

# January & February Newsletter



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# ENROLLMENT REMINDER

SCAN THE CODE TO ENROLL.



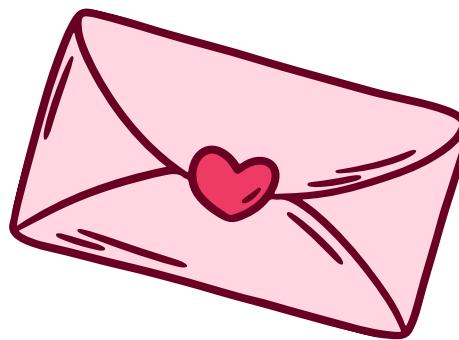
ALL YOUTH SHOULD BE ENROLLED FOR THE  
CURRENT 4-H YEAR BEFORE ATTENDING  
ANY EVENTS

## Staff Directory

### Educators

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County Extension Director  
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### Support Staff

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Extension - Ohio County

# Upcoming Dates

DATE	EVENTS	TIME	LOCATION
Jan 19	Fair Board Meeting	6:30pm	EO
Jan 20	Camp JD Meeting	6pm	Ripley County
Ja 22	4-H Affiliate Summit	5:30pm	Jackson County
Feb 2	QLC	5pm	EO
Feb 2	YAB Meeting	6:30pm	EO
Feb 10–March 31	Beef Basics	6pm	via Zoom
Feb 16	Junior Livestock Committee	5:30pm	EO
Feb 16	Livestock Committee	6pm	EO
Feb 16	Fair Board Meeting	6:30pm	EO
Feb 18 <sup>th</sup>	Mini 4-H Afterschool	3–4pm	OCEMS
March 7th	Winter ID Day	8–9am	Fairgrounds
April 25th	Spring ID Day	8–10am	Fairgrounds
May 15th	Project Drop/Add Deadline		
June 6th	Summer ID Day	9–10am	Fairgrounds

# 4-H Youth Development

## ATTENTION

7TH-12TH GRADERS THE TIME TO JOIN  
JUNIOR LEADERS IN NOW

**What Does It Look Like to Be a Junior Leader?**  
(aka... LOTS of fun!)

If you're in grades 7-12, come join Ohio County Junior Leaders and get involved in things like:

- 👶 Helping with the Baby Contest
- 🍋 Running Lemonade Shake-Up Stands
- 🎈 Assisting with Mini 4-H Days
- 🏈 Hosting Super Bowl Parties

You'll make new friends, give back to your community, and be a mentor to younger 4-H members—all while having a blast!  
Ready to join the fun?

When selecting your projects for the year just add Junior Leaders to your list

## Clubs &



### Classy Clovers

Sonja Southard-Meetings-2nd Wed.  
6pm

### Ohio County River Rascals

Kasie Short -Meetings- 2<sup>nd</sup> Tuesday  
4:30

### Jazzy Jesters

Mary Zeiser, Kathy Steele, Ashley  
Castle- Meetings 1st Friday

### Ohio County Trailblazers

Jenny Ohlmansiek- Meetings- 4th  
Sunday 2pm

## SPRING MINI 4-H AFTER SCHOOL DATES

- **Feb 18th**
- **March 18th**
- **April 5th**
- **May 20th**

REGISTER NOW



# 4-H Youth Development

Area 1 4-H:

## Beyond Ready to Show Livestock

March 28, 2026 10:00am - 3:00pm

Jefferson County 4-H Fairgrounds: 3767 W SR 256 Madison, IN 47250



Want to perfect your showmanship skills with advice from livestock industry leaders, professionals, and judges? Need to get your Quality Care training done for fair? If so, we invite you to a 1-day animal science and showmanship workshop! The event will be divided into 2 age-appropriate traveling groups.

\$10 Registration Includes:

- Catered Lunch
- Door Prizes
- Indiana 4-H Quality Livestock Care Registration
- Educational Resources

### Agenda

Time	Junior	Seniors/Int.
10:00		Welcome
10:10-10:35	Beef	Swine
10:35-11:00	Swine	Beef
11:00-11:10		Break
11:10-11:35	Sheep	Goat
11:35-12:00	Goat	Sheep
12:00-12:30		Lunch
12:30-1:00		Career Exploration
1:00-1:25	Poultry	Rabbit
1:25-1:50	Rabbit	Poultry
1:50-2:50	Indiana 4-H Quality Livestock Care Training	
3:00		Check-out

### Registration Required in 4-H Online Event by March 20<sup>th</sup>

Register at: <https://Area1LivestockWorkshop.4honline.com>

Event costs \$10 (pay at the door)

Families are encouraged to stay on fairgrounds.

