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FRUITPORT AREA NEWS

ONLINE AT

WWW.FRUITPORTAREANEWS.COM

Out Side In equine assisted psychotherapy

By Jennifer McVoy

As a school social worker, I have been well aware of the huge need for mental health services for children and their families. With the poor economy, services are being cut in schools, and it is getting harder for parents to access services. Even more importantly, summer can be a difficult time for many kids with emotional or behavioral problems because they don't have the structure and safety of school.

Although traditional psychotherapy is useful, it is not only difficult to get resistant children to participate, but also to transfer the knowledge and skills they learn in an office to their everyday lives. Equine assisted psychotherapy is a relatively new, but successful, tool for promoting change.

We are the only program in the area that provides therapy strictly to address social, emotional, and behavioral difficulties. Although there are several "ride for handicapped" programs in West Michigan, most of them focus on physical and cognitive disabilities that involve participants riding horses.

Our program is quite different in that we only focus on issues that would be traditionally addressed in psychotherapy, and participants don't actually ride the horses.

The goal of Out Side In is to provide service to anyone in need, regardless of their ability to pay. We rely heavily on public support, but we will also offer fee-for service therapy for those who can afford to pay and will accept most major insurances. For those who cannot afford to pay, we will offer "scholarships" on a limited basis.

Anyone interested in services should visit the website, www.out-side-in.org.

Muskegon County Youth Fair Livestock Auction

(Submitted by Muskegon County Youth Fair)

If you are planning to attend the livestock auction at this year's Muskegon County Youth Fair, you might need answers to these frequently asked questions.

The 4-H Livestock Auction

The 4-H Livestock Auction is the culmination of a long project year for many 4-H members. At the auction, they have the opportunity to sell their animals and learn first hand how the marketing process works. It is an educational process that begins with the selection of an animal many months before and continues until the animal is shipped to a slaughter house for you at the end of the fair.

Where does the auction take place?

The auction is held at the Muskegon County Fairgrounds, which are located at 6621 Heights Ravenna Road.

Why should I purchase an animal from the 4-H Livestock Auction?

You will receive personal satisfaction through:

1. Helping to promote 4-H youth "Learning by Doing" programs.
2. Obtaining high quality meat for your freezer or locker.
3. Free advertising you will receive as a buyer, both in various newspapers and the 4-H show book.

What types of animals will be sold?

Market rabbits and poultry will be sold at the small animal auction. Market steers, feeder steers, swine, lambs and goats will be sold at the large animal auction.

As a potential buyer, should I plan to arrive early?

It's a good idea to arrive early enough to view the sale animals and/or talk to the 4-H members/owners. A sign-up table will be in or next to the barn so that you can obtain a buyer's number. (Livestock auction booklets will be available at the clerk's table.)

Can more than one person purchase the same animal?

Yes, but make sure you provide all names, addresses and phone numbers to the clerk.

How do I bid?

When an animal you'd like to purchase is in the ring and at a price you desire, signal the auctioneer by holding up your number.

So I've bought the animal — Now What?

You will be asked to sign a bill of sale and indicate the following:

1. Indicate whether you'd like the animal processed for your personal use or resold at a stockyard.
2. Indicate your choice of processor or livestock yard.

Who will handle my payment and/or billing questions?

Farm Credit Services of West Michigan.

Baked goods must be paid for on the day of the auction.

How do I transport the animal to the processing plant or livestock yard?

Free trucking is provided at the end of the week for steers, hogs, lambs and goats. This is taken care of for you by the Livestock Committee and the 4-H members.

If I decide to have my animal processed, what do I need to do?

Make sure the clerk is aware of your processing plant choice. Contact the processor the morning following the auction sale to inform them of the number and species of the animal (s) you're having processed at their plant, with instruction of types of cuts, thickness, packaging materials, etc., that you desire. Make arrangements to pick up your packaged meat from the processor.

Can I buy an animal and not keep it?

Yes. You have two options:

1. You can market your animal. This means reselling it at a local livestock yard. Trucking and reselling will be handled for you. You will receive a check in the mail from the livestock yard.
2. You can donate your animal back to 4-H. If you choose to do this, indicate your decision to the auctioneer or the ring personnel at the time your final bid is taken. You should then check with the clerk to finalize payment.

What is live weight vs. hanging weight and what kind of yield can I expect?

Live weight is the weight of the animal before killing it. The hanging (or carcass weight) is the weight of the slaughtered animal as it hangs from the rail. At this state, the hide and viscera have been removed. The animal is then taken down and cut into salable meat. The following are examples of average yields:

- A 1,000 pound steer = 651 pound carcass = 432 pounds of salable meat
- A 210 pound hog = 150 pound carcass = 120 pounds of salable pork

If I need more information, whom do I contact?

You can either contact a representative from the Livestock Committee at (616) 675-4519 or contact the MSU Extension Office at (231) 724-6361.

Come, buy Death by Chocolate Letter to the Editor:

Hi! My name is Kelly Ann Olthof. I am 11 years old. I am a member of the Green Acres 4-H Livestock Club. I have been in 4-H for eight years.

This year in 4-H I have been working on crafts, a rabbit, a dog, a cow and a baked good. I am selling my baked good this year. It is Death by Chocolate. You have a chance to buy it on Saturday, July 30 at 2 p.m.

Thank you for supporting the Muskegon County Fair.

Sincerely,
Kelly Ann Olthof

Muskegon County Youth Fair 5K and fun in the sun run

By Natalie Kik-Brown

Exciting things are happening in Muskegon County at the Youth Fair. One of the largest family-friendly events is back again this year with a brand new event: The MCYF Fabulous 5K and Fun in the Sun Kids' Run!

On Saturday, July 30th at 8 a.m. the fair board is hosting this inaugural event. This 5K is a beautiful trail run which begins and ends at the center of the fairgrounds. It heads south toward the wooded area between the fairgrounds and the Musketawa Trail. After winding through the woods, runners and walkers can catch the bike trail for a bit and head back to the fairgrounds through this newly groomed nature trail.

After the 5K there will be a free kids fun run held on the old racetrack east of the fairgrounds. These events do include a fabulous race packet and post race refreshments.

Once you've participated in these events you are invited to stay and enjoy the livestock and inanimate 4-H exhibits. All proceeds from the event benefit the fairgrounds improvements. For more detailed information and race registration, please visit www.muskegonfairgrounds.com and www.snapregistration.com or check us out on Facebook!