Director’s Welcome

Earlier this month, our 4-H poultry exhibitors received word that they would not be able to show and sell their birds at this year’s fair. Like the surrounding states, Ohio’s Department of Agriculture cancelled this privilege in order to hopefully prevent the spread of highly pathogenic avian flu from the central U.S. It has been a difficult time for our youth, but what has shown through the most is an ethic of resilience.

Resilience (n.)—the ability to become strong, healthy, or successful again after something bad happens.

This pretty much sums it up. Something bad has happened. Our kids will “make lemonade” anyway! As an article in the Farm and Dairy recently noted, the 4-H pledge celebrates club, community, country, and world—not selling for money at a livestock sale. I’m proud to represent these resilient kids.

See you at the fair,

Tim Tanner
County Director and 4-H Youth Development Educator

168th Harrison County Fair is July 6-11

If it is the warmth of July, you know it is time for the Harrison County Fair! This year’s fair will feature all the pieces you’ve come to know and love (junior fair shows, talent showcase, square dance, tractor pull, livestock sale, and more!) and some new highlights as well. For just $6 admission and free parking, check out these main senior fair events and attractions this year:

- Monday July 6 at 7p: Lightning Raceway presents Motocross Racing
- Weds. July 8 at 6:30p: Ohio Mod Rod Pullers & 7:30p: Talent Showcase
- Thursday July 9 at 7p: Mud Bogg & 7:30p Katie Ohh in concert
- Friday July 4 at 7p: Truck & Tractor Pull
- Saturday July 5 at 7p: Truck & Tractor Pull
  —Chainsaw Carver Jeff Roscoe appears throughout the day
  —Library Day for younger kids 11a & COSI on Wheels 2-7p

The fair runs from July 6-11 at the Harrison County Fairgrounds in Cadiz, OH. Visitors are encouraged to enter through the “college” gate which can be found by performing a Google map search for “College Way Cadiz, OH.”
Welcome to Lorrissa Dunfee!

This month we welcome a new Program Assistant to the office, Lorrissa Dunfee! Lorrissa grew up in Barnesville, Ohio and lives in St. Clairsville with her daughter Lydia. She received a Bachelor’s degree in Recreation Studies from Ohio U. and Master’s degree in Community Health Education from WVU. She comes to us with over 20 years of programming experience, as well as extensive involvement working with diverse groups of adults and youth. Lorrissa notes, “When I was a child I participated in 4-H and now my daughter is an active member. I value the mission and am committed to working with the people of Harrison County…striving to make the best better! I am also excited to be a member of such a wonderful and dedicated team at the Extension Office! I look forward to meeting and working with all of you. Please feel free to contact me at any time if I can be of assistance to you. See you at the fair!”

Pantry Panic Cook-off: What’s That?

Pantry Panic is a unique 4-H project that was a collaborative effort between OSU Extension/4-H, Mid-Ohio Foodbank and Abbott Labs. Pantry Panic is not just about food – instead it looks at how food relates to ourselves, our family and our community to improve the overall quality of life. Harrison County 4-H is bringing this project “to life” by following a model that was used at the Ohio State Fair in 2014 to introduce the new collaboration.

On Tuesday, July 7, 2015 at 4 p.m. at the Harrison County Fair, two chefs with teams of community volunteers will take a basket of foods that would often be received in a food bank distribution and turn them into a delicious and different type of meal in a little friendly competition. D & L Ferguson has donated two new gas grills with side burners for the competition and two lucky families will be taking them home to do their own culinary creations. Come check it out at the Midway Tent!

The competition is for fun but the message is serious. Many working families need the resources of food banks to make ends meet, but sometimes they receive items that are challenging to prepare, season, or taste. Pantry Panic and the Mid-Ohio Foodbank provides a website where a participant can enter some key items in and get recipes for new and different way to use, prepare and season common food items. This allows families to enjoy a great variety of meals.

