

## Jefferson County Newsletter

Oct. 2019

Dear Friend:

The Fair Board will meet Thursday, October 3 beginning at 7:00 p.m. in the Community bldg.

Probably most of you know by now that Angela Rathert and Myself, Lonnie Mason, are retiring September 30. Each of us have enjoyed working here and enjoyed working with each other. We think it is time we start a new chapter in our lives. Time for new energy and ideas. Jefferson County is a special place, keep "being" special & Best Wishes!



Sincerely,

Lonnie Mason, *Extension Educator*

Angela Rathert, *Extension Educator*

Bess Adams, *4-H Program Assistant*

Kasie Bachmann, *Office Manager*

# Agriculture & Horticulture

## DELAYED CORN GRAIN MATURITY & FROST/FREEZE WORRIES

WRITTEN BY: R.L. (BOB) NIELSEN

Given the near record late planting of the 2019 Indiana corn crop and the continuing agony of delayed development of the crop, much of the coffeshop talk down at Cecil's Corner Café in recent weeks has centered on the risk of the late crop not maturing before a light frost damages the crop or an outright lethal freeze (28F) kills the crop.

Where does Indiana corn crop stand at the moment relative to maturity and risk of frost or freeze injury to immature corn? The current USDA-NASS estimates of the kernel development progress of the 2019 Indiana corn crop indicates that 90% of the crop is at the dough stage of development or beyond, 59% of the crop is at the dent stage of development or beyond, and only 16% of the crop is physiologically mature.

Those numbers can be misleading because they represent the percentage of the crop at a given stage OR BEYOND. For example, when 59% of the crop is at the dent stage OR BEYOND at 16% of the crop is mature, then only 43% of the crop is actually in the dent stage of development.

One needs to do similar "reverse" calculations to estimate the actual percentages of the crop that are at specific kernel stages of development. Doing so results in estimates that suggest approximately 10% of the state's corn crop remains in the milk stage of development, approximately 31% of the crop is in the dough stage, and approximately 43% of the crop is in the dent stage of kernel development.

An earlier article of mine offered some guidelines to help growers estimate the number of days to maturity for corn based on current stages of kernel development ([Nielsen, 2019b](#)). Those estimates are summarized in Table 1, along with the calendar dates that match up with the estimated days to maturity as of mid-September. Obviously, the corn fields most at risk for experiencing a frost or freeze event prior to maturity are those at the younger grain fill stages (milk and dough) that may not reach kernel black layer development until the third week of October or later.

Also included in Table 1 are estimates of possible yield losses if immature fields were damaged or killed by frost or freeze events (Carter & Hesterman, 1990). The difference between the estimates of yield losses in the last two columns of the table is based on whether the plant is completely killed or whether there is opportunity for surviving stalk tissue to remobilize stored carbohydrates to the immature grain before kernel black layer occurs.

### Bottom Line

Given the estimated percentage of the state's corn crop yet in the dent stage of development or younger (84%), the significance of an early-occurring fall frost or freeze event in the next few weeks should not be underestimated. The good news is that I have not yet seen any forecast that suggests those events will occur in the near future.

Keep your fingers crossed!

Table 1. Kernel developmental stages, approx. maturity dates, and estimates of yield loss if damaged by frost or killing freeze prior to maturity.

Kernel stage	% of Indiana crop (15 Sep 2019)	Approx. days to maturity	As of: 15-Sep		Est. yield loss if...	
			Range of approx. calendar dates for mature grain		Only leaves killed	Death of whole plant
		(1)	earliest	latest	(2)	(2)
Milk (R3)	~ 10%	44 - 51	29-Oct	5-Nov	> 35%	> 60%
Dough (R4)	~31%	35 - 40	20-Oct	25-Oct	~ 35%	~ 55%
Dent (R5)	~43%	19 - 24	4-Oct	9-Oct	~ 27%	~ 41%
Half-milkline	??	10 - 14	25-Sep	29-Sep	~ 5%	~ 12%
Mature (R6)	~16%	0			0%	0%

R3 = White or yellow kernels with milky fluid  
R4 = Dough, no visible kernel denting  
R5 = Dent, all kernels visibly dented  
Half-milkline = Kernel milkline halfway between crown and tip  
R6 = Kernel black layer, physiological maturity  
Approx. days to maturity = Calendar days remaining until kernel black layer  
(1) Nielsen, 2019b; (2) Carter & Hesterman, 1990

### FLY FREE DATE

The Fly Free Date for wheat in our area is October 6.

