

## The Family Dinner Project

Research has shown what parents have known for a long time: sharing a fun family meal is good for the spirit, brain and health of all family members. Recent studies link regular family meals with the kinds of behaviors that parents want for their children: higher grade-point averages, resilience, and self-esteem. Additionally, family meals are linked to lower rates of substance abuse, teen pregnancy, eating disorders, and depression. We see family dinner as prime time to nourish ethical thinking and families are responding to this.

Purdue Extension HHS and The Center for Families have teamed up with The Family Dinner Project. TFDP has an abundance of resources online at <https://pz.harvard.edu/projects/the-family-dinner-project>, or you can follow them on Facebook for quick meal ideas.

### Benefits of Family Dinners by Ages:

#### Ages 1-5:



- Conversation at the dinner table is even better than reading to children in boosting their vocabulary, and helping them to read.
- Kids who start eating dinners now are less likely to be overweight later.
- New parents who develop a dinnertime ritual feel more satisfied with marriages.

#### Ages 6-12:

- Strong link between family dinners and academic performance, even stronger than doing homework, sports or art.
- Increased intake of fruits, vegetables and micronutrients, and fewer fried foods, trans fats and sodas.
- Children feel more connected to siblings and parents.

#### Ages 13-18:

- Teens who eat regular family dinners are more likely to get A's in school.
- Reduces high risk teenage behaviors like smoking, substance abuse, eating disorders, teenage pregnancy and violence.
- Reduces depression and anxiety and increases self-esteem.
- Opportunity to check in with kids to find out how they're doing.



## Shared meals are good for adults too!

### *Sharing Meals Improves Physical Health:*

- Adults who eat with their kids are less likely to engage in disordered eating behavior like binge eating or skipping meals.
- Eating with others increases fruit and vegetable intake and overall nutrition.
- Adults who eat with others maintain healthier body weights.

### *Sharing Meals Improves Mental Health:*

- Eating with others improves adults' moods.
- Parents who eat with their kids experience better mental health and fewer depressive symptoms.
- Adults who stick with a family dinner routine report higher levels of family functioning than homes without family dinner routines.

### *Sharing Meals Improves Social Well-Being:*

- Couples who attach more importance to family meals are happier with their relationships.
- Older adults who eat with others experience a decrease in overall loneliness.
- Teams who eat together, such as firefighters, show increased performance after sharing meals.

Not sure how to make it work? Get tips and tools at [thefamilydinnerproject.org](http://thefamilydinnerproject.org).



---

## Purdue Extension Health & Human Science Educator Update

There will be a lot of HHS Extension programs happening this fall for all ages!

- **Kindergarten Family Fun Night** – We are entering our 26<sup>th</sup> year of offering KFFN. We will be at one of the elementary schools weekly through the month of September sharing ways to make learning fun for Kindergarteners and their parents.
- **Make It Take It Child Care Provider Training** – A free training offered by the Childcare Coalition is happening on Saturday, September 14 from 9 am – Noon at the Newton County Government Center. Child care providers will make and take home 5 pre-K family engagement activities. Please register by calling 219.285.8620.
- **Where Does Your Money Go? Part 2** – WDYMG? will be offered on Wednesday, September 25 from 6:30-8:30 p.m. at the Morocco Library. Learn about your spending leaks and create a saving/spending plan.
- **Senior Expo 2024** – This will be our second year of offering the Senior Expo. This year's program will be held on Thursday, October 3 at the new Newton County Community Services Building in downtown Morocco. Check out the flyer in this newsletter for details on vendors, classes, BINGO and meals.
- **A Matter of Balance** – Back by popular demand, we will be presenting the 8-part "A Matter of Balance" series at the Roselawn Senior Nutrition site. Discussion and basic exercises are introduced in this program to help strengthen your bodies and self-esteem. Registration is required and class size is limited!

## Thank you for a successful fair!

I could not be more thankful for all of the Newton County 4-H members, volunteers, and leaders! Each and every one of you continue to make this program grow. This community is truly outstanding and continues to amaze me each and every day with the immense amount of support provided to the Newton County Youth! Thank you for pledging your head, heart, hands, and health to the Newton County 4-H program. Thank you for making it a great one! I can't wait for the many fairs to follow!

Ever Grateful,  
Mercedes Brunton

---

## 2024-2025 4-H Online Enrollment

It is that time again! 4-H Online enrollment will open on October 1st for Mini 4-H Members K-2<sup>nd</sup> and 4-H Members in 3<sup>rd</sup>-12<sup>th</sup> grade. Families will be able to access the online system to enroll their youth in the Newton County 4-H program. New families will create a family profile and add youth into 4-H, returning families will use the same login information as 2024.

