

# Newsletter

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EXTENSION | NATURAL RESOURCES

### How to Navigate the Office of the *Indiana State Chemist (OISC)* Website to Find Records and Programs

As many have noticed the OISC website to look up pesticide license records has changed over the last year or so. Here are some quick tips to navigating this website:

The new website is [https://www.inplants.oisc.purdue.edu/  
USAPlantsIN/Index.aspx](https://www.inplants.oisc.purdue.edu/USAPlantsIN/Index.aspx)

**To check credits for your license** click Pesticide Programs, then click applicator login. Enter your name and last four digits of your Social Security number. This will open all the details of your license including expiration date, meetings you have attended and the credits earned, and you can print a new license from here.

**To check for upcoming Commercial Applicator programs** click Pesticide programs, then click CCH courses. You can then search by the category, state, county, or date (s) that programs are offered.

**To check for upcoming Private Applicator Recertification Programs (PARP)** visit: <https://ppp.purdue.edu/private-applicators/recertification-parp/parp-events/>. You can then search by location in the state, dates, and categories. You can then click on the title of the program to get event details.

Lastly if you have limited internet or cannot find the information that you need call the Extension Office (812-354-6838) and we will be happy to help.



## 4-H GROWS HERE

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. This material may be available in alternative formats.

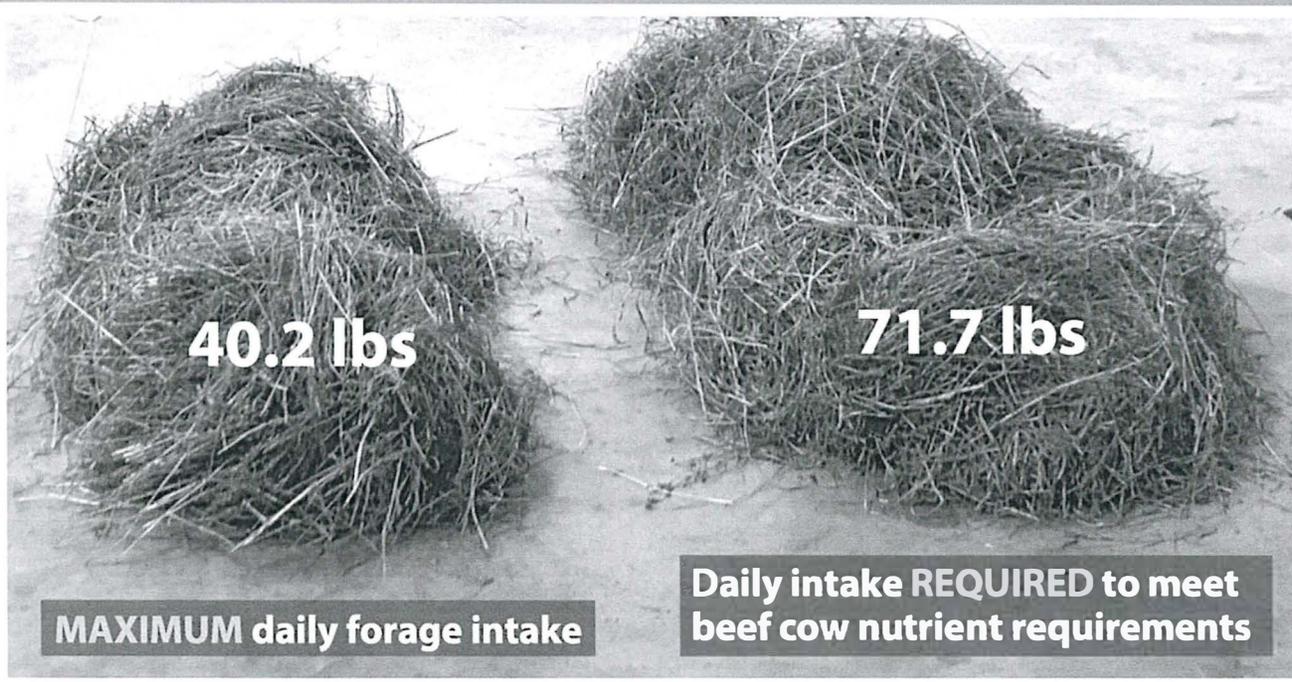


## WHY DO COWS LOSE WEIGHT WHEN THEY ALWAYS HAVE HAY TO EAT?

THEY CANNOT CONSUME ALL OF THE HAY NECESSARY TO MEET NUTRITION NEEDS BECAUSE OF VERY HIGH FIBER CONTENT

### WHAT SHOULD LIVESTOCK PRODUCERS DO?

- Sample all forage harvests with a hay probe
- Send to a certified lab
- Work with a trained nutritionist to balance rations
- Contact your Purdue Extension Educator with questions



Assumptions: Lactating 1300 lb cow at Body Condition Score 5, with moderate milk production

The forage depicted is mostly orchardgrass and tall fescue. It was made as baleage (high moisture hay wrapped in plastic and fermented) and harvested for the first time in late June because of a very wet spring. Forage quality as determined by testing was very poor (very high fiber, low energy, and low protein).

# STAB YOUR HAY FOR LIVESTOCK HEALTH

Probes on loan at Pike County Extension Office.  
For more information on sampling and testing,  
go to: [www.foragetesting.org](http://www.foragetesting.org)

## SAMPLE

Use a hay probe to take ~20 probings from different bales of the same field and harvest

## TEST

Send to a certified laboratory for analysis. Request: dry matter, crude protein, insoluble crude protein, Neutral Detergent Fiber, Acid detergent Fiber and minerals

## ALLOCATE

Review test results and allocate the hay based on livestock needs

## BALANCE

Provide results to a trained nutritionist so cost-effective supplements can be recommended and fed along with the hay to meet livestock nutritional needs

## Yard & Garden Calendar – January 2020

By Rosie Lerner, Extension Consumer Horticulturist

### Home (indoor plants and activities)

- Keep holiday poinsettias and other plants near a bright window. Water as top of soil becomes dry.
- Increase humidity around houseplants by grouping plants together, placing them on a pebble-water tray or running a humidifier.
- Check stored produce and tender flower bulbs and roots for rot, shriveling or excess moisture. Remove and discard damaged material.
- Repot houseplants as they outgrow current pots.

