

# JUNE 2025 NEWSLETTER

#### Address:

525 W Beech Street Osgood, IN 47037

#### Phone:

812-689-6511

#### Hours:

Monday - Friday 8:00am-4:00pm

#### Website:

extension.purdue.edu/ripley

#### Facebook:

Purdue Extension - Ripley County & Ripley County 4H Fair

### Instagram:

@ripleycountypurdueextension



# Ripley County Staff

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# Calendar of Events



# JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 4:00 Pierceville	2 7:00 Country	3 5:30-7:00	4 5:30-7:00	5	6	7
Haypals Meeting 3:00 4-H Pioneers Meeting		Dog Practice 6:30 Ripley Wranglers Mtg CIT/Campers Arriv	Dog Practice /eSouth	neastern Indiana 4-1	- H Camp	
8	9	10	11	12	13	14
2:00 Shooting Sports Meeting	7:00 Morris Shamrocks Mtg	5:30-7:00 Dog Practice	5:30-7:00 Dog Practice			12:00 Dog Show
2:00 Napoleon 4-H Club Meeting	7:00 Faithful Workers Meeting					
15	16	17	18 6:00 Junior Leader Meeting	19	20	9:00 Mini 4-H Camp 9:00 Tractor practice 10:00 IQLC
22 1:00-4:00 Ripley Wrangler Open Ride	23 7:30 4-H Board Meeting	24	25	26	27	28 7:30AM County Tractor contest
29 1:00 Dream Seekers Meeting 5:00 4-H Pioneers Meeting	30	1 Pen Reservation Due!	2	3 July	4 OFFICE CLOSED	5

Can you find the four H's hidden in the newsletter?









## **Club Meeting Resources:**

### Song: Weenie Man

I know a weenie man

He owns a weenie stand

He sells most everything from hotdogs on down bum-bum-

Someday I'll join his life

I'll be his weenie wife

Oh how I love that weenie man, hotdog!

### Health & Safety

#### **Sun safety**

**Who:** Anyone who spends time outside should consider these sun safety tips.

**What:** Protect your skin by wearing sunscreen that is SPF 30 or higher. You need to reapply sunscreen every 2 hours and after swimming or sweating. You can also protect your face and eyes by wearing sunglasses and a hat. Trying to stay in the shade when you can is also a good idea!

**When:** Anytime you're outside, at the park, beach, pool, sports fields, or even just playing outside. Be extra careful between 10 AM and 4 PM when the sun is strongest.

**Why:** Too much sun can cause painful burns now and serious skin problems like skin cancer. Staying protected helps keep your skin healthy and safe!



### Inspiration:

"Opportunity is missed by most people because it is dressed in overalls and looks like work."

-Thomas Edison



### Fair Entry

Don't forget the next step in enrolling your 4-H projects! Please use the infographic and the FAQ section below to help. if you have further questions don't hesitate to give us a call at 812-689-6511. <u>Due July 8th!</u>

### <u>Frequently Asked Questions(FAQ):</u>

#### "Who all must complete FairEntry"

All 4-H members who are exhibiting a project or animals at the fair must complete FairEntry. Mini 4-H members are not required, but are highly encouraged to as it is good practice for the future.

#### "What all should I enter into FairEntry?"

You should have 1 entry per exhibit hall project and 1 entry per animal that you plan to show at the fair. Don't forget to include entries for event type projects such as pocket pet, communications, and fashion revue.

#### "When do I complete FairEntry?"

FairEntry is open until July 8. If you have corrections after this date please contact the office ASAP.

# "Where do I go to complete FairEntry?"

In a web browser, preferably search: http://ripleycountyIN. fairentry.com

# "Why do I have to do FairEntry?"

FairEntry is the System we use to let us know exactly what you're bringing to the fair. It also allows us to input results during the fair and share that information with the public.

#### "Didn't I already do that?"

You have likely completed half of the registration process through 4-H Online which is used for Enrollment and Animal Identification. This FairEntry Process helps to tell us what exact projects or animals you

are bringing to the fair.

