

# Extension Edge

An educational publication of Purdue Extension — DeKalb County



Extension - DeKalb County

May/June 2023

## May Is Mental Health Month!

Since 1949, Mental Health America, our affiliates, and countless others have observed May as Mental Health Month by reaching out to millions of people to spread the word that mental health is something everyone should care about. It's a time to share information, stories, and resources, and we invite you to join us!

MHA's 2023 Mental Health Month campaign is focused on how surroundings impact mental health, and we are calling for individuals to look around, look within.

Topics that we specifically address include:

- **Safe and Stable Housing**

- **Healthy Home Environments**
- **Neighborhoods and Towns**
- **The Outdoors and Nature**

**Look Around, Look Within:** Your surroundings say a lot about your mental health.

Take a moment to consider your surroundings. Do you feel safe? Do you have access to health care and grocery stores? Does your home support you, both physically and mentally?

This Mental Health Month, challenge yourself to look at your world and how different factors can affect your mental health.

Where a person is born, lives, learns, works, plays, and gathers, as well as their economic stability and social connections, are part of what is called "social determinants of health" (SDOH). The more these factors work in your favor means you are more likely to have better mental well-being. However, when it seems like the world is working against you, your mental health can suffer.

While many parts of your environment can be out of your control, there are steps you can take to change your space and protect your well-being.

• **Work toward securing safe and stable housing:** This can be challenging due to finances, age, and other reasons, but there are a few things you can try, such as reaching out to state/local agencies to secure housing, removing safety hazards in the home, or finding another space (such as a

community center or friend's home) where you can get the comfort you are missing at home.

- **Focus on your home:** Consider keeping your space tidy, sleep-friendly, and well-ventilated. Surround yourself with items that help you feel calm and positive.
- **Create bonds with your neighborhood and community:** Get to know the people living around you, join or start neighbors-helping-neighbors groups, and support local businesses to challenge gentrification.
- **Connect with nature:** Hike in a forest, sit in a city park, bring a plant inside, or keep the shades open to absorb natural light.

If you're taking steps to improve your surroundings but are still struggling with your mental health, you may be experiencing signs of a mental health condition. Take a free, private screening at [mhascreening.org](https://mhascreening.org) to help you figure out what is going on and determine next steps.

The world around us can be both positive and negative – bringing joy and sadness, hope and anxiety. Learn more with Mental Health America's 2023 Mental Health Month toolkit, which provides free, practical resources, such as how an individual's environment impacts their mental health, suggestions for making changes to improve and maintain mental well-being, and how to seek help for mental health challenges. Go to [mhanational.org/may](https://mhanational.org/may) to learn more.

Source: <https://mhanational.org/mental-health-month>

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## MAY 2023

### 31 WAYS TO MAKE THE WORLD AROUND YOU WORK FOR YOUR MENTAL HEALTH

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**7** Do some spring cleaning with mental health in mind! Remove objects in your home that might trigger negative thoughts or habits.

**14** Incorporate your favorite color into your living space - if you can't paint walls, use art, pillows, blankets, or curtains.

**21** Use scents you like in your spaces. This could be lighting candles, using diffusers, or even creating DIY smells (for example, boiling oranges and cinnamon on the stove).

**28** Consider changing the settings on your phone to "do not disturb" or mute your notifications when possible.

**1** Try to find 15 minutes to get some sunlight - if that isn't an option, use a daylight lamp or a blue light lamp when you spend all day indoors.

**8** Put pictures of loved ones or pets in places you often look to stir positive thoughts and feelings throughout the day.

**15** Do you work from home? Setting up a designated workspace in your home is ideal, but if you don't have the option or an office, at least keep your work out of your bedroom.

**22** Use noise-canceling headphones or earplugs to block out noise at home. Especially if the sound of specific people or things gets triggering, or if you find yourself getting overstimulated.

**29** After you're done using something, put it away - don't just put it down - this can help prevent clutter and piles of stuff from accumulating.

**2** Create a "favorite things" corner, basket, or space with pictures of people/things you love, textures that bring you joy, or your favorite color.

**9** Set a timer and clean whatever you can in 10 minutes. Try doing this daily to tackle cleaning up your space in a non-overwhelming way.

**16** Air pollution can speed up cognitive decline - change the filter in your furnace regularly, clean dust often, buy an air purifier if you can, or use houseplants to improve air quality.

**23** Make your sleep environment as dark as possible. Try blackout curtains or use a sleep mask.

**30** Try keeping a journal or notepad by your bedside. If you struggle with shutting your mind or at night, write down your thoughts to attempt to clear your mind and rest.

**3** Remember that your mind and body are connected. Use your space to assist you with physical movement - find a good spot to stretch, practice yoga, or do other exercises that you can do at home.

**10** Stop and smell the roses...literally. Studies show that being surrounded by nature is a mood booster. While you're at it, consider adding plants to your space. They will improve air quality and cognitive functioning.

**17** Try prepping your lunches or picking out your work clothes the night before. You'll save some time in the morning and start the day with a sense of control.

**24** Keep things that nourish your primary needs easy to access (snacks, water, blankets for bedtime, etc.).

**31** Make a wall or jar of gratitude where you write things you are thankful for, that bring you joy, or positively impact your mental health.

**4** Surround yourself with loved ones (if not physically in person, seek out communities online).

**11** Get comfortable and read a good book. Reading can help relieve stress and tension by serving as a temporary distraction.

**18** Keep it cool for a good night's sleep. The optimal temperature for sleep is between 60 degrees and 67 degrees Fahrenheit.

**25** Try creating a stim box filled with gadgets or soft things to occupy your hands when you feel stressed, anxious, or need help focusing.

**5** Write down affirmations or notes that you can look at throughout your day. These could go in your home or car to serve as reminders as you go about your day.

**12** Hold the door for a stranger or sign up to volunteer for your favorite charity. Studies show that random acts of kindness increase release of oxytocin - the "feel good" hormone.

**19** Keep hobby supplies easily accessible for when you are stressed or need a creative outlet.

**26** Try listening to white noise. If you have trouble falling asleep, you can use a white noise machine, phone app, or turn on a fan.

**6** Play music instead of watching TV when you have downtime at home.

**13** Take the stairs instead of the elevator, or park your car farther away from the store. Even small additions of exercise throughout the day can decrease tension and improve sleep.

**20** Dance around while you do your housework. Not only will you get chores done, but dancing reduces levels of cortisol (the stress hormone) and increases endorphins (the body's "feel-good" chemicals).

**27** Give yourself a break! Take 10 minutes out of your day for a walk. Small breaks (and exercise) improve your ability to deal with stress.



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[mhanational.org](http://mhanational.org) | [mhascreening.org](https://www.mhascreening.org)

## HEALTHY HOME ENVIRONMENTS

Optimizing your space to improve your mental health is something that anyone can benefit from. For those living with mental health conditions, it is one tool of many that can be used to improve and support your mental well-being.



