



It's that time of year again! That's right the Jasper County Fair is one month away. This year's cake and pie auction will occur in the community building on Saturday July, 15th at 6:15 pm in the Community Building. Come out and bid on the many award-winning pies and cakes and enjoy opening night of the fair! Proceeds of the auction goes to the baker and the Fair Board Association.

Be sure to check the fair book as several departments have added new projects!

This year, I will be offering a number of classes in the community building during fair which can be viewed/registered at [https://www.signupgenius.com/go/10c0c4ca4a929a4f9c34-jasper#/. Please pre-register for these classes at the extension office or online, All payments can be made to me at the fairgrounds \(during fair week\) or at the extension office.](https://www.signupgenius.com/go/10c0c4ca4a929a4f9c34-jasper#/)

Please make checks payable to Purdue University. The following classes will be offered:

- 1) Physical activity across the lifespan July 16
Cost: Free

Bring the whole family and learn why physical activity is important for everyone! We'll talk about creating positive experiences and how to improve strength, balance, flexibility, and mental health. We will also create a SMART Goal to help you remain active.

- 2) Charcuterie board July 17 Cost: \$30 with board, \$20 if you have your own board

Learn about the history of charcuterie boards, food safety tips, and make a board to take with you. Registration deadline for this class is July 10th if you are ordering a board and July 14th if you are bringing your own board or just want to attend the class.

- 3) Book to barn day with library 7/18 at 4pm
Purdue Extension is partnering with the Rensselaer library and Remington Cub Scouts 3158 to bring Storytime, a fun activity, and a snack that is centered around the animal of the day.

- 4) Cooking with an Air Fryer \$15 includes food demo/tasting 7/18 6 pm

Learn how to use an air fryer and about some dishes that can be cooked in them. We will be cooking a blooming onion for participants to try during the class Please register by July 10th so that I can ensure I have enough supplies for the class.

- 5) Cooking for 1 or 2 7/21

This class is perfect for people living alone or with a partner. Learn how to save money during grocery shopping and tips the reduce food waste.

June is Men's Health Month. The Purdue Extension Men's Health Team brings you a toolkit for Men's Health Month. Articles can be found in the weekly newspaper, captions can be found on Facebook, and radio spots can be heard on the local radio station, WRIN. I encourage you, men, to make your appointment with your healthcare provider.

June is Men's Health Month

Preventative Health Screenings


- Blood Pressure, Urine Tests, Blood Tests, Mental Health Screening, Standard Physical
 - These are done routinely at a doctor's visit and can tell your doctor a lot about your health. Abnormalities in these test can help your doctor determine if medication, lifestyle changes, and/or more detailed tests are needed.


Cancer Screenings


- Prostate Cancer screenings should start begin at age 50 for average risk males and 45 for high risk men, African-Americans, and men with a family history
- Lung cancer screening should be done for men starting at age 50 if they smoked 20 packs per year
- Colon cancer screenings should begin at age 45

Top Preventable Deaths for Men

• Heart Disease	• Stroke
• Some Cancers	• COPD
• Kidney Disease	• Diabetes









Jasper County Fair

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R	P	T	N	J	U	D	G	I	N	G	A	R	S
N	A	S	T	A	T	E	F	A	I	R	D	E	S

- BLUE RIBBON
- FOOD TRUCKS
- ANIMALS
- FUNNEL CAKES
- COTTON CANDY
- AUCTION
- GRAND STAGE
- RIDES
- CATTLE
- COUNTY FAIR
- PETTING ZOO
- OPEN CLASS
- JASPER
- JUDGING
- PURDUE
- QUEEN PAGENT
- FOUR H
- STATE FAIR
- SWINE



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PURDUE EXTENSION