

CFAES

OHIO STATE UNIVERSITY EXTENSION

Morrow County SCARLET & GRAY News

Volume 15 Issue 4 • May/June 2019



Automotive Technology Participants



Construction Participants



Career Exploration Workshop April 13 was a Huge Success!

Thirty-five youth participated in the Career Exploration Workshop for Construction and Automotive Technology that was held on April 13. Youth learned skills that will be valuable life skills and skills they could potentially use in a career in the construction or automotive technology career paths.

Many of the skills they learned many adults don't know how to complete. They rotated and balanced tires, changed the oil in a car, completed a multi-point inspection,

learned the electronics of the car, changed belts, and so much more!

In the construction area they built frames so they could pour concrete walls, built a wood framed wall, their own toolbox to take home, used large equipment like a backhoe, and more!

The evaluations showed the success of the program as the youth expressed their likeness for the program and some even stated that it was AWESOME!

Live Healthy Live Well Spring Series Classes

Sign up for our Live Health Live Well classes focusing on Healthy People, Healthy Finances and Healthy Relationships.

COST: FREE – provided by your levy funds

REGISTER: 419-947-1070

NOTE: The TIMES and LOCATIONS vary

Healthy People: Aging and Eating

> Personal health and the role that nutrition plays in aging well.

DATE: May 14, 2019

TIME: 5:30 p.m.

LOCATION: Community Services Building Conference Room - Entrance B, Mt. Gilead, Ohio

Healthy Finances: Spending Leaks

> Let's bust a habit.

DATE: May 21, 2019

TIME: 4:45 p.m.

LOCATION: Mt. Gilead Public Library – 3rd Floor, Mt. Gilead, Ohio

Healthy Relationships: 5 Steps to Grandparenthood Greatness

> How to navigate grandparent-grandchild relationships for health, wellness, and enduring family bonds.

DATE: May 28, 2019

TIME: 5:30 p.m.

LOCATION: Community Services Building Conference Room - Entrance B, Mt. Gilead, Ohio

Current Resident or

Mt. Gilead, OH 43338
Suite 101

5362 US Highway 42

Ohio State University Extension

COLLEGE OF FOOD, AGRICULTURAL
AND ENVIRONMENTAL SCIENCES

THE OHIO STATE UNIVERSITY

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FAMILY & CONSUMER SCIENCES



Springtime in Ohio is a good time for strawberries, asparagus, other in-season produce

Which fruits and vegetables are in season in the spring?

Rain and bright sunny days make spring a good time to indulge in a wide range of plentiful produce such as asparagus, cabbage, kale, spinach, and strawberries. Not only are these items extremely fresh and flavorful because they're currently in season, but they're also widely discounted because of the abundance of supply based on this time of year.

Because fruits and vegetables grow in cycles and ripen during certain seasons, produce typically is fresher and tastes best when ripe. And while most fruits and vegetables are available to consumers year-round thanks to agricultural innovations, seasonal fruits and vegetables are typically cheaper to buy because they are easier to produce than fruits and vegetables that are grown out of season.

For example, the top advertised items on sale in local grocery stores this week were fruits, comprising 48% of all ads, and vegetables, accounting for 41% of all supermarket sale ads, according to the April 5 edition of the National Retail Report, a weekly roundup of advertised retail pricing information compiled by the U.S. Department of Agriculture.

While this is not an all-inclusive list, generally speaking, the following produce (among others) is in season in Ohio during the spring, according to the Ohio Farm Bureau:

- Asparagus
- Cabbage
- Collard greens
- Kale
- Mustard greens
- Radishes
- Rhubarb
- Spinach
- Strawberries
- Turnip greens

While eating fruits and vegetables is an important part of a healthy diet, it's also important to remember to incorporate food safety when preparing and eating them. This is because some raw fruits and vegetables can contain foodborne pathogens such as E. coli, listeria, and salmonella, according to the Centers for Disease Control and Prevention. As such, nearly half of all foodborne diseases are caused by germs on fresh produce, the CDC says.

