

**June / July 2022**

# **PURDUE EXTENSION**

## **MISSION STATEMENT**

**The mission of Purdue Extension is to assist people in the identification of their problems and solutions that improve their homes, families, farms, businesses and communities. The county office with professional Extension Educators serves as a link between research at Purdue and the practical application of that research through informal educational opportunities for all people.**

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# THE SOIL SCOOP

Spencer County Soil and Water Conservation District

## LINCOLN STATE PARK WORKSHOPS

The Spencer County SWCD is proud to announce our recent involvement with Lincoln State Park in a series of workshops aimed towards assisting the community with gardening and conservation practices. Our first workshop covered soil preparation with topics such as composting and vermiculture. Our second workshop covered seed starting. For our third workshop, we discussed rainwater harvesting and beginning planting your herbs and potatoes.

Upcoming workshops will cover the following topics; putting out later plants (such as tomatoes, corn, beans, etc), herb gardening, troubleshooting and fall crops, canning and preserving, wild game and foraging, seed saving and pie day!

Between Lincoln State Park and Spencer SWCD, we aim to advertise our upcoming workshops on our Facebook pages (Spencer SWCD and Lincoln State Park) as well as posting ads in the community events section of local newspapers (Journal Democrat).

## OFFICE FREEBIES!

The Spencer County SWCD has prepared several small bags of pollinator seeds free to the public to be used on their lawns and gardens.

## CWI GRANTS:

There are new CWI guns available for the 2022 year.

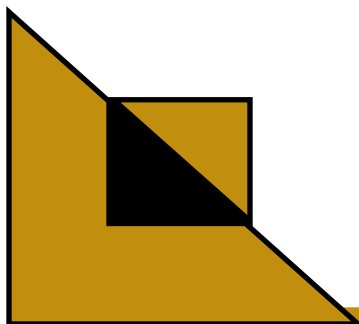
These grants cover the following areas for cost-share funding; cover crops, interseeding legumes, internal fencing, Heavy Use Area Protection (HUAP), and watering facilities.

If interested, those seeking to apply can stop into the SWCD office (995 N State Road 66) Monday - Friday 7:30 - 3:30 to pick up an application.

“

ONE TOUCH OF  
NATURE MAKES  
THE WHOLE  
WORLD KIN

- Shakespeare



**Nicholas Held, Extension Educator**  
Agriculture & Natural Resources  
Community Development

**June—July 2022**

## Conserve the Soil, Conserve the Climate

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.

### Inside this issue:

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Agriculture is part of the solution when it comes to combating climate change, and it all starts with soils. Why? Out of all agricultural practices, soil management is the main contributor of greenhouse gas emissions (68%), such as carbon dioxide (CO<sub>2</sub>) and nitrous oxide (N<sub>2</sub>O). Your approach to soil management will have a significant effect on the amount of carbon that is either stored in the ground or released to the atmosphere.

For years the most prevalent soil management practices involved conventional tillage, which has provided benefits in fighting weed pressure and increasing seedbed preparation. However, those years of soil management relying on conventional tillage have also contributed to soil organic carbon (SOC) loss, as this practice disturbs soil aggregates, exposes soil organic matter to degradation, and enhances CO<sub>2</sub> emissions. In search of soil health benefits, many agricultural producers are now looking at other options to manage soils through conservation tillage.

As a concept, conservation tillage has been around a while and involves any tillage practice that leaves 30 percent or more of crop residue on the soil's surface. No-till, strip-till, and ridge-till are just a few examples. Many agricultural producers have incorporated these methods as an effective way to protect soil against water and wind erosion. Other benefits of conservation tillage include, enhanced



*Conservation tillage has been around a while and involves any tillage practice that leaves 30 percent or more of crop residue on the soil's surface (Purdue Ag. Communications)*

water quality and water conservation, less fuel consumption, lower labor costs, and improved soil structure. According to the National Agricultural Statistics Service, just over one-quarter of all U.S. cropland acres are in no-till and another quarter report using other conservation tillage practices. The highest adoption rates are found across the Corn Belt.

