

July & August Newsletter



Online Resources



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Purdue Extension Community Wellness Coordinator Begins Work in Ohio County

The Purdue Extension Nutrition Education Program (NEP) has hired Jessica Martini as the

Community Wellness Coordinator for Ohio County.

Community Wellness Coordinators improve nutrition and health in limited-resource

communities statewide by concentrating on NEP's five focus areas: diet quality, physical

activity, food security, foodsafety and food resource management.

One of Martini's primary goals is to make the healthy choice the easy choice for Ohio County

residents. She'll begin by assessing the community's needs, networking and building

relationships. She will then work with community partners to help develop programs and initiatives that address those needs. Martini will be involved in a variety of initiatives that could include anything from school and worksite wellness to farmers markets and local health coalitions.

"Jess is going to do great things as the Community Wellness Coordinator for Ohio County," said Shannon Chipman, Purdue Extension – Ohio County Director. "Ohio County has the opportunity to set the bar for healthy living in small communities, and Jess will be the resource to make this happen through her knowledge and ambition to help Ohio County grow and change into a healthy, physically active and thriving community. Jess's roots run deep in Ohio County and Purdue Extension Ohio County is excited to see the impact that she will make."

As a lifelong resident of Ohio County and 2017 graduate of Rising Sun High School, Martini is excited to serve her local community in this new capacity.

Martini has a background in public health and has extensive experience working with rural communities. Prior to accepting this new role, she previously served as the Health and Human Sciences and 4-H Youth Development Educator for Purdue Extension Jefferson County. Martini also served as the Summer Assistant for Purdue Extension Ohio County in 2018 and 2019.

Martini holds a bachelor's degree in Public Health Education and Promotion from the University of Indianapolis and is currently working toward a Masters of Business Administration degree from Purdue University Global.

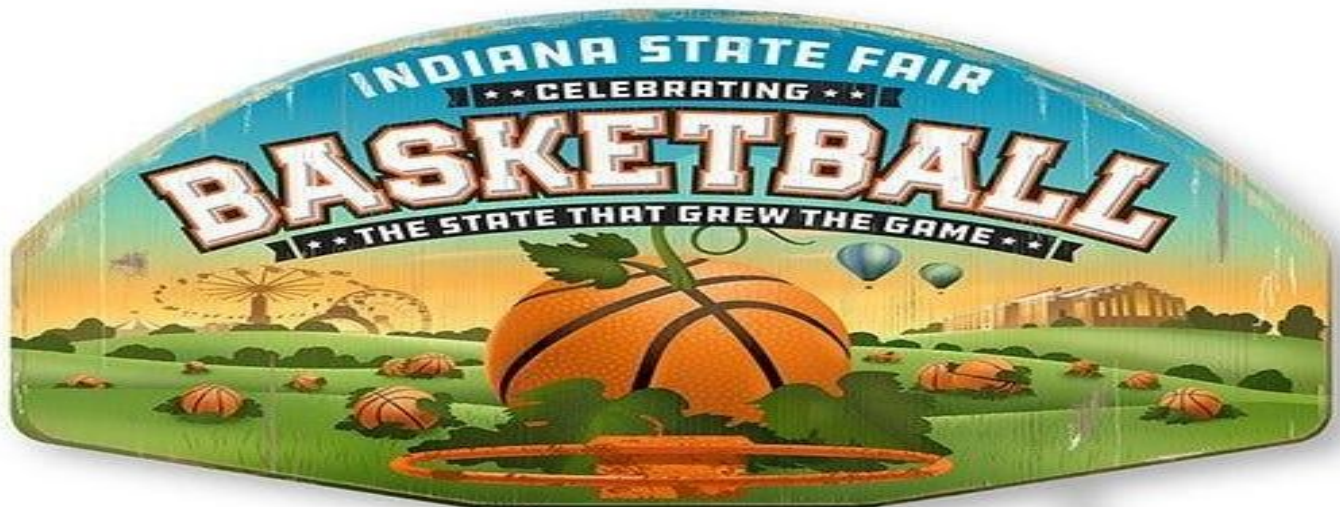
ABOUT PURDUE EXTENSION NUTRITION EDUCATION PROGRAM

The Purdue Extension Nutrition Education Program (NEP) improves nutrition and health in communities statewide. We work with limited-resource audiences in five areas: diet quality, physical activity, food security, food safety and food resource management. To learn more, visit the NEP website at eatgathergo.org.

