



PURDUE UNIVERSITY COOPERATIVE EXTENSION SERVICE  
Clark County  
9608 Highway 62, Suite 1  
Charlestown, IN 47111-9640  
Cooperating with the U.S. Department of Agriculture

**Return Service Requested**

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.

*Should you need a reasonable accommodation to participate in this event, prior to the day of the workshop, please contact the Extension Office at 812-256-4591.*

Purdue Extension - Clark County  
Extension Express  
March/ April 2017

*The Clark County Extension Office will be closed the following dates:*

*April 14<sup>th</sup> – Good Friday*



*Marilyn*

Marilyn Sink  
HHS Educator/CED  
msink@purdue.edu

*Katie*

Katie Whiteford  
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*Lori*

Lori Rice  
Office Manager  
loririce@purdue.edu



## Clark County 4-H Important Dates

### March/April 2017



#### March

- 4 Beef & Dairy Beef Steer ID Day- 8am-11am-4-H Fairgrounds
- 6 New Family Orientation-6:30pm-4-H Fairgrounds Food Stand
- 7 Shooting Sports Call Out Meeting-6pm-4-H Fairgrounds Food Stand
- 9 Health & Personality Workshop-6:30pm- Clark County Extension Office Conference Room
- 11 Clark County 4-H Consignment Auction Fundraiser
- 12 Officer's Training-2pm-4-H Fairgrounds Food Stand
- 12 Junior Leader Meeting-2pm-4-H Fairgrounds Food Stand
- 13 4-H Trip Meeting-7pm-4-H Fairgrounds Food Stand
- 14 Balloon Car Challenge-6:30pm- Clarksville Parks & Rec.
- 16 Adult Leader Meeting-7pm- Clark County Extension Office Conference Room
- 20-22 Robotics Spark Club-9am-Noon-Clarksville Library
- 21 Beekeeping Spark Club- 6:30pm-4-H Fairgrounds Food Stand
- 21 Windmill Challenge-2pm-New Washington Library
- 22 4-H Corp. Board-7pm- Clark County Extension Office Conference Room
- 22 Windmill Challenge-2pm-Henryville Library
- 23 Windmill Challenge-2pm-Borden Library

#### April

- 3 Horse & Pony Shot Clinic-6:30pm-Horse Arena
- 4 Nano Bot Challenge-6:30pm-Clarksville Parks & Rec.
- 5 Electric Workshop-4:30pm-4-H Fairgrounds Community Foundation
- 6 Area II Livestock Judging Contest-Little York Stockyards
- 8 Swine Workshop & PQA-10am-4-H Fairgrounds Food Stand
- 9 Junior Leaders -2pm-4-H Fairgrounds Food Stand
- 9 Rabbit Workshop-3pm-4-H Fairgrounds Food Stand
- 15 Beekeeping Spark Club-6pm-Field Trip
- 19 Corporation Board Meeting- 7pm- Clark County Extension Office Conference Room
- 20 Adult Leader Meeting-7pm- Clark County Extension Office Conference Room
- 21 Area II Performing Arts Contest-5pm-Bass Pro Shops
- 22 Beef & Dairy Workshop-10am-4-H Fairgrounds Food Stand
- 26 Livestock Committee Meeting-7pm- Clark County Extension Office Conference Room
- 27 Garden Workshop-6pm-Clark County 4-H Fairgrounds
- 29 Poultry Workshop-10am-4-H Fairgrounds Food Stand



**Animal ID Day**  
**May 6<sup>th</sup> 2017**  
**8am-11am**



## **2017 New 4-H Family Orientation**

March 4<sup>th</sup> @ 6:30pm

4-H Food Stand

- Open to 4-H members and their families in their 1<sup>st</sup> -3<sup>rd</sup> year of the 4-H experience
- A great place to get specific questions answered about 4-H
- Review of needed forms and resources to make you a successful 4-H member and parent

Contact the Extension Office to Register



## **Health & Personality Workshop**

March 9<sup>th</sup> @ 6:30pm

*Clark County Extension Office*

- Come learn tips & tricks to completing your project
- We will be working on a project to get you started in the right direction for fair
- Get hands on practice to make your project successful!

This workshop is free of charge please sign-up today!



