



FAMILY & CONSUMER SCIENCES



Summer Freedom & Technology Use

By Heather Reister, Family & Consumer Sciences Educator, Ohio State University Extension Butler County

If you have a teenager in your home, they are probably celebrating the start of their summer break. This can mean they stay up later, sleep in longer and relax more. Like other working parents, you may be dreading the extra-long gaming sessions and screen time that your kiddos may be planning over the summer.

Here are a few tips from media experts on how to tune down the technology and keep the peace in your house for the next 12 weeks and beyond:

1. Dr. Jenny Radesky, the lead author of the most recent update of the Guidelines on Media and Children from the American Academy of Pediatrics, has a "no media on weekdays" rule. Dr. Radesky states "I try to help my older son be aware of the way he reacts to video games or how to interpret information we find online." For example, she tries to explain how he is being manipulated by games that ask him to make purchases while playing.

2. Lauren Hale, a sleep researcher at Stony Brook University in New York, suggests limiting the use of devices at least one hour before bedtime. This gives your brain time to "turn off" and

relax, which will promote better sleep. According to Hale, "when kids watch or use screens at night, bedtime gets delayed." Additionally, "when it takes longer to fall asleep, sleep quality is reduced and total sleep time is decreased."

3. Dr. Tom Warshawski, a pediatrician in Canada and founder of the Childhood Obesity Foundation, puts an emphasis on limiting technology by promoting the 5-2-1-0 formula. That means each day includes: five servings of fruits and vegetables, no more than two hours of screen time, one hour of physical activity, and no sugary beverages.

Other screen time tips include:

- Set firm limits on usage by making a technology schedule. Allow your teen to help with the details so everyone can agree.
- Limit the number of devices available to your teen while you are working.
- Limit the amount of free time that technology can eat up by signing them up for camps, volunteering, or even working.

• Practice safe technology use by implementing rules such as remaining anonymous, using nicknames rather than your real name, reporting messaging or chats that make you feel uncomfortable to an adult, and protecting your passwords.

• Turn off all screens during family meals

• Turn off all screens at bedtime, keep devices with screens out of your teen's bedroom after bedtime, and don't allow a TV in your teen's bedroom.

• Research video and computer games before letting your teen get them. Check ratings from the Entertainment Software Rating Board. Ratings can run from EC (meaning "early childhood") to AO (meaning "adults only"). Teens probably should be limited to games rated T (for "teens") or younger.



Vacations Matter...

By Beth Stefura, Extension Educator, Family & Consumer Sciences, Ohio State University Extension, Mahoning County

As school districts close down the 18-19 school year, I'm reminded of the joy I felt as a kid on the last day of school. The euphoria of knowing I had the whole summer to do whatever I wanted. Weeks of independence, sunshine and no schedules to follow!

It's easy to forget those feelings as an adult with our heavy workloads, commitments, and stresses of life, but that doesn't lessen the need for downtime. We all need to step away from our heavy schedules and hit the pause button.

According to 2018 research in the US, 51% of Americans did not take all of their vacation time and 21% "left" more than five vacation days on the table. Many stated they were worried about falling behind in their work, others indi-

cated concerns such as losing their edge competitively in the job site, especially when it involved the potential for a promotion.

Vacations are important and provide multiple benefits:

- Reduction of stress
- Increase of productivity at work
- Fostering creativity
- Improving relationships
- Improving focus
- Allowing us the opportunity to digitally detox

Vacations allow us to explore new places, engage in adventures, spend time with family and friends and unplug. Imagine a calmer, energized, refocused self! Take your vacation time this year and enjoy the freedom of summer days. Where will you go?