UPCOMING DATES



DATE	EVENTS	Time	Location
July 17 th	4-H Achievement Night	6:30PM	Ohio County Fairgrounds
July 26 th	Non-Perishable Due	12:00PM	Extension Office
July 28-Aug 20	Indiana State Fair		Indianapolis, IN
July 30 th	All perishable projects to EO	5:00PM	Extension Office
July 30 th	Jr. Leader Meeting	5:00PM	Extension Office
Aug 7	YAB Meeting	6:30PM	Extension Office
Aug 8	DIY Lawn Care	6:00PM	Extension Office
Aug 15	DIY Lawn Care	6:00PM	Extension Office
Aug 16	DIY Lawn Care	6:00PM	Extension Office
Aug 21	Fair Board Meeting	6:30PM	Extension Office
Aug 21	Parents Forever	10:00 am	Extension Office
Aug 22	DIY Lawn Care	6:00PM	Extension Office
Aug 28	Extension Board/Advisory Council Meeting	6:30PM	Extension Office
Aug 29	SEPAC Field Day	4:00PM	Extension Office



PRESENTED BY
PACERS SPORTS & ENTERTAINMENT



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

Thank You to all of our Volunteers, Club Leaders, Parents and Supporters of the 2023 Ohio County 4-H Fair!

Friendly Reminder!!

All 4-H members that earned a trophy should be sending Thank You cards! Each trophy had the sponsor's name and contact information on the bottom of the trophy to assist the 4-H member in sending out thank you cards.



BRING YOUR THANK YOU CARDS FOR YOUR BUYERS




2023 ACHIEVEMENT NIGHT

July 17th 6:30 pm
at the Fairground

PIZZA, CHIPS, AND COOKIES WILL BE PROVIDED BY THE BOARDS. YOU WILL JUST NEED TO BRING YOUR OWN BEVERAGE

ATTENTION

MARK YOUR CALENDARS

- ACHIEVEMENT NIGHT IS JULY 17TH AT 6:30PM @ THE FAIRGROUNDS. REMEMBER TO BRING YOUR THANK YOU CARDS FOR YOUR BUYERS. FOOD WILL BE PROVIDED BRING YOUR OWN BEVERAGE.
- ALL NON PERISHABLE ITEMS NEED TO BE BROUGHT TO THE EXTENSION OFFICE BY 12PM JULY 26TH
- ALL PERISHABLE ITEMS NEED TO BE BROUGHT TO THE EXTENSION OFFICE AT 5PM ON SUNDAY JULY 30TH



4-H Youth Development



Looking ahead....

Navy Bean Parade September 16th at 10:30am. We had a great turn out last year and would love to see you all there again. Start brainstorming ideas for our float now!! If you have a fair animal costume laying around PLEASE let us know.



Halloween– Along with handing out candy we have decided to transform the extension office into a haunted house this year that will be open to the

public during trick or treat. We are really excited about this and will need all hands on deck to make this successful.

Congrats to our winners!

This years Top 5 Goosechase winners were

- 1st place– Carlanne Corbin
- 2nd place– Landon Simpson
- 3rd place– Calvin Southard
- 4th place– Alyssa Walcott
- 5th– Bailey Smith



Livestock Judging Winners

- Beef –Carlanne Corbin
- Sheep–Hblt Walton
- Swine–Lukas Corbin
- Goat– Ethan Markland
- Reasons– Ethan Markland
- Questions– Lukas Corbin

Top 5

- 1. Ethan Markland
- 2. Lukas Corbin
- 3. Zoey Perfect
- 4. Alayna Walcott
- 5. Hblt Walton

Back to School BASH

Free BACKPACKS / SUPPLIES

Hearing/Vision screenings Inflatables

Immunizations Cotton Candy

Free HAIRCUTS Games and Prizes

RS Church of Christ 430 Fifth St.

Saturday, July 22 11:00-3:00

LUNCH provided by LIONS CLUB

Sponsored by OHIO COUNTY HEALTH DEPT. & RSCC

Agriculture & Natural Resources

AREA 1 AGRICULTURE & NATURAL RESOURCES



You are invited to join us in-person as Purdue Extension Specialists discuss current and relevant topics.