### PRACTICE TIDINESS

Keeping your living space clean is shown to promote calmness and a sense of control over your day-to-day life. Your home environment doesn't need to be spotless, but clutter can be harmful to your mental state – contributing to depression, trouble focusing, confusion, and stress.<sup>1</sup> Not only can clutter be distracting, but it has been shown to actually make it harder for your brain to think clearly.<sup>2</sup> Neatness also provides predictability, which can cut down on brain fatigue and anxiety. Less time looking for lost items or getting distracted is always a good thing.

#### WHAT CAN I DO TO CREATE A TIDY SPACE?

**Start small.** If beginning to improve your space feels overwhelming, choose one area to start. Consider setting a timer each day to dedicate time toward improving your space.

**Be mindful throughout your day.** Instead of putting items down and adding to your clutter, get in the habit of putting them away. Small things, like putting clothes away right after they are washed, can help lessen the tasks when you go to clean later.

**Practice mindfulness while cleaning.** One study found that people who were mindful while washing dishes – taking time to smell the soap, feel the water, and absorb the experience – reported a 27% reduction in nervousness, along with a 25% improvement in mental inspiration.<sup>3</sup>

**Once your space feels clean, think about organization.** How can you maximize your space and be intentional about organizing to avoid future clutter and mess? Having a clean and organized space can help you feel in control and calm.<sup>4</sup>

**Get rid of unneeded belongings.** Periodically going through your place to find items to donate or get rid of can go a long way toward keeping your home minimally cluttered and clean. If you have so much clutter that you're embarrassed to have people in your home and getting rid of possessions is a major struggle for you, you might be experiencing signs of hoarding disorder.

### MAKE YOUR BEDROOM SLEEP-FRIENDLY

For good mental health, it's particularly important to pay attention to your sleeping conditions. Poor sleep is known to sometimes trigger or worsen mental health challenges, while getting quality rest can protect your mental health. Your surroundings come into play with things like temperature, light, and noise.<sup>5</sup>

#### WHAT CAN I DO TO IMPROVE MY SLEEP?

**Keep it cool.** The ideal sleeping temperature is 60-67°F. Keep a fan around for warm nights, and blankets nearby for cold nights.<sup>6</sup>

**Lessen excess noise.** If you live with others or in a busy area, distracting sounds like traffic or neighbors might keep you up at night. You can use a noise machine, or find sleep music or white noise online to drown out annoying sounds. If no sound at all is what you need for a restful night's sleep, you could try using ear plugs.

**Make your space dark.** Try to limit the amount of light in your space, including electronics such as your phone or television, which create blue light that can disrupt your body's circadian rhythms.<sup>7</sup> Use blinds or blackout curtains to keep outside light from getting in – especially if you work nightshift and need to sleep during the day.



## NEIGHBORHOODS AND TOWNS

Did you know that your ZIP code plays a role in your health? It might surprise you to learn that up to 60% of your health is determined by where you live.<sup>1</sup> Your neighborhood, along with your town and larger geographical region, impacts your sense of community and belonging, and determines how easily you can access the things and services you need, including for your mental health.



### ACCESS TO QUALITY RESOURCES

One of the biggest ways your location can impact your mental health is how easy or hard it is to access the things you need. This includes healthy food, safe outdoor space, quality medical care, and public transportation (which still may not get you where you need to go in a reasonable amount of time even when you do have access). Because local income taxes usually fund public services, low-income areas are often under-resourced in quality education, road maintenance, community programs, and more, which can make it difficult for people to meet their basic needs. Black, Indigenous, and people of color (BIPOC) and other marginalized communities often feel these strains the hardest.

- Roughly 6% of people in the U.S. live in a food desert, which is an area with limited options to get affordable and healthy food.<sup>2,3</sup> Food deserts often lead to food insecurity, which is associated with increased stress and depression. In young adults, food insecurity often co-occurs with suicidal thoughts and substance use.<sup>4</sup>
- Each year, 3.6 million people in the U.S. go without health services because they don't have a car, access to public transportation, or another way to get appointments.<sup>5</sup>
- A study on community recreation centers in California found that lower-income neighborhoods had lower-quality facilities and fewer no-cost youth programs.<sup>6</sup>

### WHAT CAN I DO TO GET ACCESS?

**Get to know your neighbors.** The people living around you can be a big help when you need something. You can support each other with carpools, running errands, or sharing resources.

**Connect with a group in your area where community members share and exchange services.** You may be able to find an organized mutual aid program, or you can search for a local Facebook or NextDoor group focused on community support.

### GENTRIFICATION AND POVERTY

Gentrification is when a low-income neighborhood quickly changes as wealthier people and businesses move into the area. This often forces out long-time residents and businesses as rent, mortgages, property taxes, and the general cost of living rise. People and business who are forced to move – particularly within the BIPOC community – generally end up in lower-income and under-resourced areas.<sup>7</sup>

- A 2020 study found that adults living in gentrified neighborhoods – particularly renters, low-income residents, and long-term residents – were at increased risk for serious psychological distress compared to those in low-income, ungentrified neighborhoods.<sup>8</sup>
- Hospitalization rates for mental health conditions, including schizophrenia and mood disorders, are two times higher in people displaced by gentrification compared to those who remain in their neighborhood.<sup>9</sup>
- A study on New York City neighborhoods found a 22% higher rate of anxiety or depression among children who started life in areas that gentrified than among children in areas that did not gentrify, even when controlling for income and rent.<sup>10</sup>



## SAFE AND STABLE HOUSING

Housing is more than just protection from the outdoor elements. Safe and stable housing is a basic need, and it can be difficult or impossible to care for your mental health if that need is not met.



### STABLE HOUSING

Stable (or secure) housing means that you aren't living in uncertainty about your housing situation and generally have a choice over when to move. The opposite of this – housing instability – can mean you're facing a number of different challenges, like struggling to pay rent, overcrowding in shelters, moving frequently, or spending most of your income on housing.

If you face the possibility of homelessness or move spaces frequently, the stress and anxiety of those situations can wear on you after a while, especially if you're moving without much notice. Frequent moves also make it hard to develop routines and connections to your local community, which are beneficial for mental health. For many people, not having a true "home base" to consistently return to can leave them feeling distressed, disconnected, or isolated.

### WHAT CAN I DO IF I'M EXPERIENCING UNSTABLE HOUSING?

**Seek support in finding housing.** Each state has information on identifying services. The U.S. Department of Housing and Urban Development (HUD) has information on local homelessness assistance and help with preventing housing loss. Their portal, [hud.gov](http://hud.gov), can direct you to state-specific resources. If you meet low-income guidelines, you might qualify to live in different types of public housing. You can locate your housing authority at [affordablehousing.com](http://affordablehousing.com).