### Yard (lawns, woody ornamentals and fruits)

- Check young trees for rodent injury on lower trunks. Prevent injury with hardware cloth or protective collars.
- Keep road and sidewalk salt away from plants. Construct a screen of burlap, if necessary, to keep salt spray off plants.
- “Leaf” through nursery catalogs or visit websites and make plans for landscape and home orchard additions. Order plants early for best selection.
- Early spring-flowering trees and shrubs such as forsythia, crabapple, flowering quince, and flowering dogwood can be forced for early indoor blooms by placing cut branches in water in a warm location.

### Garden (flowers, vegetables and small fruits)

- Send for seed catalogs for the garden.
- Sketch your garden plans on paper, including what to grow, spacing, arrangement and number of plants needed.
- Order seeds and plants as early as possible for best selection.
- Wood ashes from the fireplace can be spread in the garden, but don’t overdo it. Wood ashes increase soil pH, and excess application can make some nutrients unavailable for plant uptake. Have soil tested to be certain of the pH before adding wood ash.

## Active Transportation: Benefits and Risks

“Active Transportation is any self-propelled, human-powered mode of transportation, such as walking or bicycling.” ([www.cdc.gov](http://www.cdc.gov)) Our doctor, spouse or our waistline may encourage us to engage in more active transportation. Walking to the store or biking to a meeting gives us a destination, and for some, may make the thought of exercise less boring or burdensome. Take a moment to consider, how can you add more movement into your normal daily routine?

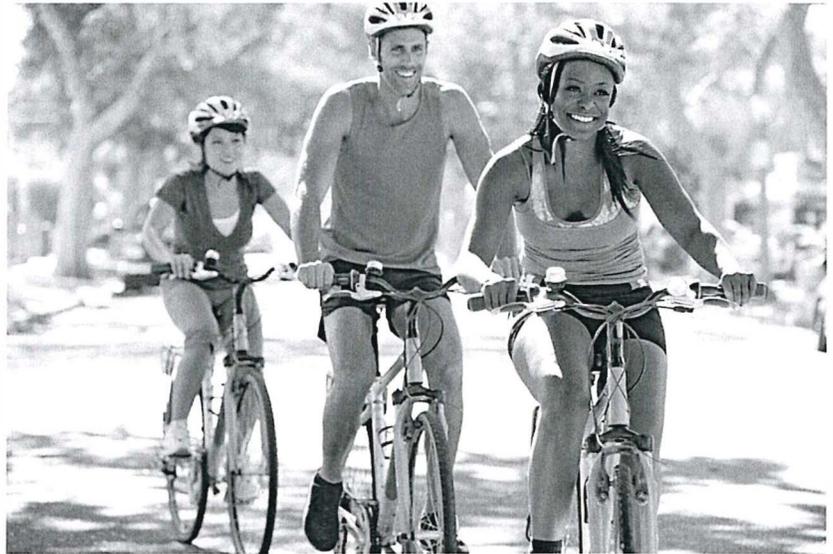
The benefits of regular exercise - in any form - has long-standing proven benefits including:

### Reducing

- Risk for disease
- Complications if you already have a disease (e.g. diabetes, heart disease)

### Improving

- Strength of your heart and lungs (you won't get winded or tired so easily)
- Blood pressure (your heart will thank you)
- Cognitive health (you think more clearly, reduces risk for early onset dementia)
- Mood (your spouse, kids and co-workers will thank you)
- Quality of sleep (your brain will thank you)
- Performance at work (you're paycheck will thank you)
- Pain levels (even when it hurts to move, gentle exercises can help with pain in the long run. Check with your doctor or physical therapist for suggestions on exercises that would help you.)



Ultimately, regular physical activity, especially when paired with healthy eating, can be considered a cure-all that trumps any pill or potion on the market. And it's free!

However, active transportation is not without risks. Here are some guidelines for motorists and pedestrians to keep the roads safe for all:

### Motorists:

- Practice defensive driving, that means your eyes are on the road and your surroundings, not on your cell phone or the radio or your lunch or the toy your screaming toddler dropped in the back floorboard
- Practice extra caution during times of low visibility, e.g. fog, night, when driving into the sun
- Share the road: move over and slow down for bicyclists

### Pedestrians (and bicyclists):

- Follow rules of the road; obey all traffic signs
- Use crosswalks, you have right-of-way if in a crosswalk, but you still need to watch for traffic
- Don't assume drivers can see you especially during times of low visibility
- Wear light colored, reflective clothing, especially during dusk to dawn hours

# Food Safety: Salmon and Tuna Safety

Written by Lydia Conner - Purdue University Nutrition and Dietetics, 2020

Salmon and Tuna are often packaged in cans and retort pouches. A retort pouch is flexible and made of aluminum foil and polyester. Fish is packaged in retort pouches after it has been processed. The entire pouch is sterilized at 240 to 250 degrees Fahrenheit. Seafood packaged in retort pouches can be kept on the shelf for about a year and a half. After opening, the fish can be stored in the refrigerator for three to four days.

Canned salmon and tuna have different safety considerations. After opening a can of seafood, you may find what looks like a crystal or glassy substance. According to the U.S. Food and Drug Administration, the crystals are magnesium ammonium phosphate, and form from things naturally found on fish. The crystals are perfectly safe to eat. After opening a can, it is important to put the uneaten fish in a new container. This will preserve quality, flavor, and limit the microorganisms that may get onto the fish.

