



FAMILY & CONSUMER SCIENCES



Plants on the Ground

By Donna Green, Extension Educator, Family and Consumer Sciences, Ohio State University Extension, Erie County

Some of you long time American Idol fans may remember seeing an older contestant in 2010 rapping to a song he wrote called "Plants on the Ground." I'm going to take a little artistic license here and encourage you to get some "plants" on the ground. The reason for the push is because you need the health-promoting benefits of real plants in your home and office.

As our homes become more airtight, they

conserve energy, but they also trap synthetic building materials that emit VOC's (volatile organic chemicals). Those VOC's can cause illness and breathing problems. Products such as paint, carpeting, insulation and formaldehyde, and personal products such as deodorant, hair spray, tobacco smoke, and perfume all release VOC's.

At work, it could be those products in addition to copy machines and printers; even your computer screen can emit harmful chemicals. The problem has become so severe that scientists have nick-named it "sick building syndrome."

Dr. William Wolverton, a NASA employee, has been able to show through research that plants protect us from VOC's by emitting oxygen, which in turn absorbs toxins and carbon dioxide. In addition, if you surround the base of your plants with activated charcoal, you can remove even higher concentrations of chemicals through the plant roots.

One house plant can clean approximately 100 square feet of floor space. All plants work, but there are a few that clean better than others. Spider plants, ivy, bamboo, palms, dracaena, philodendrons, pothos, and spathiphyllums (peace lilies) are considered to be top performers.

So what are you waiting for? Go to a home improvement, garden, or grocery store and get some plants for your home and office. Or get a start from a friend. I have a few spider plants at home, and they are loaded with "babies" that you can root in a glass of water.

If you decide you want a full-grown specimen, just make sure to coordinate your purchase with Mother Nature. You don't want to be hauling your palm tree out to the parking lot when it is 15 degrees outside. And while you're making your purchase, you can hum my version of "Plants on the Ground" to yourself:

Plants on the ground, Green all around, Lookin' pretty smart with your plants on the ground. Stress goes down, Sound goes down. Rooms lookin' lush with your plants on the ground. Sick air gone, Headaches gone, Reduce your carbon footprint with plants on the ground.



Free Educational Program Occasional Quantity Cooks

Are you a community member responsible for food preparation and/or service at events including BBQs, potlucks, community dinners, graduations, and food stands?

If you answered yes...

- Are you able to recognize factors leading to foodborne illness?
- Are you aware of the rules for good personal hygiene?
- Are you using sanitary practices for food preparation areas?

Are you selecting and using safe food preparation practices and equipment?

If you answered "no" to one or more of these questions joins us for the Occasional Quantity Cooks program.

- Learn about...
- Time and Temperature Control
 - Cleaning and Sanitizing
 - Cross Contamination
 - Special Considerations - Food Allergies
 - Event Management

Program: Occasional Quantity Cooks
When: Tuesday, April 16, 2019

Where: Ag Credit Building, Second Floor Conference Room, 5362 US Highway 42, Mt. Gilead, OH

Time: 6:00 p.m. - 8:15 p.m.

Cost: FREE - provided by your Levy funds
Register: 419-947-1070 by April 12, 2019

so we know how many handouts to provide
Contact: Candace Heer at 419-947-1070 or heer.7@osu.edu for information.

Muscle Pain? Roll it Out!

By Jenny Lobb, Family and Consumer Sciences Educator, Ohio State University Extension, Franklin County

As I write this article, I am 36 weeks pregnant, sore and achy. Throughout my pregnancy, I have experienced occasional leg cramping in my calf muscles. I try my best to stay hydrated and take a daily multivitamin to help prevent these cramps, but sometimes they come anyway. Whenever my muscles feel especially tight or achy, I turn to a tennis ball, of all things, to help alleviate the pain! I use a tennis ball for myofascial release, a self-massage technique that helps loosen tight muscles.

I chose a tennis ball for this technique because it is a small, portable tool I already had at home. However, foam rollers are the most common tool used for myofascial release, as they are designed specifically for this purpose. If you belong to a gym, perhaps you have seen people using foam rollers, or maybe you have tried using one yourself! Increasingly, foam rollers can be found among the equipment available for use at gyms and fitness facilities, as people like to use them in their pre- or post-workout stretching rou-

tines. They can also be purchased for home use at a reasonable cost; the one-time purchase of a foam roller is no more than the price of a single professional massage!