### HARRISON COUNTY PSA GROWER TRAINING

Purdue Extension is offering 7-hour produce food safety training sessions at locations throughout Indiana to aid produce farms and growers in learning the basics of food safety and to assist in establishing food safety programs for their operations. This training meets the training requirements of the FSMA Produce Safety rule and follows the Produce Safety Alliance (PSA) curriculum. Attendees will learn about produce safety best practices and key parts of the FSMA Produce Safety Rule.

### 84TH IBEP BULL SALE

The sale will be Saturday, October 19 at 2:00 p.m. at Springville Feeder Auction. It will be held with the Springville Feeder Auction Association's Heifer and Cow Sale. Both will be broadcast on DVAuction (<https://www.dvauction.com>). The presale bull listing and presale information are online.

# 4-H & Youth Development

### RABBIT & POULTRY CLUB

The Jefferson County Poultry & Rabbit Club are having a meeting for all those interested in taking Rabbit or Poultry in 2020.

They will meet October 2 at 6:00 p.m. in the Community Building.

### 4-H ENROLLMENT

It's hard to believe but it is time to enroll in 4-H for the 2019-2020 program year!! Most projects will be the same so there should not be any major changes this year!

Get an early start and enroll on or after October 1.



**4-H welcomes young people of all beliefs and backgrounds,  
empowering them to create positive change in their communities.**

**Every 4-H'er has a story, and those stories are worth telling!** Sharing your 4-H story could earn you a \$5,000 scholarship and a trip to Washington D.C. for National 4-H Council's Legacy Awards, where you'll have the chance to tell your story while meeting 4-H celebrities and other notable alums!

The program recognizes four confident young leaders in our core pillar areas of **Agriculture, Civic Engagement, Healthy Living and STEM (Science, Technology, Engineering & Mathematics)**, giving pillar winners the chance to share how 4-H changed their lives and how they have used the skills they gained in 4-H to change the lives of others. Each pillar winner will receive:

- A \$5,000 scholarship for higher education
- An all-expenses paid trip to Washington D.C. for the winner and a chaperone to participate in training opportunities and attend National 4-H Council's Legacy awards, while engaging with Council leadership, celebrities & other prominent 4-H alumni and friends
- An opportunity to be featured as the 4-H Youth Spokesperson for their pillar area
- An official reference letter from National 4-H Council President & CEO, Jennifer Sirangelo

Interested? Applications opened on August 1 and close October 21, 2019, and you can subscribe on the website below now to get updates and tips for applying.

YOU have a remarkable story to tell and could be the 4-Her to represent **Indiana** at events throughout the nation, share your 4-H experiences, and show the world that true leaders aren't born — they're grown! To learn more about the qualifications and application process, please visit [www.4-h.org/youthinaction](http://www.4-h.org/youthinaction). Email any questions to [YouthInAction@4-h.org](mailto:YouthInAction@4-h.org).

### **4-H JUNIOR LEADER MEETING**

The Jefferson County, 4-H Junior Leaders met on September 9<sup>th</sup>. Members in attendance voted to appoint a nominating committee prior to Junior Leader officer elections. The following members agreed to serve on the committee: Maeci Marshall, Shelby Morton and Lilly Sloan. If you are interested in serving as an officer for the Junior Leader 4-H Club please notify one of the committee members. The office of President, Vice President, Treasurer, Secretary, Recreation Leader and Fair Board Representative are vacant at this time. Other topics voted on by members was to change the meeting night from the 1<sup>st</sup> Monday of each month to the 1<sup>st</sup> Tuesday of each month as a regular meeting night. The meeting will begin at 6:15p.m. and end at 7:15 p.m. The next meeting is slated for Monday, Oct 7 at 6:00 p.m. Then we will move to Tuesday evening on November 12<sup>th</sup> (the first Tuesday is Election Day) beginning at 6:15pm. The "Grow the Club" campaign will begin 1 October for All 4-H Clubs in Jefferson County. **As an incentive to "Grow the Junior Leader Club" there will be a prize award for the Junior Leader who brings the most friends to join the Junior Leader Club for each meeting.** No friend sharing between members. In other words, if Sally is a friend of Dolly and Beth, either Dolly can claim Sally or Beth can claim Sally. So consider yourself challenged to bring the most friends to each meeting! The Junior Leaders will again this year serve as 4-H Ambassadors at the **Red, White & Boo**, event. This year the event will be held on Thursday, October 31 at the Brown Gymnasium on Broadway in downtown Madison from 6:00 – 8:00 p.m. The Junior Leaders will set up a game booth and give out candy to the children 12 and under as they walk in. Say you will volunteer and be a part of a safe Halloween event for the youth in our community. All Adult Leaders and clubs are invited to join in the fun with us. Adult Leaders please call the Extension Office and let Bess know if you would like to help at 812-265-8919.