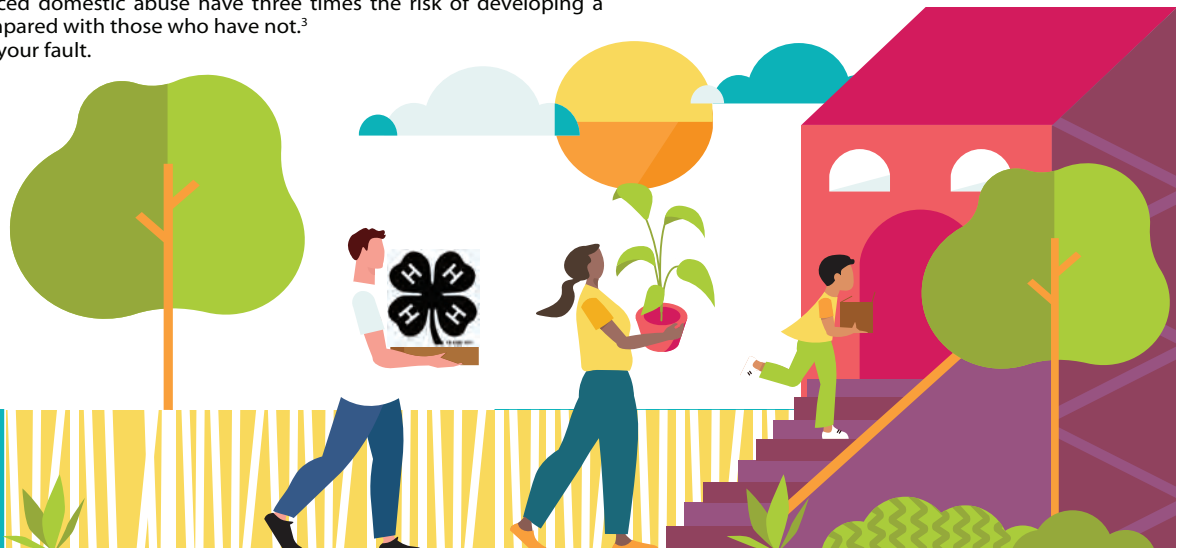
**Build your connection to self.** It sounds cliché, but feeling at home in your mind can help you cope when your housing is uncertain. Having healthy routines that you can carry out almost anywhere (like deep breathing every morning or practicing gratitude before going to sleep) is a great way to establish that. Practices of mindfulness in challenging situations can help you handle what is causing stress and improve your emotional state.<sup>1</sup>

### PSYCHOLOGICAL SAFETY

Only about 15% of adults in the U.S. live alone – meaning most people share living space with family members, roommates, or others. Small disagreements among household members are totally normal, but being scared of the people you live with might mean you're in a problematic or abusive situation. The location of your housing can also play a role if you are feeling unsafe. Living in an unsafe neighborhood not only affects physical safety but can also impact mental health. Neighborhoods are places where you should be able to build a social network – places to help mental health thrive. An unsafe neighborhood can limit your ability to connect with others and find community.

Experiencing – or even witnessing – physical, emotional, or psychological abuse is traumatic. It can have long-lasting effects on your mental health and lead to conditions like depression, anxiety, or PTSD.<sup>2</sup> New research shows that women who have experienced domestic abuse have three times the risk of developing a mental health condition compared with those who have not.<sup>3</sup> Experiencing abuse is never your fault.

You deserve to feel safe.



## THE OUTDOORS & NATURE

Spending time in nature is linked to many positive mental health outcomes – improved focus, lower stress, better mood, and reduced risk of developing a mental health condition.<sup>1</sup> Most studies on nature and well-being look at green spaces like parks and forests, but researchers are also beginning to look at blue spaces – places with ocean and river views. However, you don't need a picture-perfect outdoor experience to get the benefits of nature.



### PLANTS & GREEN SPACE

Seventy percent of respondents to a Mental Health America Connection Survey reported wishing they had more time outdoors, ideally in nature away from their neighborhoods. Cities often have more stressors to physical and mental health, but green space (like parks and gardens) can reduce their impact. Even spending some time in your backyard (if you have one) can produce positive outcomes, and feeling connected to nature helps your mood even if you don't spend time outdoors.<sup>1</sup>

Children living in neighborhoods with more green space had a reduced risk of developing depression, mood disorders, schizophrenia, eating disorders, and substance use disorder.<sup>2</sup>

Even being in the presence of indoor plants is worthwhile – studies have found this to improve focus, memory, and stress tolerance.<sup>3</sup>

#### WHAT CAN I DO TO FIND GREEN SPACE?

**Don't discount the little things.** While being in the wilderness is especially nice, even city parks, a small garden, or sitting under a tree can support your mental health.

**Bring the outdoors in.** Adding greenery to your space can have a similar effect to seeing plants outdoors – and some, like snake plants and bamboo palms, can purify your air.<sup>4</sup>

### NATURAL LIGHT

Sunlight triggers the release of serotonin and vitamin D, which are associated with boosting mood and focus and reducing stress.<sup>5</sup> Without enough sun, these levels can drop, leading to symptoms of depression, anxiety, and other mental health challenges. Light exposure also has a direct impact on your body's sleep-wake cycle, and consistent sleep is one of the most important factors in your well-being.

- More time spent in outdoor light is associated with lower odds of using antidepressant medications and fewer symptoms of insomnia.<sup>6</sup>
- The natural lighting of a home is known to impact how you describe your own mood. Improvements to natural lighting have a positive impact on overall emotional social well-being, particularly among women and younger population.<sup>7</sup>

#### WHAT CAN I DO TO GET NATURAL LIGHT?

**Enjoy the sunshine.** Just 10-15 minutes of sun on your arms and legs a few times a week has the potential to generate all the vitamin D you need; however, this depends on factors like the season, time of day, pollution, skin tone, and more.<sup>8</sup>

**Try a light box.** Light therapy can help with symptoms of depression and sleep disorders. The bright light from a light box mimics natural sunlight, causing the brain to produce serotonin and regulate your internal clock.<sup>9</sup>



## Why is change difficult?

**Message from Angela Sorg:**

*As we get ready for a new and amazing year of the DeKalb County Extension Homemakers, we are also preparing for change. Maybe you have new club leadership or maybe your family structure is changing. Whatever the change in your life may be, ultimately change is very difficult. Here is an article that explains why change is so difficult. Happy reading!*

The challenge with changes comes from our tendency to see them as problems rather than opportunities for learning and growth. Most people are afraid of changing their routines because they have either had a tough time adapting in the past or have witnessed the difficulties others have had. Why is it so hard to change when everyone wants the same thing?

According to research conducted at Columbia Business School, three of the reasons why change is so difficult are closely related to one's mindset: our brains are programmed for laziness; our brain capacity is finite; and our brains simply don't like change.

There are countless reasons why people regard change as inevitable but unfavorable. Most people prefer to stick to what they know rather than learning about what they do not. People find it difficult to take responsibility for something they are unsure of rather than viewing it as a learning opportunity. Instead, they leave the responsibility of driving change to the person who initiates it. Managing change requires more than one person. Everyone involved in the transformation program is responsible to understand what is changing, why it is changing, and how the changes can improve the quality of what we are dealing with.

Source: <https://bit.ly/41fxY7a>

### 7 Tips to Managing Change

#### 1. Hold onto your routine

When everything is changing around you, you may find peace in doing structured things.

#### 2. Reframe your perspective

The way you think about change may determine how you'll deal with it. Negative thinking patterns can hamper your ability to focus on the positive. Consider reframing

your thoughts. This is a technique that helps you shift your perspective to look at situations with a more optimistic attitude. Here's a guide for reframing your self-talk.