## **Rabbit Workshop**

April 9<sup>th</sup> at 3pm

Clark County 4-H Fairgrounds

Join us for hands on learning stations to practice your skills with breed ID, body parts, meat cuts and more! Food will be provided.

Please register by April 1<sup>st</sup>

## **Area II 4-H Camp**

Ride the trails of adventure at the Area II 4-H Camp, a rodeo of exciting adventures **June 2-4, 2017!** 4-Hers in grades 3-8 are invited to join the Wild West camping adventures. Camp will ride in at Country Lake Christian Retreat in Clark County. Registration forms will be mailed out this month and are due via 4HOnline no later than May 1<sup>st</sup> with your payment. Please contact the Extension Office with questions.



## **Clark County 4-H**

### **Farm & Construction Equipment**

#### **Consignment Auction**

March 11<sup>th</sup> starting at 10:00am

Clark County 4-H Fairgrounds

For Information Call:

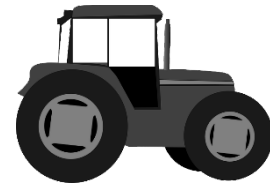
Tony Barger: 502-817-5691

Ann Branstetter: 502-759-6823

Wally Estes: 502-817-6831

Jason Raney: 502-639-2695

Forms are also available at the Extension Office.



## **4-H Shooting Sports Call-Out Meeting**

March 7<sup>th</sup> @ 6pm

4-H Food Stand

If you are interested in joining the Clark County 4-H Shooting Sports Club or are a current this meeting is for you!

Questions?

Contact the Extension Office



## **Officer's Training**

March 12<sup>th</sup> @ 2pm

Food Stand



Are you an officer of your club or wanting to learn more about an office? This training is open to all 4-H members who are interested in learning more about being President, Vice President, Secretary, Treasurer, Song Leader, Recreation, Devotions or Health & Safety of their clubs. The training will take part during a Junior Leader Meeting. Youth will be able to watch the meeting and take home information about being an officer. At the end of the meeting we will have pizza and soda for everyone. There will also be fun ice breakers and games to kick-off the meeting, so come join us to learn more about being a 4-H club officer!



## **Area II Performing Arts Contest**

**April 21<sup>st</sup> @ 5pm**

**Bass Pro- Clarksville**

Do you have a talent you would like to share? Are you good at singing or dancing?

Does your 4-H Club have a skit they would like to perform?

The Clark County Performing Arts Contest is the place to exhibit your special talents. The registration form can be found on our website or you can request one from the office. Please return your form to the

Extension Office by April 14<sup>th</sup>.

If you have questions please contact us!

812-256-4591

kcarunch@purdue.edu



## **2017 4-H Trip Meeting**

March 13<sup>th</sup> @ 7pm

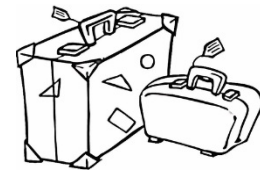
4-H Food Stand

Open to 4-H members and their families

Come learn about all the trips 4-H has to offer

Hear testimony from current 4-Hers who have attended trips and get your questions answered

*Contact the Extension Office to Register*



## **Clark County 4-H Swine Workshop**

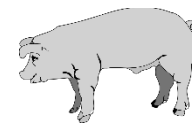
**April 8<sup>th</sup> @ 10am**

**4-H Fairgrounds Food Stand**

Come join us for guest speakers from Puretek Genetics/Whiteshite Hamroc and Umbarger Show Feeds

PQA will be offered after lunch.

Please sign-up by April 1st!



## **Horse & Pony Shot Clinic**

**April 3<sup>rd</sup> @ 6:30pm**

**4-H Fairgrounds Horse Arena**

This is a great place to get your required horse shots and turn in all the paperwork needed to complete horse & pony enrollment. You must have all your shot paperwork completed and turned into Sharon Barger before you can participate in open rides.



# Beekeeping Spark Club



Have you ever wanted to learn about bee keeping?  
Do you want to obtain the skills the professionals use to raise bees?  
If so, this 5 session Spark Club is for you.