## TRACTOR SUPPLY COMPANY (TSC) FALL PAPER CLOVER

It's not too early to start contacting your store managers regarding the fall promotion and to begin planning for 4-H members to set up displays or conduct activities at the store. Please also be sure to thank your store manager for his/her support and let them know how funds raised impact youth in your community. On average, stores that have 4-H clubs participating during the Paper Clover fundraiser raise roughly 40% more than stores with no participation. A few ideas are:

- In-store information booths about 4-H
- Host a bake sale or car wash
- Help pack items at the register & promote Paper Clover sales
- Host a petting zoo
- Use social media to promote the 4-H Paper Clover program at TSC

## DISCOVER YOUR WORLD ON GIS DAY

A Geographic Information System (GIS) brings maps and information to life in graphic displays that allow users to see data in new ways. Learn how a GIS works and how to create your own during [Indiana 4-H GIS Day](#) on Friday, October 18 (Fall Break for most schools) in Discovery Hall at the Indiana State Fairgrounds. Used by NASA to determine landing sites for the Mars Rover, the USDA to decide which crops to plant and which pests to protect crops from, and even your local school administrators to determine school district boundaries and school bus stops, GIS is an integral part of our everyday lives. Most likely, you've used it yourself- without even realizing it. Youth in grades 6-12 are invited to participate for a day of fun, hands-on mapping activities. They will even see how a drone can play a role in mapping. Register through 4HOnline Event Registration now through October 4. A \$20/per participant fee applies. Contact Danielle Sands at [dsands@purdue.edu](mailto:dsands@purdue.edu) with any questions.

## **JEFFERSON COUNTY 2019 4-H WEEK CELEBRATION – OCTOBER 21 – 25**

### **4-H PROMOTION WEEK CLUB WINDOW DISPLAY CONTEST**

All clubs are encouraged to create a 4-H Window Display for 4-H Promotion Week. Have your club's window decorated **before** Monday, October 21 at any location in our community. Please call the office at 812-265-8919 and let Bess where the display is located **before** Monday Oct. 21

**The theme for the contest:**

**“4-H Inspires Kids To Do” (what)?**

**Be sure to have your 4-H Club name displayed.**

Awards will be given for the top 3 displays.

**GOOD LUCK!!**

We would also like to invite all 4-H Clubs to do other special things for 4-H Week. Contact your local church about having 4-H members participate in services. Encourage them to wear 4-H items on Monday as well as other times during the week. Stop by and get a “4-H Join the Club Yard” Sign. This is our time to show the community how great 4-H really is!

***4-H Member Day/ Show our pride for 4-H!!***

**October 21, Monday –** Wear 4-H items -pins, t-shirts, etc. to school.

***4-H Adult Volunteers Appreciation Day***

**October 22, Tuesday -** Call or send a card to thank an Adult Leader and or Fair Board Member.

**The Adult Volunteers make the 4-H program and 4-H Fair happen in Jefferson County.** Let them know how much we appreciate their dedication and hard work

Wear your 4-H items to school.

Call or send a card and Thank a 4-H Leader for Volunteering.

### **4-H Alumni Day**

**October 23, Wednesday** – 4-H Alumni wear 4-H Items. We will have buttons & stickers for 4-H Alumni who don't have item to wear.

### **4-H-Selfie Day**

**October 24, Thursday** - Share a selfie with your favorite 4-H Project and post it on Social Media!

Judge and Announce winners of Club 4-H Window Displays

### **4-H "Grow Your Club Day"**

**October 25, Friday** – Begin getting your club meetings and officer elections scheduled before the first of the year. Promote 4-H enrollment and club meeting attendance. Encourage your 4-H club members to invite friends to their 4-H meetings. Share your passion of 4-H!

**4-H kids are one of a kind. LET'S GROW MORE OF THEM!**

### **INDIANA 4-H LEADERSHIP SUMMIT**

Saturday, November 16, 2019

9:00 a.m. - 4:45 p.m.

502 East Event Centre, Carmel

**A one-day opportunity for 4-H members, volunteers, and staff. The event will focus on 4-H leadership education and resources and will energize participants to pursue excellence in their local communities.**

Registration will open when 4HOnline reopens for the 2020 4-H Program year on Tuesday, October 1. Registration for the Summit is scheduled to close on Friday, November 1.