**It's the soil structure improvements** that make conservation tillage a powerful tool in the fight against climate change. Improving soil structure reduces CO<sub>2</sub> emissions by slowing microbial decomposition of SOC. This means more carbon is locked into the soil and kept out of the atmosphere where it would otherwise contribute to warming temperatures. Recent research suggests that no-till farming has the potential to sequester from 0 to 0.4 metric tons (MT) per acre per year, depending on climate and soil type. According to the U.S. Environmental Protection

Agency, converting all U.S. cropland acres into no-till would store 123 million MT of carbon per year, equivalent to about 2% of all U.S. CO<sub>2</sub> emissions in 2019.

Converting to a conservation tillage system may seem like a no-brainer, but there are drawbacks such as increased chemical costs for pest management and susceptibility to cool and wet soils in the spring. Some producers are apprehensive due to the steep learning curves that exist with implementing conservation practices, the social stigma when fields don't appear 'clean', and the often-required redesign of their conventional management practices. Another concern producers face is the fear they won't compete with yields from a conventional system, thus reducing their farm's profitability.

However, under certain weather and climate patterns, conservation tillage can actually help protect yields. A recent Purdue University study compared tillage practices on mollisol soils and their profitability under current and future weather and climate patterns. The research shows there is already an economic incentive for agricultural operations to adopt some form of conservation tillage, and the economics are enhanced in a changed climate.

So, should you continue conventional tillage practices or should you migrate to a conservation tillage system? The answer is probably different for each of you. If you are considering adopting a

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## Conserve the Soil, Conserve the Climate (cont.)

conservation tillage system there are many valuable resources available through Purdue University Extension, the United States Department of Agriculture Natural Resources Conservation Service, Soil and Water Conservation Districts, your peers, and consultants.

*-Written in collaboration by Purdue Extension, the Indiana State Climate Office, and the Purdue Climate Change Research Center*



## Timing of the Hay Harvest

To make excellent quality hay, the forage needs to be cut at the right growth stage and packaged into a bale at the right moisture content without incidence of rain damage. As forages mature, protein and digestibility concentrations decline. If the forage is harvested too late, dry matter intake by the consuming animal will be less because of high fiber concentration.

Baling hay too wet can result in mold formation, reduced quality and the possibility of spontaneous combustion. When the hay is baled too dry, leaf loss occurs which results in less yield and quality.

The link below is a video about timing the hay harvest.

Timing of the Hay Harvest—<https://youtu.be/LdOZnNJGpLs>

Making quality hay requires awareness of the maturity stage of the grass and legume, and weather conditions. Top forage-livestock producers make timing the hay harvest a management priority.

*-Keith Johnson and Ron Lemenager, Purdue Extension Forage Specialist and Purdue Extension Beef Specialist*

## Anthracnose on Shade Trees

The cool, wet, weather experienced periodically this spring has been ideal for the development of anthracnose on shade trees. Anthracnose is the common name for a type of leaf spot and canker disease caused by certain kinds of fungi. Anthracnose diseases affect many trees, but are particularly prevalent on ash, maple, sycamore, white oak, walnut and dogwood. Each species of tree is infected by a different species of fungus, thus the fungus does not spread from oak to maple or maple to ash or ash to sycamore. A different fungal species is also responsible for dogwood anthracnose.

Symptoms will vary depending on the type of tree and the stage of plant development at the time of infection: leaf spots or blotches; twig dieback and wilting; and browning or death of emerging leaves are all possible.

Premature leaf drop often occurs with anthracnose diseases, however, most of the trees infected with anthrac-



*Anthracnose on maple (Purdue PPDL)*



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nose usually show good resilience, and are not permanently damaged by this early season leaf blight. The most appropriate course of action for established trees suffering from severe effects of anthracnose is to rake and remove fallen leaves from beneath the tree; stimulate new growth with a balanced fertilizer after the leaves open and the spring rains have stopped; water regularly during extended dry periods this summer; avoid irrigation systems that wet leaves.