The project also focuses on how food, hunger and nutrition impact our families and communities. The collaborative project book discussed the importance of preparing and eating meals together as a way of strengthening family and community relations. It has suggestions for ways that meals can become an essential part of opening the lines of communication. Additionally the project discusses how to create a comfort level for individuals to dine in more formal settings – eliminating the “what do I do with all these forks!” While many people cannot envision themselves in such settings, the importance of establishing a comfort level with formal dining is a stepping stone to moving up the socio-economic ladder towards economic independence and gives participants the opportunity and responsibility to help others strive towards that goal.

Again, stop by the Midway Tent on Tuesday (4p+) during fair week to learn more about this important issue or see the chefs in action. Being food insecure need not be a panic-inducing event each month!
Quick Hhhhits

Cloverbuds are encouraged to have a small display in the county Cloverbud booth during fair week. You may place your display in the booth anytime.

“Final year in 4-H” youth are encouraged to place an 8x10 photo and mini biography in the final year in 4-H booth. You may place your display in the booth anytime.

If you did not turn one in at a project judging day, all 4-H families are reminded to bring a 24-pack of name-brand pop, 48-pack of water, or $5 (preferred) to the 4-H food stand early in fair week.

Be sure to check out the 4-page 2015 Junior Fair Guide which is a purple insert in this newsletter. It highlights many of the FAQs we receive this month.

The 4-H Foodstand will be open for your needs Sunday PM before and Sunday AM after the fair. Club foodstand time slots will be posted at the foodstand as well, in case you forgot your time.

Looking for the monthly 4-H calendar? Be sure to find it on page 9 of this combined Harrison County News publication.

Summer Camp Registration Deadlines • A couple of deadlines are fast approaching for this summer’s camps at Piedmont:

- **Junior Camp** • Theme is Hollywood-like entitled “Big Lights, Little City” • 4-H Ages 9-13; non-members welcome! • July 25-28 • $150; first-time camper discount is also available • Register by June 25 to guarantee a t-shirt; must register by July 22 for sure • All info available online at our website [go.osu.edu/hcyouth](http://go.osu.edu/hcyouth) or by calling the Office

- **Cloverbud Daycamp** • Theme is “Science Adventure” • 4-H Ages 5-8; non-members welcome! • July 29 @ 4-H Camp Piedmont • $25+ optional $10 for shirt; parent attends and pays • Register by July 13 to guarantee a t-shirt; must register by July 27 for sure • All info available online at our website [go.osu.edu/hcyouth](http://go.osu.edu/hcyouth) or by calling the Office

Special/new Harrison County Junior Fair Updates • Here are several updates to items we have previously published/discussed in other venues. As we’ve indicated before, this is a year for flexibility and understanding:

1. There IS a cat/dog show at the fair. It is Friday at 9 & 9:30a. Participation is open to any youth who completed a cat or dog project.
2. Junior Fair Night will still be at 5p on Monday at the Midway Tent. Note: fair admissions will begin charging at 3p on Monday.
3. Due to the ODA statement, there will be no market classes for poultry. There should be no birds brought to the fair, regardless of type.
4. The Kiddie Tractor Pull has been moved to Tuesday afternoon.
5. The Livestock Sale will now begin at 2p and all animals will sell in the new barn facility. The split-location sale has been deleted due no poultry.
6. The new barn will house all swine and goats, with sheep being in their historic location. These arrangements are due to the strong numbers in both swine and goats this year.
7. Tack boxes & spacing—all exhibitors in the new barn will have minimal space (tote-sized only) to keep their necessary supplies nearby. Plan ahead as you think about feeding and grooming.
8. Comment box—anytime a new barn or event is introduced, there are bound to be bugs that need worked out. To facilitate a healthy exchange of ideas, the Junior Fair Board will have a comment box available for suggestions. If you think something would work better re: the new barn, please share your thoughts through this mechanism. If they aren’t written down, we are likely to forget them during the busyness of fair week!
9. Unloading animal map—if you check out the Junior Fair insert in this newsletter, you will note the Senior Fair Board has provided a helpful map. Please adhere to this as you unload your animals on Sunday night/Monday morning of the fair. All animals must be in place by 6a Monday.
10. 4-H wristbands will not get you free rides this year. The new ride company will have tickets available for purchase on-site.
11. Goat horns are allowed.
12. The 4-H Advisor Banquet has been moved to the fall. It will not be Saturday of the fair as in recent years.
State Fair Locations • The Ohio State Fairgrounds is undergoing extensive construction this summer. If you plan to exhibit, be sure to check your paperwork as locations may be different from year’s past. You should plan to arrive early as parking conditions may have changed slightly as well.