Website: [v2.4honline.com](http://v2.4honline.com)



**JOIN THE CLUB**

## End of Fair Reminders:

- Make sure to send out thank you cards to the individuals who sponsored your banners/trophies, auction buyers, leaders, 4-H Council members, and the Newton County Fair Board. If you need thank you cards or contact information, please stop by the office.
- Please make sure to pick up projects left after the fair, as well as projects that have returned from the Indiana State Fair. Please have your projects picked up by September 9<sup>th</sup>. The office is open Monday through Friday from 8:00am to 4:00pm.

---

## 4-H Night at the Fair

Congrats to all of our graduating members!! We can't wait to see what you do!

Farm Bureau Tenure Awards: David Hamilton and Abigail Hamilton

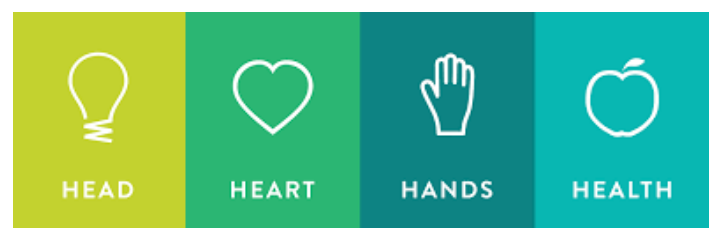
Ritter Spirit Award: Jeanette Marter

Outstanding 4-H Member: Cecelia Marter

Outstanding Junior Leader: Aaron Turner

2023 Periscope Cover: Bayla and Tzipporah Holloway

Newton County Friend of 4-H: Newton County Soil and Water



# Indiana State Fair Results

Project	Exhibitor	Ribbon
Garden Education	Elianna Holloway	Blue
Garden, Tomato Plate	Elianna Holloway	Red
Aerospace	Oliver Sims	Red
Arts and Crafts, General	Carter Williams	Blue
Arts and Crafts, General	Liam Kollman	Blue
Arts and Crafts, General	Natalie Mlynarczyk	Orange
Arts and Crafts, General	Bailey LaFlech	Orange
Arts and Crafts, General	June Busboom	Blue
Cake Decorating	Lilah Beasley	Red
Cake Decorating	Ciara Noel	Blue
Cake Decorating	Alyssa Standish	Blue
Cat Poster	Uriel Holloway	Blue
Child Development	Ciara Noel	Red
Consumer Clothing	Abigail Blasco	Blue
Consumer Clothing	Briley Iseminger	Blue
Dog Poster	Samantha Klemme	Red
Electric	Adam Dobbs	Red
Electric	David Dobbs	Blue
Electric	Ciara Noel	Red
Electric	Michael Klemme	Blue
Fine Arts	Jaxson Hayworth	Blue
Fine Arts	Natalie Mlynarczyk	Blue
Floriculture	Riley Smith	Red
Floriculture	Ciara Noel	Blue

Foods, Baked	Adleigh McDermitt	Red
Foods, Baked	Mary Dobbs	Blue
Foods, Baked	Elianna Holloway	Red
Foods, Baked	Jocelyn Lockard	Orange
Foods, Baked	Cecelia Marter	Blue
Foods, Preserved	Cecelia Marter	Blue
Foods, Preserved	Adam Dobbs	Red
Forestry	Elaina Smith	Blue
Forestry	Sophia Arrenholz	Orange
Forestry	Forest Nyberg	Blue
Genealogy	Cecelia Marter	Red
Geology	Lucas Voglund	Blue
Geology	Chase Logsdon	Blue
Health	Ciara Noel	Red
Health	Abigail Hamilton	Blue
Home Environment	Abigail Blasco	Orange
Home Environment	Tessa Misiora	Red
Home Environment	Natalie Mlynarczyk	Orange
Lawn and Garden Tractor Safety Education	Rowan Lavignette	Blue
Model Craft	Aspen Miller	Blue
Needle Craft	Juliet Grammer	Red
Photography	Emma Osowski	Orange
Photography	Amelia Smith	Blue
Photography	Emersyn McDermitt	Orange
Photography	Addilyn Lawrence	Orange
Photography	Mersyn McDermitt	Blue
Photography	Carolyn Sikma	Blue

Photography	D. Hayworth	Blue
Poultry Poster	Bailey LaFlech	Blue
Rabbit Poster	David Hamilton	Red
Sport Fishing	Wade Sikma	Blue
Sport Fishing	Abigail Sikma	Blue
Sport Fishing	Carolyn Sikma	Blue
Tractor Operator Skills	Jarrett Schulte	Red
Veterinary Science	Samantha Klemme	Blue
Wildlife	Emeri Knutson	Blue
Wildlife	Chase Logsdon	Blue
Woodworking	Bentley Wilson	Blue
Woodworking	Karter Frederick	Blue
Woodworking	Dominic Hayles	Blue

It's almost Fall! I will be offering a Livestock and Poultry 101 class at the Lake Village Library every Tuesday evening from September 17<sup>th</sup> through October 8<sup>th</sup>. There are two general modules followed by your choice of one species specific class. The cost of participation is \$25 with an option to add an additional species class for \$10. The '-ber' months are here and that means that harvest is too. Even if you aren't in the field, it affects everyone when there is equipment on the roads. The best piece of advice is to be prepared to slow down or stop and have patience. The following are tips, important advice, and things to think about from the Indiana Department of Homeland Security.