If you are preparing fresh fish, here are some tips to ensure it is as safe as possible to enjoy:

- Make sure the internal temperature of the fish reaches 145 degrees Fahrenheit when cooking.
- Do not eat raw or undercooked fish. Freezing can kill some harmful pathogens, but some bacteria and parasites may still survive.

The more safely you handle fish, the less you will need to worry about contracting foodborne illness.

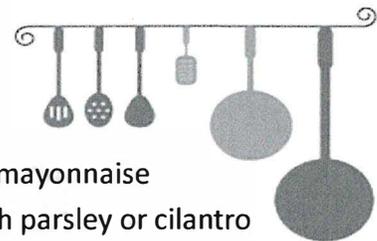


## Tuna Slider with Green Chiles

### Ingredients (3 servings)

5 oz canned tuna, drained  
1 can chopped green chilies (1-4.25 oz. can)  
1/4 cup diced celery  
1/4 cup diced red onion

1/4 cup reduced fat mayonnaise  
2 tbsp. chopped fresh parsley or cilantro  
6 slider rolls Lettuce



Combine tuna, green chilies, celery, onion, mayonnaise, and chopped herbs in a large bowl. Toss to mix. Top the bottom half of each roll with lettuce leaves, and add some tuna mixture. Top with the other half of the roll. Enjoy!

**Nutrition Facts**  
(2 sliders)  
Calories: 285  
Protein: 20g  
Carbs: 34g

Sources: <https://www.choosemyplate.gov/recipes/myplate-cnpp/tuna-slider-green-chilies>





# Pike County 4-H Youth Development

## In 2019, 4-H Inspired Kids To Do!

4-H programs are grounded in the belief that kids learn best by doing. Kids complete hands-on projects in areas like science, health, agriculture, civic engagement, and are encouraged to take on proactive leadership roles.

There were 185 enrolled 4-H members and a total of 48 certified adult volunteers in 2019. The project with the most 4-H members was Arts and Crafts with 76 youth.

Throughout the year, 4-H members and adult volunteers participated in 4-H club and project meetings, community service activities, educational workshops, and county, area, and state events. In 2019:

- ◆ Members showed off their talents at the Pike County 4-H Performing Arts Contest. Jayla Harris went on to represent Pike County in the Area 3 4-H Performing Arts contest!
- ◆ Two youth represented Pike County 4-H at State 4-H workshops. Lillian Holesinger and Samuel Haycraft attended 4-H Academy.
- ◆ A total of 154 youth exhibited 894 projects at the 2018 Pike County 4-H Fair.

The current 4-H theme is “4-H Grows.” It was exciting to watch 4-H members grow through the 4-H Youth Development program in 2019! There were 266 youth reached through 4-H educational programs last year. With a total of 1,869 youth in grades 3-12, that is 14% of Pike County youth reached!

*Everyone at the Pike County Extension Office is looking forward to continuing to live out the 4-H Motto, “To Make the Best Better” in 2020!*

## **4-H Enrollment Final Reminder**

Enrollment and re-enrollment can be completed through 4HOnline at

**<https://in.4honline.com>**

The statewide 4-H enrollment is from *October 15th through January 15th* and all 4-H members must re-enroll annually in order to remain active. January 15 is the deadline to remain on our mailing list. This is the final 4-H correspondence you will receive if you are not yet enrolled. Re-enrollment must be completed and dues must be paid no later than May 15th in order to be eligible to participate in the 4-H Fair. Please take the time to update any changes to your contact information. If you would rather complete a paper form, one can be requested from the Extension office.

## **State Trips and Workshops**

Did you know that being a 4-H Member opens up doors for exciting opportunities at state, national, and international levels? There are many exciting trip and workshop opportunities available for middle and high school youth! Check out some of the possibilities in the included flyer.

Contact the Extension office if you are interested in registering for a trip or workshop. Keep in mind that the Pike County 4-H Council will often help offset some of the trip cost, when you agree to help promote 4-H trip and workshop opportunities.

Because we need to budget for the trips early, we need to know if you are interested in taking advantage of any of the trip opportunities by no later than **Friday, March 6, 2020**.



# 4-H GROWS HERE

## *4-H Club Leader Meetings*

The Pike County 4-H Club leader's meetings will be held on the second Monday of every third month (quarterly) at 6:00 p.m. at the Pike County 4-H Building.

*Upcoming meetings are February 10, May 11, August 10, and November 9.*

## **4-H Council Meetings**

The Pike County 4-H Council meets on the first Monday each month at 6:30 p.m. at the Pike County 4-H Building.

***Upcoming meetings are January 6, February 3, March 2, and April 6.***

## **Pike County Project Information Night**

Pike County 4-H will be hosting an Information night on different projects available to participate in Pike County. There will be project demonstrations, testimonies from previous project participants, and much more! Please join us for an evening of fun and learning what 4-H has to offer for you and your family.

The information night will take place at:

**Pike County 4-H Building**

**Monday, January 13, 2020**

**6—8:00pm**

## **4-H Shooting Sports Instructors Training**



The Pike County 4-H Shooting Sports program relies on trained Adult 4-H Volunteers to conduct shooting practices and events. Approved adult volunteers must attend a three-day certification workshop in order to be trained to teach a shooting discipline. The next Shooting Sports Instructor Certification workshop will be held April 3-5 at Ross Camp in West Lafayette. Registration opens in February and fills quickly. Contact the Extension office if you are interested in becoming a certified shooting sports instructor. Shooting sports disciplines include: archery, pistol, rifle, muzzleloader, shotgun, and outdoor skills.



**4-H Academy @ Purdue**  
**Delegate Enrollment Form**  
**June 10-12, 2020**  
**Purdue University**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **ZIP code:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Birthdate** \_\_\_\_\_  
(Area Code) (Month - Day - Year)

**Gender:** \_\_\_\_\_ Male \_\_\_\_\_ Female **Grade (as of Jan. 1, 2020):** \_\_\_\_\_

If you require special accommodations or dietary needs, please contact the County Extension Office.