While cooking produce is one of the best ways to lessen the potential for developing a foodborne illness, here are some other tips from



the CDC to keep in mind when choosing and consuming raw fruits and vegetables:

- Always choose produce that isn't bruised or damaged.
- When shopping, choose pre-cut fruits and vegetables that are refrigerated or are kept on ice.
- Keep fruits and vegetables separated from raw meat, poultry, and seafood in your shopping cart and in your grocery bags.
- Wash or scrub fruits and vegetables under running water, even if you do not plan to eat the peel, so that dirt and germs on the surface do not get inside during slicing.
- Cut away any damaged or bruised areas before preparing or eating.
- Refrigerate within two hours any fruits and vegetables that you have cut. Store them in a clean container at 40 degrees Fahrenheit or colder.
- Store fruits and vegetables away from, and not next to or below, raw meat, poultry, and seafood. These items can drip juices that might contain germs.
- Use a separate cutting board for fruits and vegetables than what is used for cutting or preparing raw meats, poultry, or seafood.
- Wash cutting boards, counter tops, and utensils with hot, soapy water before and after preparing fruits and vegetables.

Chow Line is a service of The Ohio State University: College of Food, Agricultural, and Environmental Sciences and its outreach and research arms, Ohio State University 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.

FREE – Pressure Canner & Dial Gauge Testing

- OSU Extension Morrow County tests the accuracy of pressure canner dial gauges.
- Dial gauges on pressure canners need to be tested every year to make sure the pressure is reading correctly. Gauges that read high cause under-processing and may result in unsafe food. Low readings cause over-processing. An accurate gauge is essential for safety!
- Please call 419-947-1070 for an appointment to have your gauge tested or you can drop off your canner and lid with gauge and gasket attached for a complete inspection. We'll let you know when it's ready for pick up and provide you with a completed inspection form.
- Only dial gauges need to be checked (weighted gauges need not be tested).
- FREE for Morrow County Residents; \$5 out of county

Love Thine Own Self Join us for WALK WITH A DOC!

By Lorissa Dunfee, Ohio State University Extension, Family and Consumer Sciences, Belmont County

Many times when we talk about relationships we focus on those relationships we have with other people. I think it is important to develop and maintain healthy relationships with friends, family, co-workers, etc. I also believe having a healthy, positive, and loving relationship with yourself is crucial. The type of relationship you have with yourself can impact the relationships you have with others. If you don't love yourself, or even like yourself, it will be difficult for others to like you. Asha

Stephen, Ph.D. staff psychologist at the University of Oregon, stated "Treat yourself the way that you wish others would treat you. When you respect and love yourself, you make it easier for others to do the same".

You might be asking what kind of relationship you have yourself. Maybe you're wondering how to develop a good relationship with yourself? Really, it's no different than maintaining a good relationship with a friend, partner, or family member. Healthy relationships take work and an investment of time, effort, and good communication. Evaluate what your needs are and spend some time figuring out how to meet those needs. Be gentle and encouraging with yourself and let go of the notion you must be "perfect".

California State University offers several suggestions for developing a good relationship with yourself including:

- Take time to listen to your body and be aware of how you're feeling
- Practice positive self-talk
- Give yourself simple pleasures daily
- Show self-respect
- Learn from your mistakes
- Appreciate yourself

If you don't currently have a good relationship with yourself, I encourage you to practice being your own best friend. I often remind my daughter to "choose kindness" when it relates to other people. But really, I think we could all benefit from choosing kindness when it relates to ourselves. Start with basic self-care strategies like getting enough sleep, eating a healthy diet, and implementing physical activities into your daily routine. Once you have those things mastered you can begin to practice other healthy self-relationship habits. Remember, you can do this!

Food Safety and Food Preservation

It's home canning time again! For those planning to preserve food at home this summer season, it's also time to check out your equipment. Canning can be a safe and economical way to "put food by" as well as a source of enjoyment and pride for many. But, there are some basic rules of thumb worth remembering that will help ensure a safe, quality preserved product. When canning low acid vegetables, meat or a combination of vegetables (like spaghetti sauce), a pressure canner is the only way to preserve these foods safely. High-acid foods such as fruits, pickles, salsa, jams and jellies can be safely

Come walk with us INDOORS at the Mount Gilead Cherry Street Administration Building on May 7 at NOON.