Additional lunches may be purchased for \$5 per person. Please RSVP on the youth 4-H Online registration to reserve a lunch.

Contact your county extension office with questions.



Extension - 4-H Youth Development



EA/EOU

20264haffiliatesummit.4honline.com  
bit.ly/contactIN4H

INDIANA 4-H YOUTH DEVELOPMENT

# 4-H AFFILIATE SUMMIT

FOR 4-H EDUCATORS, COUNCIL MEMBERS, & FAIR BOARD MEMBERS

**Southeast:** Jan 22, Jackson County Community Foundation, Seymour, 5:30 pm - 9:00 pm

**Northwest:** Jan 24, White County Extension Office, Reynolds, 9:30 am-12:30 pm

**Northeast:** Jan 27, Whitley County 4-H Center, Columbia City, 5:30 pm - 9:00 pm

**Southwest:** Feb 5, Greene County Extension Office, Bloomfield, 5:30 pm - 9:00 pm

**Central:** Feb 19, Hendricks Co. Fairgrounds & Conf. Center, Danville, 5:30 pm - 9:00 pm

**East Central:** March 9, Blackford County 4-H Fairgrounds, Hartford City, 5:30 pm - 9:00 pm

### ABOUT THE EVENT

All Extension Educators and volunteers are welcome to attend the Indiana 4-H Affiliate Summit. 4-H Council Members, 4-H Fair Board Members, and members of other 4-H affiliate groups will find it especially beneficial to attend alongside their county 4-H educator for a time of learning and networking.



### AGENDA

- Check In and Connection Meal
- Welcome & Introductions
- Affiliate Updates/Refresher
- Rotating Conversations (Affiliates)
- Professional Development (4-H Staff)
- Q&A and Wrap Up

### REGISTRATION

- \$15 per person registration fee, meal provided
- Register at least one week before event date via 4-H Online
- Communicate your participation or need for registration assistance to your 4-H Educator
- [20264haffiliatesummit.4honline.com](https://20264haffiliatesummit.4honline.com)



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



**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**



# 4-H Youth Development



## 2026 SCHOLARSHIP OPPORTUNITIES

### Senior Year Scholarship

Available to 4-H members in their senior year of high school

### Club Scholarship

Available to 4-H members entering Purdue University majoring in the College of Agriculture or select majors in the College of Health and Human Sciences

### Purdue Horticulture & Landscape Architecture Scholarship

Available to a 4-H member majoring in horticulture or landscape architecture at Purdue University and studied plant science in 4-H.

### Accomplishment Scholarship

Available to 4-H members in grades 10-12 of high school and the year immediately following high school graduation. The purpose of the 4-H Accomplishment Scholarship is to recognize youth who have excelled in life skills development through their 4-H activities and involvement.

**Categories:** Animal Science—Meat and Milk Production; Animal Science—Companion and Small Animal Production; Citizenship; Communications; Engineering and Technological Science; Healthy Living, Food and Nutrition Science; Leadership Development; and Plant and Environmental Science. Three additional categories are reserved for applicants demonstrating life skills development in more than one of the previously listed categories. Those are Premier Achievement, Premier Citizenship, and Premier Leadership.

**Eligibility:** Applicants must be in grade 10, 11, 12, or their first year immediately following 4-H enrollment eligibility at the time applications are due. While an applicant does not have to be a current 4-H member, they must demonstrate multiple years of involvement in Indiana's 4-H Youth Development Program.

Youth who have previously been awarded a \$1,000 accomplishment scholarship are only eligible to compete in the Premier Achievement, Premier Citizenship, and Premier Leadership categories. Youth who have previously been awarded a \$2,000 scholarship are no longer eligible to compete in any category.

**Awards:** A minimum of thirty \$1,000 scholarships will be awarded to youth based on their demonstration of life skills development in these eight categories: Animal Science—Meat and Milk Production; Animal Science—Companion and Small Animal Production; Citizenship; Communications; Engineering and Technological Science; Healthy Living, Food, and Nutrition Science; Leadership Development; and Plant and Environmental Science.

A minimum of one \$2,000 scholarship will be awarded in each of these categories: Premier Achievement; Premier Citizenship; and Premier Leadership.

Visit [bit.ly/4hscholarship](https://bit.ly/4hscholarship) to download applications.

Applications due to County 4-H Educator January 25.

Contact your county's Purdue Extension Office to learn more.

