

Health and Human Sciences Corner

November/December

As I enter my second year as Clark County's Health and Human Sciences Extension Educator, I can reflect on the completion of one full calendar year! I have watched all four seasons come and go, been trained to teach many of the HHS signature programs, put together a variety of special interest classes, participated in our traditional events, and strived to find out of the box partnerships. It has been a year worth celebrating!



Over the past year,

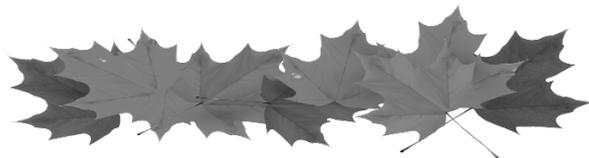
**** I have taught 16 individual sessions***

**** Participated in 9 team sessions***

**** Facilitated 25 in person sessions***

**** Performed 25 consultations***

When I think about the future of Clark County's HHS program, I envision a tree. Over the next year, I plan to focus on growing strong roots that will sustain and nourish the program in the coming years. These roots include providing signature programs, working with existing partnerships, fostering NEW partnerships, and garnering community engagement. Together, these roots will help create the strong base that will help grow in the HHS program in Clark County!



Autumn Health and Safety Tips

Take steps to prevent the flu.

The single best way to protect against the flu is to get vaccinated each year in the fall.

Cover your nose and mouth with a tissue

when you cough or sneeze. Wash your hands often. Stay home if you get sick.

Get smart about antibiotics.

Antibiotics can cure bacterial infections, but not viral infections. The common cold and the flu are viral infections, so avoid using antibiotics if you have one of these. Using antibiotics when they are not needed causes some bacteria to become resistant to the antibiotic, and therefore stronger and harder to kill. See your doctor or nurse to find out if your illness is bacterial or viral.

Test and replace batteries.

Check or replace carbon monoxide batteries twice a year when you change the time on your clocks each spring and fall. Replace smoke alarm alkaline batteries at least once a year. Test alarms every month to ensure they work properly.

Keep food safe.

Food is center stage during the holidays. Be sure to keep it safe by following basic food safety steps. Clean hands and surfaces often. Separate foods to avoid cross-contamination. Cook to proper temperatures. Chill promptly.

Learn your family history.

National Family History Day is observed on Thanksgiving Day. Over the holiday or at another family gathering, talk about and write down the health conditions that run in your family. Learning about your family's health history can help you take steps to ensure a longer, healthier future together.

Be prepared for cold weather.

Exposure to cold temperatures can cause serious health problems. Infants and the elderly are particularly at risk, but anyone can be affected. Know how to prevent health problems and what to do if a cold-weather emergency arises. Remember that using space heaters and fireplaces can increase the risk of household fires and carbon monoxide poisoning.

Don't drink and drive.

Alcohol use impairs skills needed to drive a car safely. It slows reaction time and impairs judgment and coordination. Alcohol-related motor vehicle crashes kill someone every 31 minutes and non-fatally injure someone every two minutes. Don't drink and drive, and don't let others drink and drive.

Wash your hands.

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. It's best to wash your hands with soap and clean running water for 20 seconds. If that's not possible, use alcohol-based hand rubs.

For more information, visit:

www.cdc.gov/family/autumn/index.htm

Fall Recipes

Cinnamon Baked Pears

Servings: 4

Ingredients

2 ripe pears

3 tablespoons chopped walnuts

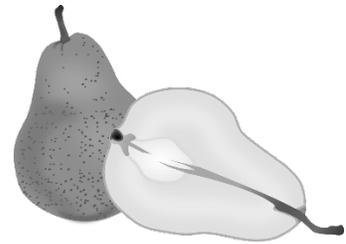
2 teaspoons honey or brown sugar

1/4 teaspoon cinnamon

1 tablespoon dried cranberries

Directions

1. Heat oven to 350°F.
2. Cut the pears in half lengthwise. Remove the core and seeds with a spoon or melon baller.
3. Place pears in a baking dish. Fill the cored-out centers with chopped walnuts and drizzle about half a teaspoon of honey or brown sugar over each pear half.
4. Sprinkle each half with cinnamon and cranberries.
5. Bake 25 to 35 minutes or until pears are soft when poked with a fork. Serve warm.
6. Refrigerate leftovers within 2 hours.