State Fair Qualifiers in Life-skill Projects • On Junior Fair Night, approximately thirty-five youth will be announced as State Fair Nominees in a variety of life skill or “still” projects. If you are one of these nominees, you will receive a packet from the Office in the near future. Be sure to complete the items enclosed quickly if you wish to pursue State Fair in Columbus; the turn around time is fast.

**Project & Royalty Judging Photos**

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COPPERHEAD CORNER: Your site for the latest news from 4-H Camp Piedmont

- As indicated on page 3, registrations for our Harrison County-related summer camps are now/soon due. Invite your friends and let’s have a great time at camp in late July!

- We would like to thank Biddlestone Trucking and Jody & Melodee Hyde for their donations to improving our camp waterfront & driveways this summer. The kids (and parents!) are loving it so far!

- A prime opening of July 19-24 remains available for rental groups such as class reunions, family gatherings, etc. Email: camppiedmont2@windstream.net

- Anyone with interest in celebrating or memorializing someone at camp is encouraged to contact Tim at our office. Camp has a new $100 dedicated brick opportunity that may be perfect for your needs.

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RESEARCH FOR RAISING ‘EM WELL: Simple tips for parents and caregivers

**How Much Should Teens Work?**

Summer employment—typically starting at age 16—is common for 4-H youth in Harrison County. When done well, these experiences build good social and life skills and provide some spending money for teens. A recent University of Michigan analysis (building on similar early analyses) suggests that parents keep the following in mind as their youth enter the workforce:

- Encourage an early conversation between the teen and job supervisor to ensure the main motive is gaining experience rather than working a lot
- Limit to 20 hours or less in the summer and 15 hours or less during the academic year
- Require a certain percentage (25%+) to be saved for the future—whether that is college or other options

Read more: http://www.ns.umich.edu/new/releases/21959-most-teen-workers-spend-not-save
Upcoming Local Events

Farmers Markets
Tis the season for farmers’ markets. Please see the following Harrison Co. market information:

<table>
<thead>
<tr>
<th>Farmers’ Market</th>
<th>Start Date</th>
<th>Location</th>
<th>Day</th>
<th>Times</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hopedale Farmers Market</td>
<td>TBA</td>
<td>Fire Hall lot</td>
<td>Saturdays</td>
<td>9am-12pm</td>
<td>Rebecca Bratten Weiss</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>740-937-2712 <a href="mailto:rabratten@gmail.com">rabratten@gmail.com</a></td>
</tr>
</tbody>
</table>

GMOs Presentations
July 7th @ Adena Library, 11:30am
July 21st @ Toronto Library, 11:30am
OSU Extension Educator, Sarah Cross, will discuss the what, how, and whys of genetically modified organisms.
RSVPs preferred. Please contact the Jefferson County OSU Extension office to RSVP for this free program- 740-264-2212 or cross.421@osu.edu

Sustainable Living Field Day
August 1st, 2015 (Saturday)
10am-2pm
@ Taproot Farm
Bowerston, OH
(89900 Mill Hill Rd)

Join us for a farm tour, as well as various sessions:
• Sustainable Architecture
  • passive solar design, utilizing recycled materials, and a composting toilet
• Alternative Energies
• Rain Gardens and Rain Barrels
• Integrated Pest Management

FREE EVENT! REFRESHMENTS!
Pipeline Easements
And Right-of-Way Agreements

Monday
August 3, 2015
6:00-8:00pm

Location
Puskarich Library
200 East Market Street
Cadiz, OH 43907
FREE EVENT!

http://www.shalegas.osu.edu

With the development of Marcellus & Utica Shale drilling, multiple pipelines will be necessary to transport products. This educational meeting will provide valuable information regarding easements and reseeding of right-of-ways for landowners.