**\$174,250 AWARDED IN 2025**



# 4-H Youth Development

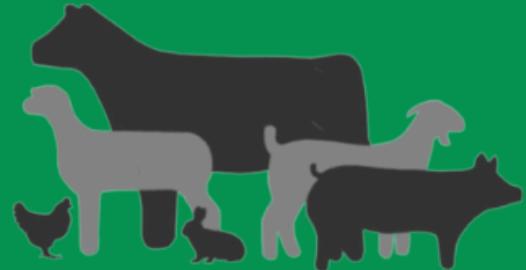


## INDIANA 4-H QUALITY LIVESTOCK CARE



To exhibit BEEF CATTLE, DAIRY CATTLE, SWINE, SHEEP, MEAT GOATS, DAIRY GOATS, POULTRY, and RABBITS, 4-H members must be certified through the Indiana 4-H Quality Livestock Care training OR the online Youth for the Quality Care of Animals program (YQCA) (\$12).

- This certification must be done on an annual basis
- Members must be registered in 4-HOnline BEFORE attending a training
- Members may attend any training dates listed on this flyer



To register for the Indiana 4-H Quality Livestock Care program, please use

<https://v2.4honline.com>.

Those planning to be certified through the YQCA program, will register at

[www.yqcaprogram.org](http://www.yqcaprogram.org) and will present their completion certificate to their 4-H Educator. If you need to request special accommodations, please contact the Extension office @ 812-438-3656.

### Training Dates & Times

February 2 @ 5pm  
March 2 @ 5pm  
March 25 @ 10am  
May 4 @ 5pm

### Training Locations

Extension Office  
Extension Office  
Extension Office  
Extension Office

Purdue University is an equal opportunity/equal access/affirmative action institution.

### Beef & Dairy Identification Day March 7th from 8 - 9AM @ Fairgrounds

- 
- All animals must be haltered with lead.
  - All steers and all heifers will be RFID tagged. 4-H members MUST provide Premise ID numbers in 4-HOnline by May 15th. Steers will be tagged and weighed.
  - All commercial heifers will be tagged (unless they already have a tattoo) and weighed. Registered heifers will be tagged with RFID tags and must present registration form at tag day and complete livestock enrollment in 4HOnline. All heifers must be permanently identified with a tattoo or 5-digit county tag, in order to meet federal health requirements.
  - Cows for the cow/calf project must be enrolled in 4HOnline by May 15. The calf will be tagged at the fair prior to unloading.
  - Dairy heifers must be tattooed if not previously done and entered in 4HOnline by May 15.
  - Any beef cattle going to the Indiana State Fair will need DNA samples taken contact the extension office for more information.

# Agriculture & Natural Resources

## Your Next Generation of Cows

### Build Back Better – Replacement Heifer Series - Article 8

*Mark Z. Johnson, Oklahoma State University Extension Beef Cattle Breeding Specialist*

The opportunity to make our next generation of cows a better fit to our production system and genetically capable of creating more profit potential is historically unprecedented. More tools are available to assist cattle breeders in this quest than ever before. The series of “Build Back Better” articles over the past two months have been written to target the cow-calf producers who are motivated by sustainable profit. Regardless of the size of your operation, a deep dive into the unique characteristics of your own production system is important to inform selection and mating decisions. Identifying breeding goals as well as prudent selection and mating decisions can result in a cowherd that yields more beef per acre of pasture, reduces your maintenance cost and serves as the production factory of market topping calves.

Consider the current performance metrics of your cowherd. Quantifiable measurements should be used to assess the efficiency of your business. And, measuring current levels of cowherd productivity helps identify where genetic improvement is needed. Collect, calculate and evaluate the following:

- What is the average weight of your 4 to 7 year old cows?
- What is the average weight of your weaned calves?
- Are calf birth dates clustered in the early part of the calving season or more widely spread out?
- What is your Percent Crop Weaned?
- On a whole herd basis, what percentage of their mature weight are your cows weaning off?
- What is the length of your calving season?

Guidance for calculating these performance metrics is available in Chapter 4 of the Eighth Edition of the Oklahoma State University Cooperative Extension Beef Cattle Manual.

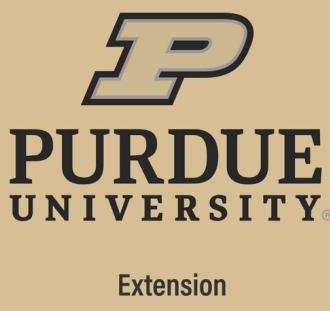
While this has been addressed from a standpoint of genetics and animal breeding, it is also important to consider other components of your production system over which you have management control. For example:

-- If you have put selection pressure on post-weaning growth and carcass traits over the long-term and sell your calves at weaning, are you documenting the calves genetic potential to grow, grade and yield for the next owner? Is it economically feasible for you to retain ownership of your calves? Are you capturing the full value of your investment in the genetic potential you have created?

