

June Newsletter

Online Resources



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STAFF DIRECTORY

Jill Andrew-Richards
Agriculture & Natural Resource
4-H Youth Development
jmrichards@purdue.edu

Shannon Chipman
County Extension Director
Health & Human Sciences/4-H Youth
Development
chipmans@purdue.edu

Trenna Jossart,
Family Nutrition Program Advisor
tjossart@purdue.edu

Alyssa Devers
Office Manager
cook308@purdue.edu



2023 Fair Changes and Updates

LIVESTOCK SHOWS

Monday, June 26, 2023

5:00 Sheep Show
7:00 Swine Show

Tuesday, June 27, 2023

8:00AM Rabbit Show
4:30 Dairy Cattle
5:00 Dairy Goat Show
7:00 Meat Goat Show

Wednesday, June 28, 2023

8:00AM Poultry/Waterfowl Show
6:00 Beef Show



4Honline & Fair Entry Checklist

In an effort to minimize the confusion we have put together a step by step checklist for you to follow as you prepare for the 2023 4-H Fair.

1. Make project select on *4Honline* by May 15th deadline
2. If choosing to take livestock have animal identification entered in *4Honline* by May 15th Deadline
3. Make sure you attending club meetings- livestock exhibitors wishing to participate in the auction must attend a minimum 3 meeting.
4. Fair Entry Opens May 16th- This is where you will log into Fairentry.com and select your projects for the fair. If a project was not previously entered into *4Honline* it will not be able to be added at this point. Deadline to complete Fair Entry is **June 11th!**

UPCOMING DATES



DATE	EVENTS	Time	Location
June 5 th -9 th	4-H Camp		Camp Higherground
June 5 th -7 th	IEHA Home an Family Conference		Noblesville, IN
June 10 th	Rabbit ID Day	9-10am	Fairgrounds
June 10 th	Indiana 4-H Quality Livestock Care	10 am	Fairgrounds
June 12 th	Extension Board Meeting	6:30pm	Ohio County Extension Office
June 13 th & 14 th	Photography Workshop	9am-noon	Ohio County Extension Office
June 13 th	Ohio County 4-H Ambassador Contest	1pm	Ohio County Extension Office
June 14 th	Homemakers Program Book Meeting	10am	Ohio County Extension Office
June 16 th	Veterinary Science Camp	9am-3pm	Rising Sun Vet Clinic
June 21 st	Fair Set Up	6pm	Ohio County Fairgrounds
June 22 nd	Mini 4-H Morning	9:30-10:30	Ohio County Extension Office
June 22 nd	Pie Baking Workshop	11am-3pm	RSHS FCS Classroom
June 23 rd	Pie Baking Workshop	10am - 2pm	RSHS FCS Classroom
June 23 rd -30 th	Ohio County 4-H Fair		Ohio County Fairgrounds
July 17 th	4-H Achievement Night	6pm	Ohio County Fairgrounds



4-H Youth Development



Club Information

Clubs and Leaders

Classy Clovers- Sonja Southard- Meet 2nd Wednesday @6pm- EO

Jazzy Jesters- Mary Zeiser, Kathy Steele, Ashley Castle- Meet the 1st Friday @ Ashley's

4-H Lumberjacks- Katie Schulz- Meet the 1st Wednesday @6pm- EO

Ohio County Trailblazers- Jenny Ohlmansiek- Meet 4th Sunday @ 2pm-EO

2023 Important 4-H Camp Updates and Changes

Camp Dates

1. Junior Directors, Group Leaders, and Counselors will report to camp from June 5th through June 9th.

2. Counselors In Training and Campers will report to camp from June 6th through June 9th.

Schedule and Meal Change for Friday June 9th

1. The time for the closing program for Friday June 9th will be moved up to accommodate the travel time for our counties that are driving the furthest. Due to the change in time, we will not be serving dinner on Friday. Please plan accordingly.

2. Closing ceremony will be at 4:30pm All campers will need picked up by 5:30pm

4-H Baking Workshops

PURDUE EXTENSION OHIO COUNTY



YIPPY PIE YAY!

