

June Newsletter



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Staff Directory

Educators

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

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

Nutrition Education

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

Jessica Martini
Community Wellness Coordinator
koons0@purdue.edu

Support Staff

Alyssa Devers
Office Manager
cook308@purdue.edu

Alayna Walcott
Summer assistant
awalcott@purdue.edu

Upcoming Dates

DATE	EVENTS	TIME	LOCATION
June 2nd –6th	4–H Camp		Camp Higher Ground
June 6th	Royalty Applications Due	4pm	EO
June 7th	Poultry and Rabbit ID Day	9–10am	Fairgrounds
June 7th	Rabbit & Poultry Clinic	10–11AM	Fairgrounds
June 7th	Fair Entry Help	8:30–10AM	Fairgrounds
June 7th	Fair Entry Deadline		
June 9th	Extension Board Meeting	6pm	EO
June 11th	Mini 4–H Morning	9am–12pm	Extension Office
June 13th	Vet Science Camp	9am–3pm	Rising Sun Vet Clinic
June 17th	Royalty Contest	6pm	RSHS Cafeteria
June 18th	Fair Set Up	6:00pm	Fairgrounds
June 19th	Juneteenth– Office Closed		
July 21st	4–H Achievement Banquet	6:30pm	Rising Sun–Ohio County Senior Center

4-H Youth Development

NOTICE
Fair Entry
Deadline
June 7th

2025 OHIO COUNTY 4-H FAIR

INSIDE EXHIBITS FAIR ENTRY TIP SHEET

Animal Education-Cat, Dog, Llama, Poultry and Rabbit posters

All exhibits will be judged against each other for overall Division/ Grand/Reserve Grand Animal Education.

For Fair Entry: State Projects → Cat Poster → Class

Arts and Crafts- General

Former county projects like **recycling** and **gift wrapping** are now under **Arts and Crafts - General** in Fair Entry.

Needlecraft

If quilt is hand quilted by the youth it goes under Needlecraft. If **NOT** hand quilted it goes under Sewing- Non-Wearable.

Photography

If photo was taken on a cell phone BUT altered using a different device/technology the entry will go under creative/experimental in Fair Entry. ****If ANY editing has been done**, please include the original photo on the back of the display along with make and model of camera used and description of editing done.

Tractor Safety Education

Posters/Displays about Ag Tractor, Zero Turn and Lawn Tractor will be judged against each other for division/Grand/Reserve Gran. When entering in Fair Entry please be sure to enter the correct discipline. Ex. State Projects → Tractor Safety Education → Level

Veterinary Science

If creating a Horse poster or display, please enter it under Veterinary Science.

Foods

There is a new Foods Card for recipes. PLEASE USE THIS FOODS CARD!

Reminders

For any participants doing Construction and Architectural Replica- **PLEASE MAKE SURE YOUR DISPLAY IS SECURED** in its case!
For **Garden** projects- the Latin name is no longer needed.
For **ELECTRIC** projects- refer to the written scorecard to determine what judge will be looking for.

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

Fair Entry Cheat Sheet

- 1.Go to ohiocountyindiana.fairentry.com
- 2.Sign in with 4honline email and password
- 3.Click "Individual"
- 4.Choose the child you would like to enter.
5. There are no required question > continue
- 6.Check your contact information > continue
7. "Add an Entry"
- 8.Select your "Department"
- 9.Select your "Division"
- 10 Select your "Class"
- 11.Review
- 12.Select your "Club"

- a. If this is an animal entry, after you select your club, you will enter your animal.
- b. Adding an animal
 - i. Choose an Existing animal record- SWINE, CATTLE, HORSE, SHEEP, GOATS
EXISTING ANIMALS MUST BE ENTERED IN 4HONLINE FIRST
 - ii. Enter a New Animal Record- RABBITS, POULTRY, DOG, CAT

13. Enter a Description for a non-animal entry.
- 14.What do you want to do next?
 - a. Add another Entry for this Child
 - b. Add another Entry for this Division- same Child, some division
 - c. Register another exhibitor-new child
 - d. Continue to payment- you have completed all entries for all children.