This club is open to all 3<sup>rd</sup> -12<sup>th</sup> graders. If you are currently enrolled in the Clark County 4-H program there is no cost. If you are not a Clark County 4-H member the cost to join is \$25. (Scholarships are available upon request)

*For questions or to sign-up for the Bee Keeping Spark Club please contact the Clark County Extension Office 812-256-4591 or kcarunch@purdue.edu*

## **Session 2: March 21 – 6:30pm-8:30pm**

- ✓ How to set-up a hive
- ✓ How to use safe handling with bees
- ✓ What are the uses of honey and beeswax? (Samples?)

## **Session 3: April 15<sup>th</sup>**

- ✓ Field Trip to Floyd County Bee Farm

## **Session 4: May TBD -6-8pm**

- ✓ What flowers to bees use to make honey?
- ✓ Collect and press 10 flowers used by bees to make honey in Indiana (Project Completion Day)

## **Session 5: July TBD 2-5pm**

- ✓ Extraction if possible
- ✓ Chunk Honey Comb if possible (Project Completion Day)

All participants will need to wear close toed shoes. Safety gear will be provided at no cost to all participants. Parents are encouraged to stay and learn alongside the youth. A completed 4-H health form will be required by all participants.



## **2017 Clark County 4-H Battle of the Barns**

**Sunday, July 16<sup>th</sup> @ 7pm**



We will no longer have a fun night on Thursday evening of the fair. Instead we will now have a battle of the barns contest held in the outdoor arena. Each team will be led by barn committee captains (adults). Every participant will receive a free t-shirt. If you would like to join one of the teams please contact the Extension Office no later than June 15<sup>th</sup>. If you have questions about this event please contact the office.

Teams: Swine, Goat, Sheep, Beef/Dairy, Lama, Horse, Poultry, Rabbits, Exhibit Hall

**Garden Workshop**  
**April 27<sup>th</sup> @ 6pm**  
**Clark County 4-H Fairgrounds**

Join us for a Garden Workshop presented by the Sunny Side Master Gardeners! We will have hands on experience working in the Community Garden on the fairgrounds. Youth will receive flowers and vegetable plants to take home and grow. We will also be transplanting herbs the youth will be able to care for and exhibit at the fair if they choose.

Please register for this workshop by April 10<sup>th</sup>  
812-256-4591  
kcarunch@purdue.edu



**Clark County 4-H Beef/Dairy Workshop**  
**April 22<sup>nd</sup> 10am-Noon**  
**4-H Fairgrounds Food Stand**

Come join us for the following FUN Beef & Dairy educational activities:

- Anatomy
- Meat Cuts
- Breeds
- Identification Systems



Lunch will be provided for all participants so please sign-up by April 14<sup>th</sup>!

**2017 Animal ID Day**  
**May 6<sup>th</sup> 2017**  
**8am-11am**

Each member with a livestock exhibit will receive a packet with animal ID information. *There will be stations at Animal ID day to enter your information and complete your online enrollment that day.*

All animals that are intended for exhibit at the 2017 Clark County 4-H Fair must be entered on your 4HOnline Account no later than

**May 15, 2017.**

**There are no exceptions to this rule.**

No online enrollment equals no exhibit!



**Electric Workshop**  
**April 5<sup>th</sup> @ 4:30pm**  
**Community Building**



**Interested in taking the electric project? Looking to complete an advanced electric project for the fair?**

**This workshop may be for you. We will be completing projects for levels 1-3 and working on projects for levels 4 and advanced. Clark County REMC will be assisting with this program.**

**Level 1 (Circuit Board)**

**Cost: \$3.00**

**4:30pm-5:30pm**

**Level 2 (Shake Light)**

**Cost: \$16.50**

**5:30pm-6:30pm**

**Level 3 (Trouble Light)**

**Cost: Contact the office**

**6:30pm-7:00pm**

**Level 4 & Advanced**

**Bring your own project**

**7:00pm-7:30pm**

**\*\*Dinner will be provided for all participants\*\***  
**Please register for this workshop by March 22<sup>nd</sup>**

**812-256-4591**

**kcarunch@purdue.edu**

**Clark County 4-H Poultry Workshop**  
**April 29<sup>th</sup> 10am-Noon**  
**4-H Fairgrounds Food Stand**

Come join us for guest speaker Maria Hall and hands on education stations. This is a great time to get your poultry questions answered for fair and future activities.