Regular foam rolling has many benefits. In addition to soothing sore muscles and relieving pain, it can increase your range of motion, improve flexibility, increase circulation and blood flow, contributing to faster recovery after strenuous activity.

The OSU Health Plan offers the following four tips for beginning a foam rolling routine:

1. Ease into it. Foam rolling can be painful at first, so only go as long as you need with the pressure necessary to loosen muscles without causing discomfort. Work an area for 30 seconds to two minutes or until you feel your muscle(s) begin to relax.

If the area is especially tender, start by rolling just five to ten seconds at a time, resting a day in between

sessions. You may also choose to start with a softer roller and slowly progress to a denser roller as you become more accustomed to the process.

2. Use slow and controlled movement. Give your muscles time to adapt to the pressure you are applying to them by focusing on slow, gentle movements. Aim to cover no more than one inch per second.

3. Avoid joints and your lower back (lumbar spine). Apply pressure only to muscle tissue to prevent injury and further discomfort.

4. Prioritize. If you have multiple tight areas, focusing on all of them every day may be time consuming and unrealistic. Start with the areas you deem most beneficial to work on first, following the tips listed above. Gradually work in other areas as you become more comfortable in your routine.

Finally, keep in mind that foam rolling may not be for everyone. If you have range-of-motion issues, a heart condition, chronic pain, or if you are recovering from an injury or procedure (such as a hip-replacement), consult a doctor, personal trainer or physical therapist before foam rolling.





FAMILY & CONSUMER SCIENCES



Join us for WALK WITH A DOC!

What is Walk with a Doc?

Walk with a Doc is fun and FREE community walking program. During the walk, you will spend a few minutes learning about a current health topic then enjoy a relaxed and fun walk at your own pace and distance with the doc and other walkers. Bring friends and family! All ages and abilities are welcome!

How do you Join?

No registration is needed. Just show up to the walking location!

When and Where are the Walks?

All walks will take place INDOORS from 12 p.m. – 1 p.m. at the Mount Gilead Cherry Street Administration Building, 145 North Cherry Street. The dates of each walk can be found below:

- March 26th, 2019
- April 30th, 2019
- May 21st, 2019

WALK WITH A DOC Morrow County Partners:

Morrow County Hospital OhioHealth, Morrow County Community Center, Mount Gilead School District, Morrow Family Health Center – Center Street Community Health Center, Morrow County Health District, Ohio State University Extension – Morrow County

For more information, contact Candace Heer at heer.7@osu.edu or 419-947-1070

Staying Positive In Tough Times

By Amanda Bohlen, Family and Consumer Sciences Educator, Ohio State University Extension, Washington County

Last year was a very difficult year for my family, and 2019 has not started any better. Everywhere I turn I am forced to think about the challenges my family is facing. I know I am not alone in the way I feel. I also know that some of you may be living in your worst fear every day. I have spent the last several months trying to keep my head high and not talk about what is going on behind the scenes. I am a very private person when it comes to my family and I do not plaster my every thought on social media. However, keeping all of that inside of me has not been good for my health. I know how to recognize and control my stress but no matter what I tried, I could not escape it.

My family is one of the many dairy families across the United States experiencing farm stress. Living in the unknown of the farm takes away all of my positive energy and can be emotionally exhausting and draining every day. I have had to make a conscience effort to focus on the positives in my life and to let the negatives go. I was able to find an extremely wonderful handout from North Dakota State University Extension called 12 Tools for Your Wellness Toolbox in Times of Farm Stress. I had the amazing opportunity to hear Sean, the author, speak at a conference about rural stress. This resource not only applies to farm stress but to ALL stress that EVERYONE faces.

The list focuses on the following physical, mental, emotional, personal, work, and financial



wellness strategies, which will help enhance your mood, renew your energy and help you stay focused:

1. Exercise 20 minutes or more daily (walk, swim, ride a bike, etc.)
2. Get an annual medical checkup with a local health-care provider.
3. Spend 10 minutes planning your day and priorities.
4. Take regular 5- to 10-minute breaks in your day to relax and recharge.