15. YOU DO NOT NEED TO PAY

16.Review your entries > Continue > Submit

17. Make sure you make it to the THANKS! Page.

18. CONGRATS! YOU ARE ALL DONE!! See you at the fair!!

Fair Entry Opens May 15th

Reminder if you did not make an in person QLC meeting you will need to take the YQCA online and supply us with your completion certificate by **June 1st**

2025 IMPORTANT DATES

- JUNE 2-6 - 4-H CAMP
- JUNE 7 - POULTRY & RABBIT ID DAY
- JUNE 20-28 - OHIO COUNTY 4-H FAIR

2025 4-H Fair Prep

- ✓ Enroll in 4-honline
- ✓ Enter Projects in 4-honline by May 15th deadline
- ✓ Add Animals in 4-honline by May 15th deadline

- Senior/10 year members submit photo and bio by June 5th
- Register Projects in Fair Entry- DEADLINE JUNE 10th
- Quality Livestock Care Training - Livestock exhibitors only (If you did not make an in person training)
- Complete Record Sheets and projects- Project Check-in June 21st 9am-12pm

4-H Youth Development

RABBIT & POULTRY WORKSHOP

10-11AM

JUNE 7, 2025



OHIO COUNTY FAIRGROUNDS

TOPICS COVERED:

**SHOWMANSHIP
DAILY CARE**

**HOW TO GET THEM FAIR READY
WHAT TO BRING TO THE FAIR**



Register now at: <https://OCRabbitPoultryClinic.4honline.com>

CALLING ALL 4-H MEMBERS!!

When: June 18, 2025

Time: 6:00PM - ?

Where: Fairgrounds

What: 4-H Set up day.

All members **MUST** come and clean/set up the fairgrounds to get ready for the 2025 Ohio County Fair.

We will be setting up stalls for the beef, pens for the goats, sheep, and swine, and cages for the poultry and rabbits. All the bleachers need to be cleaned. There is a lot of work to be done before the fair!!!

LIVESTOCK EXHIBITORS

All animal record sheets will be checked on Monday, June 23 from 8am to Noon at the Fairgrounds. Record sheets must be finished and checked to be eligible to show your animal!! If you have attended an educational workshop for your species you do not have to complete a record sheet.

Livestock Weigh In/Check In Items to Remember

- Before any livestock are unloaded at the fair, a visual ID check **MUST** be done by species chairman.
- Animals must be free of disease to be stalled or caged.
- Be sure birds do not have lice.
- Animals will be checked for skin issues when entered.
- Be sure rabbits do not have ear mites.
- All livestock will have an entry card that will need to be turned in during weigh in times. Those will be distributed at the scales.
- Destinations for all animals need to be declared when entry cards are turned in at the scales. This includes home bound animals.



Veterinary Science Camp



**June 13, 2025
9:00am-3:00pm
Rising Sun Vet Clinic**

Youth that just completed grades 5-9.

Cost: \$20 (Current 4-H members are FREE) Lunch will be provided.

Register at: <https://OCVetScienceCamp.4honline.com>



Extension

Contact the Extension Office at 812-438-3656 for reg questions.

PURDUE COOPERATIVE EXTENSION SERVICE IS AN EQUAL OPPORTUNITY/EQUAL ACCESS INSTITUTION
If you are in need of accommodations please contact the Ohio County Extension Office

4-H Youth Development

Ohio County Frog Jumping Contest

Registration is Free

**JUNE 26TH
7:30 PM AT
THE OHIO
COUNTY
FAIRGROUNDS**

BYOF



**FOAM BOARDS, SALON
MOUNTS, & SLEEVES**

**Your poster needs are available
at the Extension Office!**

- **Foam Boards: \$5**
- **Salon Mounts: \$5**
- **Sleeves: \$1**

Exhibit Hall

Project Check In

**June 21st from 9am-Noon! No late
entries accepted!**

If you have a LARGE project and want to bring in on
Friday, June 20th please give the EO a call at 812-
438-3656.