- If you have a sound vaccination protocol and typically background weaned calves for at least 45 days prior to selling, have you documented these management practices to the fullest extent possible to capture the full value of your good management?



# Agriculture & Natural Resources



## Virtual Beef Industry Program for Aspiring and Early-Career Producers

If you are in need of accommodations to attend this program, please contact Jill at 812.438.3656 or [jmrichards@purdue.edu](mailto:jmrichards@purdue.edu) by February 2nd. If you need an interpreter or translator, please contact Jill at 812.438.3656 by February 2nd. Purdue University prohibits discrimination against any member of the University community on the basis of race, religion, color, sex, age, national origin or ancestry, genetic information, marital status, parental status, sexual orientation, gender identity and expression, disability, or status as a veteran.



## BEEF BASICS IN THE EASTERN CORN BELT

A new educational opportunity is on the horizon for individuals interested in the beef industry. Designed specifically for producers with less than five years of experience—or those simply curious about exploring the field—this comprehensive program offers a strong foundation in beef cattle production. However, all interested participants are welcome to attend.

Led by a team of Extension educators, specialists, and industry experts, the program will cover a wide range of essential topics.

### Session Topics Include:

- Beef Industry Overview and Marketing
- Animal Handling, Behavior, and Facilities
- Reproduction and Calving
- Genetics
- Forages
- Nutrition
- Animal Health
- Record Keeping and Emergency planning

Program Begins February 10 until March 31, 2026 on Tuesdays from 6:00-8:00 p.m. EST via Zoom

## REGISTRATION INFORMATION

### Registration is now open!

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**

The deadline to register is  
**January 30, 2026**



Register Here: <https://cvent.me/aWLXxV>

<https://ag.purdue.edu/department/ansc/beef-center/beef-programs.html>

# Health & Human Science

## Nutrition News and Updates

The media is talking and social media is buzzing about the new Nutrition guidelines released in early January. According to hhs.org, the goal of the new guidelines is to get back to the basics of fueling our bodies with lean, quality protein, fruits and vegetables, healthy fats and whole grains while avoiding highly processed and refined carbohydrates.

### Prioritize Protein:

Previously, dietary recommendations focused on carbohydrates to fuel the body versus protein. That philosophy has changed in that we need to be focused on including nutrient dense proteins in every meal. Examples include protein from animal sources like eggs, poultry, seafood, red meat and plant sourced proteins like beans, peas, lentils, legumes, nuts, seeds and soy.

### Avoiding Highly Processed Food:

Foods that are highly processed have less nutritional value so the new dietary guidelines call for “avoiding highly processed packaged, prepared, ready to eat or foods that are salty or sweet.” Further guidance says to “avoid sugar-sweetened beverages, such as soda, fruit drinks and energy drinks.”

### Avoiding Added Sugars:

New guidance suggests that “no amount of added sugars or non-nutritive sweeteners is recommended or considered part of a healthy nutritious diet” and calls for parents to completely avoid added sugars for children that are 4 or younger.

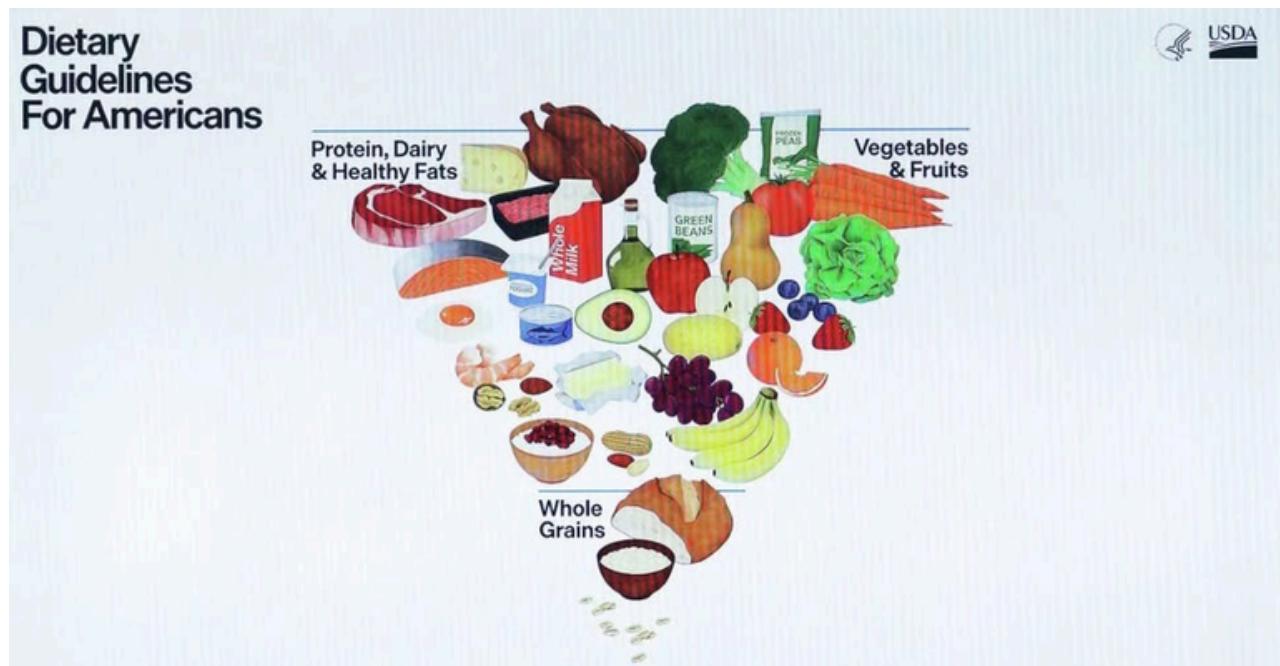
### Heralding Whole Grains and Avoiding Refined Carbohydrates:

