

October



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Extension - Ohio County

4-H ENROLLMENT OPENS

OCTOBER 1ST

Anyone planning to attend any events MUST be enrolled by that program date.

Scan the code or follow the link to Enroll

ON OCTOBER 1ST



<https://v2.4honline.com/#/user/sign-up>



Staff Directory

Educators

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Extension - Ohio County



Upcoming Dates



DATE	EVENTS	TIME	LOCATION
October 1st	Enrollment Opens		4-H Online
October 1-7	National 4-H Week		
October 2nd	Junior Leaders 4-H Cookie Plate Assembly	1:30pm	Extension Office - each club provides 5 dozen cookies
October 3rd-5th	Chef University	10am-12:30pm	Extension Office
October 11th	Destination: Health Careers Camp	8:30am-3:30pm	Ivy Tech- Lawrenceburg
October 14th	Ohio County Open Show	11:30am	Ohio County Fairgrounds
October 24th	Matter of Balance	10am	TBA
October 30th	4-Her Night at the Haunted House	5-6:30pm	Extension Office
October 31st	Matter of Balance	10am	TBA
October 31st	Trick or Treat and Haunted House		Extension Office





4-H Youth Development

HAPPENING THE FIRST WEEK OF OCTOBER



OCTOBER

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, Ethan Snelling –
Meet the 1st Wednesday @ 6pm– EO

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



The Goose is back!
Let's celebrate National 4-H Week, October 1-7, 2023, with some Goosechase FUN!!



Download the app,
use code BDMZ3K,
Enjoy the FUN!

Purdue University is an equal opportunity/equal access/affirmative action institution.

OUR OHIO COUNTY 4-H SUPPORTERS ARE PRETTY AWESOME AND WHAT BETTER WAY TO THANK THEM THAN WITH COOKIES!
WE ARE ASKING EACH CLUB TO DONATE 5 DOZEN COOKIES (HOMEMADE OR STORE BOUGHT) TO GO TOWARD COOKIE PLATES THAT WILL BE TAKEN BY YOUTH TO LOCAL DONORS/SPONSORS ON MONDAY, OCTOBER 2ND!

NATIONAL 4-H WEEK COOKIE BASKETS

JUNIOR LEADERS WILL BE ASSEMBLING COOKIE PLATES ON MONDAY, OCTOBER 2ND AT 1:30PM!



Chef University

Cooking School

Calling ALL 4th and 5th Graders who like cook or want to learn!

- October 3rd, 4th and 5th from 10am to 12:30 @ Purdue Extension Ohio County Office
- Cost: \$25 (\$20 enrollment fee and \$5 supply fee)

Space is limited!

Call the Ohio County Extension Office at 812-438-3656 to reserve your spot today!



Purdue University is an equal opportunity/equal access/affirmative action institution. If you are in need of accommodations to attend this program please contact Shannon Chipman at 812-438-3656 or chipmans@purdue.edu

4-H Youth Development



HALLOWEEN AT THE EXTENSION OFFICE

LET'S SHOW THE COUNTY HOW 4-H DOES HALLOWEEN!



We would like clubs to still set up to pass out candy as well help with the haunted house. Let us know what your club is willing to do

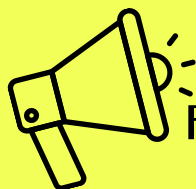


4-H Youth Development

BREAKING NEWS

Junior Livestock Committee

LOOKING FOR YOUTH THAT SHOW LIVESTOCK IN GRADES



9-12 TO HELP GIVE INPUT AND GUIDANCE.

FIRST MEETING FOR IDEAS AND INFORMATION ON

MONDAY, NOVEMBER 20 @ 5:30PM.

WANTING YOUTH THAT HAVE EXPERIENCE TO SHARE. CALL

THE OFFICE IF INTERESTED



Monthly Community Service Opportunity

WE ARE SEEKING STUDENTS WHO NEED TO EARN COMMUNITY SERVICES HOURS TO COME IN AND HELP WITH OUR MONTHLY MAILINGS AND OTHER TASKS. WE HAVE ONE HOUR A WEEK AVAILABLE. PLEASE CONTACT THE EXTENSION OFFICE IF YOU ARE INTERESTED!