Lunch will be provided for all participants so please sign-up by April 21<sup>st</sup>!

## Clark County Ag News

March/April 2017

ANR Newsletter - A newsletter for homeowners and producers in Clark County about education opportunities and information regarding agricultural production from the Purdue Extension Service.

To register to participate in any event or if you have questions, please call the Clark County Extension office. You may also register or have your questions answered by sending an e-mail to [Skafari@purdue.edu](mailto:Skafari@purdue.edu).

Put together by Simon Kafari, ANR Educator, Clark County, 9608 Hwy. 62, Suite 1  
Charlestown, IN 47111  
Phone: (812) 256-4591  
Fax: (812) 256-4270  
[skafari@purdue.edu](mailto:skafari@purdue.edu)

March/April are among the busiest months for ANR activities. These are the months when corn/soybean and livestock farmers devote much of their attention to raising crops and managing pastures. This is also the period when vegetable gardening and gardening classes take on a new level of interest among gardening lovers. It is also a time that sees high level of activity in landscape maintenance at homes and around businesses and organizations such as schools and churches. Beekeeping activities is also at its peak during this time when bees increase foraging activities and the making of honey.

ANR education is normally raised one notch higher starting in these 2 months until August to cope with increased ANR activities and clients visits. For the month of March and April, Clark County Extension ANR activities will include consultations on soil testing and interpretation of soil test results to ensure the right types and right rates of fertilizer and Ag lime material are used. With farm profit margins becoming razor thin by the year, it goes without saying how important it is to not only use the right types of fertilizers and lime material but to also use quantities of these materials that balance yield and productivity with economic returns. Clark County Extension is available to help farmers and gardeners navigate these decision processes to come out with what is best for them.

ANR activities lined up for March/April aimed at addressing some of the needs above are listed in the Agricultural Events section of this newsletter. Also, watch out in the local newspapers for additional information on these activities as well as for other ANR activities that may not make it into this newsletter. You may also call the Extension office for additional and updated information on ANR activities at any time.

Happy farming and gardening to you all!

Sincerely,

Simon Kafari

Mark your calendar – Agricultural Events		
Date	Topic(s)	Time of Event
March 1 <sup>st</sup>	Beekeeping class – a. The Life of a Bee (How and When to Obtain Your Own Bees) b. Breeding Indiana Queens for Better Survivor Stock	6:30 - 8:30pm
March 7 <sup>th</sup>	Beekeeping class – a. Basic Equipment Needs (for Bees and beekeepers) b. Different Equipment for Different Needs	6:30 - 8:30pm
March 21 <sup>st</sup>	Beekeeping class – a. Purdue Bee Breeding Program - "Selecting for Behavioral Resistance to Varroa Destructor". b. "Queen and Drone Biology"	6:30 - 8:30pm
March 9 <sup>th</sup>	Joint program with Clarksville Parks and Recreation – "Tomatoes: More Than Just in the Garden"	6:30 – 8:30pm
March 15 <sup>th</sup>	Clark County Beekeepers Association club meeting – "Set Up and Preparing for New Bees"	6:30 - 8:30pm
March 16 <sup>th</sup>	After Dinner Garden Conversation - "Vegetable Nursery Management 101"	7:00 - 9:00pm
March 22 <sup>nd</sup>	Agronomy Workshop - "Using Soil Test and the N Rate Calculator to Spend Fertilizer Dollars Wisely" (PARP recertification credits available)	6:30 - 9:00pm
March 28 <sup>th</sup>	Workshop – "GMOs and Their Use in Agriculture"	6:30 - 8:30pm
March 30	Workshop - "Best Practices for Lawn and Tree Management"	6:30 - 9:00pm
April 4 <sup>th</sup>	Beekeeping class – a. Are The Bees Dying (what to prepare for with beekeeping) b. Protecting the Bee (what beekeepers and farmers need to know)	6:30 - 8:30pm
April 13 <sup>th</sup>	After Dinner Garden Conversation - The Why, What, When and How of Growing Vegetables	7:00 - 9:00pm
April 19 <sup>th</sup>	Clark County Beekeepers Association club meeting – "Installing Bees in a Hive"	6:30 - 8:30pm
April 27 <sup>th</sup>	Joint program with Clarksville Parks and Recreation - "Sustainable Management of Vegetables Insects and Diseases in the Garden"	6:30 - 8:30pm