Speakers:

• Dale Arnold, Ohio Farm Bureau, Director of Energy Services
• Dan Lima, OSU Extension
• Sarah Cross, OSU Extension

PRE-REGISTRATION IS REQUIRED. You may call to pre-register at 740-942-8823 or email cross.421@osu.edu. You can also register by detaching this form and mailing it to: OSU Extension, 538 N. Main Street, Suite H, Cadiz, OH 43907. Thank You. This event is free.

Name(s): ________________________________
Address: __________________________________
Phone: ________________________________

OSU Extension of Harrison and Jefferson Counties gratefully acknowledges the continued support of the County Commissioners

Event Co-Sponsor:

THE OHIO STATE UNIVERSITY
COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES
CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information: http://go.osu.edu/cfaes.diversity.
Some Questions for Parents
Joseph Maiorano

As youth age, they will increasingly want to explore the world. They are searching, outside of their parents, to find out who they are and how they fit into this world.

Youth need freedom to venture forth on their own in this search. Yet, as adults we know that the world is not always safe for children to explore on their own. There are limits adults must put on this exploration phase.

Parents and other adults who work with young people are presented with a dilemma—a desire to give freedom, but an understanding that young people need limits. We must find the balance between permitting youth to explore and providing the support, love, and boundaries those youth need to be safe.

Adolescents are going through a transition from youth to adulthood. And like other transitions, this one can be challenging for the youth and adults.

Parents and adults who interact with youth play a very important role during that transition to adulthood. To assist parents during this transition period, here are a few good questions to ask your children:

- Where are you going?
- With whom are you going?
- What will you be doing?
- When will you be home?

Answers to those questions may provide adults with the information they need to determine just how safe and appropriate their youth’s planned exploration may be. If the information does not meet the adults’ expectations, those adults can assist the youth in making a more appropriate plan. For example, if you do not know who will be chaperoning an event, you could contact the parents of your child’s friend and speak with them.

Helping youth to plan their activities will enable them to explore the world and successfully carve out their place in it. It will also enable parents to help your child explore safely.

Reference:

Canning Safety
Adapted from Filipic, M., Chowline

Foodborne botulism is rare. The Centers for Disease Control and Prevention estimates about 20 cases per year in the U.S. Botulism is caused by a nerve toxin produced by bacteria called Clostridium botulinum. These bacteria are found in the soil but grow best in conditions with very low oxygen. The bacteria form spores which keep the bacteria dormant until they find themselves in an environment that allows them to grow.

C. botulinum spores can produce deadly toxin within three to four days in the right conditions, which include:

- A moist, low-acid food.
- Temperature between 40 and 120 degrees F.
- Less than 2 percent oxygen.

All fresh vegetables, including green beans, asparagus, carrots, corn, potatoes and peppers, are low-acid foods, a pH above 4.6. The lower the pH, the higher a food’s acidity. For low-acid foods, a pressure canner must be used to destroy any botulinum spores that may be lurking in the food. Temperatures need to reach 240 to 250 degrees F for a long enough time.

Tomatoes have pH values higher than 4.6, making them a low-acid food. Because tomatoes are right on the border between high acid and low acid, anyone using the boiling-water method to can tomatoes or homemade salsa needs to add lemon juice or citric acid during the canning process to be safe.

U.S. Department of Agriculture’s Complete Guide to Home Canning available to download for free, chapter by chapter, at the National Center for Home Food Preservation’s website, nchfp.uga.edu.
Dividing Household Chores
Adapted from, Ochs, S. It’s About Time @ livesmartohio.osu.edu

Looking for suggestions on how to divide the list of chores among family members? There are many different methods, but here are several:

**The Resource Person:** Select a person who has the time, energy and skill to do the job. This includes age appropriate work for all members.

