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**412 Main Street**  
**Rising Sun, IN 47040**

**Check this out**



**<https://extension.purdue.edu/county/ohio/>**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. Junior Leaders 4pm	2. YAB 6:30	3.	4. Lumberjacks 6pm @ EO	5.	6. Jazzy Jest- ers	7.
8. Shamrock Shiners 3 pm @ EO	9.	10.	11. Classy Clo- vers 6pm @ EO  Royalty Appli- cations Due	12. Ag Day	13. 4-H Camp Deadline	14. State Livestock Judging Contest
15. Project Drop/Add Deadline. Livestock Entry Deadline in 4Honline	16. 5pm Container Gardening 6pm Livestock Com Meeting 6:30 Fair Board	17.	18. Royalty In- terviews 5:30 pm @EO- VIA ZOOM	19.	20.	21.
22. Trailblazers 2pm @ EO Servsafe Food Handler class/test 2-5pm	23. Get WalkIN Begins	24.	25.	26.	27.	28.
29.	30. Office Closed— Memorial Day 	31.				

## Mark Your Calendar!

- June 3, 2022 - Nature Camp
- June 4, 2022 - Summer ID Day (Rabbit) 9:00-10:00am
- June 4, 2022 - Rabbit & Poultry Workshop 10:00am
- June 4, 2022 - YQCA @ 11:00am
- June 4, 2022 - Fair Entry Deadline
- June 6-10, 2022 - 4-H Camp
- June 11-12, 2022 - Area 1 Horse & Pony Show
- June 17, 2022 - Vet Science Camp
- June 24-July 2, 2022 - Ohio County 4-H Fair



## 4-Her Olympics

Attention ALL 4-H members! It's back!! Sign up will be during project check in on Saturday, June 25th. The first event will be after project check in and it will be Monday - Thursday as well.

4-H members can sign up either a group of 3 high schoolers, 3 middle schoolers or 4 elementary schoolers depending on their age. After we have all the groups signed up, we will randomly put a group of high schoolers, middle schoolers and elementary schoolers together to form a team. We will keep track of points to determine a winning team at the end.



## 4-H Camp– June 6-10, 2022

### June 6th for Junior Staff ONLY

**Register NOW in 4-HOnline under Southeastern Indiana 4-H Camp!!**

**Payment is due in full by May 13 to the YAB, drop off at the Extension Office!**

**If interested please contact the office.**

### Attention Seniors!!

We are in need of senior pictures and biographies from each of the 10 year and final year 4-H members. We will recognize each of the seniors during the fair prior to the auction.

*You did it!*  
**Congratulations**

*DON'T MISS  
THE DEADLINE!*

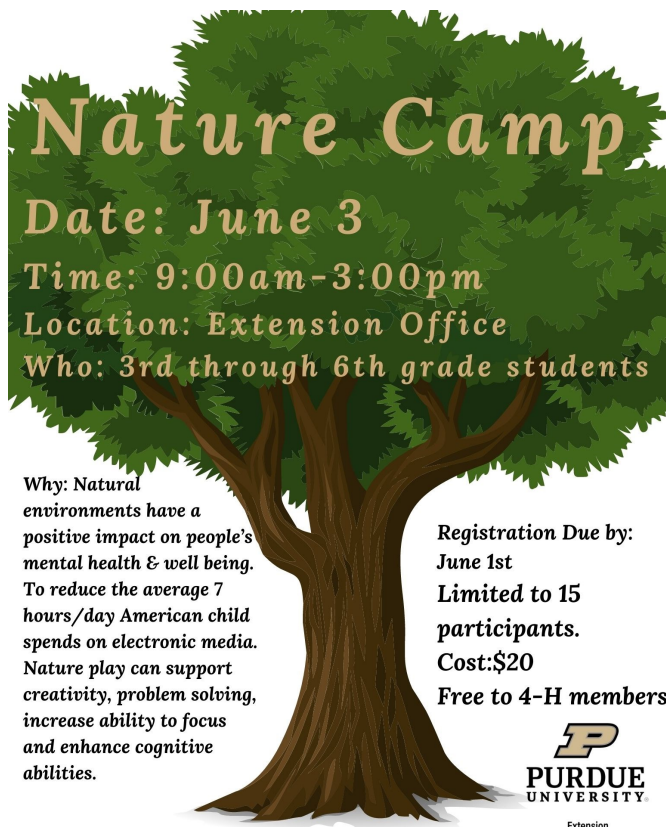
**2022 Drop/Add  
Deadline for Projects is  
MAY 15th!!**