- The registration fee for the day's program is \$40 per person, which provides for lunch and all of the day's activities.

**NOTE:** 4-H Volunteers who will be recognized at the Summit for their tenure will be contacted directly by the State 4-H Office. They will have the opportunity to register themselves (complimentary as award winners) and pay for their guests to attend (\$40/guest). They will complete this registration via direct communication with the State 4-H Office. 4-H Scholarship recipients will be contacted directly by the 4-H Foundation to register for the 4-H Summit.

#### **Highlights of the Indiana 4-H Leadership Summit include:**

- Four breakout session opportunities, allowing participants to select from 5 concurrent sessions offered at each time slot
- Indiana 4-H Foundation Accomplishment Scholarship Luncheon and Indiana 4-H Volunteer Awards of Excellence presentations
- 4-H Tenured Volunteer Recognition

#### **Anticipated outcomes for 4-H members, volunteers, and staff:**

- Obtain educational resources that can be replicated in local communities to enhance 4-H programs
- Gain knowledge to enhance personal life skills
- Develop a network of 4-H contacts from across the state

# Health & Human Sciences

One part of my career with Extension (besides working with people) that I am going to miss the most is all of the educational programs that we have access to. The land grant system provide great research based information for families, businesses and their communities. One of the webinars I have been participating in recently is Brain Boosters, Fads, Facts and Fundamentals. Food for Thought, the handout I am sharing this month, is from that program. Aging is inevitable, how well we age is based on how we approach our future. Through education, behavior changes, we can make our future the best we can be!

## HOMEMAKER COUNCIL MEETING

Date: Thursday, Oct. 3

Time: 9:15 a.m.

Location: Jefferson County Extension Office

CLUBS: Please have a representative attend.

## QUILT MEETING

Date: Monday, Oct. 7 & 21

Time: 10:00 a.m.

Location: Jefferson County Extension Office

Come help with the quilt! All skill levels are welcome. If you would like to know how to quilt, this is a great opportunity. As the experienced quilters are more than happy to share their knowledge.

## KEYS TO EMBRACING AGING: AGING 101

What you do today will affect your future. Nowhere is this as true as it is in issues regarding aging. The way in which you take care of yourself through the years, both physically and mentally, will affect the natural process of aging.

No one knows this better than centenarians, people who are 100 years old and older. Centenarian studies demonstrate that life does not diminish with aging. In fact, 100-year-olds show how the acceptance of aging can be positive, joyful, and exciting. They demonstrate that aging brings new experiences, knowledge, wisdom, and a greater ability to engineer a positive approach to the aging process. Many centenarians contribute their longevity to the following:

### Positive Attitude

A positive attitude affects overall happiness, health, and well-being. A positive attitude can also help you better manage life's transitions and challenges.

### Eating Smart and Healthy

Eating right can help prevent illness and chronic disease. It can also provide you with more energy so you can be alert and a better decision-maker. Eating healthy includes a well-balanced diet and a healthy relationship with food.

### Physical Activity

Regular exercise is associated with decreased death and disability from diseases such as heart disease, diabetes, arthritis, and cancer. It is also associated with positive psychological benefits, such as improved quality of life. The most important thing to remember about exercise is to do it. Make exercise a habit.

### Brain Activity

A healthy brain is crucial to survival, growth, and everyday successes. Similar to the rest of the body, the brain needs exercise and maintenance to optimize and protect its current and future health. In particular, the brain needs socialization, mental stimulation, physical activity, nutrition, and sleep.

### Social Activity

Engaged people are often healthier, happier, less depressed, and demonstrate enhanced brain vitality. Social activity also improves academic performance, inspires a positive attitude, enhances self-esteem, connects you to family and peers, and reduces the risk of illnesses and disease.

### Tuning-in to the Times

Staying in tune to the times throughout life promotes lifelong learning, which increases knowledge, problem-solving skills, and decision-making. Staying on top of the latest technology and keeping up with the news also enhances brain stimulation and helps broaden social opportunities and networks.

### Safety

Practicing safety is important because it helps keep you out of harm's way. From locking doors to learning how to swim, it is important to be safe in the various realms of life including home, transportation, health, recreation, and emergency preparedness.