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 for out of county

Food Preservation and Food Safety Programs

Food Preservation Program: Canning & Freezing Meats, Soup & Stews

- Date: July 22, 2019
- Time: 6:30 p.m.
- Location: Ag Credit Building, Second Floor Conference Room, Mt. Gilead, Ohio
- Cost: Free - paid for by your levy dollars
- Register: OSU Extension-Morrow County at 419-947-1070

Food Preservation Program: Make and Take Uncooked Jams

- Date: July 29, 2019
- Time: 6:30 p.m.
- Location: Ag Credit Building, Second Floor Conference Room, Mt. Gilead, Ohio
- Cost: \$5 - for materials and to reserve your place in class (limited to 10 participants)
- Register: OSU Extension-Morrow County at 419-947-1070

Food Safety Program: ServSafe® Food Safety Manager Training Certification and Certification in Food Protection

• The class consists of two days of food safety practice education and review. Students will be provided the most current ServSafe®

book and material. At the end of class, students will take the National ServSafe® exam. Upon passing the ServSafe® exam, participants will receive ServSafe® certification from the National Restaurant Association and a Certification in Food Protection from Ohio Department of Health.

- Dates (must attend both in order to take the exam on the second day): Monday, September 9 and Monday, September 16
- Time: 8:30 a.m. - 3:30 p.m.
- Location: OSU Extension - Morrow County, Ag Credit Building, 5362 US Highway 42, Suite 101, Mt. Gilead, OH 43338
- Cost: Business located in Morrow County = \$50 per person; Business located outside of Morrow County = \$150 per person
- Payment to guarantee your registration is required by August 23, 2019
- Drop off/Send in Reservation Form located below and on the OSU Extension-Morrow County website morrow.osu.edu
- For more information contact Candace Heer at heer.7@osu.edu or 419-947-1070

FOOD SAFETY MANAGER TRAINING RESERVATION FORM

Name: _____

Address (street, city, zip code): _____

Phone: _____ Email: _____

County your business is located _____
(Morrow County \$50 per person/Outside of Morrow County = \$150 per person)

Payment to guarantee your registration is required by August 23, 2019

Make check or money order payable to: OSU Extension - Morrow County

Mail form and payment to: ServSafe Registration c/o Candace Heer,

Ohio State University Extension, 5362 US Highway 42, Suite 101, Mt. Gilead, OH 43338



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Chow line: Learning to dine with diabetes

My dad was recently diagnosed with diabetes and was advised to change his diet. Do you know of any local resource to help us understand which diet changes he'll need to make?

One of the best resources your dad can turn to is his doctor, who might be able to connect him with a dietician who can possibly help him tailor an eating plan specific to his dietary needs.

Additionally, your dad and the rest of your family can learn more about diabetes and how to manage nutritional needs through a free online course created by Ohio State University Extension family and consumer sciences educators. OSU Extension is the outreach arm of The Ohio State University College of Food, Agricultural, and Environmental Sciences.

Making Gardening Accessible for All

By Patrice Powers-Barker,
Extension Educator, Family and
Consumer Sciences, Ohio State University
Extension, Lucas County

Ohio AgrAbility is part of a national program dedicated to "cultivating accessible agriculture" by "helping injured or disabled famers." Ohio AgrAbility and the OSU Extension Family and Consumer Sciences have partnered for many years at the Farm Science Review to show how Universal Design concepts from the home can also be used in the garage, shop, barn and garden. While farming is very different from gardening, the Ohio AgrAbility program generously shares relevant information and resources to make gardening easier and more accessible to all people. This article contains ideas of resources and information that can help may gardening and yard work easier for many of us.

One of many benefits of raised beds and container gardens is that they can be easier to use for individuals who have a hard time reaching to the ground. A raised bed might be designed with a wide edge to allow someone to sit while they work. Another type of raised gardening space is a garden table. The University of Maryland Extension shares instructions for building and growing a Salad Table.

Ergonomic tools are designed to help people work and live better and to prevent injury. An example of an ergonomic tool is a heavy-duty work glove that has a wide strip of Velcro to attach the handle of the tool to fit inside the grip of the gloved hand. This is helpful to those who might not have a strong grip or full use of their hand. Interested in more details about tips and tools for making the garden more accessible? Read the factsheet on-line, Gardening with a Physical Limitation or stop by the OSU Extension-Morrow County office for a copy of the fact sheet.