Know the difference between

# 4-H Online vs. Fair Entry

### https://v2.4honline.com

#### Go here to ...

- Enrollment in 4-H (4-H members, Mini 4-H, volunteers & judges)
  - · Choose your 4-H Club
  - Select 4-H Projects
- · Animal ID (Due by May 15th)
- Event Registrations (Camps, Trips, Scholarships)

### Helps to..

- Make Completions sheets
- Create Club & Project Rosters for Leaders
- Allow the office to communicate & get information to you

Opens October 1st

### http://ripleycountyIN.fair entry.com

#### Go here to ...

- Enter each specific project you plan to exhibit
  - select the class/division that each project or animals will be judged in
- See 4-H Judging Results

#### Helps to..

- Make Exhibit Tags
- Submit State Fair Entries
- Check in Animals & Exhibit Hall Projects
- Create Show Bills
- Enter 4-H Judging Results
- Run the 4-H Auction

Open May 16th - July 8th

### Livestock Parent Meeting



To better support our 4-H families and parents, we will be having a livestock parent meeting on Set-up Day July 12<sup>th</sup> at 11:00AM (Same time youth will be in IQLC). What will be covered at this event...

- Introduction to Superintendents Who you can ask for help
- What to expect fair week, everything from check-in day, show day, and animal check-out
- Auction Overview
- Questions and Answers

## **Auction Buyer Invitations**

Auction Buyer Invitations are now available at the extension office. We encourage all 4-H members to pick up auction invitations from the extension office to hand out to local businesses and community members. It's always helpful to invite several people to the auction to buy your animals.

### Pen Reservations

Any 4-H member exhibiting beef, dairy, goats, llama & alpaca, poultry, rabbits, sheep, or swine must complete and turn in the 2025 Pen reservation form. This form was sent in the mail, if you did not receive it call the office! Pen Reservations are due to the Extension office by Monday, July 1st at 4:00PM. There is a drop box outside the office to turn them in after hours or they can be returned by mail. **There will be a \$25 late fee for anyone who does not return them on time.** 

### Rabbit Meat Pen ID Day

ID Day for Meat Pen Rabbits and Fryer classes is Friday, July 11th from 6:30PM-8:00PM. All meat pen or fryer rabbits MUST attend!!! As a reminder, to have a meat pen, you must also exhibit 2 other adult rabbits. Contact the rabbit leaders with questions.



### Poster Boards and Plastic Sleeves

The price of poster boards have gone up for this year. Poster boards are now \$5 each, sleeves will still be \$2 each, or a set will be \$7.

### Ten Year Members Reminders

All Ten year members should have received a letter to turn in their 10 year member project information and pictures. These are due by June 9<sup>th</sup> to the extension office. Please also be on the look out this month for the 10 Year Member dinner RSVP!



#### Fashion Revue



Information regarding the 2025 Fashion Revue for Consumer Clothing, Sewing, & Wearable Arts was sent out the end of May. Please watch your mail for this if you are interested in showing off your designs in this year's Fashion Revue!

### Handbook Amendments / Clarification

- A market heifer class is being added to the beef market animal offering. Beef market heifers can still be added into 4-H Online until the May 15<sup>th</sup> deadline. Please contact the Extension Office to arrange ID with a Beef Leader.
- Beef feeder calves will be showed by weight in 2025 to better work with the Fair Entry system.
- All beef feeder calves must be cut or banded before arriving at the fair. Intact feeder calves will not be eligible to show and will have to go home.
- Amendment was made to the showmanship rules. To be eligible to compete in beginner, intermediate, senior, or expert showmanship of any species you must be enrolled in and complete the project in some fashion (i.e. bring an animal or poster to the fair). Any 4-H member may participate in novice showmanship by obtaining permission from an animals owner, you do NOT need to be enrolled in the project. A winner will be selected from the novice showmanship class but will not move into the other divisions.

## Miss Ripley County Applications

Applications are available at the extension office for the 2025 Miss
Ripley County Pageant. Applicants must be at least 16 years of age and under
21 as of January 1<sup>st</sup>, 2025. All applications must be postmarked or dropped off to the
office by June 2<sup>nd,</sup> 2025. The 2025 Pageant will be held on Sunday, July 13<sup>th</sup> at 6:30PM

- RIPLEY COUNTY JUNIOR LEADERS

# GOLDEN CAN 4-H CLUB FOOD DRIVE CHALLENGE

April 1st to June 18th

### A friendly competition between clubs:

The club with the greatest weight in total donations will receive the Golden Can Traveling Trophy and a pizza party sponsored by the Junior Leaders

The 2024 Golden Can Winner was the 4-H Pioneers!