#### 3. Sit with your feelings or sweat them out

During transitional times in your life, uncomfortable feelings may arise, and you may feel like you've lost your footing. One way to channel these feelings is to "sit" with them. You can also deal with your feelings by releasing them through exercise.

#### 4. Break down your day

If you're feeling overwhelmed, Dr. Lori Ryland, chief clinical officer at Pinnacle Treatment Centers, in Kalamazoo, Michigan, suggests you "break down your tasks and your day into bite-sized pieces rather than trying to get through it all at once."

Ryland suggests focusing on the present moment, then the next, and so on. This is because it's rarely the precise moment that feels challenging but how you interpret the big picture.

#### 5. Surround yourself with a positive inner circle

You might want to take a look at who surrounds you. Ryland suggests noticing who lifts you up and who's bringing you down. "Limit your time with those who drain you and bring negative energy in," says Ryland. You might try spending time with the people who bring you calm and peace instead.

#### 6. Show yourself self-care

Making time for relaxation practices that bring you joy and restoration can make change happen more smoothly. Doing something that's soothing to you is the key.

#### 7. Practice gratitude

Whether you've just received terrible news or are getting ready to relocate to a new city, reminding yourself of all that you're grateful for can be a good way to see past the changes into mindfulness.

Source: <https://psychcentral.com/stress/dealing-with-change#daily-strategies>



## Happy Spring everyone!

I hope you had a warm and happy Easter. It was a beautiful day! You all know the old saying, "It comes in like a lion and goes out like a lamb." The DeKalb County Extension Homemakers continue to be busy. Recently, Spring Fling was held and was a great success with good speakers and good food. On April 28th, the Relay for Life Survivors dinner was held at the First United Methodist Church. Homemakers helped serve food and provided deserts. On May 20th, there will be a plant sale at the exhibit hall (see information from the Agriculture and Natural resources section) for further details. We are pleased to announce three scholarship

winners: Lydia Bennett (DeKalb High School), Olivia Rigby (DeKalb High School) and Grace Kreischer (Eastside Jr/Sr. High School). Lydia Bennett will be studying Agribusiness and Sales, Olivia Rigby will be studying teaching focusing on History, and Grace Kreischer will be studying animal science with a focus on Pre-Vet. Congratulations to our scholarship winners! Looking forward, it was decided that our open class food item for Homemakers Day at the Fair will be bundt cakes! Start now getting your best recipes around as fair will be here before you know it!

You have a CHOICE each and every single day

I choose to feel BLESSED

I choose to feel GRATEFUL

I choose to feel EXCITED

I choose to be THANKFUL

I choose to be HAPPY

*President Martha Close*

**Save The Date**  
Fort Wayne District  
Fall Meeting

*"Leaves are Falling,  
Autumn is Calling"*

**September 11, 2023**  
Hosted by DeKalb County  
Extension Homemakers  
DeKalb County Fairgrounds  
Exhibit Hall

### HOMEMAKERS 2023 IMPORTANT DATES

<b>April 20</b>	<b>Make Derby Hats for Achievement Night</b> - 6 p.m. Exhibit Hall
<b>May 1</b>	<b>Achievement Night &amp; Cultural Arts Judging</b> - 5 p.m. Exhibit Hall
<b>May 4</b>	EH Council 6 p.m., COB (lower level) pay club dues by this meeting
<b>May 29</b>	Memorial Day - Extension Office closed
<b>June 5-7</b>	Home & Family Conference
<b>June 13</b>	Sew Day - 9am - 3 pm bring a covered dish to share

\*COB - Lower Level of County Office Bldg., 215 E. 9th St., Auburn.



# Congratulation to these Extension Homemakers Scholarship Winners



Lydia Bennett is the daughter of Michael & Tammy Bennett. Lydia will graduate from DeKalb High School. She was a member of Classic City 4-H, now a member of Jackson 4-H Club and a 4 year FFA member.

Lydia will be attending Western Illinois University, majoring in Agriculture Business and she will run Cross Country and Track.

Grace Kreischer is the daughter of Jason and Karla Kreischer. Grace will graduate from Eastside High School. She is a member of 4-H Power, Junior Leaders, FFA and National Honor Society. Grace plays Softball and Basketball.

Grace will be attending Purdue University, majoring in Animal Science Pre-Vet.



Olivia Rigby is the daughter of Russell and Jennifer Rigby. Olivia will graduate from DeKalb High School. She is a member of Jackson Blue Ribbons 4-H, Junior Leaders, a 4 year member of FFA, National Honor Society and has taken piano lessons for 12 years.

Olivia will be attending Purdue University Fort Wayne, majoring in History and Education.



## Tactics To Consider For Tar Spot Management In Indiana For 2023

By Darcy Telenko, Purdue University  
Agriculture Plant Pathologist

In Indiana, tar spot has been an annual concern since 2018 when growers experienced 20-60 bu/A loss. In 2021 favorable weather conditions led to another severe epidemic where reports of 50% yield loss occurred. This last year, we had a slight break from tar spot due to dry conditions in June/July that delayed the disease in areas where it was a main concern. I took this as a welcomed reprieve from the previous years, but that doesn't mean we should let down our guard. Even though we had less tar spot in Indiana in 2022, it has continued to spread and has now been confirmed in 86 of 92 Indiana counties, 18 states, and Ontario Canada. As to say tar spot is a disease has become the number one topic in corn during our winter meetings.

Therefore, I am going to share some tactics to consider for 2023 on what we have learned and how to plan for this disease this season and beyond.

My first question to you is have you found tar spot on your farm over the last few years? And how severe tar spot was the infection? Did you find a few lesions (Fig 1A), a moderate number (Fig 1B) or was it severely blighted and covered with tar spot (stromata) (Fig 1C)?

In 2022, our research trials saw limited tar spot impact. I can find the small black spots (stroma of the fungus), but it barely got above 1% severity. If tar spot has not yet been severe on your farm you won't get a return on investment (ROI) to manage it, but be aware, on the lookout, and prepared to make in-season decisions should the environment become favorable.

If you farm saw severe tar spot in the past, I suggest a few things for next year.

