

Ohio County Purdue Extension Newsletter

November & December Newsletter



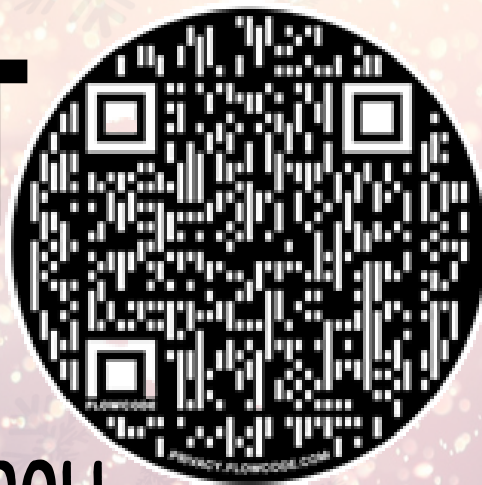
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Facebook

ENROLLMENT REMINDER



SCAN THE CODE TO ENROLL.

ALL YOUTH SHOULD BE ENROLLED FOR THE
CURRENT 4-H YEAR BEFORE ATTENDING
ANY EVENTS

Staff Directory

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Extension - Ohio County

Upcoming Dates

DATE	EVENTS	TIME	LOCATION
11/3–11/16	NAILE		Louisville, KY
11/04/2025	Food is Medicine Reunion	5:30pm	Extension Office
11/11/2025	Veterans Day	Office Closed	
11/19/2025	Mini 4–H After School	3:15–4pm	OCEMS
11/24/25	Area Crops, Forestry, & Entomolgy	1–5pm	Switzerland Co High School
11/27–11/28	Thanksgiving Holiday	Office Closed	
12/1/25	Jr Staff Camp Applications Due		4–HOnline
12/1/25	Wreath Making Class	6pm	Extension Office
12/4–12/7	Hoosier Beef Congress		Indianapolis, IN
12/25–12/26	Christmas Holiday	Office Closed	
1/1/2026–1/2/2026	New Years Holiday	Office Closed	
1/4/2026	Snow Tubing at Perfect North Slopes		

Happy
holidays

4-H Youth Development

THANKFUL

THANK YOU TO ROBIN JACKSON AND ALL OF OUR VOLUNTEERS WHO HELPED MAKE OUR HAUNTED HOUSE A HUGE SUCCESS AGAIN THIS YEAR. WE WOULD NOT BE ABLE TO PROVIDE THE COMMUNITY WITH THIS EXPERIENCE WITHOUT YOU ALL

THERE'S A NEW 4-H CLUB IN TOWN!! OHIO COUNTY RIVER RASCALS

Leader: Kasie Short

Meetings- 2nd Tuesday of every month at the EO @ 4:30pm

MINI 4-H AFTERSCHOOL

**NOVEMBER 19TH
FROM 3:15-4PM AT
OCEMS
PICK UP AT THE
FRONT OF THE
SCHOOL**

Register at <https://mini-4Hafterschool.4honline.com>

Remember to update Pickup Patrol

MINI 4-H GRADES K-2

Any child planning to attend mini 4-H after school programs, first must be registered for each event in 4honline.

Parents or Guardians will also need to update your pickup patrol with the school the day of the program

4-H Youth Development

12 nights of Holiday Stories

By the Ohio County Extension
Homemakers

Who: preK3- Kindergarten

What: Virtual Holiday Story Time

When: 7pm Dec 1st -12th

Where: Facebook Event Page and youtube

Youtube

FB Event



Join us each night at 7PM Dec 1st-12th for a virtual bedtime story! Each story will be posted for two hours. Make sure to record the nightly code word to decipher a special holiday message! Turn your message in to your teachers on December 12th for a chance to win an exciting prize!

Merry
Christmas
and Happy
New Year

ANNUAL SNOW TUBING DAY

Save the Date

Sunday,
January 4th

4-H Snow Tubing @ Perfect
North Slopes

More information to come



SAVE THE DATE 2026 4-H Camp
JUNE 1-5, 2026

Junior Staff Applications open November 10th!