All classes/workshops except for Joint programs with Clarksville Parks and Recreation will take place at the Clark County 4-H Fairgrounds, 9608 Highway 62, Charlestown, IN 47111. Classes with Clarksville Parks and Recreation will take place at the Clarksville Middle School, 101 Ettels Lane, Clarksville, IN

**Beekeeping Workshop**

Clark County Extension is sponsoring a 4-part class beekeeping workshop in March and April. Beekeeping experts and beekeeping supplies companies including Purdue University, Dadant & Sons Inc., Bastin Honey Bee Farm, LLC, New Albany Honey & Apiary and the Beekeepers of Indiana will teach these classes.

There is a fee of \$20 per person for all 4 classes. See the Agricultural Event calendar above for details. A minimum number of registrants is required for the program to come on.

**Joint programs with Clarksville Parks and Recreation**

**Location: Clarksville Middle School**

Clark County Extension is collaborating with Clarksville Parks and Recreation Department on their adult education classes starting January this year. As part of this program, Clark County Extension will teach vegetable gardening classes at the Clarksville middle school in March and April. See the Event calendar above for details. There is a nominal charge of \$3 for each class to meet the cost of presentation handouts.

If you are interested in registering to participate in any of these classes, please visit the Clarksville Parks and Recreation programs website at <http://www.clarksvilleparks.com/programs---classes.html>. If you have questions about these classes you may contact Ken Conklin (Tel: 812-283-1423; Email: [kconklin@clarksvilleparks.com](mailto:kconklin@clarksvilleparks.com)) with Clarksville Parks and Recreation



### **Clark County Beekeepers Association club meetings**

#### **Location: Food Stand, Clark County 4-H Fairgrounds**

The Clark County Beekeepers Association meets every month on the 3rd Wednesday. See the event calendar for details on the March and April meetings. The club is open to all and welcomes anyone interested in joining to learn either about beekeeping or help train others on beekeeping.

If you have questions, please contact the Social Media Coordinator of the club (425-315-2238 ) or email ([colormemod@gmail.com](mailto:colormemod@gmail.com)). You may also contact the Clark County Extension office or email Simon Kafari.

### **The After Dinner Garden Conversation” – Clark County Vegetable Gardening Classes (7:00-9:00pm)**

#### **Location: Clark County 4-H Fairgrounds**

The Clark County annual vegetable gardening class series dubbed “The After Dinner Garden Conversation” is here! Starting February 2017, we would have a series of 8 classes, one class per month on Thursdays from 7-9pm. There will be a fee of \$20 for all 8 classes or \$5 per class if you choose to participate in some of the classes. Participants will get a 3-ring binder with all 8 presentations or the presentations of their choice and enjoy light snacks at every presentation.

The After Dinner Garden Conversation as the name implies is going to be doing just that! There will be a series of sessions on vegetable gardening that combine conversations on individual experiences with presentations.

For March, the topic will be “Vegetable Nursery Management 101” which will take a look at all the different stages of vegetable nursery management from seed extraction, nursery containers, correct media for the nursery, the environmental needs of the nursery and management needs. In April, the topic will be “The Why, What, When and How of Growing Vegetables”. The class will discuss why we engage in gardening, how to manage a garden, the needs for engaging in a successful gardening and when to grow different types of vegetables (see the Event calendar above for additional details).

### **Agronomy workshop - “Using Soil Test and the N Rate Calculator to Spend Fertilizer Dollars Wisely”(PARP recertification credits available) – March 22<sup>nd</sup> (6:30-9:00pm)**

#### **Location: Clark County 4-H Fairgrounds.**

Clark County Extension will host an Agronomy workshop jointly with Purdue University. Dr. Jim Camberato of the Department of Agronomy will be speak on the topic “Using Soil Test and the N Rate Calculator to Spend Fertilizer Dollars Wisely”. His talk will focus on how soil tests can be used to put P and K fertilizer where it is most likely to return profit in the short term and the most efficient methods of N application and how to choose an economical N rate. For the benefit of those who use manure as a fertilizer, Jim will also touch on how to value the nutrient contributions of manure to crops.