*-Purdue Plant & Pest Diagnostic Lab*

*Save the Date*  
**Greener Pastures Field Day**  
**August 23**  
**Steckler Grassfed**

*Details to be announced—Please watch for updates*



# HEALTH & HUMAN SCIENCES

*Bringing University information to the local level to strengthen families,  
spend smart, eat right, and live well.*

## Mental Health Matters Awareness Walk Brings Healing and Hope

COVID-19 has brought a lot of changes, and it's no secret that it has been challenging for many. Since the start of the pandemic, more and more people are being open about their mental health. An increasing number of individuals are starting to recognize it for what it is: one important component of overall health and well-being, just like physical health. But mental health conditions, resources, and conversations can still feel complicated and out of reach.

May is Mental Health Awareness Month, which is a great time to bring this issue to the surface. On May 14th, the Spencer County Health Coalition, LifeSpring Health Systems and Spencer County VOICE hosted a Mental Health Matters Awareness Walk at Yellig Park in Santa Claus. Food, music, and prizes, were provided to participants as they visited informational booths to learn about local resources and ways to get help. It was a beautiful day to walk and reflect on the importance of mental health while lessening the stigma.

There are many mental health organizations that provide free and accessible resources. This includes Mental Health America, National Alliance on Mental Illness (NAMI), and the Suicide Prevention Resource Center. If you are in need of assistance, consider looking up these excellent resources, reaching out to a friend, and connecting with your health professional.



**Megan Jaspersen**  
Health and Human  
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# Bite by Bite Nutrition for Life Podcast Now Available

Resolution check-in time! Did you make a resolution to improve your health in 2022? You should consider subscribing to Purdue Extension's Bite by Bite Nutrition for Life podcast, and not fall for the quick fix weight loss traps the diet industry will be selling. Bite by Bite; Nutrition for Life is a new Purdue Extension podcast covering the latest fads in food and nutrition where we cut through the hype, explore the science behind food and nutrition, and provide practical tips for incorporating healthful strategies into everyday life.

Find our podcast and subscribe at Anchor FM, Breaker, Google Podcast, Spotify and RadioPublic. Follow us on Social Media to stay connected and suggest topics for us to cover! Facebook and Instagram: @bitebybiteNutritionForLife



## Purdue Extension Presents Bite By Bite: Nutrition for Life

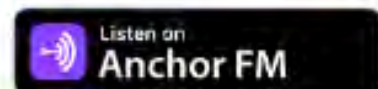
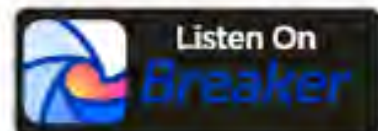
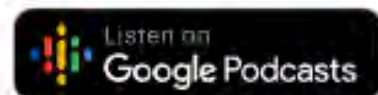
A podcast covering the latest fads in food and nutrition where we cut through the hype, explore the science behind food and nutrition, and provide practical tips for incorporating healthful strategies into everyday life.

Follow us on social media to stay connected and suggest topics for us to cover!

@BiteByBiteNutritionForLife  
Facebook and Instagram



Subscribe and listen  
for **FREE!**



## Upcoming Opportunities

We love our community partners! Did you know the the Tri-County YMCA also serves Spencer County? There are two opportunities for exercise classes right here in our backyard!



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### BUILDING COMMUNITY THROUGH EXERCISE

#### Group Exercise Classes at Heritage Hills YMCA

The Tri-County YMCA offers a variety of group exercise classes at the Heritage Hills YMCA at various times throughout the week. Cost to attend these classes are \$8 for Program Participants and Free for Members. Check out the schedule below for a list of class times and a short description of each class:

<b>Monday:</b>	BodyPUMP™ with Amy S.	4:45 – 5:45 PM CT
<b>Tuesday:</b>	RPM™ with Amy S.	4:30 – 5:15 AM CT
	RPM™ with DeNae	7:00 – 7:45 AM CT
	BodyBALANCE™ with DeNae	8:00 – 9:00 AM CT
<b>Thursday:</b>	RPM™ with DeNae	4:30 – 5:15 AM CT
<b>Friday:</b>	BodyPUMP™ with DeNae	4:15 – 5:15 AM CT



#### CLASS DESCRIPTIONS:

**BodyPUMP™**: A class centered around the barbell. The class will strengthen the entire body, challenging major muscle groups by using the best weight-room exercise such as squats, presses, lifts and curls.