**Rotating Chores:** In this method, chores are rotated among all members. Everyone tries all tasks, although some training may be needed and standards will vary week to week.

**Personal Responsibility:** Each person is responsible for his or her own food, clean-up and laundry. This method may be unhelpful when it comes to yard work and house repairs.

**Outsourcing:** This method results in goods or services being bought to save time (convenience foods, cleaning help, dining out).

Summary
Not one method serves all needs and can times be very costly, in relationship and budget. Consider what works best for your family, then discuss the possibilities of who can also complete the tasks. Whatever you discover as a family will add to the adventure of family successes. Above all, getting chores done helps make time for more important, and perhaps more fun, activities for you and your family.

A Brief Introduction to Mindfulness
Adapted from, Carter, S. What is Mindfulness @ livesmartohio.osu.edu

Mindfulness means paying attention (being mindful) in three ways: on purpose, in-the-moment, and without judgment.

- **Paying attention on purpose** means being intentional about how we notice our surroundings, our own bodily sensations, and interactions with other people. Stop and take the role of an observer.
- **Being in-the-moment** means not fretting the future or regretting the past, but appreciating the present. Quiet the mind chatter. Breathe.
- **Without judgment** means withholding any negative commentary about yourself and others. Let go of guilt and critical thoughts so you can more readily experience the current situation.

There is growing body of research touting the physical and mental health benefits of mindfulness based stress reduction. In the last ten years, significant research has shown mindfulness to improve health aspects like lower blood pressure; boost the immune system; improve attention and focus; help with anxiety and depression; enhance well-being; reduce emotional reactivity; and increase brain function in areas of decision making, emotional flexibility, and empathy. Practicing mindfulness can reduce symptoms related to anxiety, chronic pain, depression, insomnia and stress. It can also heighten attention and memory and decrease inflammatory biomarkers, such as cytokines. Research using imaging technology has also shown that mindfulness practices can actually change the brain to increase the size and activity of areas associated with executive function, thereby increasing clarity, cognitive function and effectiveness. Another major benefit of mindfulness is improved sleep quality.

Options to Repay Student Loans
Adapted from, Filipic, M. Family Fundamentals.

The Federal Reserve Bank of New York recently issued “Student Loan Borrowing and Repayment Trends, 2015,” which reported that only 37 percent of student loan borrowers are current on their loans and actively paying them down. 17 percent are in default or delinquency. Of all borrowers, about half owe more than $15,000. About 4 percent owe more than $100,000.

Depending on how many loans you have and what type they are, sorting out the details can get complicated very quickly. Fortunately, the Federal Consumer Financial Protection Bureau has developed a website to help walk you through the issues. Go to www.consumerfinance.gov/paying-for-college/ and scroll down to “Repay Student Debt.” The website offers a sample letter for you to use when you contact the loan servicer. You also may be eligible for deferment or forbearance, which would allow you to delay or reduce your payment amount to help you avoid going into default. But there are pros and cons to all of these choices, again depending on the type of loan.

Do whatever you can to avoid going into default, which can damage your credit rating, which may prevent you from getting a home or car loan or even a credit card.
Extension Event Calendar

**Late JUNE**
- 23 4-H • Junior Fair Board work night • 6p • FG; 4-H • Sandlot Sports • 6:25p • JP
- 25 4-H • DUE Jr. Camp registrations
- 27-28 4-H • Final Equine Educational Series event
- 29 4-H • Camp Counselor Training • 1:30p • SB
- 30 4-H • Final Sandlot Sports • 6:25p • HP