Watch the tracking map to know when the disease is first active in Indiana. I will worry about the disease starting early if we have a wet June and July like we did in 2021. Otherwise the disease won't appear to mid-to late- July. (<https://corn.ipmpipe.org/tarspot/> or <https://extension.purdue.edu/fieldcroppathology/>)

**Download the Tarspotter app to help with determining if the weather conditions are favorable for tar spot to develop in your fields.** (<https://ipcm.wisc.edu/apps/tarspotter/>)

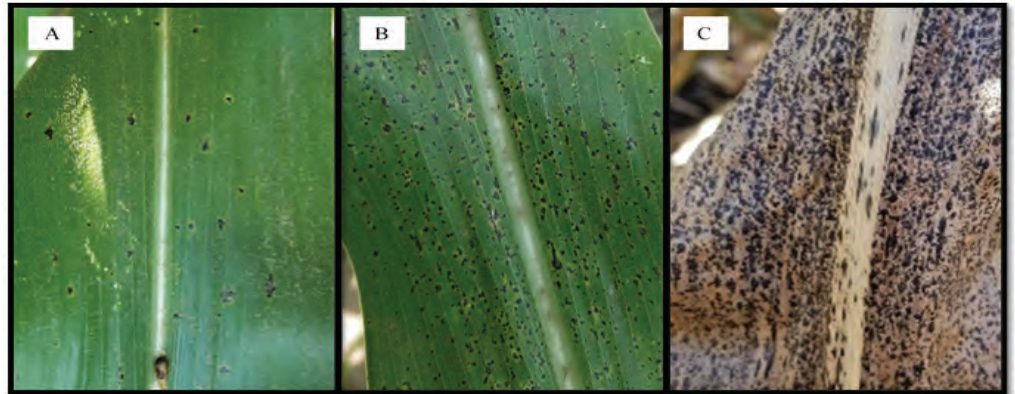


Fig. 1. Tar spot lesions (stromata) on corn leaves A. a few stromata (1% severity), B. moderate tar spot (7-10%), C. severe tar spot (>30%) causing leaf blighting. (Photo credit: Darcy Telenko)

1. Scout, scout, and scout some more in your fields.
2. Make informed fungicide decisions. Only in 2021 did our research trials show a benefit of two application at V10/V14 with a follow up application 3 weeks later.
3. As for a fungicide timing window VT-R2 has consistently provided good protection with a single application program.
4. We need to make an informed decision on our fungicide use not only for ROI, but also for fungicide stewardship to make sure we aren't increasing risk for fungicide resistance to develop.
5. No, it will not be cost effective to apply fungicide every year. Moisture plays a significant role in how fast tar spot develops.

### A summary of what we have learned thus far.

- Tar spot will continue to be an issue in Indiana.
- Severity level will be a function of the hybrid, weather, and when epidemic initiates earlier vs. later in the season.
- The 2021 epidemic was problematic, because tar spot started in some fields before tasseling.
- Fungus driven by weather!!!
- Varying levels of tar spot occur across region due to weather

### The tar spot fungus can overwinter in the upper Midwest

- We now have high inoculum levels in many locations.

- Weather is key (water and irrigation management).
- Tar spot inoculum (spores) can travel long distances.
- There is limited impact of tillage or rotation on tar spot due to the aerial nature of the spores.

### Some hybrids are more resistant than others.

- Strong hybrid resistance can be overcome by a favorable disease environment.

### Fungicide application can reduce tar spot severity.

- Product is important, use multiple modes of action.

### Timing very important

- Application needs to occur close to the onset of the epidemic.
- Number of applications and optimal timing are going to vary by year.

### Understand your farm – what disease(s) are most of concern in each field.

#### What you can do?

1. Assess your risk – is the disease endemic in your area?
2. Talk to your seed salesman about hybrid resistance.
3. Scout and monitor your fields throughout the season.
4. Follow the map to learn when tar spot is active new your county <https://corn.ipmpipe.org/tarspot/>
5. Leave check strips if you try a new management strategy.
6. Don't forget about the other diseases – new and established (gray leaf spot, southern rust, ear and stalk rots, etc.).



crucial method through which humans and wildlife get their food resources. Research studies estimate that about 75% of the food sources in the world are dependent on pollination. However, due to increased pollution and invasive non-native plantations, pollinators like bees and wasps are in danger of extinction.

billion dollars every year to crop yield.

**Making bee-lines for the best production:** Bees are extremely innovative creatures who, for the sake of efficiency and quality production, construct special 'insect pathways' that connect all the major wildlife areas.

**Help a bee with flowers or white sugar:** If you see a bee or two on the ground, you can help it by placing it on a nectar flower or by feeding it a drop of a mixture of 50/50 white sugar and water in a tablespoon.

**Two pounds of honey from three long flights:** To produce about two pounds of honey, a honeybee has to fly 90,000 miles, which is equivalent to going around the world three times.

National Pollinators Month in June brings attention to the importance of the relationship between pollinators and plants. Pollinators are insects and animals that transfer pollen from one plant to another. This pollen transfer leads to plants being able to produce fruits, vegetables, and nuts. Pollination, thus, is a



## 5 FACTS ABOUT BEES THAT WILL BLOW YOUR MIND

**Little baskets for pollen:** Bees carry pollen in a pollen basket on their hind legs, which is also called a corbicula.

**Bees contribute to huge GDP value:** Bees pollinate about 130 crops in the U.S., adding about 14



## May - June 2023

### AG IMPORTANT DATES

<b>May 2</b>	Annual DeKalb County Ag Day at Carnahan Farms 3386 County Road 57, Butler, IN; 9 AM—2 PM Public Welcome
<b>May 20</b>	DeKalb County Master Gardener Plant Sale, DeKalb County Fairgrounds Exhibit Hall, Auburn, IN; 7:30—10 AM Page 12
<b>June 16-17</b>	Northern Indiana Grazing School: Randolph County Extension Office 1885 S. US HWY 27, Winchester, IN 47394 Page 13
<b>June 29</b>	NEPAC Diagnostic Training Day; 4821 E 400 S, Columbia City, IN 46725; Check here for more Information: <a href="https://ag.purdue.edu/departments/arge/PACs/field-day-events.html">https://ag.purdue.edu/departments/arge/PACs/field-day-events.html</a>

Newly graduated Master Gardener Interns from the Spring 2023 DeKalb/Steuben County Master Gardener Class. This year's participants attended 2 classes totaling 6 hours a week for 8 weeks learning about gardening and landscape care from the ground on up. At the conclusion, they all passed their final exam with flying colors!



From Left to Right: Celeste Heffley, Griffin Miller, Laura Miller, Ron Kumpfmiller, ClaraMary Winebrenner, and Michelle Sayles. Not pictured: Molly Grimm, Geneva Davis

## 2023 DEKALB COUNTY MASTER GARDENERS



*PLANT SALE*

*Saturday May 20, 2023*

*7:30-10 AM*

*Exhibit Hall*

*DeKalb County Fairgrounds*

# INDIANA GRAZING SCHOOLS

**JUNE 9-10** SOUTHERN IN PURDUE AG CENTER-SIPAC  
11371 EAST PURDUE FARM RD. , DUBOIS, IN 47527

**JUNE 16-17** RANDOLPH COUNTY EXTENSION OFFICE  
1885 S. US HWY 27, WINCHESTER, IN 47394

**SCHEDULE FOR EACH SCHOOL :** FRIDAY | 1:00 PM- 6:00 PM  
SATURDAY | 8:00 AM- 5:00 PM



**Soil Fertility | Water, Fencing, & Grazing Systems | Animal Health | Plant ID**

*Questions? Contact Jason Tower, towerj@purdue.edu or 812-678-4427*

The fee for the first individual from a farming operation is \$75. Cost for others after a farm owner/tenant has been registered is \$50. Registrants after the first one do not receive reference materials. The fee for all others is \$75. Snacks and lunch are part of the fee. Purdue University is an equal opportunity/equal access/affirmative action institution. If you require auxiliary aids and services due to a disability, please contact us prior to the event at 812-678-4427.