**OHIO
COUNTY
MINI 4-H**

**SUMMER
PICNIC**

BRING YOUR OWN LUNCH!!!

**THURSDAY, JUNE
26TH AT 10:30AM**

Register at:

<https://JuneMini4-HSummerpicnic.4honline.com>

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**All the bleachers need to be cleaned.
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the fair!!!**

**Mini
4-H
Morning**



**JUNE
11TH
9:30-11:30**

**Purdue Extension Ohio
County Office
412 Main St**



Register at: <https://JuneMini4-HMorning.4honline.com>

QUESTIONS? GIVE PURDUE EXTENSION OHIO COUNTY A CALL AT 812-438-3656, REGISTRATION DEADLINE: MONDAY, JUNE 9TH!

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2025 Ohio County Fair Schedule



Friday, June 20, 2025

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

Saturday, June 21, 2025

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

Sunday, June 22, 2025

10-Noon Enter Rabbits, Poultry, and Waterfowl location if inclement weather)
5:00–8:00PM Livestock Unloading
(Beef, Swine, Sheep, & Goats)

Monday, June 23, 2025

7:30-8:30 Breeding Gilt Unloading
8:00 Livestock Weigh In & Auction Pictures
8:00 Swine
8:30 Sheep & Goat
9:00 Poultry & Rabbit
9:30 Beef
8:00-Noon Check Livestock Record Sheets
Noon Archery Shoot
5:00 – 8:00 Exhibit Hall Open
5:00 Sheep Show
6:45 Sweepstakes Winner Announced
7:00 Swine Show

Tuesday, June 24, 2025

9:00AM Rabbit Show
5:00 – 8:00 Exhibit Hall Open
5:00 Dairy Goat Show (Auction Pictures)
7:00 Meat Goat Show

Wednesday, June 25, 2025

9:00AM Poultry/Waterfowl Show
2:00 4-Her Games
2:00 – 3:00 Enter Cow/Calf
5:00 – 8:00 Exhibit Hall Open
6:00 Beef Show

Thursday, June 26, 2025

9:30AM Horse Show Registration
10:00AM Horse Show
10:30- 12:00 Mini 4-H Picnic
3:00 Dairy Cattle Show
5:00 – 8:00 Exhibit Hall Open
5:00 Supreme Showmanship
6pm Baby Contest (RSCC alternate location if inclement weather)
7:30pm Frog Jumping Contest

Friday, June 27, 2025

10:00 4-H Livestock Judging Contest
4:00 – 6:00 Farm Bureau Pork Chop BBQ
3:00 – 7:00 Exhibit Hall Open
6:00 Ohio County 4-H Auction
7:00–9:00pm Exhibit Hall Project Release & Clean Up (ALL Projects MUST be picked up!)
Release of ALL home animals following the auction, PENS MUST BE CLEAN!!!!

Saturday, June 28, 2025

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

Fight the Hunger

STOCK THE TRAILER

Presented By



farmCREDIT
MID-AMERICA

While it is hard to imagine, food insecurity continues to affect the communities we live in every day. That's why Farm Credit Mid-America launched the **Fight the Hunger, Stock the Trailer** challenge in 2021. Along with Rural 1st® as a sponsor, Farm Credit Mid-America challenges local communities to help feed those in need while supporting junior fairs.

Sponsored By



RURAL 1st

HOW TO PARTICIPATE

WHAT: Ohio County 4-H Fair

WHEN: June 20th - 27th

WHERE: Bring non-perishable food donations to trailer at the livestock show arena

WHO: Reach out to Jill Andrew-Richards with any questions.