Destination: Health Careers Camp

TICKET

October 11th, 2023
8:30am - 3:00pm
Ivy Tech- Lawrenceburg

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 Friday, September 29th, 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 PREVIEW SHOW



Ohio County Fairgrounds
1414 Fairgrounds Rd Rising Sun IN
Sponsored by the Ohio County Fair Board
Judge: TBD

Saturday
OCTOBER 14TH,
2023
@ 11:30 AM

Show order: Showmanship-Heifers-Steers

Entry Fee: \$35

Showmanship Fee: \$5

Weigh in & registration: 8:00-10:00am

The fairgrounds will be open at 6:00am and all animals must be on the grounds by 10:00am the day of show.

Class payouts to be determined day of show.

Prizes

Grand Champion Prospect Steer \$400
Reserve Grand Champion Prospect Steer \$200
Grand Champion Prospect Heifer \$400
Reserve Grand Champion Prospect Heifer \$200

Top 5 Steers & Heifers Will Receive Banners

General Rules:

1. The show is open to exhibitors of all ages.
2. Generators are encouraged.
3. Not responsible for accidents.
4. All entry money is nonrefundable.
5. Committee's decisions are final.
6. Bedding will NOT be provided and exhibitors must clean up stall area.
7. No Alcohol is permitted on the grounds.

Questions:

Michael Kirkpatrick 812-655-2056
Matt Markland 812-584-9996
Purdue Extension - Ohio County 812-438-3656

Concession stand will be available on the grounds the day of show.

Prospect steers MUST be born after January 1, 2023.

Prospect heifers MUST be born on or after September 1, 2022.

Show Rules:

1. All steers and market heifers will show together by weight.
2. Any heifer breed over 3 head will be offered a breed class. Any heifers without a breed class will move to AOB or commercial.
3. Commercial heifers will show by weight.
4. Health papers are required for out of state animals.
5. Registration papers are required.

HOTEL ACCOMMODATIONS:
RISING STAR CASINO RESORT (812)-438-1234
OR
ANDERSON'S RIVIERA INN (812)-438-2121

Agriculture & Natural Resources

BALE GRAZING



Livestock folks: Bale Grazing can help you keep your animals on pasture for more of the year; deal with drought; and renovate your pastures. Attend one or both:



- October 5th, 10am-3pm - Madison, IN. Meet at Jefferson County fairgrounds.
- October 6th, 10am-3pm - Dubois, IN. Meet at SIPAC.

FREE WORKSHOP:

- How-to workshop with Greg Halich, Forage Systems Economist from University of Kentucky
- Insights from graziers who use bale grazing in southern Indiana
- Free lunch
- Pasture walk to see how graziers set up their bale grazing, and the results it can have for pastures and livestock

Brought to you by:



RSVP and details at www.indianafarming.org.



Let's get LOUD together!

Enjoy a delicious apple and make some noise this October as a part of **INDIANA APPLE CRUNCH**. Celebrate local farmers and local food by crunching into apples at the same time – to create a crunch heard 'round the state!

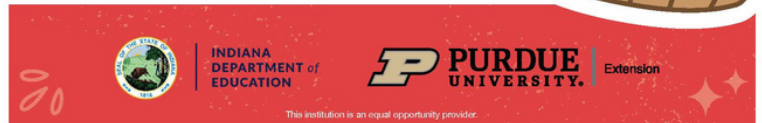
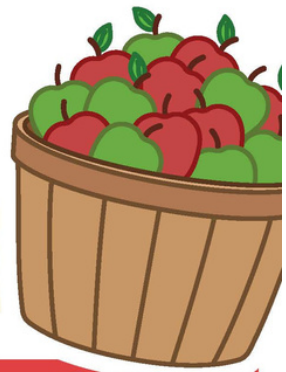
Join thousands of others crunching into their apples across Indiana and learn more about all the juicy, crisp, sweet apple varieties there are to savor.

We will provide the apples straight from Indiana orchards!

Date: October 24, 2023

Time: Lunch Time

Place: Ohio County Elementary-Middle School



Southeastern Indiana Agriculture & Natural Resources Lunch & Learns



Make the most of your lunch break and join extension educators live to discuss topics relevant to you and your operation. *All sessions are hosted at 12 pm noon on zoom.* Call (812) 265-8919 or email copelanb@purdue.edu with any questions.