Apple Cranberry Salad Toss

Servings: 8

Ingredients

1 head of lettuce, any variety (torn/cut into bite-size pieces — about 10 cups)

2 medium apples, any variety (cored and cut into 1/2-inch cubes)

1/2 cup chopped walnuts

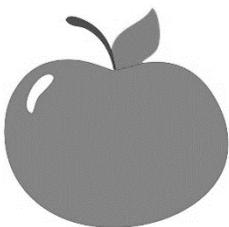
1 cup dried cranberries

1/2 cup sliced onion

3/4 cup vinaigrette dressing

Directions

1. Toss lettuce, apples, walnuts, cranberries, and onions in large bowl.
2. Add dressing, and toss to coat. Serve immediately.



Homemaker's Corner



The Clark County Extension Homemakers will host a **Holiday Bazaar, 9 am to 2 pm, November 18,** at the Clark County 4-H Center, 9608 Hwy. 62, Charlestown.

There will be holiday items, flea market, children's clothing, and baked goods. Lunch, of homemade soup and hot dogs, will be available purchase.

December 12th

Homemakers Council Meeting
9:30 am, Extension Office

Now accepting items for our 2017 Holiday Bazaar!

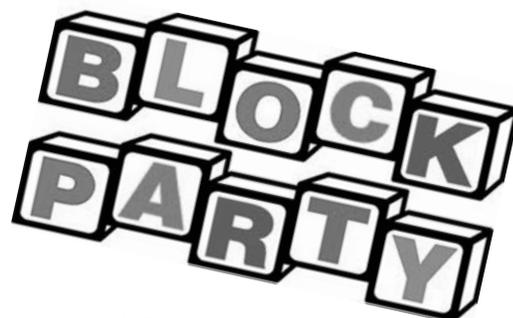
Whatever your reason might be, if you have too much stuff, practically holiday items, consider donating it to the Homemakers Annual Holiday Bazaar. All proceeds support The Clark County Extension Homemakers.

**If you have any questions or need fliers,
call Donna Neal at 812-2989-3034!**

Upcoming HHS Programs

November

- 6 Block Party - New Washington Library, 1 pm – 2 pm
- 7 Block Party - Henryville Library, 1 pm – 2 pm
- 8 Block Party - Charlestown Library, 10 am – 11 am
- 17 Block Party - Jeffersonville Township Public Library, 10:30 am – 11:30 am
- 18 Clark County Homemaker's Holiday Bazaar - Clark County 4-H Fairgrounds, 9 am – 2 pm



December

- 12 Clark County Extension Homemaker's Council Meeting - Extension Office, 9:30 am
- 15 Block Party - Jeffersonville Library, 10:30 am – 11:30 am

Clark County Ag News

November/December 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.

Put together by Simon Kafari, ANR Educator, Clark County, 9608 Hwy. 62, Suite 1
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We have once again come to the close of yet another successful year for Clark County ANR Extension. This success wouldn't have been possible without the support and help from many Clark County residents.

In saying thank you to everyone who helped to make the ANR program a success, I am careful not to mention individual names, for fear that I could inadvertently leave out names of residents who worked and helped to make the program a success.

So let me be very general by saying a big thank you to my dynamic Ag Advisory Council members who steered the ANR program from the top. Their input on the direction the ANR program needs to go to better serve Clark County residents is invaluable. I look forward to their support and guidance next year so we can repeat the accomplishments that we made in 2017.

My sincere thank you also goes to the Farmers Appreciation Day planning committee. This committee worked so hard to institute a successful Farmers celebration day that has grown in the last three years from a modest beginning of a little over 50 participants the first year to well over 200 participants this year.

I will also like to tip my hat to the Executive officers of the Clark County Beekeepers Association for volunteering amidst individual crazy schedules to lead the club as well as help our ever-increasing beginner beekeepers to start and manage their own bees.

I also wish to extend my sincere gratitude to County residents who made time to participate in my diverse ANR programming activities. These activities ranged from Soil fertility and fertilizer management for beans and corn farmers, pasture walk and animal husbandry for our cows and small ruminant owners. Beekeeping for our teaming beginner beekeepers, Fishpond management for our enthusiastic fishpond owners, partnership programs with Clarksville Parks and Recreation and the Jeffersonville Foster Kids Program and gardening classes for our growing backyard vegetable gardeners. To each of these events you have responded with your participation and your good feedback after every programming that will be used to improve on future programming.

As the year ends, I want to take the opportunity to wish you all HAPPY HOLIDAYS.

Beekeeping Club Members: Please note that there will not be any Beekeeping club meetings in November and December due to the holidays.

Mark your calendar – Agricultural Events

Date	Topic(s)	Time of Event
Nov 16 th & Dec 14 th	Joint program with Clarksville Parks and Recreation	6:30-8:30pm
Jan-Aug 2018	Clark County Annual Vegetables Gardening Class Series	7:00-9:00pm

Joint program 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 this Fall. Below are the details on the topics for November and December.