5. Write down 3 things that you are grateful for daily.
6. Share concerns with a counselor or other professional.
7. Take 15 minutes each day for uninterrupted conversation with a spouse or family member.
8. Get involved or stay connected with a friend or group of friends.
9. Discuss needs of the farm operation but do not let them occupy all other aspects of life.
10. Seek constructive feedback on your farm operation and ways to grow or improve.
11. Create a family budget and seek to live within your means.
12. Select three healthy habits you will try to practice daily.

Start today! Which three healthy habits could you begin doing today? So many times, we try to handle things on our own and in reality; we end up doing more damage than good. I strongly encourage you to figure out who is in your support network. Who do you feel comfortable sharing your personal struggle(s) with? I started focusing on the goodness in this world and the amazing people that surround me. My coworkers and friends have been wonderful! They've given me endless amounts of humor to lighten my mood, been a listening ear on tough days and have sent words of encouragement. Don't feel like you have to hold your thoughts in any longer. Open up and focus on the positive outcomes in your bumpy ride.

Chow Line:

Understanding the new food nutrition labels

What are some of the changes I can expect to see on the new food nutrition labels?

One of the biggest changes is a larger, bolder typeface for both calories and serving sizes. The typeface will be easier for people to see and read.

In 2016, the U.S. Food and Drug Administration announced the updated food nutrition label design. According to the FDA, the new design was part of an effort to reflect updated scientific findings to help consumers make better-informed decisions about food choices and maintaining healthy diets.

While the new labels are already on about 10 percent of food packages currently being sold, the FDA is requiring food manufacturers with \$10 million or more in annual food sales to have the labels on all of their products by next year. Manufacturers with less than \$10 million in annual food sales will have until 2021 to put the new labels on all of their food products, the FDA said.

"The new label reflects updated scientific information, including our greater understanding of the links between diet and chronic disease," the FDA said in a written statement. "It is also more realistic about how people eat today."

Another change you'll see on the labels is more realistic serving sizes, with some packages listing nutrition information per serving as well as per package. For example, the FDA said that on a pint of ice cream, you will see calories and nutrients listed for one serving and for the whole container. (This provides more accurate information for those who, um, may have been known to maybe consume the entire pint in one session.)

The labels will also list added sugars, which are either added during the processing of foods or are packaged as such; free sugars, mono-sugars, and disaccharides; sugars from syrups and honey; and sugars from concentrated fruit or vegetable juices.

Vitamin D and potassium will also be added to the list of nutrients required on the labels, whereas Vitamins A and C are no longer required to be listed. However, manufacturers can still list Vitamins A and C if they wish.

The information on daily values for nutrients such as sodium, dietary fiber, and Vitamin D have been updated and are used to calculate the percentage of Daily Value (DV) that are on the labels. The percentage of DV provides nutrition information in the context of a daily diet based on 2,000 calories per day.

Lastly, the new labels will no longer list calories from fats.

For more information on reading the new food labels, see ohioline.osu.edu/factsheet/hyg-5586.

Nutrition Facts		Nutrition Facts	
Amount per serving		Amount per serving	
Calories 230		Calories 230	
Total Fat 10g	20%	Total Fat 10g	20%
Sodium 200mg	40%	Sodium 200mg	40%
Total Sugar 10g	20%	Total Sugar 10g	20%
Total Fat 10g	20%	Total Fat 10g	20%
Sodium 200mg	40%	Sodium 200mg	40%
Total Sugar 10g	20%	Total Sugar 10g	20%
Total Fat 10g	20%	Total Fat 10g	20%
Sodium 200mg	40%	Sodium 200mg	40%
Total Sugar 10g	20%	Total Sugar 10g	20%
Total Fat 10g	20%	Total Fat 10g	20%
Sodium 200mg	40%	Sodium 200mg	40%
Total Sugar 10g	20%	Total Sugar 10g	20%
Total Fat 10g	20%	Total Fat 10g	20%
Sodium 200mg	40%	Sodium 200mg	40%
Total Sugar 10g	20%	Total Sugar 10g	20%

A comparison of the old and new food nutrition labels. Photo: U. S. Food and Drug Administration.