Register for one or all here:
<http://bit.ly/LunchnLearnSEIANR>

November 1st
Holiday Plant Care



November 8
Fall Fertilization for your Lawn



November 15
Body Condition Scores & Winter Forage Management



November 22
Farm Succession Planning



December 6
Overwintering Pollinators in your garden



January 10
Enhancing your Landscape



January 17th
Pond Management



January 24th
Gardening



January 31st
Preparing for Livestock Emergencies



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Agriculture & Natural Resources

Quick Guide to Drought Management

Author: Ed Rayburn, Retired WVU Extension Specialist – Forage Agronomy

Here is a check list of best management practices for managing cattle through a drought.

1. Wean calves early, feed them for gain on good pasture or hay, and sell them when ready.
2. Sell older and lower quality (e.g., performance, behavior) cows before prices drop.

3. Do not over-graze pastures during a drought. 🐾

- Rotational grazing increases the ability to make it through a drought.
- After grazing, let pastures rest until it rains and plants regrow.
- Do not open all the gates during a drought!
- Feed hay in an abuse area that needs added fertility and wait for rain.

4. Inventory hay and pasture. 🐾

- How much hay and pasture are on hand and what is their quality?
- Forage test hay by field and cut to know its nutritional quality.
- What is the expected date to start feeding hay?
- What is the expected spring turn out date?
- How many days will hay need to be fed? 🐾
- How many cows, calves, yearlings and bulls will be wintered?
- How many days of feed will the hay on hand provide for the animals wintered?
- How short is the supply of hay, in bales per tons and as a percentage of total feed required? 🐾
- How many animals need to be sold to equal the feed on hand?
- How many culled or marketed animals need to be sold to pay for purchased hay?
- What is the best supplemental feed to purchase for the animals being fed?



5. Purchase hay and other supplemental feeds based on forage test and nutrient price.

6. Feed cows to a body condition score six (BCS 6) before cold weather. This is needed at calving for cows to rebreed in a timely manner. It is least expensive to do this by early weaning and using fall pasture before cold weather sets in. Cold, wet weather increases the energy requirement of an animal. A fat animal is better able to make it through cold weather.

7. Stockpile forage when moisture returns.

8. Two old but meaningful sayings to remember. 🐾

“A fat cow is half wintered!”

“You can’t starve a profit out of your cows!”



Health & Human Science

The Buzz on Mental Health

According to the CDC, mental health includes our emotional, psychological and social well-being. Our mental health affects how we think, feel and act. Our mental health also determines how we will handle stressful situations, relate to our peers, make healthy choices and is important at all stages of life. 🐦

Our mental health can make an impact on our physical health also. For example, having depression can increase our risk for chronic conditions like diabetes and heart disease as well as stroke. Also, the presence of chronic diseases can increase the risk for a mental illness.

Mental illnesses are among the most common illnesses in the US. More than 1 in 5 adults live with a mental illness. Nearly 1 in 5 youth ages 13-18 either currently or at some point in their lives have had a seriously debilitating mental illness and at least 1 out of every 25 adults lives with a serious mental illness like schizophrenia, bipolar disorder or major depression. 🐦

There isn't a single cause for mental illness but a number of things can be contributed to them. Adverse Childhood Experiences (trauma, abuse during childhood), experiences related to ongoing medical conditions like cancer or diabetes, biological factors or chemical imbalances in the brain, usage of drugs/alcohol and feelings of loneliness or isolation can all factor into our mental health. 🐦

Healthy Ways to Cope with

Stress from the CDC

TAKE BREAKS FROM THE NEWS, SOCIAL MEDIA AND THE COMPUTER.



Take care of your body by eating healthy, getting enough sleep and being active.

Limit alcohol intake.



Avoid using illegal drugs or prescription drugs.

Avoid smoking, vaping or other tobacco products.



Continue with regular health appointments, tests, screenings and vaccines.

Make time to unwind.



Connect with others.

Matter of Balance FAQ's

Matter of Balance is a fall prevention program for folks ages 55 and over.

DYK....

