onto other foods. A thawed turkey can remain in the fridge for up to 2 days before cooking.

### Thawing Times for the Refrigerator

- a. **4-12 lbs.** --1-3 days
- b. **12-16 lbs.** -- 3-4 days
- c. **16-20 lbs.** -- 4 -5 days
- d. **20-24 lbs.**-- 5 - 6 days

### Cold Water Thawing

1. Allow about 30 minutes per pound.
2. Be sure that turkey is in a leak proof plastic bag to prevent cross-contamination and to prevent turkey from absorbing water.
3. Submerge the wrapped turkey in cold tap water. Change the water every 30 minutes until the turkey is thawed. Cook the turkey immediately after it is thawed.

### Cold Water Thawing Times

1. **4-12 lbs.** --2-6 hours
2. **12-16 lbs.** --6- 8 hours
3. **16-20 lbs.** -- 8 -10 hours
4. **20-24 lbs.**-- 10-12 hours

Info Courtesy: <https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/poultry/turkey-basics-safe-thawing>



# Nutrition Education



## Fall into Ohio County Parks!



Participate for a chance to win a Family Pool Pass to the Rising Sun Community Pool, a Golf Pass to The Links, & more!

September 23rd - December 1st

Let's get active and visit our parks!

### AT YOUR OWN PACE:

(Follow these simple steps!)

#### 1. REVIEW THE PARK GUIDE

2. JOIN THE FACEBOOK GROUP  
(Scan the QR code with your phone or follow the link)  
<https://www.facebook.com/groups/127343960419188>



Each time you visit a Rising Sun-Ohio County Park and post a photo to the Facebook Group, you will be entered to win a prize on Dec. 1st!

#### 3. POST A PHOTO OF YOU MOVING AT THE PARK

#### 4. JOIN US FOR A DRAWING ON DECEMBER 1ST



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## UPCOMING COMMUNITY PROGRAMS:

- Ohio County Public Library FREE Yoga Classes
  - Preschool Yoga - Mondays at 10:30am
  - Chair Yoga - Mon., Wed., Fri. at 9:30am



## UPCOMING PURDUE EXTENSION PROGRAMS & EVENTS:

- Eating Smart, Moving More - FREE healthy eating and meal planning tips for families plus incentives! Adults of all ages welcome.
  - Nov. 14th, Dec. 12th, Jan. 9th, & Feb 13th
  - 6:00pm at Ohio Co. Extension Office
  - 412 Main St., Rising Sun, IN. 47040
- Eat Smart, Live Strong - for Seniors - FREE nutrition and physical activity lessons plus incentives! Held monthly on the 2nd Friday at 10am.
  - Friday, November 10th at 10:00am
  - Hoosier Boy Apartments - 211 S. Walnut Street RISING SUN IN, 47040

# LOCAL RESOURCES & INFORMATION

### Apply for SNAP

Online: [www.FSSAbenefits.IN.gov/](http://www.FSSAbenefits.IN.gov/)

In-person:  
Division of Family Resources  
308 N. High St. Suite B  
Rising Sun, IN. 47040  
Monday-Friday 8:00am-4:30pm

### Apply for WIC

Online: <https://www.in.gov/health/wic/how-do-i-apply-for-wic/>

In-person:  
St. Elizabeth Physicians Primary Care  
230 6th St. Rising Sun, IN. 47040  
Monthly - 2nd & 4th Thursday  
8:00am-4:30pm

### Christian Outreach Free Store

315 N High St, Rising Sun, IN. 47040  
Thursdays from 4:00pm-6:00pm  
Saturdays from 11:00am-1:00pm  
\*Free food and resources for Ohio County residents.

### Clearing House

411 George St., Aurora, IN. 47001  
Mon.-Tuesday 10:00am-1:00pm  
229 Short St., Lawrenceburg, IN. 47025  
Wednesday 10:00am-4:00pm  
\*Monthly groceries and daily lunches provided to Ohio and Dearborn County residents.

### Mobile Pantry

Delivers food monthly on the 2nd Monday at 10:30am to the Hoosier Boy Apartments in Rising Sun, IN.  
Call (812)926-1198 for information on signing up.

### OCEMS Resources

Free/Reduced Lunch -  
Forms distributed yearly the first day of school and available year-round in the office.  
Snacks to Feed Those in Need - provides weekend food packs to students PreK-8th grade.  
Call the office at 812-438-2626

### Recycle Center

1432 Barbour Way, Rising Sun, IN. Mon., Wed., Friday 1:00pm-6:00pm  
Saturday 8:00am-12:00pm  
(812)801-9037

### WorkOne

Job search assistance, determining a career, getting training, and more  
In-person: By appointment at the Education Center Tues. 9am-3:30pm  
591 Smart Drive, Rising Sun, IN 47040  
Call (812) 438-2437 to schedule  
Online/Phone: 1-888-436-9092  
<https://www.in.gov/dwd/WorkOne>

### 2-1-1

For guided, personalized, confidential assistance finding resources in your area, you can call 2-1-1 or visit [in211.communityos.org](http://in211.communityos.org) (available 24/7)  
Prefer to text? Text your zip code to 898211, Monday-Friday, 8am-5pm