I am registering for the following 4-H Academy @ Purdue Option: (check one option)

- \_\_\_\_\_ 4-H Civic Engagement
- \_\_\_\_\_ Entrepreneurship
- \_\_\_\_\_ Food Science & Nutrition
- \_\_\_\_\_ Natural Resources
- \_\_\_\_\_ Sustainable Agriculture
- \_\_\_\_\_ Plant Science
- \_\_\_\_\_ \$how Me the Money
- \_\_\_\_\_ Spread the News!

- Animal Science: (select one)**
- \_\_\_\_\_ Animal Bio-Science
  - \_\_\_\_\_ Animal Health
  - \_\_\_\_\_ Food Animal 1
  - \_\_\_\_\_ Food Animal 2
  - \_\_\_\_\_ Horse & Companion Animal

- STEM it Up!: (select one)**
- \_\_\_\_\_ Computer Science
  - \_\_\_\_\_ Engineering
  - \_\_\_\_\_ Electric
  - \_\_\_\_\_ The Science of Flight

- Healthy Living: (select one)**
- \_\_\_\_\_ Exploring Health Careers
  - \_\_\_\_\_ Intro to EMS



# 2020 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, and a silver tray, will be awarded in each of these categories: Premier Achievement; Premier Citizenship; and Premier Leadership.

Additional scholarships may be awarded depending on sponsorship availability. The number of scholarships awarded in each category may be adjusted to meet special criteria of a particular sponsor.

Visit [bit.ly/IN4Hscholarships](http://bit.ly/IN4Hscholarships) to download applications.

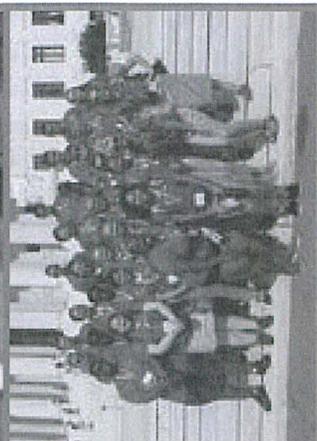
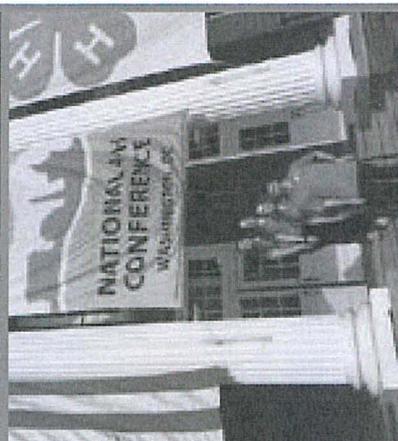
Applications due to County 4-H Educator January 25.

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

**\$105,675 AWARDED IN 2019**

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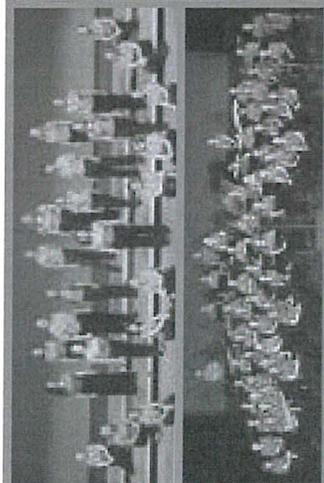
Extension  
INDIANA 4-H



State & National  
4-H Opportunities

2019-2020

PURDUE UNIVERSITY | Extension INDIANA 4-H



4-H Scholarships - applications due January 25 to County Extension Office.

[bit.ly/IN4Hscholarships](http://bit.ly/IN4Hscholarships)

National 4-H Conference - Sat, March 28- Thurs, April 2, Washington, D.C., grades 9-12 completed; application due December 1.

[purdue.ag/National4HConference](http://purdue.ag/National4HConference)

4-H Academy @ Purdue - Wed, June 10 - Fri, June 12, Purdue University, grades 9-12 completed; over 15 career exploration workshops available. Registration deadline May 15. [bit.ly/4Hacademy](http://bit.ly/4Hacademy)

State 4-H Band - Sat, June 20 - Mon, June 22, Purdue University; perform Monday evening of 4-H Round-Up; grades 9-12 completed, registration deadline April 1.

[bit.ly/IN4Hband](http://bit.ly/IN4Hband)

4-H Round-Up - Mon, June 22 - Wed, June 24, Purdue University, grades 7-9 completed, registration deadline June 1. [bit.ly/IN4HRoundUp](http://bit.ly/IN4HRoundUp)

State Fair Exhibit Hall Workers - end of July through completion of IN State Fair; workers are at least 14 years old at time of work; application due April 15.

[purdue.ag/IN4Hehw](http://purdue.ag/IN4Hehw)

Indiana 4-H Leadership Summit - Sat, Nov 21, Carmel, IN; youth grades 8-12 & adult volunteers; educational breakout sessions & scholarship & volunteer award recognition. Registration deadline Nov 1. [purdue.ag/IN4HSummit](http://purdue.ag/IN4HSummit)

National 4-H Youth Congress - Fri, Nov 27 - Tues, Dec 1, Atlanta, Georgia; grades 9+, application due May 1.

[purdue.ag/National4HCongress](http://purdue.ag/National4HCongress)

Teens as Teachers - Fri, Feb 21 - Sun, Feb 23, Camp Tecumseh—multiple tracks available. Teams are formed at the county level in the fall, contact your County Extension Office early for more info. [purdue.ag/TeensAsTeachers](http://purdue.ag/TeensAsTeachers)

Global Gateway Experience - Fri, April 17 - Mon, April 20, Howell Nature Center in Howell, MI; Teams are formed at the county level in the fall, contact your County Extension Office early for more info. [purdue.ag/4HGlobalGateway](http://purdue.ag/4HGlobalGateway)

State 4-H Junior Leader Conference - Tues, June 16- Fri, June 19, University of Indianapolis, grades 9-12 completed; registration due May 15.