**RPM™**: RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain through hills, flats, mountain peaks, time trials, and interval training.

**BodyBALANCE™**: Improve your flexibility and increase core strength while you reduce stress levels. You'll focus your mind and create a lasting sense of wellbeing and calm. BodyFLOW™ uses a combination of Tai Chi, balance work, Pilates, stretching, and core work and ends with a short meditation.

**\*Please note: We don't offer Childwatch at this location.**

Heritage Hills YMCA  
3646 E CR 1600 N  
Lincoln City, IN 47552  
Enter Door 32

## Morning Energizer Class Starting in Santa Claus!

This class is designed for individuals age 55 and older. This class combines low impact cardio exercises, strength training with light weights, and balance and flexibility exercises. This class will have you feeling refreshed, energized, and stronger! Come ready to have some fun and get moving with some great tunes!

**Start Date:** May 16th

**Days/Times:** Mon and Wed 8:30-9:30 CST

**Cost:** Free for Y members; \$5.00 per class for program participants

**Location:** United Methodist Church  
in Santa Claus

Contact Jenny Hilsmeier at [jenny@tricountyyymca.org](mailto:jenny@tricountyyymca.org) or call 812-367-2323 with questions

Save the Date!  
Food Preservation  
Workshop  
Coming to Lincoln  
State Park!

## HANDS-ON CANNING

AUGUST 13TH 9:00-1:00 CT

Lincoln State Park Dining Hall  
More details to come!



# DID YOU KNOW?

## Without a Will in Indiana

Do you have a will? If not, do you know what would happen to your belongings if you die without one? A will is a legal document that describes who will get your property when you die. By having a will, you can control how your estate — the real and personal property that you own at the time of your death — will be distributed to others.

Some people think that only wealthy or elderly people need wills, but this is not true. Serious problems may arise with how a person's property is distributed if he or she dies without a will — or intestate — even if that person dies at an early age or with only a small estate.

- A will ensures that your property will be distributed as you wish at the time of your death.
- If you don't have a will when you die, the state of Indiana determines who will inherit your property.
- There may be disadvantages in allowing the Indiana inheritance laws to determine how property is distributed rather than making the decision yourself.



Because there are many potential problems and financial considerations, having a will is a way to control the decisions about your estate. There are several ways to prepare one:

- By consulting your attorney. A few dollars spent preparing your will may save your family expense and trouble, and ensure that your property is distributed at your death in the way you desire.
- By using online legal services providers or consumer advocacy groups. These options may offer low-cost options for creating a will.
- By consulting a legal services organization. Depending on your situation, you may be eligible for legal services at no cost.

For more information on local resources visit:

<https://extension.purdue.edu/extmedia/HHS/HHS-789-W.pdf>

Source: Without a Will in Indiana, David A. Evans, Ph.D., Extension Specialist in Family Resource Management



# "Making the healthy choice, the easy choice."

Erin Meyer, RD, CDE  
Community Wellness  
Coordinator

**Summer meals**

For Age 18 & under

Free

Nutritious, Delicious & Fun

**Where:**  
St. Martin's Parish Hall  
Chrisney, IN  
David Turnham  
Education Center  
Dale, IN

**When:**

- Tuesday, Wednesday & Thursday
- 11:15 - 12:15
- June 7 - 30
- July 12 - 28
- No service on July 21

No Registration Required

Let's Eat Together!