CONTEST PRIZES AND RULES

All participating* county fairs will receive \$500.00

Additional prizes are awarded based on total pounds donated

1ST PLACE: \$5,000

2ND PLACE: \$1,500

3RD PLACE: \$500

*Participation money will be awarded during the county fair to fairs that collect at least 1000 pounds of food, top prizes will be awarded at the conclusion of all participating county fairs. No purchase necessary. Additional terms and conditions may apply. For a full listing of terms and conditions, please visit fcma.com/fighthunger.

Agriculture & Natural Resources



Extension

CATTLE PRODUCER INSIGHTS



SURVEY FOR CURRENT AND FUTURE PRODUCERS

THIS SURVEY WILL HELP ASSESS THE NEEDS OF THE CATTLE INDUSTRY IN INDIANA. THE PURDUE BEEF TEAM, IN PARTNERSHIP WITH THE INDIANA BEEF CATTLE ASSOCIATION, SEEKS TO UNDERSTAND THE DISTRIBUTION OF CATTLE PRODUCERS ACROSS THE STATE AND GAIN INSIGHT INTO THE TYPES OF OPERATIONS CURRENTLY IN PLACE. ADDITIONALLY, THE SURVEY WILL HELP IDENTIFY ESSENTIAL INFORMATION, PROGRAMS, AND AREAS FOR IMPROVEMENT WITHIN THE INDUSTRY.



If you are in need of accommodations to attend this program, please contact (names) prior to the meeting at (contact info) two weeks in advance.

If you need an interpreter or translator, please contact (name and contact information) two weeks in advance.

SURVEY LINK: <https://purdue.link/INBeefNeeds2025>

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Protect Your Flock

From Avian Influenza

- Prevent waterfowl from accessing or mingling with your birds.
- Wear dedicated clothing and shoes to care for your flock. Do not visit other poultry unless absolutely necessary, and wear different clothing/shoes before entering your premises.
- Wash hands before and after handling birds, feed, or waste.
- Clean and disinfect equipment in contact with birds or waste.
- Check birds daily for signs of illness or death. Signs include: lack of energy, decreased or malformed egg production, swelling of head, purple discoloration on wattles/combs/legs, Stumbling, diarrhea, sudden death.
- Obtain a premise ID number from the Board of Animal Health.

More info? Scan.



CALL 1-866-536-7593

to report sick or dead poultry



Plant and Bug Identification:

If you need a plant, weed, or bug identified, bring it to our office for assistance. You can also email photos to Jill at jmrichards@purdue.edu for ID.



Purdue Yard & Garden Calendar : JUNE

By Rosie Lerner

GARDEN (Vegetables, small fruits and flowers)

Discontinue harvest of asparagus and rhubarb around mid-June to allow foliage to develop and store food reserves for next year's harvest. Fertilize and water when dry to promote healthy growth. Mulch to control weeds and conserve soil moisture after soil has warmed. Many materials such as straw, chopped corncobs, bark chips, shredded paper and grass clippings can be used. Blanch (exclude light from) cauliflower when heads are just 2 inches in diameter. Tie leaves up and over the developing head.

Keep weeds controlled. They're easier to pull when they are still young. Start seeds of cabbage, Brussels sprouts, broccoli and cauliflower for fall garden transplants. Plan now for your Halloween pumpkin. Determine the days to harvest for the particular cultivar you want to plant (usually on the seed packet), and count backward to determine the proper planting date. Harvest spring plantings of broccoli, cabbage and peas. Remove cool-season plants, such as radish, spinach and lettuce, as they bolt, or form seed stalks, during hot summer weather.

Continue planting carrots, beans and sweet corn for successive harvests. For staked tomatoes, remove suckers (branches that form where the leaf joins the stem) while they are 1 to 1.5 inches long to allow easier training. Remove spent blooms of peony, iris, delphiniums and other flowers. Pinch shoot tips of chrysanthemums, impatiens, petunias and coleus to promote bushier growth. Remove tops of spring-flowering bulbs only after they have yellowed and withered. Continue planting gladiolus for a succession of bloom.