**Facebook: @4HSJLC**      [purdue.ag/4HSJLC](http://purdue.ag/4HSJLC)

State 4-H Chorus - Sat, June 20 - Tues, June 23, Purdue University; perform at Tues evening session of 4-H Round-Up; grades 9-12 completed, registration deadline April 1.

[bit.ly/IN4Hchorus](http://bit.ly/IN4Hchorus)

Citizenship Washington Focus - Sat, June 27 - Sat, July 4, Washington, D.C.; grades 9-12 completed, registration deadline March 15. [purdue.ag/4Hcwf](http://purdue.ag/4Hcwf)

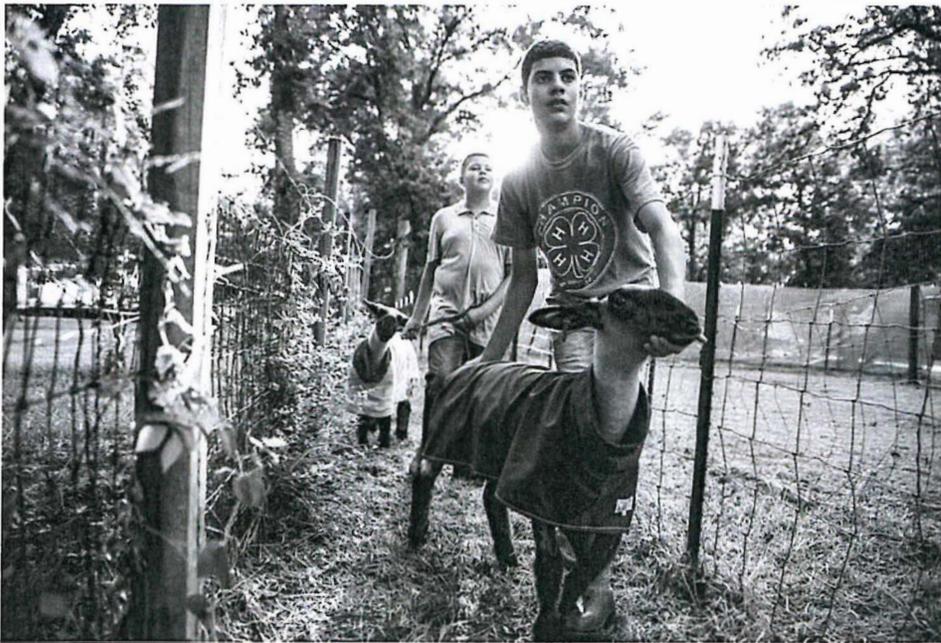
National 4-H Dairy Conference - Sun, Sept 27 - Thurs, Oct 1, University of Wisconsin-Madison; grades 9-12 completed.

[purdue.ag/National4HDairy](http://purdue.ag/National4HDairy)

**Please contact your local Extension Office for county-specific application, selection, & registration information.**

In addition to the opportunities listed here, Indiana 4-H offers one-day programs focused on specific subject areas, additional programs related to the Indiana State Fair, opportunities for trained Teen Teachers, Career Development Events, and more throughout the year. Learn more at [bit.ly/getinvolvedin4h](http://bit.ly/getinvolvedin4h)

**Check out photos of past events at [bit.ly/IN4Hphotos](http://bit.ly/IN4Hphotos)**



# PIKE COUNTY 4-H YQCA TRAININGS

**TUESDAY, MARCH 24 AT 1:00 P.M.**

**WEDNESDAY, MARCH 25 AT 1:00 P.M.**

**SATURDAY, MAY 9 AT 9:00 A.M.**

**TUESDAY, MAY 11 AT 6:00 P.M.**

***The 2020 Pike County YQCA in-person trainings will ALL be FREE and will be held at the Pike County 4-H Building in Hornady Park in Petersburg. Attend ONE training***

***To exhibit beef cattle, dairy cattle, swine, sheep, meat goats, dairy goats, poultry, and rabbits in 2020, 4-H members MUST BE certified through the YQCA program.***

**There are 2 ways  
to be YQCA  
certified:**

1. Youth may complete the entire course online at [yqca.learngrow.io](http://yqca.learngrow.io). Pay a \$12 fee for online certification.
2. Youth attend an in-person YQCA training.

*Please sign up for an in-person training at least a week in advance. Contact information is below.*

*See reverse side for more information about the Youth for the Quality Care of Animals program.*

**QUESTIONS? CONTACT:**

**David Ackley**

4-H Youth Development  
Educator, Pike County

812-354-6838

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

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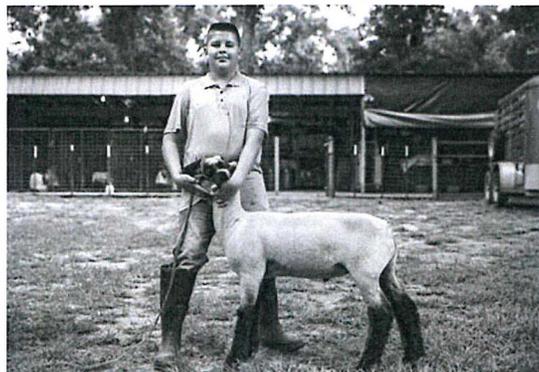


**4-H GROWS HERE**

## WHAT IS YQCA?

The acronym stands for “Youth for the Quality Care of Animals”

The YQCA program was developed in a partnership with Extension educators and specialists involved in Animal Science from 10 universities that already had livestock quality assurance courses available to youth.