**Registration Form:**

**Please register by: June 2nd, 2023**

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

I will attend: SIPAC School: \_\_\_\_\_ Winchester School: \_\_\_\_\_

Attendee: \_\_\_\_\_ X \$75 = \_\_\_\_\_ Same Farm Operation Attendees: \_\_\_\_\_ X \$50 = \_\_\_\_\_ Total: \_\_\_\_\_

Names of additional attendees:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Make Checks Payable to: **Indiana Forage Council**

Payment & Registration should be mailed to:  
**Southern Indiana Purdue Ag Center**  
11371 E Purdue Farm Rd.  
Dubois, IN 47527

# Agriculture & Natural Resources

## 2023 All America Selections Winners

(Suitable for Indiana)

### Vegetables



#### Pepper jalapeno San Joaquin

**FI:** This National Vegetable Winner is a determinate, thick-walled jalapeno setting about 50 fruits per plant. Good for preserving or roasting, holds taste and firmness until harvest. 2,500 to 6,000 Scoville units. 60 days to harvest from transplant.



#### Squash kabocha Sweet Jade FI:

This National Vegetable Winner is a single-serving-sized, fall harvest squash. High yielding, 1- to 2-pound squash. Jade colored outside with deep orange flesh perfect for an edible bowl. 85 days to harvest from transplant.

**Tomato Zenzei FI:** This Regional Vegetable Winner is a high-yielding, early-maturing Roma, plum type



tomato. Its uniform, fleshy, easy-to-harvest tomatoes are good fresh or for preservation, and born on bushy indeterminate plants. Less disease issues than other tomatoes. 70 to 80 days to harvest from transplant.

### Flowers



#### Coleus Premium Sun Coral

**Candy:** A National Winner, this is the first seed coleus to be an AAS Winner. This flower is a compact, multicolored foliage plant with narrow, serrated leaves that holds color well in full sun. Perfect for a 14" to 16" container or hanging basket.

**Salvia Blue by You:** This National Winner is a perennial salvia with blue flowers blooming up to two weeks earlier. It is both heat tolerant and winter hardy. Blooms late spring into fall with deadheading of spent blooms. It is pollinator friendly and not deer or rabbit friendly.



#### Snapdragon DoubleShot™

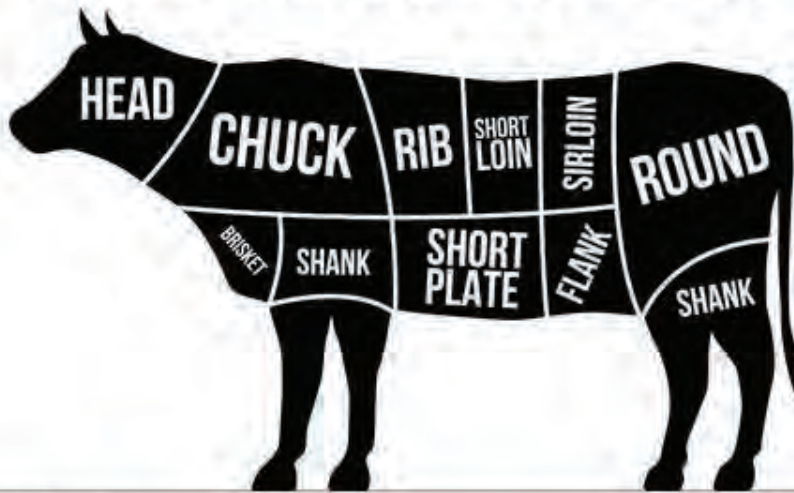
**Orange Bicolor FI:** This National Winner is an intermediate-height, double-flowered annual snapdragon. It has warm shades of orange and orange-red, that transition to dusty shades on strong stems producing more branching and a higher flower count. Perfect for containers or in-ground plantings.



# May is National Hamburger Month

There are many ways to make a hamburger, but there is only one way to make it safe! Remember, using a food thermometer is the only way to make sure your burgers are safe – and cook to 160°F or above!

## TYPES OF GROUND BEEF



### GROUND BEEF

*(a general name for ground beef that may be from various parts of the cow)*

- **Location:** Can be from anywhere/a mix, but often from the shank/brisket area (see image above!)
- 25-30% fat
- Fatty, can have good flavor, but can also be inconsistent and/or greasy
- Generally the most affordable

### GROUND CHUCK

- **Location:** shoulder (see above)
- 20% fat
- Known as "lean ground beef"
- Rich and fatty, great for burgers

### GROUND ROUND

- **Location:** upper leg and rump (see above)
- 10-14% fat
- Leaner, less juicy flavor and texture

### GROUND SIRLOIN

- **Location:** upper middle, near hip (see above)
- 10% fat
- Quite lean, but tender and flavorful
- Generally the most premium ground beef



## Putting Your Poster Over the Top

### A Successful Poster...

- Catches the eye.
- Is simple and clear.
- Makes people stop, read, and remember.

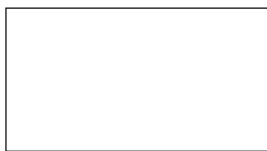
### Planning a Poster

- Who are your viewers?
- What do you want them to know?
- Think of a clever theme or slogan.
- Make a small rough sketch. Remember to leave some blank space because uncluttered posters are easier to read.

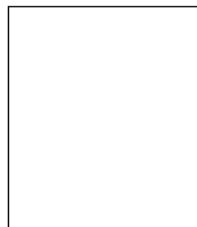
### Basic Poster Requirements

- **Refer to the 2023 DeKalb Co. 4-H Handbook, "Poster Guidelines," and the specific requirements for your project(s). Always read and understand all the rules for your project before doing anything.**

- Orientation: All 4-H posters must be horizontal (exception: some photography exhibits).
- Size: All posters must be 22" X 28" (exceptions: some



HORIZONTAL  
(HOW YOU SLEEP)



VERTICAL  
(HOW YOU STAND)

photography exhibits and mini 4-H).

- All poster projects must contain a stiff backing the same size as the poster, and poster board alone is not acceptable.

- All poster projects must be covered with some kind of clear plastic sheeting for protection. Plastic sleeves are available from the Extension Office for a small fee.
- All poster projects should have a label in the lower right corner with the exhibitor's name, township, and grade. Refer to the Handbook and specific project requirements for other information to be included.
- All poster projects should include a reference list indicating where information was obtained. Refer to Handbook for guidelines for this list.

### Materials

- Foam board, mat board, poster board, etc. and stiff backing.
- Clear plastic
- Variety of colored papers
- Double-stick tape or glue
- Markers or paints
- Scissors or paper cutter
- Ruler and pencil
- Letters
- Stencils
- Stickers
- Computer and printer

### Choosing Colors

- Color combinations affect how easily the message is read as well as the overall appearance of the poster.
- Avoid using too many different colors for the purpose of letters and backgrounds. Two or three should be sufficient. Color photos or clipart may be added to enhance your poster, but be sure they don't overwhelm your main point.
- Let the most important items be the most important color.
- Consider the contrast, which means use dark letters on a light background and light letters on a dark background.
- Use the color wheel



(Continued to page 17)



# 4-H/Youth Development

(Continued from page 16)

to help you choose colors. Analogous colors are any three colors which are side by side on a 12-part color wheel. Complementary colors are any two colors which are directly opposite each other. This creates maximum contrast.