- More than one in four people ages 65 and over 🐦 fall each year- don't be a statistic!
- Certain health conditions and medicines can cause older folks to be dizzy or lose balance- Matter of Balance will help you to talk to your doctor more assertively about how you are 🐦 feeling and your concerns.
- An exercise program is the best way to prevent falls. At Matter of Balance you will learn basic strength exercises that will help build your muscles for better balance.
- Most falls occur in and around the home. At Matter of Balance you will learn of ways that you can make your home and your outside

safer! 🐦

DO YOU HAVE **concerns**
about falling?



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

PURDUE UNIVERSITY Extension

Tuesdays, October 24th, 31st, November 5th, 12th, 19th and 26th, December 5th and 12th

🐦 10:00am-12:00pm at

Purdue Extension Ohio County Office
412 Main St. Rising Sun, IN 47040

Classes are held once/week for 8 weeks for 2 hour each.

RSVP by October 17th to Purdue Extension Ohio County at 812-438-3656

Shannon Chipman, HHS Extension Educator
chipmans@purdue.edu/812-438-3656

This program emphasizes practical strategies to manage falls.

Participants in the classes will learn to:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance
- concerns

Who should attend?

- anyone concerned about falls
- anyone interested in improving balance, stability and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

A Matter of Balance Managing Concerns About Falls Volunteer Lay Leader Model ©2008
This program is based on Fall of Living, a leader of training, copyright ©1998, University of Illinois at Chicago.
Revised, used and adapted by permission of Purdue University.

A Matter of Balance Lay Leader Model
Prepared by the University of Illinois at Chicago and copyright ©2008, American Society on Aging.
A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (HHS/ASIA).

Health & Human Science

TICKS AND ALPHA GAL SYNDROME (AGS)



Ticks have been rampant in SE Indiana this year. According to the IN DNR, ticks are 8-legged arachnids that live in the woods or shrubby grassland environments. A tick bite is not painful and may even go unnoticed. Ticks feed off of a host and if the tick that bites you is infected, they have shared their disease with you. According to the CDC, evidence suggests that AGS is primarily associated with a bite from a lone star tick and most cases have been reported in adults living in the South, East and Central parts of the US.


Alpha-gal syndrome is a potentially life threatening allergic condition where symptoms show up after people have eaten red meat or have been exposed to other products containing alpha-gal (alpha-gal is a sugar molecule found in most mammals).

Symptoms of AGS can include hives/itchy rash, nausea/vomiting, heartburn/indigestion, diarrhea, cough/shortness of breath, drop in blood pressure, swelling of lips, tongue, throat or eye lids, dizziness/faintness and severe stomach pain. The symptoms occur usually 2-6 hours after meat or dairy products or other items with alpha-gal (ex. jello). Each person's reaction is different and can range from mild to severe.

AGS is diagnosed by seeing an allergist or healthcare provider and with details of medical history and a blood test that looks for specific antibodies to alpha-gal. After being diagnosed, your illness may be treated by an allergist or health care provider to avoid foods containing alpha-gal.

To prevent AGS, try avoiding grassy, brushy and wooded areas where ticks may found. Try walking in the center of trails/paths and treat clothing and gear with Permethrin or EPA approved insect repellents. When done with outdoor activity, check your clothing, gear and pets for ticks. If you see a tick, remove it immediately by using clean tweezers and pulling upward with steady pressure. Dispose of the tick by putting it in alcohol, placing in a sealed container, wrapping it in tape or by flushing down the toilet.

Information courtesy: <https://www.cdc.gov/ticks/alpha-gal/index.html>

 **Make a Difference Day**

Items needed:

- Individually wrapped **SNACKS**- Elementary and High School
- sweat pants**- girls and boys size 6-8 and 8-10
- 2 or 3 **girls backpacks** adult women's large and XL
- underwear**

Please have items to EO by Wednesday, October 18th at 4pm.