Chow Line is a service of the College of Food, Agricultural, and Environmental Sciences and its outreach and research arms. OSU Extension and the Ohio Agricultural Research and Development Center. Send questions to Chow Line, c/o Tracy Turner, 364 W. Lane Ave., Suite B120, Columbus, OH 43201, or turner.490@osu.edu.

OSU EXTENSION CALENDAR OF EVENTS

MARCH 2019

- 3-9 Ohio 4-H Week
- 4 Morrow County Dairy Board, 12 noon, Ag Credit Building Conference Room
- 4 Jr. Fairboard, 7 p.m.
- 5 ServSafe Manager Training, 8:30-3:30 p.m., Ag Credit Building Conference Room
- 6 Morrow County Cattlemen, 6:30 p.m., Ag Credit Building Conference Room
- 9 Ohio 4-H Conference
- 9 Fruit Tree Pruning Clinic, 2 p.m., Osborne Orchard
- 12 New Volunteer Training (See Article)
- 12 ServSafe Manager Training, 8:30-3:30 p.m., Ag Credit Building Conference Room
- 13 Morrow County Pesticide & Fertilizer Recertification, 5:15 p.m.-9:30 p.m., Ag Credit Building Conference Room
- 14 Pesticide Applicator Test - Ag Credit Building Conference Room, 9 a.m. SHARP
- 14 Morrow County Pork Producers, 7 p.m., Ag Credit Building Conference Room
- 15-17 Ohio Beef Expo
- 17 Seeds & Soils Class, 2 p.m., Headwaters Outdoor Education Center
- 19 ServSafe Manager Training, 8:30-3:30 p.m., Ag Credit Building Conference Room
- 20 Ohio Swine Health Symposium, 8:30 a.m., Der Dutchman Restaurant, Plain City, Ohio
- 20 Master Gardener Meeting, 6 p.m., Ag Credit Building Conference Room
- 21 Horse & Pony, 7:30 p.m., Ag Credit Building Conference Room
- 25 Junior Leaders, 7 p.m., Extension Office Conference Room
- 26 CARTeens, 6:30 p.m. to 8:30 p.m., Extension Office Conference Room
- 26 Walk With A DOC, Mt. Gilead Cherry Street Admin. Building, 12-1 p.m.
- 26 Walk With A DOC, 12-1p.m., Mount Gilead Cherry Street Administration Building, 145 N. Cherry Street
- 28 Sr. Fairboard, Fairgrounds
- 30 Master Gardeners "Vision Board Activity", 10-1 p.m., Ag Credit Building Conference Room

APRIL 2019

- 1 Morrow County Dairy Board, 12 noon, Ag Credit Building Conference Room
- 1 Quality Assurance Test-Out Opportunity, 4:30-6:30 p.m., (See Article) Ag Credit Building Conference Room
- 1 Junior Fairboard, 7 p.m.
- 2 Livestock Quality Assurance General, 6:15 p.m., Ag Credit Building Conference Room, RSVP
- 3 Morrow County Cattlemen, 6:30 p.m., Ag Credit Building Conference Room
- 3 Career Exploration Workshop Registration Due
- 6 Vegetative Propagation Class, 10-12 noon, Ag Credit Building Conference Room
- 6 Propagation Class, 10 a.m., Ag Credit Building Conference Room
- 9 New Volunteer Training (See Article)
- 11 Morrow County Pork Producers, 7 p.m., Ag Credit Building Conference Room
- 13 Career Exploration Workshop, 9-3:30 pm, Tri-Rivers Career Center
- 15 4-H Enrollments Due On Line
- 15 Livestock Sale Committee, 7 p.m., Ag Credit Building Conference Room
- 16 Occasional Quantity Cooks, 6-8:15 p.m., Ag Credit Building, Second Floor Conference Room
- 17 Master Gardener Meeting, 6 p.m., Ag Credit Building Conference Room
- 18 Horse and Pony Committee, 7:30 p.m., Ag Credit Building Conference Room
- 23 Growing & Landscaping with Native Pollinator Plants, 6 p.m., Ag Credit Building Conference Room
- 25 Hydrangea Informational Class, 6:30-8:30 p.m., Ag Credit Building Conference Room
- 25 Sr. Fair Board, Fairgrounds
- 27 Pasture & Forage Management Field Day, 9-3 p.m., C.A.B.B. Farms
- 27 Trash Bash Drop Off At Fairgrounds
- 29 Junior Leaders, 7-8 p.m., Extension Conference Room