Industries such as the National Pork Producers, National Beef Cattle Association, National Milk Producers, and a few other organizations contributed to the importance of wanting to be able to share a consistent message with youth exhibitors on proper care and management of animals.

## YQCA IN INDIANA 4-H

To exhibit beef cattle, dairy cattle, swine, sheep, meat goats, dairy goats, poultry and rabbits in 2020, all 4-H members in Indiana must be certified through the YQCA program.

While this is a new statewide requirement, it should not be viewed as just another rule, but rather as an important educational opportunity for 4-H livestock members. Making this a statewide exhibition requirement is how Indiana 4-H ensures that 4-H members learn about quality assurance, but it really has nothing to do with animal exhibition. The reason for requiring YQCA is for youth to learn best management practices with their animals.

The livestock industry is experiencing significant negative publicity because of animals from youth livestock programs. Are you ready to help the livestock industry take on this challenge by ensuring 4-H youth are learning to ethically raise and exhibit their animals? You can help these perceptions by being a part of the solution.

## GOALS OF REQUIRING YQCA IN INDIANA 4-H



- Ensure that Indiana 4-H livestock members are more prepared to be ambassadors for animal agriculture in their role as youth livestock exhibitors.
- Ensure animals from the Indiana 4-H livestock program are treated with the utmost care.
- Ensure that Indiana 4-H livestock members are contributing to a safe and wholesome food supply.

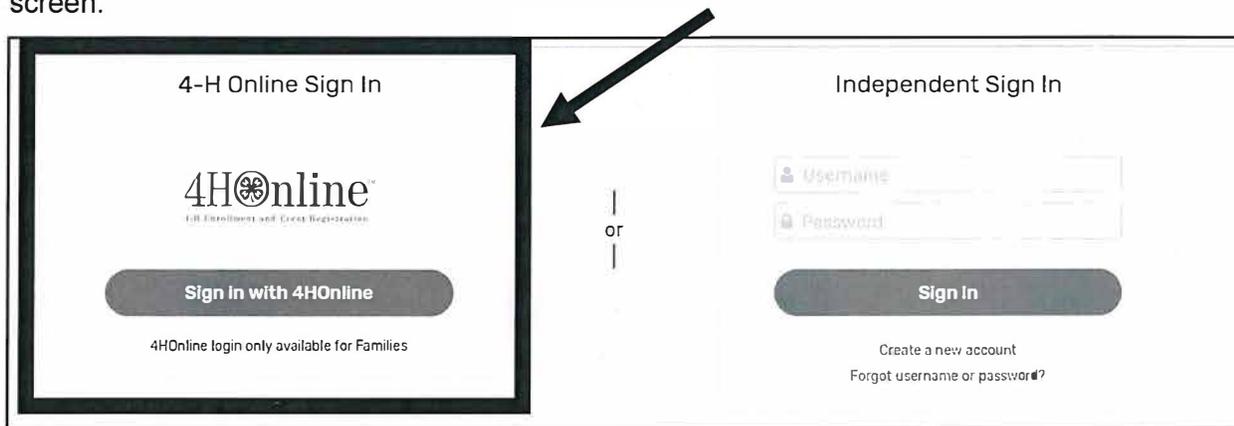
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## Registering for YQCA Training Sessions

A step-by-step guide

**4-H members who plan to exhibit beef cattle, dairy cattle, swine, sheep, meat goats, poultry, and rabbits MUST BE YQCA CERTIFIED BY MAY 15.  
 No current YQCA certification = No exhibition/auction eligibility**

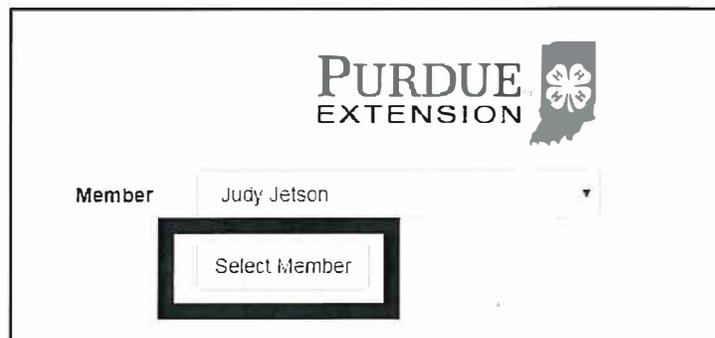
1. Open web browser and go to [yqca.learnrow.io](http://yqca.learnrow.io). There will be two parts to registering for a YQCA training. The first will be to connect your 4-HOnline profile with the YQCA website. There will be two options to register your YQCA profile online – through 4-HOnline and through an Independent Sign In. As a Pike County 4-H Member, you will want to select “Sign in with 4HOnline” on the left side of the screen.



2. Once you have clicked on the “Sign in with 4HOnline” Button, a dropdown menu will appear. Select “Indiana 4-H Youth Development.”



3. You will be redirected to a screen where you will log in with the same information you use to log in to 4-HOnline (email and password). After logging in, you will select the member for whom you would like to create a YQCA profile. Once you have the member in the dropdown menu, click “Select Member.”



- You will then have to click on a statement saying you are old enough to create your YQCA Account or that you are a parent/guardian of the member. Once you have clicked the button next to the statement, select "Create Account." Then type your name and click to sign the YQCA Data Sharing Consent Form. This way we will be able to retrieve your information in the system.

**Complete Your Account**

You're almost done! Please enter a username for your account.

(1) I am 13 years of age or older; and/or (2) the parent/guardian of the above minor; I understand and agree to the Terms of Use

**Create Account**

Cancel

---

**Data Sharing**

**Data Sharing Consent**

I give permission for LearnGrow and the Organization associated with this account to share Personally Identifying Information including but not limited to First Name and Last Name to third parties for the purpose of verifying course certification.