4-H Pie Baking Workshop

Are you in 10-12th grade? New to 4-H? Already a member? Curious about how to make a pie?

**JUNE 22ND 11AM-3PM & JUNE 23 10-2PM AT
RSHS FCS CLASSROOM
COST \$10.00**

RSVP TO PURDUE EXTENSION BY MONDAY, JUNE 19TH AT 4PM
WITH CHOICE OF APPLE OR PEACH PIE.
IF NEW TO 4-H PLEASE GO TO

Get your 4-H Pie baked and ready
for County Fair!



Mini 4-H Morning- What to Expect on Project Check-In Day!

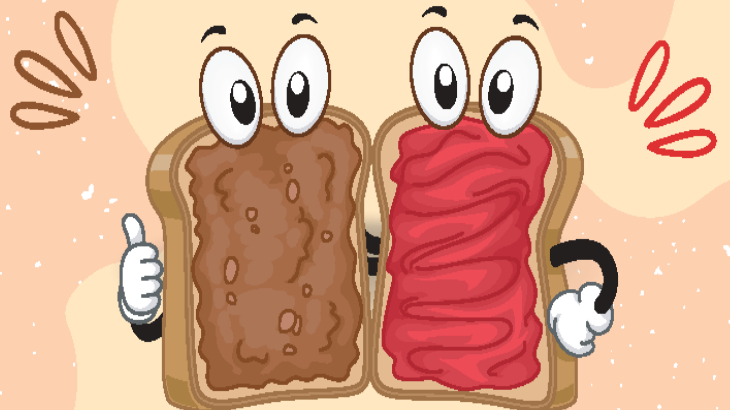
Activities Include:

- Learning to make a PBJ Sandwich
- Tips for talking about your projects
- Exhibit Hall Tags

June 22, 2023

9:30-10:30am

Extension Office





4-H Youth Development



FairEntry Cheat Sheet

1. Go to 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!



Fair Entry is OPEN May 16 - June 11!!!

CALLING ALL 4-H MEMBERS!!



When: June 21, 2023

Time: 6:00PM - ?

Where: Fairgrounds

What: 4-H Clean up day.

All members **MUST** come and clean up the fairgrounds to get ready for the 2022 Ohio County Fair. We will be setting up stalls for the beef, pens for the goats, sheep, and swine, and cages for the poultry and rabbits.

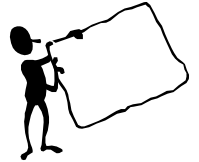
All the bleachers need to be cleaned.
There is a lot of work to be done before the fair!!!

FOAM BOARDS & SLEEVES

Foam Board and Sleeves to cover your posters are now available at the Extension Office!

Foam Boards are \$5.00 and the Sleeves are \$1.00. We also carry sleeves to cover the photography salon prints.

Please be aware if you want to purchase the foam boards elsewhere make sure that it meets the poster size requirements of 22" x28".



LIVESTOCK EXHIBITORS

All animal record sheets will be checked by club leaders this year.

- ◆ Record sheets must be finished and checked to be eligible to show your animal!!
- ◆ Before any livestock are unloaded at the fair, a visual ID check **MUST** be done by species chairman.



Livestock Weigh In/Check In Items to Remember

- Animals must be free of disease to be stalled or caged.
 - Be sure birds do not have lice.
- Animals will be checked for skin issues when entered.
- Be sure rabbits do not have ear mites.
- All livestock will have an entry card that will need to be turned in during weigh in times. Those will be distributed at the scales.
- Destinations for all animals need to be declared when entry cards are turned in at the scales. This includes home bound animals.

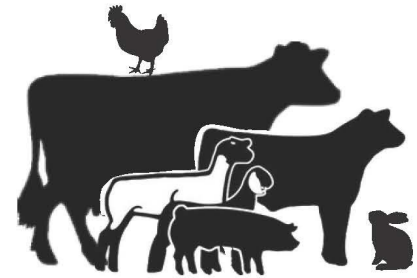


4-H Youth Development



June 10th is the LAST Indiana 4-H Quality Livestock Care Training!!