- Consider the color context, which is how color behaves in relation to other colors. Compare the contrast effects of different color backgrounds for the same red square on the diagram below:

### Lettering



- Lower case letters are easier to read than all capitals. Use capitals for emphasizing an important phrase or idea or to add variety.
- Avoid fancy or script lettering because it can be hard to read.
- Letters may be cut out by hand or by machine (i.e., Cricut), precut letters may be purchased, or headings may be produced on the computer and then affixed to the poster.
- Use different size lettering for items of varying importance.

- Allow margins to keep items from running together and looking too cluttered.
- Refer to the table below for letter sizes and their effectiveness:

### The Three R's of Posters - Revise, Rearrange & Redo

LETTER SIZE	VIEWING DISTANCE
¼ Inch	8 Feet
½ Inch	16 Feet
1 Inch	32 Feet
2 Inches	64 Feet

Using your original sketch, lay out all your components on your poster. How does it look? Revise and rearrange as needed. Redo anything that should be a different color or size. Move things around until you're happy with the overall effect and message of your poster.

- Ask your parents/guardians, project helpers, other 4-H members, or leaders to look at your poster and tell you what they think.
- Affix everything in place.
- Remember – **NEATNESS COUNTS!!!**

## DROP-ADD DEADLINE:

If you want to add or drop a project, or are missing a manual for an added project, please call the Extension Office at 260-925-2562 by May 15

## CLOVER HUNT

Find the black & white 4-H clover logo hidden somewhere within this newsletter. To win the 2023 prize (Support Local Farmers Bag & Sticker, 4-H Tumbler, 4-H Agriculture Puzzle Cube, and 4-H Pencil), email Effie (campb314@purdue.edu) with the correct description of its location and have the chance to win this month's prize. Winner will be announced on May 8.

Contest open to Mini 4-H and regular 4-H members ONLY. Prize will be available for pick-up at the Extension Office once winner has been notified.



Sample only



## 2023 4-H IMPORTANT DATES

<b>May 1</b>	4-H Camp Deadline, enroll at <a href="https://v2.4honline.com/">https://v2.4honline.com/</a>
<b>May 3</b>	4-H Orientation (Session 2 - May 15 4-H Online Deadline help)
<b>May 6</b>	Poultry Workshop, 10:00-11:00 am - Exhibit Hall (708 S. Union St., Auburn) - Common Poultry Diseases
<b>MAY 7</b>	Beef/Dairy Beef Workshop, 3:00-4:00 pm, Show Barn (focus on animal and 4-H member safety, haltering, show stick, showmanship)
<b>May 8</b>	State Fair Sheep/Goat ID— 5-6 pm, Sheep Barn
<b>May 13</b>	Quality Livestock Care (YQCA replacement) training, 10:00 am - Exhibit Hall (Registration is open on 4-H Online, <a href="https://v2.4honline.com/">https://v2.4honline.com/</a> )
<b>MAY 15 DEADLINE</b>	4-H Enrollment and Project Add/Drop Deadline (contact the Extension Office if you add or drop projects <a href="https://v2.4honline.com/">https://v2.4honline.com/</a> 4HOnline Animal ID for Beef, Registered and Unregistered Heifers, Dairy Steers, Horse & Pony, Draft Animals, and State Fair Animals (excluding Poultry and Rabbits) <a href="https://v2.4honline.com/">https://v2.4honline.com/</a> State Fair DNA Due (envelopes are available in the Extension Office) <b>4-H PROJECT DROP/ADD DEADLINE</b>
<b>May 18</b>	Dissection and Biology (STEAM Workshop), 6:00 pm - County Office Building (must pre-register)
<b>May 23, 25, 30, &amp; June 1</b>	Art 101: Embracing Your Creative Mess (complete a Fine Arts project ready for exhibition), 6:00-8:00 pm - County Office Building (215 E. 9th St., Auburn)
<b>June 1</b>	FairEntry opens for Summer Judging entries
<b>June 3</b>	Dairy Beef Feeder ID, 8-11 am - Beef Barn
<b>June 7-9</b>	4-H Camp (must pre-register, grades 3-6) - May 1 Deadline, 4-H Academy (must pre-register, grades 9-12) - May 1 Deadline
<b>June 13</b>	4-H Orientation (Session 3 - Summer Judging, FairEntry Help), 6:00 pm - Exhibit Hall
<b>June 13-16</b>	State Jr. Leader Conference (must pre-register, grades 9-12) - May 1 Deadline
<b>June 17</b>	Beef, Dairy Beef, and Swine Workshop, 9-11 am - Cedar Creek Meats LLC (205 N Main St. LaOtto, IN 46763 ) RSVP <a href="https://forms.gle/SwPxvxfckVTJCY4J9">https://forms.gle/SwPxvxfckVTJCY4J9</a>
<b>June 13, 15, 27, 29</b>	Livestock Workshop - Escape Room Builders, 2:00-4:00 pm - Exhibit Hall (must pre-register) - Must attend all sessions, youth will receive a maximum of 4 credits toward any 4 species of their choosing
<b>June 22</b>	County Sheep/Goat ID, 5:00-7:00 pm - Sheep/Goat Barns
<b>June 24</b>	4-H Dog Show, 12:00 pm - Exhibit Hall
<b>June 25</b>	Rabbit ID (contact Tonya DePew to tattoo animals before ID Day if unable to attend), 2:00-4:00 pm - Exhibit Hall
<b>*COB indicates lower level of the County Office Bldg. at 215 E. 9th St., Auburn.</b>	

# 4-H/Youth Development CONGRATULATIONS TO OUR HIPPOLOGY CONTEST PARTICIPANTS!

## Way to represent DeKalb County!

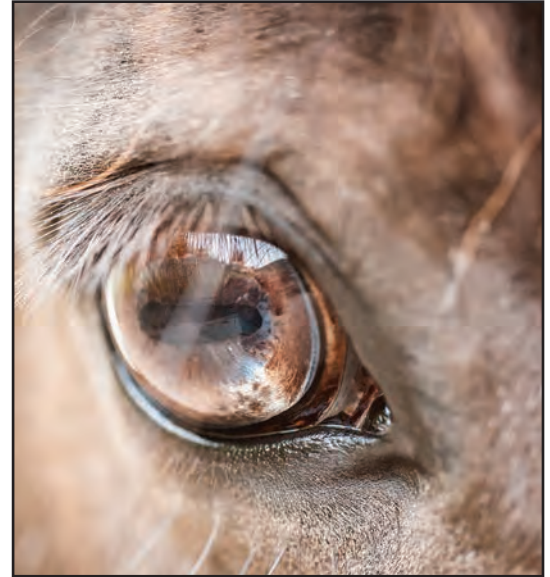


**Juniors placing:**  
Marissa Lehrman 2nd place

Bayleigh Fisher 6th place  
Madeleine Bultemeier 25th  
Evelyn Garman 32nd

**Intermediates placing:**  
Olivia Lehrman 1st place  
Caitlyn Heisler 11th place  
Addisyn Shull 14th place  
Kayden Dale 21st place

**Senior placing:**  
Kileen Shaffer 41st place



### HANDBOOK INFORMATION

The 2023 DeKalb Co. 4-H Handbook is finished!