- You walk, chat with others, and get some of your questions answered by a local doctor.
- All ages and abilities are welcome.
- No need to register – just show up to the walking location

WALK WITH A DOC Morrow County Partners:

- Morrow County Hospital OhioHealth
- Morrow County Community Center
- Mount Gilead School District
- Morrow Family 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



Canning Basics: Pressure Canning & Water Bath Canning

WHERE: Ag Credit Building, Second Floor Conference Room, Mt. Gilead, Ohio

WHEN: Monday, June 3, 2019

TIME: 6:30 PM

COST: FREE – open to the community

REGISTER: 419-947-1070

processed using a boiling water bath canner. It is also recommended that the acidity level of low-acid foods such as tomatoes be raised by adding an acid to the product. This can be accomplished by adding lemon juice or citric acid to the jars.

Learn about how to safely preserve food at home using a boiling water bath and a pressure canner. This class is geared to teach those who are new to home canning the basics and provide a refresher to experienced home canners. Participants may also have their pressure canners tested for safety and dial gauge pressure canners tested for accuracy before the program.



FAMILY & CONSUMER SCIENCES



Scars of Beauty

By Kathy Michelich, Family and Consumer Sciences Educator, Ohio State University Extension, Warren County

The Japanese art of Kintsugi ("golden joinery") treats the necessary repair of a broken piece of ceramic pottery as an opportunity to honor the history of the piece. Instead of trying to mask the repairs by creating nearly invisible cracks, the shards of a broken piece of pottery are reattached using a special lacquer mixed with a precious metal such as gold or silver. Doing so creates eye-catching "scars" – purposefully visible scars of unique beauty. Kintsugi celebrates the history of the people who came into contact with the piece: those who created it, as well as those who gifted it, appreciated it, cared for it, displayed it, and ultimately, broke it through its use. The repair technique acknowledges this history in a beautiful way, making the piece truly one of a kind.

Unlike the Japanese, our Western culture rarely embraces imperfection as truly beautiful – in pottery or in people. The physical bodies we carry around day-to-day are temporary and while they're here, our bodies are susceptible to disease and permanent injury. It's tough to accept, let alone to appreciate, at least not until you're forced to re-think value and "beauty" because of disease or injury and the limitations and scars they leave behind.

In a Psychology Today article "broken people" who learn and grow from life event traumas are described as beautiful and resilient. They would give up their growth if they could avoid the hurt, but that wasn't a choice.

Breast cancer isn't something I wanted. I look at my scars every day and wish my body was like it was before the surgery. But having a double mastectomy with no reconstruction has forced me to re-think beauty. I'm slowly learning to appreciate the beauty of brokenness, to celebrate the history of this physical body that is loved, and cared for, put on display (albeit under clothing), and is still beautiful.

I hope you embrace yourself whatever your physical condition. Scars are a record of your life history.

As painful as it may be, try to appreciate the history and beauty there.

For more information about the emotional recovery following cancer treatment visit the Mayo Clinic website at <https://www.mayoclinic.org/diseases-conditions/cancer/in-depth/cancer-survivor/art-20047129>.

How to "buy" happiness and better health

By Misty Harmon, Family and Consumer Sciences Educator, Ohio State University Extension, Perry County

My husband and I took my 15 year old daughter to see Hamilton a couple nights ago. Her birthday was January 29th, the same day that Hamilton opened in Columbus. She told me last summer that she would like to go to the show for her birthday. I informed her that I would try to get tickets, but that she would not get anything else due to the cost. I knew Hamilton had sold out in almost every city up to that point. After much stress and duress and of course, money, I was able to secure two tickets. My husband was later able to get a single ticket for the same night. While he was not right next to us, all three of us were able to experience the show together. Since the tickets were a good chunk of change, I made it part of her Christmas as well as her only birthday present. We also took her to a nice restaurant prior to the show as part of the whole experience.

While we do not struggle financially, we are not rich by any standards, but this was one of those times when the experience far surpassed the purchase price. In fact, research shows that when we spend money on experiences, and especially experiences we share with others, it improves our well-being more than buying possessions. The main reason is the experiences



help us make memories. When we do things with others, it gives us greater pleasure. However, even if we go solo to a movie or on a vacation, we can share that experience later with our family, friends, or co-workers. These memories can be relived over and over. It is this sharing that gives us a bigger benefit compared to buying.

Research defines experiences as things we purchase in order to DO something and possessions as things we purchase in order to HAVE something. There are purchases that fall in to both categories, such as a bike. The bike is a possession, but it can enable you to have more experiences, such as solo rides or group rides with

family and friends. When we look at possessions as a way to have more experiences, we tend to feel better about buying them.