PARP/CCH Credit fees are complimentary thanks to the following sponsors:



4 pm to 7 pm- Field Rotations

- **Intensive Corn Management**
Dan Quinn, Purdue University
Chad Lee, University of Kentucky
- **Weed Science**
Bryan Young & Bill Johnson, Purdue University
- **Cover Crops**
Shalamar Armstrong, Purdue University
- **Conservation Cropping**
Hans Schmitz, CCSI

7:15 pm Pulled Pork Dinner

8:00 pm PARP/CCH Credits

AUGUST 29, 2023 - 4:00-8:00 PM
4425 E CO RD 350 N BUTLERVILLE, IN 47223

REGISTER BY CALLING THE BARTHOLOMEW EXTENSION OFFICE
(812) 379-1665



PURDUE
UNIVERSITY

Extension - Agriculture
and Natural Resources

Purdue University Cooperative Extension is an Equal Access/Equal Opportunity Institution

DIY Lawncare Signature Program

Create and Maintain Your Dream Lawn with Purdue Extension



Do you want to know how to have a greener, healthier lawn? Join us for this series where you will receive information on essential turf basics needed to lay the groundwork for creating, establishing, and maintaining your lawn.

Who should join?

- Homeowners
- Property Renters
- Homeowner Associations

What will I learn?

- Session 1: Basics of Taking Care of Lawns
- Session 2: Lawn Pests and Problems
- Session 3: Weed Identification and Management
- Session 4: Seeding Establishment and Lawn Renovation

Sign up today for all four sessions! Held at the Ohio County Extension Office 6:00-8:00PM. Cost \$20/person.

- August 8
- August 15
- August 16
- August 22

RSVP by August 7 at [812-438-3656](tel:812-438-3656).

Agriculture & Natural Resources

Why Should I Test Forages for Quality?

Greater net profit is the primary reason livestock producers need to know the quality of forages they are feeding. Not knowing the forage's exact quality acts as a two-edged sword that can cut into profits. Not knowing the quality of the forages and feeding extra protein is one way to cut into profits. Another way is by overestimating the quality of the forage that can be detrimental to your herd. Animals on a poor quality forage can decrease a body condition score in a month.



Now is prime hay time making it a great time to take advantage of the forage probe available at the Ohio County Extension Office. Contact the office for more information on getting your hay tested so you are ready when it's time to start feeding it later this year.



Forage Timely Tips: July

- Continue grazing available summer annuals (millets, sorghum/sudangrass, crabgrass, etc.).
- Apply 40-60 lb N/A to stimulate summer annual regrowth.
- Clip pastures late June/early July as needed to maintain vegetative growth and to reduce weed seeds, but don't clip lower than 4".
- Identify tall fescue pastures for stockpiling. Choose pastures that are well drained, have a strong sod, and have not been overgrazed.
- Soil test pastures to determine fertility needs.
- Using UK variety trial results, select varieties to plant in the fall and order seed now.
- Use a designated sacrifice lot to feed hay and supplements during drought periods to avoid damaging pastures.

Tips for Better Pasture & Grazing Management

- Do NOT graze cool-season pastures closer than 3 to 4 inches. This will help to conserve soil moisture and prevent overheating of the crowns.
- Graze warm season annuals or perennials to allow cool season grasses to recover and to avoid endophyte-infected fescue.
- After the first good rain in August, seed winter annuals (such as small grains, ryegrass, crimson clover, and brassicas) for late fall and early spring grazing.
- Plant alfalfa after first good rain in August to all sufficient size going into winter.
- In mid-August to early September, exclude livestock from pastures to be stockpiled and apply 60lbs N/A and any needed P and K.

Health & Human Science

July is National Psoriasis Awareness Month

Psoriasis is considered an immune-mediated disease which means there is no clear cause and it is characterized by inflammation caused by an improperly functioning immune system resulting in inflammation throughout the body. The visible signs of psoriasis include raised skin and scales on the skin. These scales occur because of an overactive immune system that speeds up skin growth. Normally our skin grows and sheds every month but with psoriasis, this process happens every 3-4 days. Instead of shedding the skin, the skin cells pile up on the surface of the skin and cause itching, burning and stinging sensations. With psoriasis, these skin issues can occur on the elbows, the scalp and the knees. Psoriasis symptoms usually start between ages 15-25 but can also occur at any age and affect any person regardless of race or skin color.

So what causes psoriasis? That question cannot be answered because scientists do not really know but there is research that shows the immune system and genetics can be contributing factors. Triggers like stress, illness, skin injury and certain medications can contribute to a psoriasis breakout. Weather can also contribute to a flare up as cold weather involves less humidity and less sunlight along with more time inside with heated and drier air. Warm weather can reduce psoriasis symptoms because of the increased humidity and natural sunlight. Other triggers can include allergies, certain foods, alcohol, and environment. The best way to know what triggers an episode is to keep track over time by using a journal.