You must pre-register at v2.4honline.com
 If you have not already attended a training and you miss this training you will have to take the course online. To exhibit BEEF, DAIRY, SWINE, SHEEP, GOATS, POULTRY, and RABBITS, 4-H members must be certified.
 Call the office if you have questions or need assistance.



PHOTOGRAPHY *Workshop*

June 13 & 14
 9:00am - Noon
 Extension Office



Come learn tips to make your pictures the best they can be!
 Day 1: Bring your camera or cell phone to capture your pictures for the Fair!
 Day 2: Select pictures and prepare your completed project.

Space is limited to the first 20 participants.
 Call 812-438-3656 to reserve your spot.

Purdue University is an equal opportunity/equal access/affirmative action institution.
 IF YOU ARE IN NEED OF ACCOMMODATIONS TO ATTEND THIS PROGRAM,
 PLEASE CONTACT THE OFFICE BY JUNE 9TH AT 812-438-3656.



4-H Youth Development



Destination: Health Careers Camp



Cost: \$20.00 Grades 7th-12th

Lunch and Swag provided!!!!For more information please call Purdue Extension- Ohio County at 812-438-3656 or Purdue Extension- Dearborn County at 812-926-1189

Travel the road to a career in Health Sciences....

Hands on learning at Ivy Tech Nursing SIM Lab

Nurse Practitioner? Nurse? Physician's Assistant

Certified Nursing Assistant? Medical Assistant?

How much education do I need?

The road of health care is full of opportunities!

Provided by Ivy Tech Community College, Purdue Extension- Dearborn County and Purdue Extension- Ohio County. Space limited to 15 participants- first come first serve. RSVP by Wednesday, July 4th, 2023.

Purdue University is an Equal Opportunity institution. If you require auxiliary aids and services due to a disability or special food need, please contact us by the RSVP deadline.

Ohio County 4-H Ambassador Contest (Formerly known as the Royalty Contest)

The Ohio County 4-H Ambassador contest will be held on Tuesday, June 13th at 1pm here at the Extension Office. The role of the Ohio County 4-H Ambassadors will be to share knowledge of the 4-H program with the public and serve in various roles during county fair week. Based on the grade youth are in on March 1, 2023, youth in grades 3-8th can apply to be Junior Ambassadors and youth in grades 9-12 can apply to be senior ambassadors. For more information, please see the General Info section of your 4-H Handbook. For further questions please give the office a call at 812-438-3656. Application forms will be available on May 1, 2023.

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

or the *Congratulations*  You did it! pride to

Mini 4-H Tie Dye Party!

June 18th at 3:30
Extension Office

All Supplies Provided!



Veterinary Science Camp



June 16, 2023
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.



Extension



2023 Ohio County 4-H Fair



Friday, June 23, 2023

Gate Fee \$10 (5 & under free)
 10:00 Fashion Revue (Appearance Judging)
 12:00 Royalty Contest Announcement
 1:00 Dog Show (Exhibit Hall)
 2:00 Pocket Pets Show (Exhibit Hall)
 2:30 Cat Show (Exhibit Hall)
 3:00PM Gates Open
 4:00 Drags Registration & Inspection
 7:00 Flat Drags

Saturday, June 24, 2023

Gate Fee \$15 (5 & under free)
 8:00AM Helpers Meeting
 8:30 Judges Meeting
 9:00 – 12pm Enter Exhibit Hall Projects
 12:30 Tractor Driving Contest
 3:00PM Gates Open
 6:00-8:00pm Exhibit Hall Open
 7:00 Truck/Tractor Pull

Sunday, June 25, 2023

9:30AM Horse Show Registration
 10:00AM Horse Show
 5:00–8:00PM Livestock Unloading (Beef, Swine, Sheep, & Goats)