### Know Your Health Numbers

Certain health numbers can save and extend your life. These numbers are associated with cholesterol, triglycerides, blood pressure, blood sugar, body mass index (BMI), and waist circumference. A lifestyle including regular visits to a health-care provider, proper nutrition, and physical activity promote these numbers and contribute to healthy aging throughout the lifespan.

## Stress Management

Appropriate stress is healthy and useful, but when stress overwhelms you, it can become distress, causing anxiety, tension, irritability, and a number of health problems. Learning what causes stress and how to manage it in positive ways helps you cope and live a more balanced, healthy life.

## Financial Affairs

Good financial management is important whether you earn minimum wage or are a millionaire. The first step to healthy financial management is balancing income with expenses. With a money management and spending plan in place, you are more likely to meet your financial goals.

## Sleep

Sleep has a major impact on overall health and quality of life, including the way you look, feel, and perform on a daily basis. Your bodies need sleep to repair muscles, consolidate memories, and regulate hormones and appetite. When you sleep well, you wake up feeling refreshed and alert for daily activities. Sleep prepares you to concentrate, make decisions, and fully engage in school, work, and social activities.

## Taking Time for You

In today's busy world, you juggle multiple priorities and responsibilities and likely make time for others before making time for yourself. But you are important too. Taking time for you is to take care of you, which makes you a better family member, friend, co-worker, caregiver, or leader. Even if it is just for 10 minutes a day, a time out is good for your mind, body, and soul.

## Conclusion

Since there is no magic potion to stop the aging process, it is important to take care of your body, mind, and spirit throughout your whole life. These 12 keys, and many additional healthy behavior practices, encourage optimal aging throughout the life span.

## FOOD FOR THOUGHT

Research suggests that following a Mediterranean diet, which is rich in antioxidant, anti-inflammatory and heart-healthy foods, reduces the risk of Alzheimer's disease and dementia. Many risk factors for Alzheimer's, like diabetes and obesity, can be reduced or eliminated by eating a certain way.

Contact UF Health Neurology for an appointment to identify your unique risks and start on the best path for brain health. Our dietitians will work with you to develop a Mediterranean diet, based on your unique health needs, to improve and protect your brain for years to come.

## Grocery Shopping Guide

### Stock your pantry *Replenish as needed*

- Olive Oil: extra-virgin for salad dressing, sauces and low-heat sautéing; pure or refined olive oil for medium heat or higher
- Beans, lentils and legumes (dried or canned)
- Nuts and seeds: plain, unsalted walnuts, almonds, pistachios and flax seeds
- Whole grains: quinoa, buckwheat, whole rolled oats, millet, amaranth and wild rice
- Herbs and spices: dried rosemary, dill, lemon pepper, garlic, oregano, parsley, cumin, fennel and tumeric
- Red wine (if you consume alcohol)

### Stock your freezer *Replenish as needed*

- Frozen vegetables
- Frozen fruit/berries
- Frozen fish\* and poultry\*

### Stock your refrigerator *Replenish weekly or bi-weekly*

- Fish\*: seafood that is high in omega 3 fatty acids and low in mercury, including wild salmon, mussels and rainbow trout
- Poultry\*: Chicken breast and other light meat poultry
- Fruit: berries, citrus, tomatoes, pomegranates and apples
- Vegetables: dark green leafy vegetables like kale and spinach, broccoli, cucumbers, bell peppers, fennel, eggplant and zucchini
- Monthly or bi-monthly
- Allium vegetables: onions, garlic and leeks
- Dairy: low-fat yogurt and cheese from sheep or goat milk

\* do not keep fresh fish or poultry in the refrigerator for more than 2 days

## October 2019

1	4-H Enrollment Starts		
2	Rabbit & Poultry Club Mtg.	Fairgrounds	6:00 p.m.
3	EH Council Mtg.	Extension Office	9:15 a.m.
3	Fair Board Mtg.	Fairgrounds	7:00 p.m.
6-12	National 4-H Week		
6	Fly Free Date		
7	EH Quilt Mtg.	Extension Office	10:00 a.m.
7	Jr. Leader Mtg.	Extension Office	6:00 p.m.
18	Indiana 4-H GIS Day	IN State Fairgrounds	
19	84th IBEP Bull Sale	Springville Feeder Auction	2:00 p.m.
21	EH Quilt Mtg.	Extension Office	10:00 a.m.
21-25	Jefferson County 4-H Week		
31	Jr. Leaders Red, White & Boo	Brown Gymnasium	6:00-8:00 p.m.

## November 2019

16	4-H Leader Summit	Carmel, IN	9:00 a.m.-4:45 p.m.
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