Pick strawberries from the garden or a U-pick operation. Protect ripening strawberries from birds by covering with netting. Supplement natural rainfall as needed to supply a total of 1 to 1.5 inches of water per week to the garden.

Health & Human Science



June is Men's Health Month

Studies have shown that men are less likely to keep up with their health care for a variety of reasons. Some say they are fine, feel fine but deep down are nervous that a test or exam might reveal that something is amiss. Some even see medical care as a sign of weakness when in reality being concerned about your health is a sign of strength.

Here are a few ways you can keep up with your health courtesy of Aetna:

1. Take care of your Heart- even if you don't have any symptoms, men are at a greater risk for heart disease. Get blood pressure checked on a regular basis and keep active so you can maintain a healthy weight. If you are a smoker- QUIT TODAY!
2. Get Screened- getting checked for colorectal cancer becomes more important as you grow older- recommended screenings are now starting at age 45. This is also a good time to discuss with your doctor any prostate screenings or issues.
3. Recognize your feelings- depression affects both men and women but men are less likely to discuss their feelings or seek treatment.



info: <https://www.aetna.com/health-guide/mens-health.html>



June 7th is World Food Safety Day

CONCESSION FOOD STAND SAFETY TIPS

1. Wash hands with soap and water frequently- after handling money, using the restroom, sneezing, coughing or scratching skin.
2. Use gloves, tongs, deli sheets so that there is no touching of food with bare hands.
3. Do not work if you are sick with fever, vomiting, diarrhea, etc.
4. Any cuts or open wounds on hands should be covered with a clean bandage and disposable gloves.
5. Wear clean clothes and tie hair back. Men should wear a ball cap or hair net/beard net.
6. Do not eat while working. Keep drinks and personal food items away from the food prep area.

RISK FACTORS FOR FOODBORNE ILLNESS

- Pregnant women
- older adults
- young children
- people with weakened immune systems

Symptoms of Foodborne Illness

- Upset Stomach
- abdominal cramps
- nausea/vomiting
- diarrhea
- fever/fatigue
- Joint/backache



According to the CDC, on average, men die 5 years sooner than women and die at higher rates from the 3 leading causes:

1. Heart Disease

2. Cancer

3. Unintentional Injuries

info courtesy: <https://www.sophs.org/focus-areas/mens-health/>

10 ways to make walking a habit...

1. Increase your daily steps to 10,000.
2. Park a few spaces farther away from store/library entrances.
3. Walk part of your way to work.
4. Take the stairs instead of the elevator.
5. Leave the car behind for short trips.
6. Walk for a meeting instead of sitting.
7. Walk during lunch or breaks.
8. Walk after dinner.
9. Join a walking group.
10. Use a pedometer or step counter to keep track of the steps you take and to remind you to move.

STILL NEEDED! Exhibit Hall

workers needed at Ohio County

4-H Fair for the following days:

Monday, June 23rd- 5-8pm

Tuesday, June 24th- 5-8pm

Wednesday, June 25th- 5-8pm

Thursday, June 26th - 5-8pm

Friday, June 27th - 3-7pm,

Exhibit Hall project release begins at 7pm!

Health & Human Science



ServSafe Food Manager 1-day Class & Examination

ServSafe educates food service workers about food safety. ServSafe Food Protection Manager is their highest certification, and focuses on five aspects:

- Foodborne microorganisms and allergens
- Personal hygiene
- Purchasing, receiving, and storage
- Preparing, cooking, and serving
- Facilities, cleaning/sanitation, and managing pests

The full day training includes a manual and proctored paper exam.

You must score 75 percent or greater to earn the certificate. The certification is valid for five years. A photo ID with signature is required to take the exam (driver license, state ID, student ID, military ID, employee ID, U.S. green card, or valid passport).