Monday, June 26, 2023

7:30-8:30AM Enter Rabbits, Poultry, and Waterfowl
 7:30-8:30 Breeding Gilt Unloading
 9:30 Livestock Weigh In & Auction Pictures
 9:30 Swine
 10:00 Sheep & Goat
 10:30 Poultry & Rabbit
 11:00 Beef
 9:30-2:00 Check Livestock Record Sheets
 1:00 Archery Shoot
 2:30 4-Her Games
 5:00 – 8:00 Exhibit Hall Open
 5:00 Sheep Show
 7:00 Swine Show

Tuesday, June 27, 2023

8:00AM Rabbit Show
 2:30 4-Her Games
 5:00 – 8:00 Exhibit Hall Open
 4:30 Dairy Cattle
 5:00 Dairy Goat Show (Auction Pictures)
 7:00 Meat Goat Show

Wednesday, June 28, 2023

8:00AM Poultry/Waterfowl Show
 2:30 4-Her Games
 2:00 – 3:00 Enter Cow/Calf
 5:00 – 8:00 Exhibit Hall Open
 6:00 Beef Show

Thursday, June 29, 2023

10:30- 12:00 Mini 4-H Picnic
 1:00PM 4-H Livestock Judging Contest
 2:30 4-Her Games
 5:00 – 8:00 Exhibit Hall Open
 6pm Baby Contest (RSCC alternate location if inclement weather)

Friday, June 30, 2023

10:00 Supreme Showmanship
 4:00 – 6:00 Farm Bureau Pork Chop BBQ
 3:00 – 5:00 Exhibit Hall Open
 6:00 Ohio County 4-H Auction
 5:00–7:00pm Exhibit Hall Project Release & Clean Up (ALL Projects MUST be picked up!)
 Release of ALL home animals following the auction, PENS MUST BE CLEAN!!!!

Saturday, July 1, 2023

6:00AM Auction Animal Release
 8:00AM Fair Grounds Clean Up

Agriculture & Natural Resources

Re-Evaluating Pasture Utilization

By: Dean Kreager, Ohio State University Extension

Farmland prices continue to rise and so does the value of pastureland. As I listen to discussions on renewable energy, carbon sequestration, and land development, I can only imagine that land values will continue to rise. As land values go up so will rental rates for both farmland and pasture. Sometimes the true value of pasture forage is overlooked and not maximized. Is there a practical option to increase productivity on your pastureland and increase your profit per acre?

Grazed forage is your chance to have a high-quality feed without the expenses and time needed to make hay. The more days out of the year animals are grazing, the less stored forage is needed, and the less time is spent feeding stored forages. Let the cows do the work as much of the year as possible.

Many grazing systems have been used and each have their own advantages and disadvantages. As land values and expenses go up it may be time to re-evaluate your method. Grazing systems can be broken down into three general categories: (1) continuous grazing, (2) simple rotational grazing, and (3) intensive rotational grazing.

With continuous grazing, cattle are turned into one pasture where they remain until the end of the season. Many farms use continuous grazing. This system has less fencing required and cattle do not need to be moved which reduces labor. On the downside, pastures are not as productive and therefore less cattle can be pastured per acre when compared to rotational systems. Animals will naturally graze some areas heavy while others are avoided. This habit leads to uneven manure distribution and often weed issues as weeds go to seed in ungrazed areas. Over time, constant traffic also takes its toll. There is no recovery period in this system. Think about the grass on a practice football field that is used daily compared to the game field that is used once a week and then rested. This may date me as many schools have switched to an artificial turf. Many continuous grazed pastures will have either one water access point or a stream with multiple access points.

Simple rotational grazing consists of using two or maybe a few pastures. Cattle are rotated between these pastures to allow a rest period for regrowth. Enough forage is left in the pasture to maintain root mass, which will help with regrowth, and maintain shading of the ground, to reduce evaporation of soil moisture. Research has shown this rest period can increase productivity by around 20% which would allow either more animals on the same area or a longer grazing season. Other advantages over continuous grazing include a more even manure distribution and less areas that are either overgrazed or avoided. This system does require a little more labor as cattle need to be moved periodically. Additional fencing is needed compared to a single pasture. This additional fence can often be a single electric strand for dividing the larger more securely fenced pasture. An additional water source may be needed depending on the configuration of the fencing.