Safety is another important feature of Universal Design and can be addressed in many ways from bright enough lighting, handrails along steps and stairs and clear wide walkways. In the yard and garden, make sure the edges between lawns, garden beds and walkways are level and

The course, Dining with Diabetes: Beyond the Kitchen, offers participants information about how to make healthy food choices when eating at restaurants, going grocery shopping, or planning weekly meals.

The course, available at go.osu.edu/DWDBIK, is self-paced and includes interactive presentations, fact sheets and resources, informational videos, and links to websites and apps that provide more information about managing diabetes. During the course, participants can share ideas, questions, and tips with one another, and they can speak directly with OSU Extension professionals.

Your dad also has the option to take part in an in-person Dining with Diabetes class. This four-class program is taught by OSU Extension family

and consumer sciences educators and a certified diabetes educator.

The class offers the following:

- Live cooking demonstrations
- Menu-planning
- Diabetes management
- Carbohydrate-counting
- Portion-control insights
- Label-reading
- Healthy recipe taste-testing

Nutrition is a key component to managing diabetes. Both the online and in-person Dining with Diabetes courses are informative options to help those with diabetes and their families understand the role that healthy, well-balanced meals can play in managing this disease, said Shari Gallup, an OSU Extension educator and one of the instructors for the in-person class.

Studies show that serious complications can arise with diabetes, including cardiovascular disease, blindness, kidney failure, and nontraumatic lower extremity amputations, so it's very important for those managing this disease to under-

stand the role that nutrition plays in their health.

"Some of the people who have taken the class say that they now read the nutrition labels on the foods they buy and that they've increased their daily exercise," Gallup said. "Others have reported that they are cooking with olive oil more and that they've seen their blood sugar levels decrease after using some of the tips and techniques they've learned in class."

OSU Extension periodically offers the Dining with Diabetes class in 31 Ohio counties. To find the class closest to you, go to go.osu.edu/CxXV or contact Candace Heer, FCS Educator in Morrow County at 419-947-1070.

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.



easy to see. Here is one basic example of making a minor change in the yard in order to increase the level of safety.

Notice the long, heavy hose? It moved with the owner to this new home from a much, much larger yard. It is laying in the walkway because that is the location of the water spigot. Humans are probably at more risk than the dog at tripping over this hose. One simple, quick solution was to design a place to "store" the hose when not in use. It could have been a hose reel or hose cart but the owner already owned a large, blue empty planter. The owner eventually purchased a shorter, light-weight expandable hose that was not only easier to store when not in use but also easier and safer to use around the yard to reach the garden beds.

One description of the elements of universal design, "is a home that fits everyone's needs, whether they are young or old, short or tall, with physical limitations or without". In a similar way, gardens can be designed to meet the needs of all ages and physical differences to make it a safe and enjoyable hobby for all.

For more information on Universal Design, AgrAbility, or how to make gardening accessible for you contact Carri Jagger, ANR Educator or Candace Heer, FCS Educator at 419-947-1070 or stop by the OSU Extension-Morrow County office in the Ag Credit building.

WALK WITH A DOC in Morrow County

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

July 23, August 27, September 24, October 22

You walk, chat with others, and get some of your questions answered by doctors and specialists

- 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

Morrow County - Dining with Diabetes Classes

Interested in reviewing important reminders and general information related to a healthy diet for people with and without diabetes? Sign up for the Take Charge of Your Diabetes class. Anyone can sign up for the class and participate in a food demo and tasting!

Program: Dining with Diabetes: Take Charge of Your Diabetes

- Date: August 15, 2019
- Time: 6:30 p.m.
- Location: Ag Credit Building, Second Floor Conference Room, Mt. Gilead, Ohio
- Cost: Free – paid for by your levy dollars
- Register: OSU Extension-Morrow County 419-947-1070

Take Charge of Your Diabetes during the Holidays will provide you with tips for managing your diabetes during the holidays. You will learn how to prepare a holiday favorite that is both nutritious and delicious. See a live cooking demonstration, sample healthy versions of holiday favorites, and take home recipes to try at your holiday celebrations.