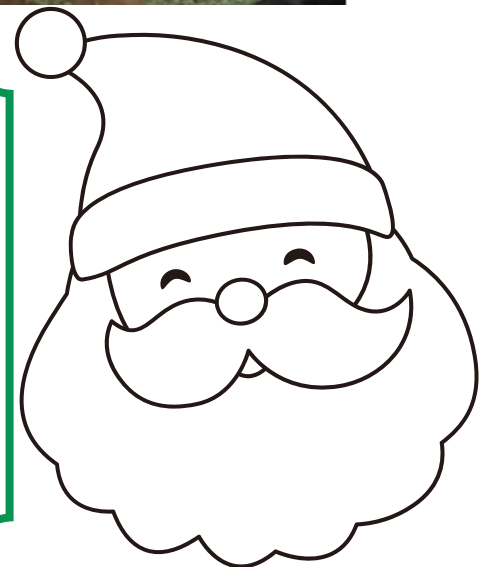
MARK YOUR CALENDAR

March 7, 2026 - Winter ID Day (Beef & Dairy)

April 25, 2026 - Spring ID Day (Goat, Sheep, & Swine)

June 6, 2026 - Summer ID Day (Rabbit & Poultry)

June 26 - July 4, 2026 - Ohio County 4-H Fair



Agriculture & Natural Resources

Pesticide Recertification Program Southeast Purdue Ag Center

4425 East 350 North
Butlerville, IN 47223

**Tuesday
December 16, 2025
1-3 PM**

Topics:

1-3 PM – John Bonkowski – Purdue Plant and Disease Diagnostic Lab

What Can PPDL do for your Farms

**2-3 PM – David Osborne – Purdue Extension –
Managing your Chemical Inventory
2025 PESTICIDE REGULATORY UPDATE**

Private Applicators wishing to receive recertification credit must bring their PA number to the meeting.

Fee is sponsored by Indiana Corn and Soybean Checkoff.
Questions to: David Osborne – 812-689-6511



Purdue University is an equal opportunity/equal access university.

If you have special needs, please call us prior to the meeting at 812-689-6511 or call 888-EXT-INFO and ask for the Ripley County office.

RIISING SUN COMMUNITY GARDEN

2025 HIGHLIGHTS

In a continued effort to increase access to fresh produce at the Christian Outreach Free Store, Ohio County community partners worked together to continue a donation-style community garden where all the produce was donated directly to food pantry participants. This report highlights the successes of the garden and celebrates those who worked to make fresh and healthy foods accessible to limited resources audiences in Ohio County.

428
POUNDS OF
PRODUCE
DONTATED

15
VOLUNTEERS

43
VOLUNTEER
HOURS
COMPLETED



**Open to ALL BEEF
PRODUCERS in
Bartholomew, Brown,
Dearborn, Jefferson,
Jennings, Ohio, Ripley,
and Switzerland
Counties.**

**Area 1
Annual Meeting
December 16, 2025
6:00PM**

**Southeast Purdue Ag Center
4425 East 350 North
Butlerville IN 47223**

**RSVP's REQUIRED by December 8
to 812-438-3656, for meal count!**

Agriculture & Natural Resources

The Links Between Cow-Calf, Stocker, and Feedlot Segments of the Beef Industry

Paul Beck, OSU Extension Beef Cattle Nutrition Specialist

The beef industry is often described in segments—calves start on the ranch, many go through a stocker or backgrounding phase, and then enter the feedlot. But what happens early in a calf's life doesn't just stay there. Health, nutrition, and management decisions made before weaning or during grazing ripple forward, shaping feedlot performance, carcass quality, and ultimately consumer demand.

A recent Applied Animal Science Special Issue highlighted how pre-weaning and stocker management affect cattle performance later in the feeding phase and at harvest (DOI: 10.15232/aas.2025-02716). Here are a few key takeaways:

Health Matters Most.

Bovine respiratory disease (BRD) is still one of the costliest health challenges. Calves treated for BRD during receiving gained less on pasture, entered the feedlot lighter, and finished with lower carcass weights. They didn't "catch up" later, showing the value of preventing sickness.