More information is available from
www.extension.purdue.edu
 Register with Cvent online at
<https://cvent.me/VyoOrk>



Extension



July 7th, 2025

Purdue Ext. - Ohio County
 412 Main St.
 Rising Sun, IN 47040

Class, Exam, Book: \$165
 Exam Only: \$115

Registration: 8:00am

Class: 8:30a.m - 4:00p.m.

All Times Eastern

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June is National Dairy Month

What's in Your Glass?

Choices are great, but they can be overwhelming.

This at-a-glance chart can help you understand what's in your glass.



■ = Naturally occurring nutrients N/A = Nutrition data not available or reported quantitatively

¹Source: Cargill Group, L.P. Multi-nutrient and convenience steers, 12 week period ending Dec. 1, 2024. (Half-gallon dairy milk, unflavored (1%); dairy milk, lactose-free, unflavored (1%); leading almond, soy and oat beverage brands, unflavored; 1-gallon dairy milk, ultra-filtered, unflavored.)
²USDA, Agricultural Research Service. FoodData Central, 2019. <https://fdc.nal.usda.gov/> FDC ID: 740772, 2705389, 1999630, 1999631, 2257046. Accessed December 2024.
³USDA, Agricultural Research Service. USDA, ERS and FNS: Nut Database for the National Content of Commercial Foods Release 3.0 (2023).
⁴Naturally occurring nutrients based on publicly available product ingredient lists. Accessed July 2023. Lactose-free milk is real dairy milk that has added lactase enzymes to break down lactose. USDA FDC ID 2705389 does not include values for sodium, pantothenic acid and inositol (for muscle rehydration) as of December 2024.
⁵FDA's Daily Value (DV) for potassium of 4700 mg is based on a 2005 DRI recommendation. In 2019, NASM updated the DRI to 3400 mg. These values are based on the 2019 DRI of 3400 mg.

©2025 National Dairy Council



MyPlate Snacker Charcuterie Board

Ingredients:

3 cups assorted vegetables- peppers, zucchini, tomatoes, broccoli, celery, cucumber, snap peas, etc!

3 cups assorted fruits- grapes, apple slices, raspberries, blueberries, strawberries, cantaloupe, watermelon, pineapple chunks, star fruit, mandarin oranges, etc!

6 to 12oz of grains- crackers, pita chips, pretzels, whole grain bread, etc.

4 to 8oz. protein- 1 cup hummus, ½ almonds, cashews or peanuts, 8 ounces sliced chicken, ham or turkey. Try some tofu!

8 oz. dairy- cheese cubes or slices, dips with Greek yogurt

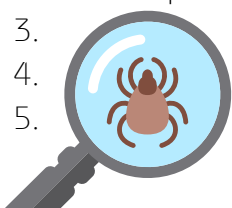
Directions: Wash hands with warm water and soap for 20 seconds. Wash fresh fruits and vegetables by gently scrubbing under cold running water. Using a platter, baking sheet, charcuterie board, arrange desired fruits, veggies, grains, protein and dairy options attractively. Serve and keep chilled. Store leftovers after two hours in the refrigerator.

Recipe and photo courtesy: <https://food.unl.edu/recipes/myplate-snack-platter/>

TICK PREVENTION AND SUMMER FUN

Here are just a few ways you can keep you and your loved ones safe this summer from those invasive and pesky little critters:

1. Wear light colored clothing that makes it easier to see if a tick is on you.
2. Tuck in your shirt, tuck your pants into your boots to keep ticks from getting in where your socks and boots meet.
3. Wear a hat to prevent them from getting in hair/scalp.
4. Treat clothing and not skin with repellents containing permethrin prior to going out.
5. Inspect for ticks upon your return - get a shower and do a body check!



Info courtesy: <https://www.purdue.edu/fnr/extension/tick-prevention/>