This advice takes a strong stance on “prioritizing fiber-rich whole grains” and “significantly reducing the consumption of highly processed, refined carbohydrates”. Examples of refined carbs include white bread, ready to eat or packaged breakfast options, flour tortillas and crackers.

### Including Diets Lower in Carbohydrates to Manage Chronic Disease:

The new guidelines make the science based and common-sense recommendation that individuals with certain chronic diseases may experience improved health by having a diet that is lower in carbohydrates.

Info courtesy: <https://www.hhs.gov/press-room/fact-sheet-historic-reset-federal-nutrition-policy.html>



# Health & Human Science

## Taco Meatballs

Recipe Courtesy: <https://medinsteadofmeds.com/taco-meatballs/>

1-pound lean ground meat (ground turkey, chicken or lean ground beef)

1 egg

1/3 cup old fashioned oats

1/2 onion, diced

1 cup vegetables (spinach, carrots, zucchini, etc.)

1/3 cup salsa

1/2 cup shredded cheddar cheese

2 T. low-sodium taco seasoning

1 tsp. black pepper.



Directions: Wash hands with warm water and soap for 20 seconds. Mix all ingredients in a large bowl until well combined. Spoon out about 1 Tablespoon of mixture and roll into the shape of a ball.

Cooking Options:

**Oven**- preheat to 400 degrees. Bake on a baking sheet for 10-12 minutes or safe internal temp has been reached.

**Stovetop**- Spray cooking spray in a large skillet. Heat to medium high heat. Cook meatballs in batches so they do not touch in pan. Cook for 8-10 minutes, turning halfway through.

**Air Fryer**- preheat air fryer to 380 degrees. Light spray air fryer basket with cooking spray. Add meatballs in batches so they are not touching. Cook

## February is Heart Health Month

DYK that about 2,200 Americans die each day from heart conditions related to cardiovascular diseases? That equals about one person dying every 40 seconds. About 80% of cardiovascular diseases can be controlled by our daily activity and choices. We can quit smoking, get physically active for at least 30 minutes each day, eat healthy, maintain a healthy body weight and manage our blood pressure, cholesterol and glucose levels by seeing our doctor on a yearly basis.

information courtesy: <https://www.sophe.org/focus-areas/heart-conditions/>

## SLEEP APNEA....

info courtesy: <https://www.mayoclinic.org/diseases-conditions/sleep-apnea/symptoms-causes/syc-20377631>

Snoring, being irritated and super tired through the day could be the result in a condition known as sleep apnea. Sleep apnea is a potentially serious condition that causes your breathing to stop and start several times while you are asleep. Many with this condition snore LOUDLY and often feel tired even after a full 7-9 hours of sleep.

### 3 types of Sleep Apnea:

**Obstructive Sleep Apnea:** Also known as OSA and is the most common form of sleep apnea. It occurs when throat narrowing blocks the flow of air into the lungs.

**Central Sleep Apnea:** known as CSA, this type occurs when the brain doesn't send proper signals to the muscles that manage our breathing.

**Treatment-emergent central apnea syndrome or complex sleep apnea:** Occurs when Obstructive sleep apnea that has been diagnosed with a sleep study changes to central sleep apnea when receiving sleep apnea therapy.

Sleep apnea treatment can ease symptom and may prevent heart health issues. If you feel like you may be dealing with this medical issue, reach out to your doctor to get checked!