Nutrition Has Mixed Carryover.

Research showed limited long-term impacts of cow or stocker nutrition. Winter supplementation of cows did not consistently affect later calf performance. Distillers grains boosted gains on pasture, but advantages disappeared in the feedlot. Beef × dairy crosses responded to higher early-life nutrition with better growth and marbling, but compensatory gains were mostly confined to early finishing.

Management Leaves a Mark.

Calves weaned with low-stress methods or grown as yearlings tended to produce heavier carcasses with better quality grades than those shipped directly to the feedlot. Weaning strategy, grazing management, stocking rate, and calving season all influenced growth and carcass outcomes, though results were sometimes inconsistent.

What This Means for Producers

The most consistent message is that healthy, well-managed calves perform better all the way through the beef system. Preventing BRD, castrating before marketing, and using low-stress weaning methods are management decisions that continue paying off beyond the ranch gate. Nutrition programs support short-term growth but don't always carry over into finishing.

Early management decisions echo throughout the beef production chain. Keeping calves healthy and reducing stress is the surest way to add value in every segment.



Why Should I Test Forages for Quality?



Greater net profit is the primary reason livestock producers need to know the quality of forages they are feeding. Not knowing the forage's exact quality acts as a two-edged sword that can cut into profits. Not knowing the quality of the forages and feeding extra protein is one way to cut into profits. Another way is by overestimating the quality of the forage that can be detrimental to your herd. Animals on a poor quality forage can decrease a body condition score in a month.

Now is prime hay time making it a great time to take advantage of the forage probe available at the Ohio County Extension Office. Contact the office for more information on getting your hay tested so you are ready when it's time to start feeding it later this year.

Agriculture & Natural Resources



Holiday Wreath Making Workshop

**MONDAY, DECEMBER 1, 2025
@ 6:00-8:00pm**

Evergreens will be locally sourced and donated for you to craft into your own holiday creation! *If you would like to donate greenery to the workshop please contact the office to schedule a drop off.* Ribbons, wire, clippers, and frames are provided but, please feel free to bring your own craft supplies to add to your wreaths.

RSVPs are required to Purdue Extension-Ohio County. Please call (812) 438-3656 or email jmrichards@purdue.edu to reserve your spot. We are only have 20 spots available.

Program Cost: Wreath Making is FREE. Free will donations will cover the cost of materials and are greatly appreciated.



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Extension - Ohio County

Purdue Extension is an equal access/equal opportunity institution.

Health & Human Science

November is Alzheimer's Awareness Month

There are several warning signs of Dementia and it's important that if you notice any of these, to talk to your primary doctor. Having memory, mood or behavior issues could be originating another medical condition such as stroke, a B12 deficiency, hypothyroidism, depression or another infection.

Some of the common warning signs of Dementia include:

Recent Memory Loss

A person living with dementia may have frequent memory loss which can impact their ability to function on a daily basis.

Confusing time and place

Individuals living with dementia may be disoriented to time, place and the immediate environment.

They may not know who they are, why they are there or how they got there. Ex- waking up in the middle of the night and getting ready for work when they have been retired for years.

Difficulty performing familiar tasks

A person with dementia may have issues following or initiating a conversation. They may become frustrated or discouraged if they cannot remember a word or understand what the other person is saying.

Decreased poor judgement

Making decisions that negatively impact their well-being and paying less attention to daily needs

Problems with abstract thinking

Possibly forgetting what numbers are, how to add or subtract or even given out sensitive information like account numbers.

Forget where they place things

Repeatedly putting items where they do not belong. Ex: car keys in the freezer

Changes in mood/personality

We all can be moody but quick changes in mood can be a sign as well as becoming uncomfortable in social situations.