This institution is an equal opportunity provider.  
For more information:  
Call (812) 937-2400

# Infant Formula Safety Resources

Some steps to ensure the safety of infant formula include:

- **Choose an infant formula that's safe.** For more information on choosing an infant formula that's safe, visit the **CDC** and **FDA** pages on the topic.
- **Don't make homemade infant formula.** See the FDA's page for more information.
- **Do not buy formula online that comes from outside the United States.** This formula could be **counterfeit**, for example it might have a fake label with a wrong use-by-date.
- **Properly prepare and store infant formula.** For information on proper preparation and storage, visit the CDC's page.
- **Properly clean, sanitize, and store infant feeding items.** Visit the CDC's page for more information.
- **Always wash your hands.** For information on how and when to wash your hands, visit the CDC's page.

Visit **[www.fns.usda.gov/ofs/infant-formula-safety](http://www.fns.usda.gov/ofs/infant-formula-safety)** for more information.

For families receiving formula from WIC (the Special Supplemental Nutrition Program for Women, Infants, and Children), you may need to contact other WIC accepting stores or pharmacies in your area if your usual location is unable to provide formula at this time. By downloading the WIC Shopper App (<https://ebtshopper.com>), caregivers are able to search for other stores accepting WIC. For additional information about the WIC formula recall waiver, please visit **[www.fns.usda.gov/ofs/infant-formula-safety](http://www.fns.usda.gov/ofs/infant-formula-safety)**

**Safe preparation and storage of formula are important when feeding your child to help prevent contamination. Following these guidelines can help:**

1. Wash your hands thoroughly before preparing your child's formula
2. Ensure appropriate cleaning, sanitizing, and storage of bottles
3. Use liquid formula when possible
4. Prepare and store powdered infant formula safely

Please refer to the CDC recommendations for more in-depth guidance on formula preparation and storage.

FDA page: <https://www.fda.gov/food/alerts-advisories-safety-information/fda-advises-parents-and-caregivers-not-make-or-feed-homemade-infant-formula-infants>

CDC page: <https://www.cdc.gov/nutrition/infantandtoddlernutrition/formula-feeding/infant-formula-preparation-and-storage.html>

Reference: <https://www.eatright.org/homefoodsafety/safety-tips/food/infant-formula-safety-resources>



# **JUNE- JULY 2022 4-H NEWSLETTER**

## **4-H Fair Clean-Up**

Fair Clean-up will be on Sunday June 12th beginning at 1:00 PM. This year there is a link to register for what you would like to help with at fair. You are not tied to this volunteer area, but will hopefully help our new families when trying to navigate the chaos of fair clean-up. Please check your email for a link to register. Livestock families that attend fair clean-up will be able to tag their stall the day of clean-up.

## **Project Check-In**

Project check-in will be June 18th beginning at 8 AM. Please check the enclosed fair schedule for your project check-in time. If you are unable to attend community judging that day, please call the office and we will arrange to have your projects judged for you.

## **Livestock Showmanship Clinic**

We will be having a livestock showmanship clinic June 18th at 1:00 PM where exhibitors will get hands on practice with different species in the arena. If you are wanting to practice showmanship before fair this year and get some great tips, please plan to attend! Margie Benton will be providing some excellent tips to help our exhibitors.

## **Important Dates**

**Please mark your calendars with these important dates**

- June 5- 4-H Camp Counselor Training 3 Santa Claus Camp
- June 6-8- 4-H Camp
- June 18- Project Judging
- June 24-27- 4-H Fair



# 2022 Spencer County 4-H Fair



## Sunday, June 12<sup>th</sup>

- 1:00 PM— Fair Clean-up
- 3:00 PM – Ambassador Contest Individual Interview
- 4:00 PM – Ambassador Contest Stage Interview
- Saturday, June 18<sup>th</sup>**
- 8:00-10:00 AM - Project Check in (last name A - M)
- 10:00-12:00 PM - Project Check in (last name N-Z)
- 1:00 PM— Livestock Showmanship Clinic (Barn)