- 30 Last Day To Add/Drop Projects
- 30 Livestock Quality Assurance General, 6:15 p.m., Fairgrounds
- 30 Walk With A DOC, 12-1p.m., Mount Gilead Cherry Street Administration Building, 145 N. Cherry Street

MAY 2019

- 1 Cattlemen's Meeting, 6:30 p.m., Ag Credit Building Conference Room
- 6 Morrow County Dairy Board, 12 p.m., Ag Credit Building Conference Room
- 6 Jr. Fairboard, 7 p.m., Fairgrounds
- 9 Morrow County Pork Producers, 7 p.m., Ag Credit Building Conference Room
- 15 Hypertufa Class Make & Take, 6 p.m., Ag Credit Building Conference Room
- 16 4-H Horse & Pony Committee, 7:30 p.m., Ag Credit Building Conference Room
- 20 Youth Garden Evening at Headwaters Outdoor Education Center, 6 p.m.
- 21 Walk With A DOC, 12-1p.m., Mount Gilead Cherry Street Administration Building, 145 N. Cherry Street
- 22 Livestock Quality Assurance General, 6:15 p.m., Fairgrounds
- 23 Sr. Fairboard, Fairgrounds
- 27 Memorial Day, Office Closed
- 28 CARTeens, 6:30-8:30 p.m., Ag Credit Building Conference Room
- 29 Horse Projects Only Quality Assurance/Safety Clinic, 6:15 p.m., Fairgrounds

JUNE 2019

- 1 ALL 4-H/FFA HORSE PROJECT FORMS DUE TO EXTENSION OFFICE (I.D.'s, PAS, Scholarship, King & Queen Apps., Etc.) (NO EXCEPTIONS)
- 1 Livestock Possession Date (Unless noted differently on requirements)
- 1 Mandatory Pre-Fair Weigh-In/Registration For Feeders, Market Goats, & Market Sheep, Fairgrounds - 7-11 a.m.
- 1 Mandatory Breeding Rabbit Registration, Youth Building, Fairgrounds, 7-11 a.m.
- 3 Morrow County Dairy Board, 12 noon, Ag Credit Building Conference Room
- 3 Jr. Fairboard, 7 p.m., Fairgrounds
- 5 Morrow County Cattlemen's, 6:30 p.m., Ag Credit Building Conference Room
- 7 Ambassador Application Due to the Extension Office for Goat, Rabbit, and Poultry
- 7 Jr. Fair Entries Due To Junior Fair Office Only
- 7 BBR Papers Due With Fair Entries
- 7 Jr. Fair King & Queen, Scholarships and Award Applications Due
- 7 Early Judging Registration Due To Extension Office for Goat, Rabbit, and Poultry
- 13 Morrow County Pork Producers, 7 p.m., Ag Credit Building Conference Room
- 14 Speaking Contest Registration Due To Extension Office
- 14 4-H Marketing Contest Entries Due To Extension Office
- 17 Livestock Quality Assurance General, 6:15 p.m., Fairgrounds
- 19 How To Enter Flowers In The Fair, 6:00 p.m., Ag Credit Building Conference Room
- 20 Ohio State Fair Entries Due To State Fair Office
- 20 Horse & Pony, Ag Credit Building Conference Room, 8 p.m.
- 24 County 4-H Speaking Contest, 6 p.m., Ag Credit Building Community Room (2nd Floor)
- 24 Dog Poster's Due To Extension Office
- 24 Early Project Judging, 6 p.m., Youth Building
- 27 Sr. Fairboard, Fairgrounds
- 28 Writing Projects Due To Extension Office
- 29 Cloverbud Fun Day, 9 a.m. - 12:30 p.m.
- 30 PAS Horse Show, Morrow County Fairgrounds, Pleasure First, 9 a.m.

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information: <http://go.osu.edu/cfaesdiversity>.

THANK YOU Central Ohio Farmer's Co-op

for over 33 years of donations toward 4-H project books!

Approximately \$1,200 each year is donated! Thanks for helping make the best better!

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