### **Attention: 4-H Member**

**If you have not paid your \$20 program fee please stop by the Extension Office to do that as soon as possible. Livestock can not be entered until payment is received!!**

**ALL LIVESTOCK MUST BE ENTERED INTO 4-HONLINE BY MAY 15TH TO BE ELIGIBLE TO SHOW AT THE 2022 OHIO COUNTY 4-H FAIR!! THIS INCLUDES: BEEF, DAIRY, GOATS, SHEEP, SWINE, & HORSE!!**





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On April 14th eight 4-H members from Ohio County competed at the Area Livestock Career Development Event. They placed 10th and 25th as team! Great job CJ Berkley, Ethan Markland, Owen Markland, Wayne Birmingham, AJ Kirkpatrick, Holt Walton, Rose Stephen, and Malachi Stephen.



# Veterinary Science Camp



**June 17, 2022**  
**9:00am-3:00pm**  
**Rising Sun Vet Clinic**

Youth that just completed grades 5-9.  
Cost: \$20 (Current 4-H members are FREE)  
Lunch will be provided.

Register: Please contact the Ohio Co. Extension Office at 812-438-3656 for registration or questions.



**PURDUE UNIVERSITY**

Extension

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## Rabbit & Poultry Workshop

**June 4th 10:00-11:00am @ Fairgrounds**

Come learn how to get your rabbits and poultry ready for the fair.

There will be animals there to demonstrate.  
If you have questions contact the office at  
812-438-3656.



## 4-H ROUND-UP JUNE 20-22, 2022

4-H Round-Up is an exciting opportunity offered to youth who have completed grades 7, 8, and 9. Attendees have an opportunity to explore a variety of careers by attending classes created just for Round-Up attendees at Purdue University. Participants will get a taste of college life and will live in a Purdue Residence Hall for two nights. Youth have an opportunity to meet others from across the state and further develop their leadership skills. Recreation events are planned in the evenings and blocks of free time allow attendees the opportunity to build friendships on their own. 2022 4-H Round-Up registration will open May 1.



## 4-H Academy @ Purdue University June 8-10, 2022

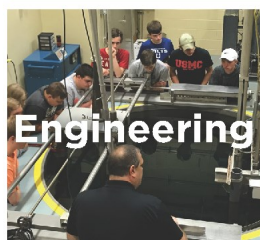
At 4-H Academy, high school students visit Purdue University to interact with faculty and industry professionals and meet new friends from across Indiana.

Contact your county's Purdue Extension 4-H Educator before May 15 to register.

To learn more, visit  
[bit.ly/in4hacademy](https://bit.ly/in4hacademy)



Exploring Health  
Careers



An equal access/equal opportunity university.

# Fair Entry is OPEN

## May 1st - June 4th!!!

### FairEntry Cheat Sheet

1. Go to [ohiocountyindiana.fairentry.com](http://ohiocountyindiana.fairentry.com)
2. Sign in with your 4Honline email and password.
3. Click "Individual"
4. Choose the child you would like to enter.
5. There are no required questions → continue.
6. Check your contact information → continue.
7. "Add an Entry"
8. Select your "Department"
9. Select your "Division"
10. Select your "Class"
11. Review
12. Select your "Club"
  - a. If this is an animal entry, after you select your club you will enter your animal.
  - b. Adding an animal
    - i. Choose and Existing animal record-SWINE, CATTLE, HORSE, SHEEP, GOATS
    - ii. Enter a New animal record-RABBITS, POULTRY, DOG, CAT
13. Enter a Description for a non-animal entry.
14. What do you want to do next?
  - a. Add another Entry-for this child
  - b. Add another Entry for this Division-same child, same division
  - c. Register another exhibitor-new child
  - d. Continue to payment- You have completed all entries for all children.
15. YOU DO NOT NEED TO PAY
16. Review your entries, → Continue → Submit
17. Make sure you make it to the THANKS! page.
18. CONGRATS! YOU ARE ALL DONE! See you at the fair!