Date	Topic(s)	Time of Event
November 16 th	Joint program with Clarksville Parks and Recreation – Healing gardens! Enjoying the benefits of healing gardens in your backyard!	6:30-8:30pm
December 14 th	Joint program with Clarksville Parks and Recreation – Raising and managing Vegetable seedling at home not Rocket Science	6:30-8:30pm

Clark County Annual Vegetables Gardening Class Series - The After dinner Garden Conversation" - (7:00-9:00pm)

Location: Clark County 4-H Fair Grounds

The Clark County annual vegetable gardening class series dubbed "The after dinner garden conversation" is starting in January 2018 to September 2018. We would have a series of 9 classes, one class per month on Thursdays from 7-9pm. There will be a fee of \$20 for all 9 classes. Participants will get a 3-ring binder with all 9 presentations and enjoy light snacks at every presentation. Below is the detailed schedule.

Date	Topic
January 25 th	Raising vegetable seedlings for the home Garden not Rocket Science
February 15 th	Starting your Garden Early and Ending late
March 15 th	Your vegetable seedlings are ready for the Garden, then What?? - Basic vegetables Agronomy for the Home Gardener
April 12 th	Tomatoes: More Than Just in The Garden
May 24 th	A plant ID and management session with Bob Hill of Hidden Hill Nursery and Simon Kafari, Purdue Extension
June 14 th	Growing Healthy vegetables in your Garden - The Application of Basic Organic Gardening Concepts to the Home Garden
July 12 th	Managing your Garden Pests without the use of Pesticides - The place of Integrated Pest Management
August 23 rd	Healing Gardens Part 1 - Basic Design Considerations
September 13 th	Healing gardens Part III! Construction of key Components to a healing Garden

Please call the Clark County Extension office to enroll in these classes.

If you have questions about these events, please contact Simon Kafari at (812) 256-4591 or email skafari@purdue.edu. Should you need a reasonable accommodation to participate, prior to the day of an event, please contact the Extension office at 812-256-4591.

Southern Indiana Area 2 Fall Pesticides Applicator Recertification Program (PARP) – November 7, 2017

The annual southern Indiana Area 2 Fall Pesticides Applicator Recertification Program (PARP) will take place on November 7th at 3 locations. Please take note of the times in each location so you can participate in the event most convenient to you.

Morning Session – Clark County Extension, 4-H Fairgrounds (Food Stand), 9608 Highway 62, Charlestown (7:30 am – 9:40 am).

RSVP to this session at 812-256-4591. Coffee & donuts would be served.

Afternoon Session – Lawrence County Fairgrounds (Community Building), 11265 US-50, Bedford (12-2:30pm). Bring Your Own “Brown Bag” Lunch (Desserts & drinks would be served). RSVP to this session at 812-275-4623.

Evening Session – Harrison County Extension Office, 247 Atwood St., Corydon, IN 47112 (6:00pm - 8:30pm). RSVP to this session at 812-738-4236. Light meal would be served.

Registration is 30 minutes prior to program start

Topics

1. Update on non-GMO Technologies
Speaker: Dr. Peter Goldsbrough, Purdue University
2. Putting the Sprayer on the Road
Speaker: Dr. Fred Whitford, Purdue University
3. Dicamba Update
Speaker: Dr. Fred Whitford, Purdue University

The program is free for attendees. Private and Commercial Applicator Credits (1A & 14) will be offered. For those needing credit for the private applicator's license, there is a \$10 fee for the credit. Please bring your license with you to the program.

If you need a reasonable accommodation to participate in any of these events, prior to the day of the event, please call the telephone number associated with the session and make your request.

Agricultural Outlook 2018 Program

The annual southern Indiana Area 2 Agricultural outlook event is here! It will take place on December 12th at 7:30am at CLARK COUNTY 4-H FAIRGROUNDS, 9608 Hwy 62, Charlestown. Dr. Chris Hurt, Purdue Agriculture Economics specialist, will be visiting for his annual outlook on the agriculture economy. Come learn about crop and livestock pricing, strategies, and marketing for the 2018 growing year.

This program is free to the public and its purpose is to help farmers, landowners, input suppliers, agribusiness managers and those interested in Agriculture make better business decisions in the coming year.

A meal, sponsored by Farm Credit, Mid-America of Scottsburg will be served and we ask that those wishing to attend RSVP with the Clark County Extension Office at 812-256-4591 or email Simon Kafari at skafari@purdue.edu by December 9th.