Intensive rotational grazing has many variations in how it is implemented. In general, it will consist of many (often 8 or more) small pastures. Cattle are rotated frequently to new sections to maximize the rest period while removing seed heads to keep the plants in a more nutritious vegetative stage. A heavy concentration of cattle in a smaller area for a short period of time does less damage than a lighter concentration for a longer time. An additional 20% bump in production could be seen when compared to simple rotational grazing. When compared to continuous grazing this could amount to a 40% or more increase in forage production. This provides the opportunity for an increase in the number of cattle on the pasture or a longer increase in the grazing days further reducing reliance on stored forages. Studies have shown that these intensive systems provide a more even distribution of nutrients through manure and a reduction in weed pressure. The fencing requirements, water source access, and labor all go up with this system.

Water sources often are a limiting factor when it comes to dividing pastures for rotational grazing. Think creatively on ways to utilize what you have available and remember there are many seasonal above ground systems that can work well in some situations. In addition, your Natural Resource Conservation Service Technician or your County Soil and Water personnel may know of water source development opportunities. This could include spring developments, water piping, stream access points, and other options. For example, some areas of the Muskingum Watershed Conservancy District will provide a 100% cost share on stream exclusion fencing as well as stream crossing improvement, and off stream water development.

My experience of going from continuous grazing to four sections, and then with water access improvements, to eight sections has provided big gains in productivity with each step. Is there room for improvement in your grazing management system that can help you achieve a greater profit.



Health & Human Science

June is National Migraine Awareness Month



The aura. The weird feeling that something is off. Trying to figure out what is causing you to feel like this. According to the American Migraine Foundation, migraines have distinct phases and understanding those phases can help a person who suffers from migraines to advocate for their needs. Knowing your symptoms and triggers can help prevent or reduce the severity of your migraine.

Phase One: Prodrome— the beginning of a migraine attack, which can start anywhere from several hours to several days before the actual headache. Some of the symptoms can be irritability, depression, yawning, increased need to urinate, food cravings, sensitivity to light or sound, problems in concentrating, fatigue and muscle stiffness, difficulty speaking and reading, nausea, difficulty sleeping and neck pain.

Phase Two: Aura— only 20% of people with migraines experience the “aura”. Its effects last between 5 to 60 minutes are completely reversible. During the “aura” you can have visual disturbances or temporary loss of sight along with numbness and tingling on part of the body.

Phase Three: Headache— a migraine attack can last several hours or up to three days. The headache can feel like throbbing, drilling or an icepick to the head. You might also experience a burning sensation, nausea, vomiting, giddiness, insomnia, nasal congestion, anxiety, depression, sensitivity to light, sound or smell along with neck pain/stiffness.

Phase Four: Postdrome— this is called the migraine hangover and can last for 24-48 hours. The postdrome causes some to be unable to concentrate, fatigue, numbness and tingling in part of the body, depressed mood, euphoric mood and lack of comprehension.

Migraines are diagnosed by talking to your doctor and through MRI testing or CT scan. After you have been diagnosed, it's important that you take the time to educate yourself about migraines and advocate for yourself by looking into treatments and practicing self-care.

Information courtesy: <https://americanmigrainefoundation.org/migraine-diagnosis-treatment/>

JUNE 24TH, 2023

OHIO COUNTY 4-H FAIR OPEN CLASS

ALL EXHIBITS WELCOME

EXHIBITS WILL BE ENTERED ON SATURDAY, JUNE 24TH
FROM 2PM TO 3PM AT THE SCHROEDER EDUCATIONAL
& RECREATIONAL FACILITY
NO LATE ENTRIES WILL BE ACCEPTED!