All 4-H projects and exhibits- including all animal projects- MUST be entered into this system during this time frame. Only Exception is Rabbits needing tattooed at ID Day.

The recommended browsers are Google Chrome or Firefox.

Projects will be registered one at a time. Do not hit the submit button submitting all project information until you are sure that all project information is correct because there is no editing after the submit button is activated.



# INVESTIGATION: HEALTH CAREERS AND YOU

Tuesday, July 19th, 2022

8am Cost: \$20.00

Ivy Tech Campus-  
Lawrenceburg

Register HERE!



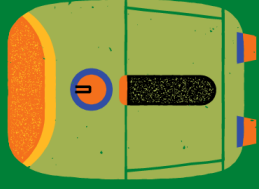
## Are you interested in a Medical Career?



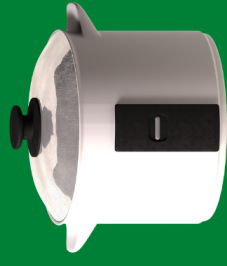
**YOUR Opportunities Are LIMITLESS!**

Brought to you by Ivy Tech Community College and Purdue Extension Ohio and Purdue Extension Dearborn Counties. Space is limited to 15 participants. Lunch and Snacks provided!

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# ABC's Of Small Appliances

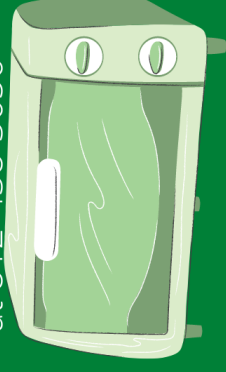


Airfryers, Instapots, Toasters Ovens,  
OH MY!

Thursday, June 2nd from 9:30-3:30 at Extension Office  
7th-9th graders

Cost \$20.00

for registration info please call the Extension Office  
at 812-438-3656



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# Container Gardening

**Have you ever wanted vine ripe tomatoes or fresh peppers or maybe even some fresh herbs for cooking? If you don't have the space or have limited mobility but enjoy fresh from the garden produce then container gardening is for you. Come join the FREE class and learn about container gardening.**



**May 16th, 2022  
5:00pm  
Ohio County  
Extension Office**



Call 812-438-3656 to pre-register.

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## **May Garden Tips By: Rosie Lerner**

### **HOME (Indoor plants and activities)**

Many indoor plants can be moved to shady locations outdoors but only after the danger of frost has passed. Plants will dry out more often outdoors, so keep a close eye on soil moisture. Sinking the pots in soil will help slow down moisture loss. Now is a good time to take cuttings of houseplants to increase a collection or share with friends. Stick cuttings to root in media, such as vermiculite, perlite, or potting soil. Roots grown in water tend to be weak from lack of oxygen and do not adjust well to planting in soil. Fertilize houseplants according to label directions. Foliage plants require relatively high nitrogen fertilizer; flowering houseplants respond best to fertilizer high in phosphorus.

### **YARD (Lawns, woody ornamentals and fruits)**

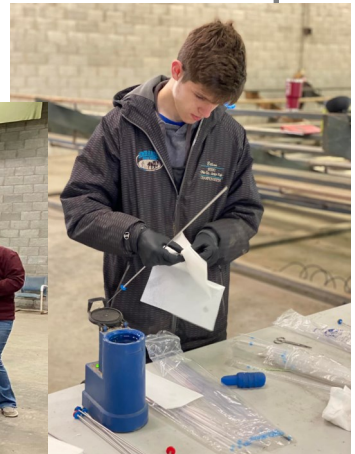
Prune early spring-flowering trees and shrubs after flowers fade. Plant balled-and-burlapped or container nursery stock, and water thoroughly. Remove and destroy overwintering bagworms from landscape trees and shrubs. Follow a spray schedule to keep home-orchard crops pest free. While trees are in bloom, use fungicide sprays without insecticide to avoid injuring bees. Follow label directions. More information is available in [Managing Pests in Home Fruit Plantings](#) (Purdue Extension publication ID-146-W). Thin apple tree fruits, if needed, about three weeks after petal fall. Apples should be about 8 inches apart. Apply fungicides to roses to control diseases such as black spot. Purdue turf experts recommend that if you are going to fertilize your lawn in May, apply 3/4-1 pound of nitrogen (N) per 1,000 square feet with a product that contains 50 percent or more of slow-release fertilizer. Try to schedule the application prior to a rain or irrigate following application to move the fertilizer off leaf blades.