Simon Kafari will talk on “Striking Harmony – How Pesticide Applicators and Pollinators Can Live Side by Side”. It is not an exaggeration to say pollinators; especially bees are at the heart of food production. The importance of these creatures is often over looked. Simon will take participants through the role of bees in food production and what homeowners, farmers and beekeepers need to know and do to provide safety for pollinators and bees. Although the workshop is free, registration is required as a minimum number is required for the program to come on.

### **Workshop – GMOs and their use in Agriculture - March 28<sup>th</sup>, 2017 (6:30-8:30pm)**

#### **Location: Clark County 4-H Fairgrounds**

Dr. Peter Goldsbrough of Purdue University will be hosted by Clark County Extension to help residents make sense of Genetically Modified Organisms (GMOs) and their use in agriculture. His talk will cover the methods used to develop genetically modified organisms (GMOs); how these biotechnology traits and GMOs have been

used in agriculture since their introduction in 1995 and the impact of GMOs on agriculture in the US and elsewhere. He will also touch on how these GM crops are regulated in the US; what consumers should know about GMOs and the safety of foods that contain these products.

If you are a commercial farmer worried about the impact of GMOs on your business and export opportunities or you want to know the impact GM crops have on pesticides use, this is your opportunity. If you are a gardener concerned about the impact of GMO's on the vegetables you grow or you are a dairy or beef cattle farmer worried about the impact of GMOs on your feed and meat/milk quality, this is the workshop for you. If you are an environmentalist eager to know the impact GM crops have on the environment, now is the time to come and hear from an expert.

Although the workshop is free and opened to everyone, registration is required as a minimum number is required for the program to come on.

**Workshop - "Easy Tricks for a Beautiful and Healthy Yard - Best Practices for the Lawn and Tree Manager" - March 30<sup>th</sup> (6:30 - 9:00pm)**

**Location: Clark County 4-H Fairgrounds.**

How to maintain your lawn and trees in the most cost effective and least toxic manner has remained a problem for Homeowners. Whether you are concerned about costs, or about environmental impacts or just interested in the aesthetics of your lawn and surroundings, there are "Best Practices" for lawn and tree management that can meet your objective. These best practices employ easy to use tricks and processes to achieve a beautiful and healthy yard or tree stand.

Clark County Extension will host a Lawn and tree Management Workshop to help homeowners with tips on "Best Practices" in lawn and tree management. Kris Medic, a Purdue Extension Educator from Bartholomew County and a Board-Certified Master Arborist will talk on the topic "A Winter into Spring Best Practices for Tree Owners". Kris will discuss best practices for disease prevention and plant health in the landscape that will "Reduce your maintenance and keep the eye-appeal!" Jeff Hermes, a Purdue University Extension Educator from Decatur County and an expert on lawn care will talk on best practices, low maintenance and least-toxic approaches to maintaining a healthy lawn.

Although the workshop is free and opened to everyone, registration is required as a minimum number is required for the program to come on.

**CLARK WANTS TO KNOW**

**Taking a second look at selecting the right liming material and applying the right liming rate**

Livestock and crop farmers have over the years developed standard routines on liming their pasture files and croplands. While these practices have served livestock and crop farm owners well over the years, from time to time, it is a good idea to revisit existing approaches including where liming material is obtained from, the type of material purchased, and the rates and frequency of application. This is particularly important as every dollar invested into farming operations these days counts. Simon Kafari, the Clark County Extension Educator has developed ways to help crop farmers and livestock owners take a second look at their liming practices with the view to reducing costs. It only takes about 30 minutes to go through the process. It will either confirm current practices as being on the right course or suggest some modifications for efficient lime use. So call the extension office to schedule a group review or for a one-on-one free consultation. Even if you are confident what you are doing today is cost efficient and effective, there is no harm to get a validation. You will need recent soil test results to engage in the exercise.

# HEALTH AND HUMAN SCIENCES CORNER

## New Beginnings

When I think of spring, I think of new beginnings. Plants are coming to life again, trees have buds on them and the new greens are emerging from the ground. No matter where you look, changes are happening.