There are definite benefits to our overall health and well-being associated with giving. Giving is not limited to buying. We can give of our time, knowledge, or talents, especially if money is tight. Studies have shown various health benefits from giving such as lower blood pressure, lower stress levels, increased self-esteem, less depression, greater happiness, and longer life.

Jenny Santi gives these nine tips to make your giving feel good:

1. Find your passion
2. Give your time and give it in chunks
3. Give to organizations with transparent aims & results
4. Integrate your interests & skills with the needs of others
5. Find your tribe
6. Be proactive, not reactive
7. Don't be guilt-tripped into giving
8. Recognize that it sometimes gets tough
9. Accept gratitude

So, the next time you want to spend a little extra money, remember these tips. Though money itself may not buy happiness, how we choose to spend it (or not) can!

ChowLine: CDC: Avoid "zombie" deer meat

I keep hearing about "zombie deer." What is that?

What you are talking about is chronic wasting disease, a disease that has been featured in numerous national media outlets and news stories in recent weeks.

Chronic wasting disease, which has also been called "zombie deer disease," rots the brains of deer, elk, and moose, causing them to act lethargic and less afraid of humans before dying, according to the Centers for Disease Control and Prevention.

While Ohio's current status designation is "chronic wasting disease-free in the wild," there have been some reported cases in three surrounding states: Michigan, West Virginia, and Pennsylvania, the CDC said. The disease has been detected in 24 states thus far, the CDC said.

"Chronic wasting disease is a highly relevant topic and people are seeking sound science and guidance on this issue, including its impact on deer meat or venison," said Gabriel Karns, a visiting assistant professor of wildlife ecology and management in the School of Environment and Natural Resources at The Ohio State University College of Food, Agricultural, and Environmental Sciences.

"To date, there have been no confirmed cases, nor evidence to suggest, that humans are at risk from eating chronic wasting disease-positive meat," Karns said. "Because the natural incubation period for chronic wasting disease in animals is 18 months to two years, many harvested animals that may indeed be infected still appear

healthy and are consumed as such."

Nevertheless, the CDC does advise people to take certain precautions when dealing with deer or elk and the meat from those animals in areas where chronic wasting disease is confirmed within the wild herd.

The CDC recommendations include the following.

- Do not shoot, handle, or eat meat from deer and elk that look sick or are acting strangely or are found dead (roadkill).

- When field-dressing a deer: wear latex or rubber gloves, minimize how much you handle the organs of the animal, particularly the brain or spinal cord tissues and do not use household knives or other kitchen utensils. Check state wildlife and public health guidance to see whether testing of animals is recommended or required. Recommendations vary by state, but information about testing is available from many state wildlife agencies. Strongly consider having it tested for chronic wasting disease before eating the meat.

- If you have your deer or elk commercially processed, consider asking that your animal be processed individually to avoid mixing meat from multiple animals.

- If your animal tests positive for chronic wasting disease, do not eat its meat.

"For Ohioans, one should not hesitate to eat venison from wild white-tailed deer," Karns said.

"Even if and when Ohio documents its first wild case of chronic wasting disease, people should not despair," he said. "In that hypothetical

but not far-fetched scenario, submitting a sample of unhealthy deer or any deer from within a mandated surveillance area will be prudent—if not mandatory—and test results will be sent expeditiously to the hunter. "The results of a test can then inform the hunter's decision of whether or not to consume the venison", Karns said.

"While more cautious culinary approaches, such as not cooking deer bone-in roasts from the neck region with spinal cord intact, may eventually become a standard precaution, the fact remains that current evidence does not suggest that chronic wasting disease affects human health," he said.