### **GARDEN (Flowers, vegetables and small fruits)**

Plant frost-tender plants after the danger of frost has passed for your area. This includes warm-season vegetables (such as tomatoes, peppers, eggplant, and vine crops) as well as most annual flowers and tender perennials (such as cannas, gladiolus, dahlias, tuberous begonias, and caladiums). Pinch chrysanthemums and annual flower plants to keep them compact and well-branched. Make successive plantings of beans and sweet corn to extend the harvest season. Thin seedlings of early-planted crops such as carrots, lettuce, spinach, and beets to their proper spacing. Harvest early plantings of radishes, spinach, and lettuce. Both asparagus and rhubarb season may be delayed this year due to the slow progression of spring. Harvest asparagus by cutting or snapping spears at or just below soil level. Harvest rhubarb by cutting or grasping the stalk and pulling it up and slightly to one side. Control cucumber beetles (which are carriers of bacterial wilt) as soon as cucumber plants germinate or are transplanted to prevent disease. Remove blossoms from newly set strawberry plants to allow better runner formation. Remove unwanted sucker growth in raspberries when new shoots are about a foot tall. Repair support trellises as needed.

The Purdue Extension AI School Team had an excellent two days of training for 15 producers to get certified! Thank you to our partners with Select Sires and Cox Livestock! They learned the skill of artificial insemination to improve their reproductive management practices, herd genetics, and breeding programs.

Contact Jill at 438-3656 if you want to get on the waitlist for next year.



## Take Time To Self-Evaluate Your Pasture Management

BY: [KEITH JOHNSON](#)

Perennial cool-season grass/legume pastures broke winter dormancy several weeks ago. Quick growth will soon occur. Make a pledge that you will not overgraze pastures this year. The greatest curse to the yield and persistence of perennial forages is overgrazing. Managing pasture properly requires much skill, just like any agronomic crop. Much skill is required to do it in an "A" grade fashion because there is a live-stock component to the agricultural system, too. Proper pasture management is more than opening the gate to the pasture and letting livestock graze season long.

The following points includes several statements that need to be followed as recommendations to have a successful pasture program. Take the time to do a self-evaluation of how good a job **you** are doing with each statement given. Rankings "Strongly Disagree" or "Disagree" require some attention to have top-notch pasture for your livestock.

Developing excellent pasture management skills require much effort, but the wellbeing of your forages and livestock will improve because you do.

- I soil test at least every third year and apply lime and fertilize based on the test results.
- I know the major soil types of my farm by name and know their strengths and weaknesses.
- I can identify the major forages growing in my pasture and know their strengths and weaknesses.
- I remove livestock from a paddock when cool-season grass/legume forage growth is around 4 inches in height.
- I stockpile perennial pasture in the late summer and early fall.
- I evaluate pasture growth and potential concerns (overgrazing, weeds, insects, diseases) in the pasture weekly and take action if needed.
- I document when livestock are moved from paddock to paddock.
- Where possible and applicable, I graze crop residues and double crop forages to full potential on my farm.
- I analyze nutrient composition of my hay and use the information to balance rations.
- I have an agronomist on my list of professionals that has a passion for forage crops.





# HEALTH & HUMAN SCIENCES

## May 2nd-May 8th is Screen Free Week!

DYK? According to Scripps.org, adults spend as much as 11 hours per day looking at screen due to work responsibilities and entertainment. Too much screen time can have a negative impact on your eyes and can also lead to headaches, neck pain, shoulder/back pain and even interfere with your bodies ability to sleep.


For youth, the CDC says that for kids between the ages of 8-18, they spend at least 7.5 hours per day in front of the TV or the equivalent of 114 days out of the year watching a screen for *fun*. These numbers don't include the time spent on the computer/tablet for school related work or homework.


So what can adults do to help limit screen time and get more active themselves?

1. Engage in at least one hour of physical activity each day– play basketball, walk the dog, walk with a friend, garden– just get up and get moving.
2. Limit screen total screen time to no more than 1-2 hours each day for youth in the household.
3. Keep tv's out of the bedroom as this can interfere with sleep and the body's release of melatonin.
4. Encourage other types of fun that involve activity and being social in person.