If you have questions about this event, please contact Clark County Extension office or email Simon Kafari at skafari@purdue.edu. If you need a reasonable accommodation to participate in this event, prior to the day of the event, please contact the Extension office

Clark County Wants to Know

Dicamba Herbicide Updates

Dicamba has become a major issue for farmers in the Country, and more specifically for some farmers of Clark County. Please use the link below for Dicamba herbicide updates from the office of the Indiana State Chemist.

<http://www.oisc.purdue.edu/pesticide/dicamba.html>



Clark County 4-H Important Dates November/December 2017



November

- 2nd – Volunteer E-Forum-Conference Room- 7pm
- 6th- Junior Leader Meeting-Food Stand- 7pm
- 8th –Parks & Recreation Programming-Clarksville Middle School-6:30pm
- 8th – 4-H Corporation Board Meeting- Conference Room-7pm
- 9th – Adult Leader Meeting-Conference Room-7pm
- 20th – College Prep Workshop-Conference Room-7pm
- 23rd-24th- Thanksgiving Holiday-Office Closed
- 28th – Area II CEF Contest-Orange County-5pm
- 30th- Poultry Barn Chicken & Noodle Dinner Fundraiser-Food Stand-5-7:30pm

December

- 2nd – Holiday Spark Club-Food Stand-10am-Noon
- 4th – Junior Leader Meeting- Food Stand-7pm
- 5th – Holiday Spark Club-Food Stand-10am-Noon
- 6th- Holiday Spark Club- Food Stand-10am-Noon
- 7th- Volunteer E-Forum-Conference Room-7pm
- 11th- Holiday Program- Sellersburg Library-6pm
- 12th- Holiday Program-Borden Library-6pm
- 14th- Holiday Program-Henryville Library-6pm
- 17th – Junior Leader Cheeseball Making-Food Stand-2pm
- 20th- 4-H Corporation Board Meeting-Conference Room-7pm
- 22nd- Incredible Wearables- Clarksville Library-11am
- 25th-26th- Office Closed for Christmas Holiday



4-H Online Enrollment Begins

October 1st – January 15th

in.4honline.com



2017 National 4-H Volunteer e-Forum



November 2, 2017 – 7:00-8:30 PM (ET)

“STEM”ming into Animal Science, Growing True Leaders

Build on the roots of 4-H as we STEM our way into agriculture and animal science for experienced and new 4-H’ers. Gain resources to incorporate Science, Technology, Engineering, and Math (STEM) leaders through traditional animal sciences project areas in communities. Volunteers will gain ideas for planning and organizing fun, educational sessions for youth.

December 7, 2017 – 7:00-8:30 PM (ET)

Helping 4-H’ers Grow in Life & Work

In 4-H, all youth can explore their future. Club meetings, events, camps, and after-school programs are places to develop life skills and expand their interests through 4-H. During this session volunteers will share ideas, receive resources, and see a variety of successful programs that help youth focus on life-long learning, workforce readiness, and career exploration. Caring adults can help all young people make decisions and create their own positive future.

Juniors & Seniors!

College Readiness and Scholarship Workshop

When: November 20th

Time: 7:00pm

Where: Clark County Extension Office Conference Room



We will be discussing how to complete your 4-H Scholarships and answer those college questions about FASFA, ACT Scores, Student Housing and more.

Poultry Barn Fundraiser

Chicken & Noodle Dinner with Silent Auction

November 30th 5pm-7:30pm

Clark County 4-H Food Stand

Dinner Cost: Donation Only

Carryout and Carside to go will be available!



If you have silent auction items to donate please contact the Extension Office!



Clark County 4-H Holiday Spark Club



Cost: \$25 Program Fee

(Free to all Clark County 4-H Members who have paid their program fee for 2017/2018 4-H Season)

December 2nd (10am-Noon) - Holiday Cookies from Scratch & Decorating
(Extras Delivered to Nursing Homes)

December 5th (6pm-8pm)- Gingerbread House Madness

December 6th (6pm-8pm)- Holiday Crafts Galore

Sign-up for this event by calling the
Clark County Extension Office at
812-256-4591 or email
kcarunch@purdue.edu

Dates to Remember

Steer ID Day- March 3rd 8am-11am

Animal ID Day- May 12th 8am-11am

All Species Workshop Day- April 28th- 9am-5pm

(More Details to Come- Attend this workshop and no record sheet is required)

Did you find the secret message in the newsletter? Call the Extension Office 812-256-4591
to claim your prize! Only 1 winner each newsletter!