Finding the right treatment for psoriasis can be a challenge but your health care provider can help you by referring you to a dermatologist or a rheumatologist. Most psoriasis is treated with either topical solutions (ointment on the skin, can be over the counter or prescribed), phototherapy or light therapy using ultraviolet light, Systemics or prescribed treatments and lastly complementary and integrative therapies that are done with the help of a doctor or nutritionist to help you treat psoriasis by looking at diet, nutrition and life style changes.

A collection of colorful illustrations of various ice cream treats, including cones, cups, and popsicles, arranged around the central text.

JULY IS NATIONAL ICE CREAM MONTH

DID YOU KNOW.....

The average American eats 20lbs of ice cream/year!

Ice cream contributes over \$13 BILLION towards America's economy!

In 2021, ice cream makers churned out roughly 1.3 BILLION gallons of ice cream!

information courtesy: <https://www.census.gov/newsroom/stories/ice-cream-day-month.html>

Did you know that Founding Father, Thomas Jefferson can be credited with recording the first known recipe for ice cream? Jefferson can also be thanked for increasing its popularity because he served it at the President's House while in office.

DYK : Ice Cream

1. Air keeps ice cream soft and scoopable. While ice cream is being churned, the paddle blades whip air in the mixture, which helps produce a rich and creamy product.
2. All ice creams begin with a base of cooked custard made from eggs, sugar and milk. This mix needs to be cooked to minimum internal temp of 165 degrees to destroy any possible bacteria like salmonella.
3. Sugar affects the texture of ice cream by enhancing the creaminess and helping to control the hardness levels- too much sugar can prevent your ice cream from freezing and too little sugar can make it too hard.
4. Great ice cream is great because it's high in fat. Using heavy cream will give ice cream its rich flavor and smooth texture.

Information Courtesy: <https://uwyoextension.org/uwnutrition/newsletters/homemade-ice-cream-secrets/>

Health & Human Sciences

5 EEEEEasy Tips to get more ZZZs

E— Every day routine.

Have a consistent bedtime routine (pajamas, brush teeth, wash face, etc). Go to bed and get up the same time every day. Plan wind down time 30 minutes before bed and have a notebook by the bed to write down thoughts or things that need done.



E— Electronics. Minimize use of cell phones/tablets in bedroom. Avoid using devices at least one hour or more before bed. Also— avoid checking email and social media prior to bedtime.

E— Environment. Keep the bedroom temperature comfortable— between 60-77°F. Keep lighting dim and invest in light blocking curtains or blinds to keep room dark. Make sure that your mattress is in good shape and is comfortable as well as your pillow. Try using a sound machine set to a soothing setting or white noise to block out unwanted noise.

E— Eating Healthy. For quality sleep, eat a well balanced diet. Limit food and drink before bedtime to avoid feelings of discomfort. Limit caffeine and alcohol amounts prior to bedtime also.

E— Exercise. Exercise daily or least 150 minute minutes per week. Strive for 30 minutes of moderate to vigorous activity at least 5 times a week—you know you are working out vigorously when carrying a conversation is difficult. Avoid vigorous exercise at least 4 hours prior to going to bed.

Parents Forever

Education to aid families in transition after divorce, separation, or custody change

By completing a Parents Forever course, participants learn to:

- Describe the family transition journey and how each family member will be affected.
- Recognize the role of self-care, parent-child relationships, and co-parenting in child well-being.
- Identify internal and external resources and strategize how to leverage these resources to promote resilience for all involved.



Parents Forever will be held on Monday, August 21st from 10am-2pm at the Purdue Extension Ohio County office in Rising Sun. For more information please contact Purdue Extension Ohio County at 812-438-3656.



UNIVERSITY OF MINNESOTA EXTENSION

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 chipmans@purdue.edu prior to meeting.

PURDUE UNIVERSITY



Madison District



Fall Meeting

Presented by the
Jefferson County Extension Homemakers



"Don't Fall Apart"

September 28th, 2023

9:00 AM Registration & 10:00 AM Meeting Begins

Hanover Park

200 Spruce Lane, Hanover, IN 47243

Reservations Due: September 14th
\$15 per person & \$5 county door prize

All reservations should be sent to the
Jefferson County Extension Homemakers at
3767 W State Road 256, Madison, IN. 47250

Lunch will be provided and will include a chicken salad
croissant sandwich, side dishes, drinks, and a dessert.

This is included in the registration cost.

Please contact the Purdue
Extension Jefferson Co. Office
at (812)265-8919 for more info



Upcc

1. Madison District Planning Meeting, August 10th at 10am at Batesville Library
2. Madison District Homemaker Fall Meeting
September 28th, 2023
Hanover Park
3. Navy Bean Festival, September 15th and 16th, 2023