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

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
- 8 Jr. Fairboard, 7 p.m., Fairgrounds
- 7 Spring Clean Your Financial Routine - 6:30-8:30 p.m., Ag Credit Building Conference Room
- 9 Morrow County Pork Producers, 7 p.m., Ag Credit Building Conference Room
- 14 Live Healthy Live Well Spring Series: Healthy People: Aging & Eating, 5:30 p.m., Community Services Building Conference Room, Entrance B (building beside hospital)
- 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 Live Healthy Live Well Spring Series: Healthy Finances: Spending Leaks, 4:45 p.m., Mt. Gilead Public Library - 3rd Floor
- 21 Walk With A Doc - Mt. Gilead Cherry Street Admin. Building - 12 noon - 1 p.m.
- 22 Livestock Quality Assurance General, 6:15 p.m., Fairgrounds
- 23 Sr. Fairboard, Fairgrounds
- 27 Memorial Day, Office Closed
- 28 CARTEENS - Ag Credit Building Conference Room, 6:30-8:30 p.m.
- 28 Live Healthy Live Well Spring Series: Healthy Relationships: 5 Steps to Grandparenthood Greatness, 5:30 p.m., Community Services Building Conference Room, Entrance B (building beside hospital)

- 29 Horse Quality Assurance Only/Safety Clinic, Fairgrounds Youth Building, 6:30 p.m.
- 31 Goat Clinic Registration Due for T-Shirt

JUNE 2019

- 1 **ALL 4-H/FFA HORSE/PONY/MINI PROJECT FORMS DUE TO EXTENSION OFFICE (L.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
- 3 Canning Basics: Pressure Canning & Water Bath Canning - 6:30 p.m., Ag Credit Building Conference Room
- 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 Entries
- 7 Early Judging Registration Due To Extension Office or Junior Fair Office (Please RSVP)
- 8 Horse PAS Show, Fairgrounds, Pleasure First, 9 a.m.
- 11 Goat Clinic/Quality Assurance, 6:30 p.m., Fairgrounds Large Arena
- 11-12 Youth Wild Days at HOEC (See Article in 4-H section)

- 13 Morrow County Pork Producers, 7 p.m., Ag Credit Building Conference Building
- 17 Livestock Quality Assurance General, 6:15 p.m., Fairgrounds
- 18 Speaking Contest Registration Due To Extension Office
- 18 4-H Marketing Contest Entries Due To Extension Office
- 19 Cloverbud Fun Day Registration Due
- 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/Online Entry
- 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
- 27 Herb Preservation and Make & Take Class - 6:30 p.m., Ag Credit Building Conference Room
- 28 Writing Projects Due To Extension Office
- 29 Cloverbud Fun Day, 9 a.m. - 12:30 p.m., Fairgrounds Youth Bldg
- 30 Horse PAS Show, Morrow County Fairgrounds, Pleasure First, 9 a.m.

- 4 Extension Office Closed
- 9-13 Morrow County 4-H Camp
- 11 Pork Producers, 7 p.m., Ag Credit Building Conference Room
- 11 Broilers Pick-Up, Fairgrounds, 12:30 p.m. **Bring Box!**
- 16-17 Youth Wild Days, 9:30-11:30 a.m., Headwaters Outdoor Education Center
- 17 Miscellaneous Project Judging, 9 a.m. - By Club
- 18 Food Project Judging, 9 a.m. By Project
- 18 Clothing Project Judging, 2 p.m. and Style Show, 7 p.m.
- 18 Horse & Pony, Extension Office, 8 p.m.
- 23 CARTEENS, 6:30-8:30 p.m., Extension Office
- 24-Aug. 4 Ohio State Fair
- 25 Sr. Fairboard, Fairgrounds
- 29 Jr. Leaders, 7 p.m., Extension Office

AUGUST 2019

- 1 Market Rabbit Pre-Fair Registration, 5 p.m.-8 p.m., Youth Building **MANDATORY**
- 1 Jr. Fair Board, Fairgrounds, 8:30 p.m.
- 5 Dairy Board Meeting, 8 p.m., Ag Credit Building Conference Room
- 5-6 Mandatory Livestock, Horse, and Dog Skillathons
- 7 Cattlemen's Meeting, 6:30 p.m., Ag Credit Building Conference Room
- 8 Pork Producers, 7 p.m., Ag Credit Building Conference Room
- 10 MoMazing Race
- 15 Horse & Pony Committee, Fairgrounds, 8 p.m.
- 26 Fair Check-In Day
- 27-Sept. 2 Morrow County Fair

JULY 2019

- 1 Dairy Board Meeting, 7:30 p.m., Ag Credit Building Conference Room
- 3 Cattlemen's Meeting, 6:30 p.m., Ag Credit Building Conference Room
- 3 July 3rd Celebration, Fairgrounds

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

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