Loss of initiative

A person with dementia may no longer take the initiative to do things they once enjoyed. Ex- a person that usually loves to be outside is now afraid to leave the house.

info courtesy: <https://alzfdn.org/caregiving-resources/facts-tips/dementia-warning-signs/>

NOVEMBER IS DIABETES MONTH

Taking Action to Prevent Diabetes

1. You are more likely to develop Type II Diabetes when you are overweight, are 35 and older, have a family history, not physically active or are considered pre-diabetic.
2. Know your ABC's for developing Diabetes... **A1C numbers** **Blood Pressure** **Cholesterol**
3. Small changes can mean big things. Changing lifestyle habits like eating healthier meals, getting enough sleep and not smoking can all help prevent or help manage your diabetes.
4. Take your medicines on time- even when its harvest or planting season- take your medicines at the same time every day and follow the instructions for taking them.
5. Maintain a healthy weight. You may be able to delay or even prevent diabetes by losing 5-7% of your starting body weight.
6. Take care of your mental health- managing diabetes is not easy so having someone to talk to or ask questions about your disease can reduce feelings of depression or stress.
7. Work with your health care team! Don't skip appointments! Talk with a social worker or case worker if there are concerns about the financial aspects of regarding your diabetes and medicines.

Health & Human Science

Holiday Shopping Safety Tips

1. If shopping with children, make a plan and a meeting place if you get separated. Talk to your kids about asking a store security guard or assistant for help. Make sure they know your phone number.
2. Park in well-lit areas. Look at your surroundings when you get out and be sure to lock your vehicle.
3. Do not leave packages visible in the vehicle- lock them in the trunk.
4. Keep your wallet inside a coat or front pants pocket. Hold purse close to the body.
5. DO NOT USE PUBLIC WIFI while shopping- cyber thieves can intercept your device's signal and collect your personal data and payment info.
6. When walking in between stores and parking lot, have your keys in hand as you approach your vehicle. Be aware of your surroundings and check the inside of your vehicle.
7. Contact store security or police if you notice any suspicious activity.

Info Courtesy: <https://www.in.gov/dhs/get-prepared/general-safety/holiday-shopping-safety/>

Staying Scam Safe- The Virtual Gift Exchange....

This is a scam that is recycled on a yearly basis but continues to grab new victims each year. According to Indiana MoneyWise Matters, this seasonal pyramid scheme on Facebook, Instagram and Twitter begins when a friend posts about inviting you to a gift exchange often titled *Secret Sister Gift Exchange*. It's advertised that if you buy a gift valued at X amount and send it to one person, you will in return receive 36 gifts in the mail. Not only does this seem too good to be true, it's actually illegal according to the Better Business Bureau. Any chain letter of this kind is considered illegal gambling by the US Postal Service and that includes Postal mail, email and social media.

Stay smart and if it seems too good to be true than it usually is!

info courtesy: <https://www.in.gov/sos/indianamoneywise/blog/posts/holiday-scams-to-avoid/>



Be wary of delivery scams...

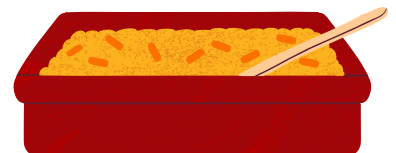
While consumers make numerous online orders during the holiday season, scammers are sending out texts and emails pretending to be from delivery companies. These texts typically contain some type of malicious link disguised as a tracking link or delivery notice. If you click on the link, it will either contain a form to steal your personal information or may automatically attempt to infect your device with malware. If you are expecting a package, use the tracking functionality on the delivery company's website.

info courtesy: <https://www.alliantcreditunion.org/money-mentor/protect-yourself-from-fraud-during-the-holidays>

Caramelized Sweet Potatoes topped with Maple, Feta and Walnuts



- 2 large sweet potatoes, peeled and cubed
- 2 Tablespoons olive oil
- 2 Tablespoons maple syrup
- ½ cup feta cheese, crumbled
- ¼ cup walnuts, chopped
- 1 tsp cinnamon
- Salt and pepper to taste



Directions: Wash hands with warm water and soap for 20 seconds. Preheat oven to 400 degrees. Mix olive oil, maple syrup, cinnamon, salt and pepper. Add the potatoes to a gallon size plastic bag and coat with olive oil mixture. Roast on a baking sheet for 25-30 minutes or until potatoes are tender- stir halfway through.

Transfer to a serving dish and sprinkle with feta and walnuts. Serve warm and enjoy!