### Donations can be made in 2 ways:

1. At your 4-H Club Meeting

2. At the Extension Office.

### All non-perishable goods will be accepted.

Donations will go towards the Fight the Hunger Stock the Trailer Food Drive during fair week. Donations stay in Ripley County to help our local community!





Mini 4-H Day



# Mini 4-H Day

YOUTH: KINDERGARTEN-2ND GRADE RIPLEY COUNTY FAIRGROUNDS

SATURDAY, JUNE 21, 2025

9:00AM-NOON CHECK-IN BEGINS AT 8:30AM

Register online by June 13th!

1. Enroll as a mini 4-H member if you have not done so for 2025.

2. Under the events tab select: Ripley County Mini 4-H Day 2025, answer all the questions, and submit. (Late registration only by calling the office 812-689-6511)



If youth are in need of accommodations to attend this program, please contact Baylee Dwenger by June 13<sup>th</sup> at 812-689-6511 or email bdwenger@purdue.edu. FA/FOU

### Mini 4-H Showmanship

# **Mini 4-H Show**

Friday, July 25th 8 am @ Show Arena

Save the date and join us for an exciting hands-on experience at the Ripley County Fair! Mini 4-Hers are invited to dive into the world of livestock with engaging demonstrations and activities. They will hear from current 4-H members about working with animals, learning about their needs, and gaining valuable skills in animal care and handling. Then, each enrolled Mini 4-Her will have the chance to showcase their skills by leading a goat in a fun and friendly show. We hope that you can join us!



\*ALL ANIMALS WILL BE PROVIDED \*



### State Fair Livestock Information

For those planning to exhibit animals at the State Fair, here are some important deadlines and helpful information for signing up.

- Indiana State Fair Entry is currently Open
  - Entry Deadline July 1, 2025 (Late entries accepted; late fee applies)
  - The 4-H Livestock Entry Books are available on the Indiana State Fair Website: <a href="https://www.indianastatefair.com/p/livestock-new/4-h-competitions-entry-information">https://www.indianastatefair.com/p/livestock-new/4-h-competitions-entry-information</a>
  - All entries for the state fair should be made through the Exhibit Corner Website: <a href="https://entry.indianastatefair.com/">https://entry.indianastatefair.com/</a>
  - Questions about state fair animal entry should be directed to the state fair entry office by email to entry@indianastatefair.com or by phone at 317-927-7515
- Livestock Pen/Stall Location Auction June 29, 2025

SEI Communication Customers: Auction Opportunity



Stop in the office for a paper copy!



Indiana 4-H Quality Livestock Care Classes



### INDIANA 4-H QUALITY LIVESTOCK CARE

To exhibit BEEF CATTLE, DAIRY CATTLE, SWINE, SHEEP, MEAT GOATS, DAIRY GOATS, POULTRY, and RABBITS, 4-H members must be certified through the Indiana 4-H Quality Livestock Care training OR the online Youth for the Quality Care of Animals program (YQCA).

- 1. This certification must be done an annual basis
- 2. Members must be registered **BEFORE** attending a training
- Members may attend any training dates listed on this flyer
  - **OR** a training in another county
  - OR complete the online YQCA training (Proof of YQCA

completion must be submitted to the Extension Office by July 12!)

**Training Dates** 

**Training Locations** 

May 3, 2025 10:00am - Extension Office

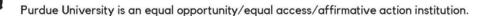
June 21, 2025 1:00pm - Extension Office

July 12, 2025 11:00am - Homemaker Building

To register for the Indiana 4-H Quality Livestock Care program, please use v2.4honline.com, look for the events tab, Event name: Ripley County Indiana 4-H Quality Livestock Care 2025.

Those planning to be certified through the YQCA program, will register at <a href="https://www.yqcaprogram.org">www.yqcaprogram.org</a> and will present their completion certificate to their 4-H Educator.