If you are like me, you probably made a resolution to get healthier in 2017 but as each calendar day passes, you find yourself reverting to old habits. Why not take advantage of the spring season and create a new beginning?

With longer days and warmer weather ahead, make plans to walk outside, try a yoga routine or get out in your garden. Whatever your new beginning is, take a deep breath, a big step and start over.

**Start over – it's spring.**  
**Marilyn**

## HOMEMAKERS CORNER

The Spring District Meeting will be  
Wednesday, March 8 at the  
Crawford County 4-H Fairgrounds.

Registration: 9:30 a.m.

Meeting: 10 a.m.

This year's theme is

*Hats off to You!*

## Scholarship Application Now Available

The Clark County Extension Homemakers are offering two (2) scholarships of up to \$500 each to any qualified Clark County resident. One will be given to a high school senior (boy or girl); and one to any other person who would like to complete their education or upgrade their vocational skills.

Applications may be picked up at the Purdue Extension-Clark County Office, or downloaded at

<http://www.ag.purdue.edu/counties/clark/> or contact Lori Rice at [loririce@purdue.edu](mailto:loririce@purdue.edu) to have one emailed to you.

All applications must be postmarked or delivered to the address below by April 29, 2017.

Purdue Extension-Clark County  
Extension Homemaker Scholarship  
9608 Highway 62, Suite 1  
Charlestown, IN 47111-9640

# Upcoming Programs



## ServSafe Food Protection Manager Class and Examination

March 23, 2017

Registration: 8:00 AM – 8:30 AM

Class: 8:30 AM – 5:30 PM

Exam: 4:00 PM

Class, Exam & Book: \$155

Exam Only: \$50

Book Only: \$55

**REGISTER ONLINE  
@ INRLA.ORG**

Purdue Extension Office  
9608 Highway 62  
Charlestown, IN 47111

A Photo ID with signature is required to take the exam.  
(e.g., driver's license, state ID, student ID, military ID, employee ID, U.S. green card or valid passport)



**Sellersburg Library**  
430 N Indiana Ave, Sellersburg, IN 47172  
Thursday, March 30th @ 11 a.m.

*For parents and children ages 18 months to 8 years old.*

*For more information, contact Marilyn at the Purdue Extension -  
Clark County Office at 812-256-4591 or via email [msink@purdue.edu](mailto:msink@purdue.edu)*

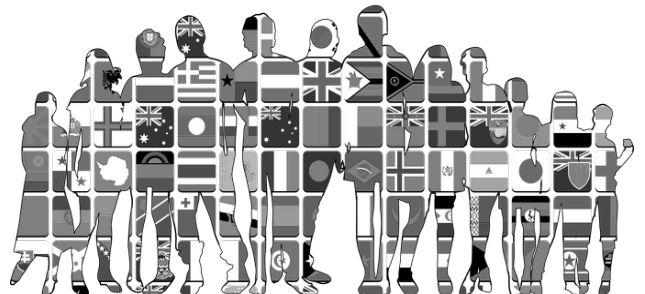
## Multicultural Health Fair

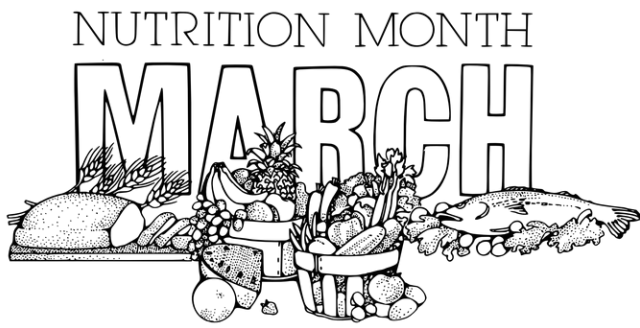
**Saturday, April 15, 2017**

Ken Ellis Center  
1425 Bates-Bowyer Ave  
Jeffersonville, IN 47130

**12 P.M. – 3 P.M.**

- Free Glucose & Hypertension Screenings
- Zumba
- Bike Rodeo
- Cooking Demonstration
- Free Dental & Vision Screenings
- **DOOR PRIZES**





Dedicate yourself to a healthy lifestyle with these food, nutrition and physical activity tips.