- Farm machinery can unexpectedly turn onto a public road from a field or driveway.
- Slow moving farm machinery traveling at less than 25 miles per hour are required to display a slow-moving vehicle emblem - a red triangle-shaped reflector.
- Slow moving vehicles are required to pull off to the right when three or more vehicles are blocked and cannot pass on the left.
- Machinery that is half on the road and half on the shoulder may suddenly move completely onto the road to avoid obstacles.
- Check to be sure that machinery is not turning left before passing in the other lane.
- Determine if the road is wide enough for you and the machinery to safely share before passing
- Look for roadside obstacles such as mailboxes, bridges, ditches, or road signs that may cause the machinery to move to the center of the road.
- Do not tailgate farm vehicles.
- Do not pass within 100 feet of any intersection, railroad grade crossing, bridge, elevation structure or tunnel.
- Be aware of alternate routes, and allow plenty of time to get to your destination.

When it comes to the farm itself there are more opportunities for accidents. Below are recommendations to help during harvest.

- Perform regular maintenance, especially on older equipment
- Turn off the machine/engine before getting off/out of tractors
- Take care of yourself by taking breaks, resting, staying hydrated, and eating nutritious snacks or meals
  - Failing to do so makes it more likely for accidents to happen
- Accept help from family, friends, and neighbors
- Pay attention to young helpers, make sure they are not in harm's way or taking on more than they can accomplish
- Maintain 3 points of contact when getting in/on or out/off the tractor to improve your safety and protect your joints over time



<https://www.in.gov/dhs/get-prepared/general-safety/harvest-season-safety-tips/#:~:text=Driving%20During%20Harvest%20Season,-Motorists%20should%20follow&text=Most%20farmers%20will%20pull%20over,bridge%2C%20elevation%20structure%20or%20tunnel.>

<http://extension.msstate.edu/news/feature-story/2014/yield-roadways-during-harvest-time>

## **Featured Insect: Aphids - Corn Leaf**

**Description:** Aphids suck sap from plants and deposits a sticky substance called “honeydew,”. Most aphids are wingless. However, as populations increase, some develop delicate, filmy wings that enable them to fly to uninfested plants to start new colonies.

**Identification:** Species of aphids found on corn vary slightly in color but are typically green or yellow. They are soft-bodied, spherical insects about the size of a pinhead (1/16<sup>th</sup> inch).

**Life Cycle:** Female aphids give birth to living young, called nymphs. Nymphs resemble the adults, but are smaller and sexually immature.

**Damage:** Leaves may wilt, curl, and show yellow patches. When tassels and silks are covered with honeydew, pollination may be disrupted. Excessive aphid feeding within the whorl prior to tassel emergence may cause incomplete kernel development and/or barren ears.

**Management:** Aphid control is most effective 2 to 3 weeks prior to tasseling. *During Pollen Shed* – If more than half of the tassels are covered with aphids and their honeydew prior to 50% pollination completion, treatment may be needed.

**Link:** <https://ag.purdue.edu/department/entm/extension/field-crops-ipm/corn/aphids.html>



## **Featured Weed: Common Mallow**

**Identification:** A broadleaf weed that will grow more erect in the absence of mowing. Stems are thick, hairy, and lie close to the soil surface with an upwards leaf. The leaves can range from 0.5 to 1.5 inches in diameter and are located at the end of thinner stems (petioles) branched alternatively from the main stems. Leaves are palmately veined (similar to fingers branching from the center of your palm), dark green with a ‘crinkled’ appearance, slightly hairy on both the upper and lower surfaces, and sharply toothed in the margins.



**Life Cycle:** Reproduces via seed and germinates from Spring to Early Autumn. Fragmented stems can also produce adventitious roots when nodes come into contact with the soil and conditions are moist enough.

**Eradication/Control:** Hand pulling can be effective when the taproot is short. Common mallow outcompetes other species, but is kept in check with regular mowing. Because it reproduces from seed, you can manage it with preemergence herbicides. Postemergence herbicides can also be used to control common mallow.

**Link:** <https://turf.purdue.edu/common-mallow/?cat=52>

Common Mallow (Left) and Ground Ivy (Right)