If you need to request special accommodations, please contact the Extension office



Scholarship Winners

# Congratulations to our 2025 scholarship winners!

### **State Scholarship Winners:**

Lloyd Darringer - CES Indiana 4-H Youth Development \$500 Scholarship

Macy Young - Indiana 4-H Leadership Development \$1,000 Accomplishment
Scholarship

Hailey Kunz - Robert E. and Maureen K. Anderson Endowment \$1,000 Scholarship Zachary Hoff - Robert E. and Maureen K. Anderson Endowment \$1,000 Scholarship

### **County Scholarship Winners:**

Hailey Kunz - Brian Evans Memorial \$250 Scholarship

Lloyd Darringer - Osgood Lions Club \$500 4-H Scholarship

Eva Struewing - Ripley County 4-H Corporation Board \$250 Scholarship

Sydney Rohls - Ripley County 4-H Corporation Board \$250 Scholarship

Zachary Hoff - Ripley County 4-H Corporation Board \$250 Scholarship

Henry Koehne - Ripley County 4-H Tractor Supply Paper Clover \$250 Scholarship

Daymon Speer - Versailles Lions Club 4-H \$250 Scholarship

### Homemaker Scholarship

The Ripley County Extension Homemakers are offering one \$100 scholarship to a graduating senior. Scholarships can be picked up from the Ripley County Extension Office. Eligibility:

- The applicant should be admitted or enrolled in a college, trade school, or apprenticeship program.
- Although not required, special consideration will be given to a person whose family member is associated with Ripley County Extension Homemakers and/or is currently enrolled in the Ripley County 4-H Program.
- Completed Scholarships must be turned into the Ripley County Extension Office by June, 6 2025.

### Ripley County Extension Board



Due to term limits, the Ripley County Extension board has 2 positions open. If you are interested or have any questions about the Extension Board please contact Dave Osborne, osbornda@purdue.edu, or call the office at 812-689-6511. Open positions include Brown Township and Shelby Township.

# 2025 Important Animal Dates



Animal	ID Day	4-H Online Due	Check-In	Show	Release
Poultry	None	None	Saturday, July 19, 2025 2pm – 5pm	Sunday, July 20, 2025 3pm	Friday, July 25, 2025 8pm*
Beef Set-Up will be Friday, March 7 @ 5pm	Saturday, March 8, 2025 9am - 11am (Beef Feeders: May 3, 2025 8-11am)	May 15, 2025	Sunday, July 20, 2025 6am – 2pm	Wednesday, July 23, 2025 10am	Friday, July 25, 2025 8pm*
Dairy	None	May 15, 2025	Sunday, July 20, 2025 6am – 2pm	Monday, July 21, 2025 9am	Friday, July 25, 2025 8pm*
Dairy Feeder	Saturday, May 3, 2025 8am – 11am	May 15, 2025	Sunday, July 20, 2025 6am – 2pm	Monday, July 21, 2025 11am (or following Dairy)	Friday, July 25, 2025 8pm*
Goats	Saturday, May 3, 2025 8am – 11am	May 15, 2025	Sunday, July 20, 2025 6am – 2pm	Thursday, July 24, 2025 Dairy- 9am Meat- 1pm Pygmy- 5pm	Friday, July 25, 2025 8pm*
Llama & Alpaca	None	May 15, 2025	Sunday, July 20, 2025 6am – 2pm	Tuesday, July 22, 2025 9am	Friday, July 25, 2025 8pm*
Horse & Pony	None	May 15, 2025	Friday, July 18, 2025 6pm-8pm	See H&P Leaders	Friday, July 25, 2025 8pm*
Pocket Pets	None	May 15, 2025 (Form w/ Picture must be turned into Office.)	At Show	Saturday, July 12, 2025 2pm	After Show
Rabbit	All Rabbits: Saturday, May 3, 2025 8am – 11am Meat Pen Only: Friday, July 11, 2025 6:30 – 8:00 pm	May 15, 2025 (for adult rabbits, meat pen due after July ID day)	Sunday, July 20, 2025 6am – 2pm	Wednesday, July 23, 2025 5pm	Friday, July 25, 2025 8pm*
Sheep	Saturday, May 3, 2025 8am – 11am	May 15, 2025	Sunday, July 20, 2025 6am – 2pm	Monday, July 21, 2025 6pm	Friday, July 25, 2025 8pm*
Swine	None	May 15, 2025	Sunday, July 20, 2024 6am – 2pm Barrow weigh in Tues, July 22, 2025 8am-10am	Tuesday, July 22, 2025 Gilt- 1pm Barrow- 5pm	Friday, July 25, 2025 8pm*
Cat	None	Bring Form to Show	At Show	Monday, July 21, 2025 3pm	After Show
Dog	None	Bring Form to Show	At Show	Saturday, June 14, 2025 12pm	After Show