**1. Eat Breakfast**

Start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables.

**2. Make Half Your Plate Fruits and Vegetables**

Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate.

**3. Watch Portion Sizes**

Get out the measuring cups and see how close your portions are to the recommended serving size.

**4. Be Active**

Regular physical activity has so many health benefits. Start by doing what exercise you can for at least 10 minutes at a time.

**5. Fix Healthy Snacks**

Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods.

**6. Get to Know Food Labels**

Reading the Nutrition Facts panel can help you shop and eat or drink smarter.

**7. Consult an RDN**

Whether you want to eat better to lose weight or lower your risk or manage a chronic disease, consult the experts!

**8. Follow Food Safety Guidelines**

Reduce your chances of getting sick by practicing proper food safety.

**9. Get Cooking**

Preparing foods at home can be healthy, rewarding and cost-effective.

**10. Dine Out without Ditching Your Goals**

You can eat out and stick to your healthy eating plan! The key is to plan ahead, ask questions and choose foods carefully.

**11. Enact Family Meal Time**

Plan to eat as a family at least a few times each week. Set a regular mealtime.

**12. Banish Brown Bag Boredom**

Whether it's a lunch for work or school, prevent brown bag boredom with easy-to-fix, healthy lunch ideas.

**13. Drink More Water**

Quench your thirst by drinking water instead of sugary drinks.

**14. Explore New Foods and Flavors**

Add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that's new to you.

**15. Eat Seafood Twice a Week**

Seafood—fish and shellfish—contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

**16. Cut Back on Added Sugars**

Foods and drinks with added sugars can contribute empty calories and little or no nutrition.

**17. Experiment with more plant-based meals**

Expand the variety in your menus with budget-friendly meatless meals. Many recipes that use meat and poultry can be made without.

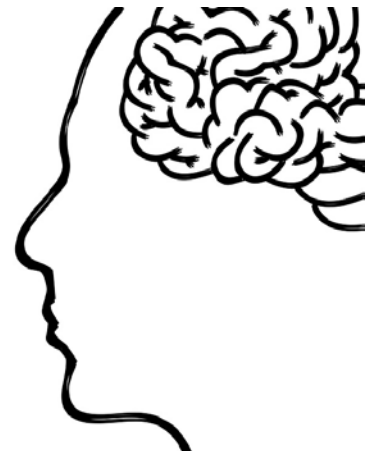
<http://www.eatright.org/resource/food/resources/national-nutrition-month/nnm-handouts-and-tipsheets-for-families-and-communities>

# April is Alcohol Awareness Month

Underage drinking is a serious public health problem in the United States. Understanding the severity of this issue and why it should be prevented can greatly improve the health and safety of young people in our communities.

## KNOW THE FACTS

- Teens who begin drinking before they are 15 years old are 6 times more likely to develop an alcohol problem, such as dependency or abuse later in life, than those who start drinking after they are 21.
- Each year over 4,300 underage teens die due to excessive drinking.
- 11% of all alcohol consumption in the U.S. is by underage teens between the ages of 12 and 20.
- A survey conducted in 2013 found that 35% of high school students had drunk alcohol within the 30 days prior to the survey being conducted.
- 22% of high school students had ridden with someone who had been drinking.



## EFFECTS ON THE BRAIN

Teens who choose to drink alcohol before they turn 21 subject themselves to long-term damaging effects to their brain. The brain does not stop developing until a person is in their late 20s, so alcohol consumption that begins at a younger age inhibits the brain's development.

Alcohol consumption at any age negatively affects memory, learning, planning, judgement, decision-making, impulse control and language skills. Underage drinking can destroy or prevent the development of the brain, leading to even worse long-term loss of problem solving abilities and cognitive functions.

## SUPPLYING MINORS HAS SEVERE CONSEQUENCES



Most teens who drink get their alcohol from a family member or a friend's family member. Purchasing alcohol for a minor is a crime. Those who purchase alcohol for minors can be charged with a misdemeanor or a felony depending on the results of the minor drinking the alcohol, and can face prison time and fines.

Being educated on the risks of underage drinking and being an advocate and role model for leading a sober life can inspire youth and the community as a whole to make choices to move the community forward in a positive direction.