Member Full Name  
JUDY JETSON

I agree

**Continue**

- The second part of registering is to sign up for the actual training. On this page you will click on the class you need. Once you have selected the class, you will be able to sign up to take the training online or in person. Online classes are \$12 each and must be paid for by you if you choose that option. In-person trainings are free for Pike County 4-H members this year.

**Course List**

<p>Course <b>Age 08: Junior</b></p> <p>To qualify for this course, you must have turned 8 in the previous calendar year.</p> <p>Web-Based Training \$12.00 Instructor-Led Training \$3.00</p>	<p>Course <b>Age 09: Junior</b></p> <p>To qualify for this course, you must have turned 9 in the previous calendar year.</p> <p>Web-Based Training \$12.00 Instructor-Led Training \$3.00</p>	<p>Course <b>Age 10: Junior</b></p> <p>To qualify for this course, you must have turned 10 in the previous calendar year.</p> <p>Web-Based Training \$12.00 Instructor-Led Training \$3.00</p>
<p>Course <b>Age 11: Junior</b></p> <p>To qualify for this course, you must have turned 11 in the previous calendar year.</p>	<p>Course <b>Age 12: Intermediate</b></p> <p>To qualify for this course, you must have turned 12 in the previous calendar year.</p>	<p>Course <b>Age 13: Intermediate</b></p> <p>To qualify for this course, you must have turned 13 in the previous calendar year.</p>

[Back to Course List](#)

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**Web-Based Training**      **Instructor-Led Training**

Course  
**Age 17: Senior**      **\$12.00**      **Age 17: Senior**      **\$3.00**

To qualify for this course, you must have turned 17 in the previous calendar year.

Certification for Judy Jetson

**Purchase Course**

or

State: \_\_\_\_\_

training: Select a state first...

Certification for Judy Jetson

**Purchase Course**

6. To take a course **online**, you will select “purchase course” under “Web-Based” Training. In order to sign up for an **in-person training**, you will fill in information on the right hand side of the screen under the title “Instructor-Led Training.” Use the dropdown menus to find the date and location you wish to go to the training on. Then click “Purchase Course.”

← Back to Course List

Web-Based Training

Course  
Age 17: Senior \$12.00

To qualify for this course, you must have turned 17 in the previous calendar year.

Certification for Judy Jetson

**Purchase Course**

OR

Instructor-Led Training

Course  
Age 17: Senior \$3.00

To qualify for this course, you must have turned 17 in the previous calendar year.

State  
Indiana

Training  
Feb 5, 2018 6:30 PM - 7:30 PM: Danville - Hendr

Certification for Judy Jetson

**Purchase Course**

7. Once selected, you will be able to enter the coupon code (for in-person trainings) or to select a payment method (for online trainings). Click “Add Credit Card” to pay online or obtain a coupon code from David at the Extension office to register for a free in-person training.

Select payment method

Course Age 17: Senior  
Amount \$3.00  
Type Instructor-Led Training  
Certification for Judy Jetson

Apply a coupon code if you have one

Coupon Code Apply

Select from one of your existing credit cards or add a new one.

**Add Credit Card**

Add Credit Card

Cardholder Name

Card Number

Expiration Date Jan 2018

Validation (CVV)

**Add Credit Card** Cancel

8. You will then have a chance to review your course information before purchasing. Once you are ready, select “Purchase Course.”

← Back to Course List

Select payment method

Course Age 17: Senior  
Amount \$3.00  
Type Instructor-Led Training  
Certification for Judy Jetson

Apply a coupon code if you have one

Coupon Code Apply

Select from one of your existing credit cards or add a new one.