Barn Set-Up will be Saturday, July 12, 2025 @ 8:00 AM

Clean Up will be Saturday, July 26, 2025 @ 8:00 AM

## Ripley Wranglers 2025 Club Calendar



#### RIPLEY WRANGLERS 2025 CLUB CALENDAR

June 3, 2025 - CLUB MEETING Work Detail, 2nd of 3 Safety Meetings,

Area 1 4-H Info, Work Detail and Sign Ups for Volunteering and Donations for Fair

STALL RESERVATION, STALL FEES AND FAIR SHOWBILL DUE!

Demonstrations: Tinley and Teagan Enneking and Emma Peetz

June 22, 2025- CONTESTING CLINIC or OPEN RIDE: 1-4pm Horse Arena at Fairgro

July 1, 2025- CLUB MEETING Pre-Fair Meeting: ENCOURAGED to ATTEND! Last of 3 Safety

Meetings, Fair Week Prep and Job Duty Sign Up

Demonstrations:

July 7, 2025- SHOWMANSHIP CLINIC or OPEN RIDE: 6-8pm Horse Arena at Fairgrounds

July 12, 2025- PATTERN CLASSES, WESTERN RIDING CLINIC or OPEN RIDE:

10am-1pm Horse Arena at Fairgrounds

FAIR WEEK:

July 18, 2025- HORSE AND PONY FAIR CHECK-IN: 6-8pm Move horses into the Horse Barn for

entire week of Fair. At Check In, Please turn in ALL Paperwork needed for complete Check In. Hay Bags will need to be approved by a Leader at Check In, too! See a Leader for Questions.

July 19, 2025 - ENGLISH AND TRAIL SHOW: Starts at 1pm

July 20, 2025 - WESTERN SHOW: Starts at 10am

July 21, 2025- MINI 4-H, VERSATILITY and DRIVING: Starts at 6pm

July 22, 2025 - CONTESTING: Starts at 6pm

July 25, 2025- MOVE OUT OF FAIRGROUNDS AND RIPLEY WRANGLER BANQUET

Horses can ONLY leave between 7-10AM and After 8pm! You will HAVE TO HAVE A LEADER APPROVE the cleaning/stripping of your stall PRIOR to your horse leaving the Fairgrounds!

Ripley Wrangler's Pitch-In Dinner and Banquet will begin outside the front of the barn at 6:30pm. Last names A-M please bring a SIDE DISH, while N-Z brings a DESSERT

Feel free to reach out with any questions to the Club Superintendent/Leaders: Greg Bonfer (812)621,1015) or Sarah Young (812)212,1405

### Facebook, Remind and come to meetings to get the latest info! July 23, 2025 - FREESTYLE: Starts at 6pm July 24, 2025 - FUN SHOW: Starts at 6pm

Updates will be added

throughout the year to

our calendar. Watch

### Tractor Schedule



June 21st - 9:00AM Fun Day and driving practice @ Ripley County Fairgrounds

June 28th - 7:30AM County Tractor Contest @ Ripley County Fairgrounds

July 26th - 8:00AM Area Contest @ Decatur County Fairgrounds

Call the Extension office at 812-689-6511 or a Tractor leader with questions.