Every family should have received a printed copy of the Handbook this year. If you have not received your copy contact the Extension Office.

The 2023 4-H Handbook can also be accessed online at

[bit.ly/4HDeKalbHandbook](https://bit.ly/4HDeKalbHandbook)



You could be

## “Tops in 4-H”

and win a **\$250** Award

...if you are a High School  
Sophomore, Junior or Senior!

Application deadline is June 10, 2023  
in the Extension Office. See page 18  
in the 2022 4-H Handbook  
(online) for rules and guidelines!

## last call for 4-H enrollment

All 4-H members and adult volunteers must re-enroll annually. Go to the new [v2.4honline.com](https://v2.4honline.com) to re-enroll. The Extension Staff will be happy to assist you with your (re)enrollment process if needed!  
**VOLUNTEERS**—You also **MUST** register again to be active in 2023.

**The Deadline to register and Pay is May 15.**

## MINI 4-H NEWS

The first Mini 4-H meeting will be Monday, May 8, 6:00 pm

It will be held in the Exhibit Hall (Fairgrounds) Pay Club dues (\$5 per child) at the meeting to receive project manuals.

Other meeting dates:

- **Monday, June 12, 6:00 pm**
- **Wednesday, June 28 - Mini 4-H Day Camp**
- **Monday, August 14, 6:00 pm**
- **Sat., Sept. 16—Mini Judging**



### LIVESTOCK NEWS

#### MAY 15 DEADLINE

**ALL Beef Steers, Registered and Unregistered Heifers, Dairy Steers, Draft Animals, Horse & Pony and STATE FAIR ELIGIBLE ANIMALS MUST be entered into 4HOnline.**

\*\*\*\*\*

#### STATE FAIR DNA DEADLINE


DNA hair samples for all Beef, Dairy Cattle, Meat Goats, Sheep, and Swine must be submitted by May 15 to the Extension Office! DNA envelopes are available at the Extension Office.

JOIN ME ON THE  
**Remind App!**  
Search for:  
DeKalb 4-H Poultry Program  
OR  
use this code:  
@dekalb4hp

---

JOIN THE  
**Facebook Group!**  
Group Name:  
DeKalb Co. 4-H Poultry  
Link:  
[https://www.facebook.com/groups/899421484067751/?ref=share\\_group\\_link](https://www.facebook.com/groups/899421484067751/?ref=share_group_link)

What did the egg say to the other egg?  
Let's get cracking!


What do you call a pig with three eyes?  
A piig 

What do you get when you cross a cow with a duck?  
Milk and quackers.

What kind of animal goes OOM?  
A cow walking backwards!

What do you get if you cross a duck with a firework?  
A firequaker!

Why are pigs always in fashion?  
They are sty-lish.

Why did the horse cross the road?  
Because the chicken needed a day off 

Why do cows have hooves instead of feet?  
They don't have feet because they lactose.

## Indiana 4-H Quality Livestock Care Program

(Replacement for in-person YQCA Classes)

All 4-H youth enrolled in a LIVESTOCK PROJECT (Beef, Dairy, Beef, Dairy, Goat, Poultry, Rabbit, Sheep and Swine) must be QLC certified or have a YQCA online completion certificate.

If you choose to complete the YQCA option, you will register for the online course at <https://yqcaprogram.org/>. Cost of the online YQCA course is \$12.

After completing the course, you must email the 4-H Educator with your certificate to receive credit.

If you prefer to take the QLC in person (Instructor-Led), the

cost is \$3 per child and will be located at the Exhibit Hall (Fairgrounds); Registration is open on 4-H Online.

**Quality Livestock Care training sessions are:**

**Saturday, May 13, 10:00 am**

**Saturday, August 5, 9:00 am**

After attending the course or submitting a YQCA online training certificate, you will be marked complete in the DeKalb 4-H Hub (Fall Fair Checklist)

\*This certification does NOT replace the workshop/worksheet requirement.



**Art 101:  
Embracing Your Creative  
Mess**

ALL PARTICIPANTS WILL HAVE A FINISHED AND FRAMED WORK OF ART!

Grades 6-12  
May 23, 25, 30, and June 1  
6:00-8:00 pm  
215 E. 9th St. Auburn, IN  
Cost - \$15 per youth

**Register at [bit.ly/23Art101Register](https://bit.ly/23Art101Register)**

**SIGN UP BY MAY 15!**



**PURDUE UNIVERSITY** Extension 4-H Youth Development  
Purdue University is an equal opportunity/ equal access/affirmative action institution.

### Interested in helping at the 2023 Poultry Show?

Please see the list on what positions need to be filled before the show. Contact Andrea Sebert if interested.

Email – [brink2913@yahoo.com](mailto:brink2913@yahoo.com)

Phone – 260-410-7541

VOLUNTEER LIST	
For Dekalb 4-H Poultry Show 2023	
1 Student to lead Pledge of Allegiance	Still Open
1 Student to lead 4-H Pledge	Still Open
1 Adult clerk for Exhibition table	Katie Jordan
1 Adult clerk for Commercial table	Janie Long
2 Adults for lining up exhibits for exhibition classes	Still Open Still Open
2 Adults for lining up exhibits for commercial classes	Abby Scoville 1 Still Open
1 Adult for awards table	Stephanie Winebrenner

*Thank you for volunteering!*

### Want to complete your Fine Arts project early?

Come to Art 101: Embracing Your Creative Mess and learn how to create a finished work of art from sketching to framing! Register by May 15!



**STAFF:**

*Elysia Rodgers*  
eberry@purdue.edu

*Angela Sorg*  
asorg18@purdue.edu

*Effie Campbell*  
campb314@purdue.edu

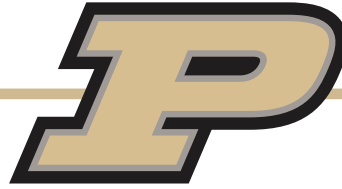
*Kim Quintrell*  
kquintrell@purdue.edu

*Brenda Cureton*  
bcureton@purdue.edu



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Extension - DeKalb County



## Purdue Fast Start

Many promising students will now have the opportunity to take their first steps toward a Purdue degree with the new Purdue Fast Start program. Through Purdue's partnership with **ModernStates.org**, a website featuring more than 30 free, high-quality courses, you can gain assured admission to Purdue by earning free college credit. This partnership will create new opportunities for Indiana students to take giant leaps in their education with a new pathway to Purdue University.

**[purdue.university/faststart](http://purdue.university/faststart)**

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Auburn, IN 46706

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