PURDUE EXTENSION  
**GET WALKIN' PROGRAM**  
Helping Hoosiers get on their feet!

 University  
SCHOOL OF NURSING



▶ **WANT TO IMPROVE YOUR HEALTH**  
...but short on time ...and lack motivation?

This **FREE**, email-based walking program has you covered!

Sign up, walk, and get email support.

**DETAILS**

Starting date:

You will receive a total of 16 emails – 2 per week for the first month, and 1 per week for the next 8 weeks.


To sign up:

Register by:


**WALK TO:**

- Reduce risk of obesity, heart disease, diabetes
- Feel energized
- Add daily physical activity
- Get social

**ALL FOR FREE!**



For more information or to join us, contact:

 University | Extension

SCHOOL OF NURSING

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The weather is finally warming up and the days are getting longer. Spring is a great time to be out and be active and walking is a great way to keep your body moving and in shape. Before you get started though, make sure you have good walking shoes that are supportive and are comfortable. Walking shoes should be replaced ever 300-500 miles—just an FYI.

For resources about starting a walking program or for tips and insight, please join us for Get WalkIN! This free program will help you keep moving, provide weekly tips and explore local walking options.

For more information or to register please give the EO a call at 812-438-3656!

## Purdue Extension Nutrition Education Program's Cauliflower Salad

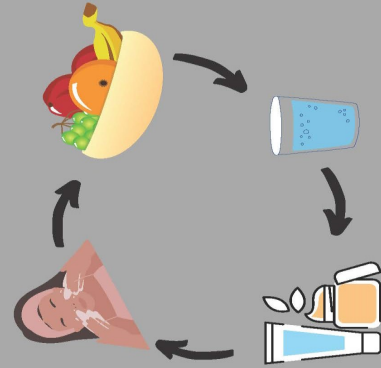
- 4 c. cauliflower/broccoli florets (fresh or frozen)
- 1 c. diced celery
- 1/2 c. diced onion
- 1/4 c. diced sweet bell pepper
- 1/3 c. light mayonnaise
- 1/3 c. non-fat plain yogurt
- 1 T. mustard
- 1/8 tsp. salt and pepper
- 1/4 tsp. dill weed.

Directions: Thaw frozen cauliflower/broccoli and drain liquid. If using fresh, cook until barely tender. Combine cauliflower, broccoli, celery, onion and bell pepper in bowl. Using a small bowl mix mayonnaise, yogurt, mustard, salt, pepper and dill. Stir dressing gently with vegetables. Chill before serving.

Recipe courtesy: <https://www.eatgathergo.org/recipe/cauliflower-salad/>



Extension - Ohio County



## The Skin You Are In- Taking Care of our Skin as we Age

Date: Tuesday, April 12th, 2022

Time: 2pm

Where: Extension Office

RSVP: Please call 812-4358-3656 by April 11th, 2022

Our skin is our largest organ- keeping it healthy as we age is is vital to our overall health. Join us for tips on keeping your skin glowing, nutrition for our skin as well as learning the ABC's of skin health.

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Grab your lunch and get ready to learn during these 1-hour virtual segments of Be Heart Smart!



## TAKE OF CARE OF YOUR HEART



Looking for guidance on improving your heart health? Follow **Purdue Extension** as we explore ways to help prevent heart disease through healthy lifestyle changes via a Zoom lunch and learn.



Buzz on by and join us!

## BEE YOU IN 2022

OHIO COUNTY EXTENSION HOME  
MAKERS ACHIEVEMENT NIGHT

APRIL 26TH FROM 6-8PM  
AT THE SCHROEDER  
BUILDING

1414 FAIRGROUNDS RD  
RISING SUN, IN 47040

THE UNIVERSITY OF PURDUE SYSTEM  
OFFICE OF THE CHIEF OF EXTENSION

April 27th @ 12:00pm

**Know Your Risks**

May 4th @ 12:00pm

**Know Your Numbers**

May 11th @ 12:00pm

**Heart-Healthy  
Cooking**

May 18th @ 12:00pm

**Take Action**

To register for the event, call the Jefferson County Extension Office at (812) 265-8919

**Deadline to Register: Wednesday, April 20th**

Your Zoom link will be emailed to you upon registration.

Extension - Jefferson County

Extension - Ohio County

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