**Shooting Sports Schedule 2025** 





### **Shooting Sports Leaders**

Michael Luers Pistol 812-756-2999

uers48@gmail.com

Mike Weiler Archery 812-569-0533 mikeweiler@etczone.com

Daren Sarringhaus Shotgun 812-212-1060 dsarringhaus 1975@gmail.com

Jim Luers Rifle 812-852-2178 Luers48@gmail.com

Bill Jordan Marksmanship 317-525-1102 whjordan333@gmail.com

facebook.com/RipCoShootingSports

### **Marksmanship:**

Laughery Valley Fish and Game 6:00 – 8:00PM on Monday evenings (Contact Bill if planning to attend)

## Dog Practice Schedule



### 2025 Dog Practice Schedule

**Practice Times:** 5:30-6:30 Class 1A and 1B 6:00-7:00 Class 2A and 2B



5/6/25 Obedience/Showmanship/Agility 5/13/25 Obedience/Showmanship/Agility 5/20/25 Obedience/Showmanship/Agility 5/27/25 Obedience/Showmanship/Agility 5/28/25 Obedience/Showmanship/Agility 6/3/25 Obedience/Showmanship/Agility Obedience/Showmanship/Agility 6/4/25 6/10/25 Obedience/Showmanship/Agility 6/11/25 Obedience/Showmanship/Agility

Dog Show: Saturday, June 14th @12PM

Practice schedule subject to change. Check Facebook for updates.

EA/EOL

Ripley County 4-H Bow Wows Dog Club





Use the QR code to view the handbook on our website!





We have a very limited supply of electric kits in the office. What is left is on a "first-come, first served" basis. Available in office:

Division I Circuit Board Kit: 25 available @ \$10 Division III Trouble Light: 1 available @\$45 Division III Extension Cord: 6 available @\$55









These and other kits can also be found on eeinabox.com ("Shop our products", bottom of left column "4-H Project Ideas")

Page

# **4-H Project Volunteers**

# **EEDED**



- Aerospace
- Animal Education
- · Cake Decorating
- Collections
- Computer Science
- Construction & Architectural Replica
- Consumer Clothing
- Entomology
- Forestry

- Garden
- Giftwrapping
- Leadership
- · Llama & Alpaca Craft
- · Recycling
- · Soil & Water Science
- · Weather & Climate
- Weeds
- Wildlife
- Woodworking



Ripley County 4-H is always welcoming new volunteers! If you have any question or are interested in starting the process of becoming a new volunteer, please contact the Extension Office. The 4-H program would not be such a success without the help of all our wonderful 4-H volunteers!



**JUNE 28, 2025** 

Check in: 12-2 PM **Show Starts: 3 PM** 

Entry Fee: \$20/head **Judge: Cole Ellerbrock** 

Top 5 Market and Breeding and

**Show Order Breeding Does Market Goats Goat Showmanship Breeding Ewes Market Lambs Sheep Showmanship** 

Showmanship grade as of January 15, 2024.
Peewee (2nd grade and under), Junior: Grades 3-5, Intermediate: Grades 6-8, Senior: Grades 9-12.

larket goats will show by weight and may be does or wethers, slicked Breeding does will show by weight and may be slicked or haired

Market lambs will show by breed and weight (3 or more to qualify as a breed otherwise AOB). ket lambs may be ewes or wethers. Breeding ewes will show by breed and age/weight (3 or mo as a breed otherwise AOB). Yearling ewe and ewe lamb breeding classes offered

Declared weights (scales on site).

Show Contact: Trent Grey (260) 223-8899



# YOU ARE INVITED TO RIPLEY COUNTY HEALTH DEPARTMENT'S

# Back to School Bash

July 10th, 2025

3:00 PM to 7:00 PM

Ripley County Annex Building

102 W First N Street

Versailles, IN 47042

Join us for a day of free school supplies and fun activities for kids! The first 100 attendees will receive a complimentary boxed meal from Rolling Pin Catering. While here, your children can receive health screenings, school immunizations, and birth certificates to get ready for school enrollment. Plus, don't miss the chance to enter raffles and win exciting prizes! For a full list of participating partners and for more event details, visit our Event Page on Facebook.

https://www.facebook.com/share/15F3TwHTGC/

#### Thank you to our Community Partners!

Building Blocks; Girl Scouts of Central Indiana; Girls on the Run; IDOH Center for Deaf and Hard of Hearing; Indiana State Health Insurance Program; Ireland Home Based Services; Milan Cub Scouts Pack 613; Osgood Library; Purdue Extension; Ripley County Lions; Ripley County Recreational League; Ripley Ohio Dearborn Special Education Cooperative; Southeastern Indiana Economic Opportunity Corporation; Southeastern Indiana YMCA; Tyson Library

## Family Dinner Projects:

Purdue Extension is partnering with The Family Dinner Project to help bring awareness to the importance of family dinners for youth development. Frequently having dinner as a family can be very important at all ages. Check out this list of benefits that family dinners have on youth:

Below you will find fun conversation starters or games you can use at your next family dinner!