## Friday, June 24<sup>th</sup>

**\*Free Inflatables 5-8 PM\***

- 7:00 AM-10:00 AM—Livestock Check in
- 8:00 - 9:30 AM - Breakfast (Food Stand)
- 9:00 AM— 4-H Chess (Vendor City Building)
- 3:00 PM— Fashion Revue
- 5:00 PM – 4-H Cat Show
- 5:30-7:30 PM— Seth Thomas & Madeline  
Wilkerson in Concert
- 6:00 PM— Ranch Sorting (Horse Arena)
- 6:00 PM - 4-H Goat Show \*\*
- 7:00 PM - Magician Don Baggett (Exhibit Bldg)

## Saturday, June 25<sup>th</sup>

**\*Free Inflatables 3-8 PM**

- 6:30 - 9:30 AM - Swine Check In
- 8:00 - 9:00 AM - Breakfast (Food Stand)
- 9:00 AM - 4-H Rocket Launch (Vendor City)
- 10:00 AM— Horse & Pony Open Show
- 10:00 AM - 4-H Sheep Show \*\*
- 11:00 AM - 4-H Dog Show (Exhibit Bldg)
- 12:00 PM— Garden Fun Contest (Exhibit Hall)
- 12:30 PM - Battle of the Barns (meet by barns)
- 2:00 PM - Anything Goes
- 3:00 PM - 4-H Poultry Show \*\*
- 4:00 PM— Silly Safari (Exhibit Hall)
- 4:00 PM (earliest start)— Horse Contest Open Show
- 5:30 PM— Silly Safari (Exhibit Hall)
- 7:00 PM - 4-H Swine Show \*\*
- 8:00 AM - Breakfast Chrisney Baptist Church (FS)
- 12:00 PM - 4-H Rabbit Show \*\*
- 10:30-12:00 PM- Chrisney Fire Dept. Chicken  
Dinner (Main Bldg)
- 11:00 PM— Horse & Pony Performance Class
- 12:00 PM - Mud Volleyball
- 12:00 PM- Pet Parade (Farm Bureau Bldg)

## Sunday, June 26<sup>th</sup>

**\*Free Inflatables 3-6 PM\***

- 1:00 PM - Grand Champions (Exhibit Hall)
- 1:30 PM - 4-H Senior Ceremony (Exhibit Hall)
- 2:00 PM - Kiddie Tractor Pull (Kennedy Building)
- 3:00 PM - 4-H Cloggers
- 3:00 PM— Garden Tractor Pull
- 6:00 PM - Dairy & Beef Show

## Monday, June 27<sup>th</sup>

- 8:00 AM— Breakfast (FS)
- 9:00 AM— Table Tennis (Vendor City Bldg)
- 11:00 AM— Horse & Pony Contesting
- 12:00 PM - Monopoly Tournament
- 12 PM - 2 PM—Small Livestock Photos
- 2 PM — 4PM—Large Livestock Photos
- 2:00 PM— BBQ Contest (Shelter House)
- 3:00 PM—7:00 PM—4-H Project Release
- 6:00 PM— Horse & Pony Fun Show
- 6:00 PM—4-H Livestock Auction

## Tuesday, June 28<sup>th</sup>

- 7:00 AM— 10 :00 —Fairgrounds Clean up

**\*\*All Mini Livestock Shows will directly**

**follow 4-H shows\*\***





# LAST CALL !!

## Extension Mailing List Update

Last month you should have received a letter in the mail regarding our effort to update our mailing list, along with a return postcard to indicate your preferences on how you would like to receive information from Purdue Extension. Since then, we have realized return postage was not included on the postcards as originally intended and that a few letters did not contain postcards. We apologize for this.

Please feel free to affix your own postage to the postcard and return via mail, drop the postcard off at the Extension office, or respond online at the link below. If you did not receive a postcard, please let us know or update your info at the link below. We hope to hear from you!

<https://bit.ly/3LNliLx>

*To ensure you continue receiving our newsletter and other updates, please update your contact information and preferences at the link or QR Code at the right at your earliest convenience.*



Purdue Extension—Spencer County

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Chrisney, IN 47611

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**Spencer County**  
**4-H Fair**  
**June 24 - 27, 2022**

**Come & Join Us!**



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