**JULY: HARRISON COUNTY JUNIOR FAIR**
- 6 Opening Ceremonies • 3p • Flagpole;
  Junior Fair Night • 5p • Entertainment Tent;
  Sheep Show • 7p • New Arena
- 7 Poultry Showmanship • Old Arena • 9a;
  Swine Show • New Arena • 5p
- 8 Rabbit Show • Old Arena • 9a;
  Beef Show • New Arena • 10a;
  Steer Show • New Arena • 7p;
  Youth Fun Activity Night • Old Arena • 9p+
- 9 Horse & PAS Show • Horse Arena • 9a;
  Dairy Show • Old Arena • 10a;
  Goat Show • New Arena • 5p
- 10 Versatility/Horse Fun Show • Horse Arena • 9a;
  Cat & Dog Show • Old Arena • 9 & 9:30a;
  Livestock Sale • New Arena • 2p
- 11 Supreme Showmanship • New Arena • 3p

**Other JULY**
- 9 AgNR • Backyard Food Production • 6p • ZGP
- 13 4-H • DUE Cloverbud Camp registrations
- 25-28 4-H • 4-H Junior Camp
- 29 4-H • 4-H Cloverbud Camp

**AUGUST**
- 1 AgNR • Sustainable Living Field Day • 10a • TF
- 3 4-H • CARTeens • 5:45p • PL;
  AgNR • Pipeline Easements • 6p • PL;
  Partner • Senior Fair Board • 7p • FG
- 24 All • Extension Advisory Committee • 6p • EO;
  4-H • Advisor Training #3 of 4 • 7:30p • EO

**Location Legend**
EO (Extension Office—Coal Meeting Room)
FG (Fairgrounds)
HP (Hopedale Park)
JP (Jewett Park)
PL (Puskarich Library-basement)
SB (Sally Buffalo Park)
TF (Taproot Farm of Dewey/Quimby in Bowerston)
ZGP (Z Garden Place Greenhouse-rural Jewett)

**Persons with disabilities may make reasonable accommodation requests to our Office in advance of these events.**

**Still Time to Register for Camp!**

*Still Time to Register for Camp!*

**A Typical Day At Camp...**

Each day at camp is a full day because we want campers to get their money’s worth! Mornings usually feature stations that help to develop life skills through fun activities such as crafts, archery, and kayaking. Afternoons encourage social development through small group activities, planned programming, and free choice options. Evenings bring the entire camp together for large-group games, including such popular options as tennis ball tango and the ever-famous campfire. Tasty meals and snacks are provided throughout the camping experience. Come on down to Piedmont this summer and experience it for yourself!

**JUST THE FACTS**
- Open to members and non-members with a 4-H age of 8 (and in the 3rd grade) to 13 as of January 1, 2015
- Registration due: Thursday June 25 (free t-shirt deadline!)
- Camp dates: Saturday July 25 to Tuesday July 28
  Drop off at 4:00p; pick up at 1:00p
- Cost: $150 (some discounts available)
- Camper to Staff Ratio: 1:3
- Certified Health Personnel on-site
- OSU Extension 4-H Educator serves as the director
- Cabin youth leaders all fully certified as 4-H volunteers

4-H families will want to check out the more comprehensive purple insert in this newsletter entitled 2015 Junior Fair Guide. In the guide you will find more dates and times as well as tips for fair week success. Best of luck to all of our exhibitors this year!
Did you know?
...an Extension-related quiz to keep you on your toes!

1. A Central Ohio potluck turned ugly earlier this spring when botulism harmed several participants. How rare is botulism in the U.S. (# of cases per year)?
   A. 20  B. 50  C. 100

2. What percentage of American households face food insecurity on a monthly basis?
   A. 10%  B. 12%  C. 14%

3. As of this printing, how close has the much talked about avian flu gotten to our area?
   A. Ft. Wayne, IN  B. Lexington, KY  C. Lansing, MI

Answers: 1=A, 2=C, 3=A

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OSU Extension programs are provided, in part, by a voter-supported local levy. Our educational programs are based on scientific knowledge and focus on critical issues and needs in Harrison County. Thank you for your ongoing support!