If you would like more information or more resources reach out to Baylee Dwenger by email or phone: 812-689-6511 bdwenger@purdue.edu

## Benefits of Family Dinner:





Kids who start eating dinners now are less likely to be overweight later.

New parents who develop a dinnertime ritual feel more satisfied with marriages.



Strong link between family dinners and academic performance, even stronger than doing homework, sports, or art.

Increased intake of fruits, vegetables and micronutrients, and fewer fried foods, trans fats and sodas.

Children feel more connected to siblings and parents.



Teens who eat regular family dinners are more likely to get A's in school.

Reduces high risk teenage behaviors like smoking, substance abuse, eating disorders, teenage pregnancy and violence.

Reduces depression and anxiety and increases self-esteem.

Opportunity to check in with kids to find out how they're doing.

### Dinner Time Conversation Starters:







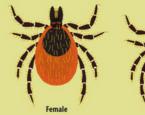
# Ripley County ANR Newsletter

## Preventing Tick Bites

#### Black legged/Deer/Lyme disease tick (Ixodes scapularis)

Transmits Lyme disease, anaplasmosis, babesiosis and Powassan encephalitis Widely distributed in the Northeast and upper Midwest

Bite risk: Nymphs active late spring-early summer, adult females active late summer and again in early fall, but note that adults may bite whenever temperatures are above freezing





### American dog tick (Dermacentor variabilis)

Transmits Rocky Mountain spotted fever and tularemia

Widely distributed east of the Rocky Mountains and in limited areas of the Pacific

Bite risk: Adult females most likely to bite humans and are active spring-summer



#### Lone star tick *(Amblyomma americanum)*

Transmits ehrlichiosis, tularemia and Southern tick—associated rash illness (STARI) Widely distributed in the southeastern and south central U.S. Bite risk: Nymphs and adults are active spring-summer





Images are not actual size. This information is intended as a general guide only. Please consult the CDC, your state or local Department of Health or Extension Specialist for further information regarding tick identification and risks associated with exposure to ticks and tick-borne diseases. Sources: Catherine Hill, Professor of Entomology/Vector Biology, Purdue University; Centers for Disease Control and Prevention, http://www.cdc.gov/ticks/geographic\_distribution.html
Created by Angie Roberts, writer/designer, Office of Research Communications. Copyright 2016, Office of Research Communications, Executive Vice President for Research and Partnerships, Purdue University. Purdue Extension publication E-272-W | Purdue University Cooperative Extension Service is an equal access/equal opportunity institution.



Indiana Department Of Health recommends the following after **returning from tick-prone areas**. This is an edited-down list. For additional details, please consult their website (see QR code below).

- Immediately disrobe and tumble dry clothes in a dryer on high heat for 20 minutes to kill ticks. When washing, hot water is recommended because cold or warm water will not kill ticks.
- Shower soon after being outdoors. Showering may help wash off unattached ticks.
- Conduct a full-body tick check upon return from potentially tick-infested areas. Immature ticks are much smaller than adults and can be no larger than a poppy seed.
- Examine gear and pets for ticks. Ticks can ride into the home on clothing and pets, then attach to a person later.

Indiana Department Of Health recommended **how to safely and quickly remove a tick.** 

- 1. Use fine-tipped tweezers or a tick removal tool to grasp the tick as close to the skin's surface as possible.
- 2. Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers. If you are unable to remove mouth parts easily with clean tweezers, leave the area alone and let the skin heal.
- 3. After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol or soap and water.
- 4. Never crush a tick with your fingers. Dispose of a live tick by putting it in alcohol, placing it in a sealed bag/container, wrapping it tightly in tape, or flushing it down the toilet.