Program: Dining with Diabetes: Take Charge of Your Diabetes during the Holidays

- Date: October 30, 2019

- Time: 6:30 p.m.
- Location: Ag Credit Building, Second Floor Conference Room, Mt. Gilead, Ohio
- Cost: Free – paid for by your levy dollars
- Register: OSU Extension-Morrow County 419-947-1070

Wanted: Morrow County Residents to sign up for Dining with Diabetes evening classes offered by OSU Extension-Morrow County in Columbus

Do you live in Morrow County but work in Columbus? Are you interested in attending an in-person Dining with Diabetes 4 class series after work (dinner included) but unable to make it back to Morrow County in time for a class? No problem! A 4 class series can be scheduled in the evening for Morrow County residents to take place in Columbus – cost will be a total of \$10 for all four classes (dinner included). Please contact Candace Heer at 419-947-1070 or heer.7@osu.edu by Thursday, July 11, 2019 if interested. If at least 10 Morrow County residents plan to participate a class series will be scheduled in Columbus and interested Morrow County Residents will be notified.

OSU EXTENSION CALENDAR OF EVENTS

JULY 2019

- 1 Dairy Board Meeting, 7:30 p.m., Ag Credit Building Conference Room
- 3 July 3rd Celebration, Fairgrounds
- 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, 12:30-2 p.m. **Bring Box!**
- 12 Quality Assurance Deadline for Morrow County Fair
- 16 Livestock Sale Committee, 7 p.m., Ag Credit Building Conference Room
- 16-17 Cloverbud Wild Days Day Camp, 9:30-11:30 a.m., Headwaters Outdoor Education Center
- 17 Miscellaneous Project Judging, 9 a.m. - By Club
- 17 Youth Fitness Quest Registration Due

- 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.
- 20 Extension Dinner
- 22 Food Preservation: Canning & Freezing Meats, Soups & Stews - 6:30 p.m., Ag Credit Building Conference Room
- 23 CARTEENS, 6:30-8:30 p.m., Ag Credit Building Conference Room
- 24-Aug. 4 Ohio State Fair
- 24 Grill Smart Class, 5-8:30 p.m., Ag Credit Building Conference Room - **Please pre-register**
- 24 Cattleman's Meeting, 6:30 p.m., Fairgrounds
- 25 Youth Fitness Quest - Get Energized - 9-2 p.m., Buckeye Training & Fitness Academy, Edison
- 25 Sr. Fairboard, Fairgrounds
- 29 Jr. Leaders, 7 p.m., Extension Office

- 29 Food Preservation: Make & Take Uncooked Jams - 6:30 p.m., Ag Credit Building Conference Room

AUGUST 2019

- 1 Market Rabbit Pre-Fair Registration, 5 p.m.-8 p.m., Youth Building - **MANDATORY**
- 1 Ohio State Fair Rabbit Breed ID Contest - go.osu.edu/rabbitevents
- 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 Cattleman's Meeting, 6:30 p.m., Fairgrounds
- 7 Soil & Water and OSU Extension - Morrow County Ag Bus Tour - Call 419-946-7923 to register
- 8 Pork Producers, 7 p.m., Ag Credit Building Conference Room

- 10 MoMazing Race
- 15 Horse & Pony Committee, Fairgrounds, 8 p.m.
- 21 Agronomy Field Day, 10 a.m. - 3 p.m., Headwaters Outdoor Educational Center
- 26 Fair Check-In Day
- 28-Sept. 3 Morrow County Fair

SEPTEMBER 2019

- 2 Last Day of Fair - Livestock Sale Day!
- 5 Carcass Contests
- 12 Career Exploration Workshop - Emergency Services Registration Due
- 17-19 Farm Science Review - Get your tickets at our office!
- 21 Career Exploration Workshop - Emergency Services, 9 a.m. - 2:15 p.m., Morrow County Emergency Services Building
- 24 CARTEENS - 6:30-8:30 p.m., Ag Credit Building Conference Room
- 26 Sr. Fairboard, Fairgrounds
- 30 County 4-H Award Forms Due (Contact your 4-H Advisor)

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!

Central Ohio Farmer's Co-op, Inc.

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