Open Class Entries:

Scratch Cake
Box Mix Plus
Pie- fruit only
Cookies and Bars

Sweet Breads
.Savory Breads
Decorated Cake

Needlework
Quilt
Scrapbooking
General Crafts

General Information:

1. The Ohio County Exhibit Hall Volunteers will be careful in handling exhibits, but assumes no responsibility for loss or damage.
2. All entries must be made by the exhibitor in the last year.
3. All exhibits should be shown ready to be used as intended.
4. **Please submit baked entries on DISPOSABLE NON-RETURNABLE PLATES AND PIE TINS.**
 5. All Food exhibits must include recipe.
6. All cakes and pies become the property of Ohio County Fair and will be auctioned with proceeds going to the Ohio County Extension Board Purdue CARET fund.
7. Release times for non-food items will be Friday, June 30th from 5:00 p.m. to 7:00 pm. Exhibits will be the responsibility of the exhibitor after that time. Everything left will be taken to the Ohio County Extension Office, where they may be picked up at your convenience.
8. **Ohio County does not pay for/make entries/take entries of any open class exhibits for the State Fair.** Anyone who pays the entry fee and submits the appropriate forms in a timely fashion may exhibit at the State Fair.

If you have questions, please call
Purdue Extension Ohio County at 812- 438-3656

Health & Human Sciences

Cataract Awareness Month Cataracts 101

A cataract is clouding of the eye's lens, which blocks or changes the passage of light into the eye. The lens of the eye is located behind the pupil and the colored iris and is normally see through. The lens helps to focus images onto the retina which then sends the images to the brain. A cataract can cause your vision to become blurry or dim because the cataract prevents the light from passing through to your retina correctly. Cataracts are the leading cause of blindness among older adults in the US but have also been found in young people and even newborns. The cause of cataracts is not known but the general risk factors include:

- Intense heat or long-term exposure to the Sun's UV rays.
- Certain disease like diabetes
- Inflammation in the eye
- Genetics/Aging
- Long-term use of steroids
- Events prior to birth such as the mother having German measles
- Eye injuries
- Eye diseases
- Smoking



The symptoms of a cataract include blurry vision, double vision, ghost images or the sense of a "film" over the eyes. Another symptom could be the reaction to light to where bright light is too much but low light isn't enough to see up close.

There are 4 types of cataracts:

Age- Related: 95% of cataracts are age related and usually happen after 40

Congenital- cataracts are present at birth, caused by infection/inflammation during pregnancy or genetically passed.

Traumatic- caused by lens damage from a hard blow, cut or puncture, intense heat or chemical burn.

Secondary- caused by some medicines, eye diseases, eye infections, or diseases like diabetes.

If you notice any symptoms or changes to your vision, make an appointment with your eye doctor to get evaluated.

Information courtesy: <https://preventblindness.org/ataract/>

June is Men's Health Awareness Month

Men often face barriers when it comes to seeking help and support for their health and well-being. This month in honor of Men's Health Month we want to encourage men to seek medical care before an emergency occurs, seeking help and support is a sign of strength, not weakness. However, many men do not go to the doctor regularly for various reasons, such as fear, distrust, or negative experiences.

Men should start getting wellness check-ups at age 18 and continue throughout their life. As men age, their health risks change, and regular screenings become even more important. For example, men over 50 are at higher risk for prostate and colon cancer, while men over 60 are at higher risk for heart disease and stroke.

Approximately 30% of men lie to their healthcare providers, which can prevent accurate diagnosis and effective treatment. Men may lie due to fear of judgment, embarrassment, or wanting to avoid uncomfortable medical procedures or lifestyle changes. However, it is essential to be honest with healthcare providers to receive the best possible care. Medical professionals are trained to be non-judgmental and prioritize patient privacy, and truthful reporting of symptoms and behaviors can help them make informed decisions about treatment options. Men should feel comfortable discussing any concerns or issues with their healthcare provider to improve their health outcomes. Information courtesy Purdue Extension Men's Health Awareness toolkit.

Upcoming Events

1. IEHA Home and Family Conference, June 5th-7th, 2023 @ Embassy Suites, 13700 Conference Center South Drive, Noblesville, IN
Register at: <https://ieha-families.org/programs/home-and-family/hf-online-registration/> or pick up a paper form at the Extension Office
2. Ohio County 4-H Fair is coming up fast! If you are interested in being an exhibit hall monitor please give the office a call at 812-438-3656.
3. We will be working on program books on 14th at 10am- books will be ready for print ASAP!