EatGatherGo's Breakfast Pumpkin Cookies

- | | | |
|---------------------------------|------------------------|----------------|
| 1 3/4 c. pumpkin puree (15 oz.) | 1 1/2 c. brown sugar | |
| 2 eggs | 1/2 c. oil | 1 1/2 c. flour |
| 1 1/4 c. whole wheat flour | 1 T. baking powder | |
| 2 tsp. cinnamon | 1 tsp. nutmeg | |
| 1/2 tsp. salt | 1/4 tsp. ground ginger | |
| 1 c. raisins | 1 c. nuts, optional | |

Directions: Wash hands with warm water and soap for 20 seconds. Preheat oven to 400° F. Mix pumpkin, brown sugar, eggs and oil thoroughly. Blend dry ingredients and add to pumpkin mixture. Add raisins and nuts. Drop by teaspoonful on greased baking sheet, 1 inch apart. Gently flatten each cookie using a spoon, bottom of glass or your hand. Bake for 10-12 minutes or until golden brown. Store in an air tight container.



Nutrition Education



Fall into Ohio County Parks!



Participate for a chance to win a Family Pool Pass to the Rising Sun Community Pool, a Golf Pass to The Links, & more!

September 23rd - December 1st

Let's get active and visit our parks!

AT YOUR OWN PACE:

(Follow these simple steps!)

1. REVIEW THE PARK GUIDE
2. JOIN THE FACEBOOK GROUP
(Scan the QR code with your phone or follow the link)
<https://www.facebook.com/groups/127343960419188>
3. POST A PHOTO OF YOU MOVING AT THE PARK
4. JOIN US FOR A DRAWING ON DECEMBER 1ST



Each time you visit a Rising Sun-Ohio County Park and post a photo to the Facebook Group, you will be entered to win a prize on Dec. 1st!



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Rising Sun-Ohio County Park Guide

SHINER COMMUNITY PARK
27.5 acres



- Mulberry St., Rising Sun, IN.
- ADA Accessible Walking/Bike & Tree Trail **1.25 miles**
 - Playground Equipment
 - Pool
 - Tennis Courts
 - Outdoor Fitness Equipment
 - Soccer and Baseball Fields
 - Restrooms & Shelter Houses

RIVER PARK
0.67 acres



- Front St., Rising Sun, IN.
- Ohio River Access
 - Downtown Rising Sun
 - Walking Trail **1 mile**
 - Playground Equipment
 - Shelter House
 - Staircase Murals

DENVER SIEKMAN PARK
60.85 acres



- 3334 Walston Rd., Rising Sun, IN
- Hiking Trails - distance varies
 - Fishing Area
 - Green Space
 - Shelter Houses
 - Picnic Area

BEAR BRANCH COMMUNITY PARK
3 acres



- Milton-Bear Branch Rd.,
Next to Bear Branch Fire Dept.
- Playground Equipment
 - Softball Field
 - Basketball Court

TURNER PARK
0.49 acres



- Burgess Ave., Rising Sun, IN.
- Playground Equipment
 - Picnic Area



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LOCAL RESOURCES AND INFORMATION

Apply for SNAP

ONLINE: www.FSSAbenefits.IN.gov/

In-person:

Division of Family Resources 308
N.High St. Suite B
Rising Sun, IN 47040
Monday-Friday 8:00am-4:30pm

Apply for WIC

ONLINE:

<https://www.in.gov/health/wic/how-do-i-apply-for-wic/>

In-person:

St. Elizabeth Physicians Primary Care
2306th St. Rising Sun, IN 47040
Monthly- 2nd & 4th Thursday
8:00am-4:30pm

2-1-1

For guided, personalized, confidential assistance finding resources in your area, you can call 2-1-1 or visit in211.communityos.org (available 24/7)
Prefer Text? Text your zip code to 898211, Monday-Friday, 8am-5pm

Clearing House

411 George St., Aurora, IN. 47001
Mon.-Tuesday 10:00am-1:00pm
229 Short St., Lawrenceburg, IN. 47025

Wednesday 10:00am-4:00pm
*Monthly groceries and daily lunches provided to Ohio and Dearborn County residents.

OCEMS

School Based Resources

Free/Reduced Lunch-Forms distributed yearly the first day of school and available year round in the office.

Snacks to Feed Those in Need-

Provides weekend food packs to students PreK-8th Grade. Call the Office at 812-438-2626

Christian Outreach Free Store

315 N High St. Rising Sun, IN 47040
Thursdays from 4-6pm
Saturdays 11a.-1pm
Free food and resources for Ohio County residents