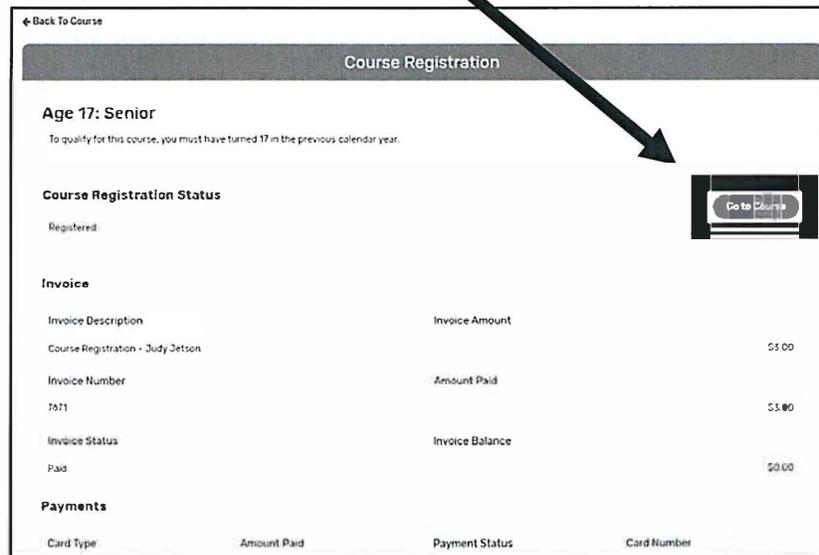
Add Credit Card

Your Saved Credit Cards

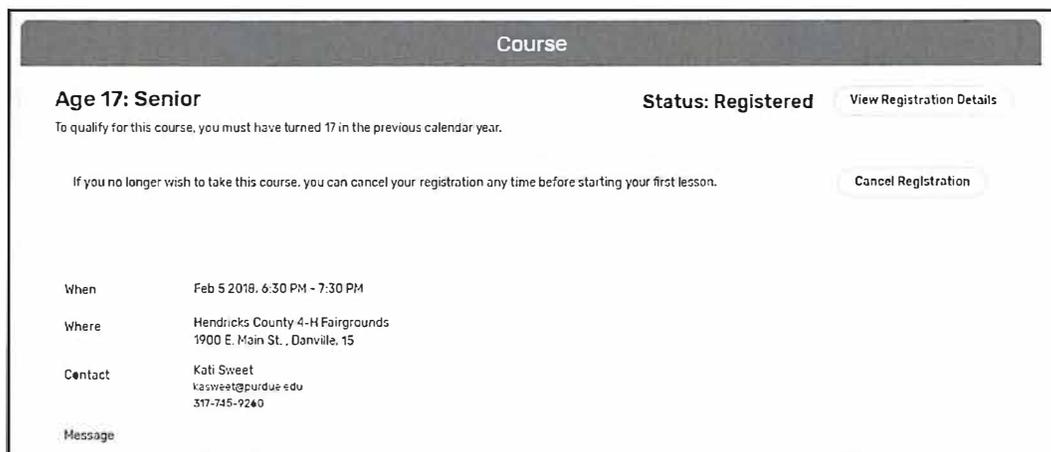
\* MasterCard

**Purchase Course**

9. After you have purchased your course, you will see your “Invoice” information. You can print this for your records or refer back to it by logging back into your account. If you click to “Go to Course” button on the top right of the screen, you will be able to review information about the training for which you have registered.



10. From here, you can review course information, cancel registration, view registration details, or go back to your profile.



11. Once training is complete (either online or in-person), you will be given access to a certificate that will show you have successfully completed the YQCA training. If doing an in-person training, it may take a few days for the certificate to show in your account.

**Note on web-based training:** *You must pass three quizzes to get certified (animal well-being, food safety, and life skills). You will follow the prompts on the screen once you have purchased your course to complete your online training.*



**Questions? Need Help? Contact David Ackley at [ackleyd@purdue.edu](mailto:ackleyd@purdue.edu) or call Purdue Extension-Pike County at 812-354-6838.**



# Eat Better for Less

## *Cheers to the New Year!*

### Pass the leftovers!

Use this busy time of year as an opportunity to practice repurposing your leftovers. It can save you time, money, and reduce food waste! Repurpose ingredients from other meals to inspire your creativity in the kitchen. Use these tips to get creative with your leftovers.

- Prepare double portions. Are you steaming vegetables for a side dish? Make a double batch to use in soup later in the week.
- Store leftovers in transparent containers so that you can see what food is inside. This way, you can easily keep track of food that still needs to be used in your refrigerator.
- Have one night be “leftovers night” for dinner.
- Use extra pasta from spaghetti night in a fun pasta salad.
- Use leftover vegetables to make a veggie-packed omelet.
- Has your bread gone stale? Place it in the oven on a low heat for about 10 minutes. Once cooled, crumble in a blender, food processor, or in a plastic bag to make homemade bread crumbs!
- Store vegetable scraps in a freezer-safe plastic bag in the freezer. Once full, dump the bag into a pot and add water to cover. Simmer on a low heat for 2 hours, and strain the vegetables out. Now you have made homemade vegetable broth to use in soups and stews.
- Place leftover vegetables, cheese or meat over salad greens with your favorite dressing!



**Hearty Vegetable Beef Soup**  
([choosemyplate.gov](http://choosemyplate.gov))

### Ingredients:

- 3/4 can chicken broth (low sodium, 14.5 oz)
- 1/2 cup water
- 2 cup mixed vegetables (fresh, frozen, canned, or leftover)
- 1 can tomatoes (14.5 oz, broken up)
- 4 ounces beef (cooked and diced)
- 1 teaspoon thyme leaves (crushed)
- 1 dash pepper
- 1/4 teaspoon salt
- 1 bay leaf
- 2 cup noodles (narrow-width, uncooked)

### Directions:

1. Heat broth and water.
2. Add vegetables, meat and seasonings.
3. Bring to boil, reduce heat and boil gently, uncovered, for 15 minutes.
4. Add noodles. Cook until noodles are tender, about 10 minutes
5. Remove bay leaf and enjoy.

**Food Safety Reminders:** Don't let the holiday hustle make you forget to be safe while cooking! Here are some reminders to keep you and your family safe from food-borne illness.

- Wash hands before, during, and after food preparation. Be sure you are washing with warm, soapy water for at least 20 seconds.
- Keep raw meats separate from fresh produce and cooked foods. Be sure to always use separate cutting boards and knives. Never let juices from raw meat touch “ready-to-eat” foods!
- Refrigerate leftovers quickly (within 2 hours of preparing) and toss them within 3-4 days after preparation. When in doubt... Toss it out!

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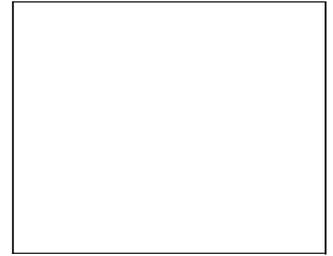
This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP.

Resource: <http://ivaluefood.com> and <http://skinnytaste.com>

# PURDUE

U N I V E R S I T Y

PURDUE EXTENSION — PIKE COUNTY  
COURTHOUSE  
801 E MAIN STREET  
PETERSBURG INDIANA 47567-1249



Address Service Requested

Dear Extension Supporter,

Purdue Extension Pike County is implementing an electronic newsletter as of May 1st, 2020. The shift to an e-newsletter will allow us to communicate the same information efficiently via email, our website, <https://extension.purdue.edu/Pike>, and our Facebook page, Purdue Extension Pike County. The e-newsletter automatically will be sent to the email address we have on file for you. If you would like to give us your email address, or receive a printed version of our e-newsletter, please contact Lisa Clark at 812-354-6838 or [clark428@purdue.edu](mailto:clark428@purdue.edu).

Thank you for your continued support of Purdue Extension Pike County. We're looking forward to a great 2020 filled with new programming, old favorites, and the best resources of Purdue Extension.

Sincerely,

David Ackley

4-H Youth Development and Agriculture & Natural Resources

Purdue Extension – Pike County

*Important  
Notice*

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