

**CFAES**

**OHIO STATE UNIVERSITY EXTENSION**

# Morrow County SCARLET & GRAY News

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## Virtual Lifelong Learning series teaches financial skills

"We facilitate opportunities for people to explore how science based knowledge can improve physical,

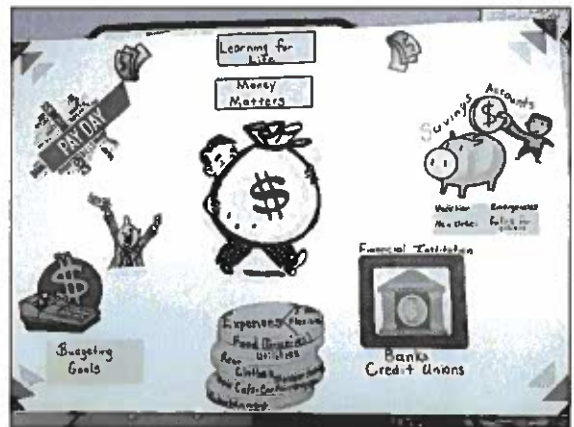
social and financial health." is the mission of OSUE. Family and Consumer Sciences.

Family and Consumer Sciences Educator, Candace Heer, recently completed an eight session financial

literacy series in our Virtual Lifelong Learning collaboration with Whetstone Industries (adult services) facilitated by Sandi Williamson. Forty individuals participated in the "Eight Easy Exercises to Financial Fitness" (OSU Extension Publication) in conjunction with the "Show Me the Money" game Sandi provided from Project STIR, a self-advocacy leadership course.

The mission of the Morrow County

Developmental Disabilities is "Cultivate a dynamic community where people can make meaningful contributions and lead fulfilling lives". As a financial literacy class series "putting it all together" project, participants created a poster showing impact by sharing what they learned to help increase their independence. Participants are putting their new skills to use in their daily lives both at Whetstone Industries and in the community.



## Come see us at the fair!

Stop by and visit with us in the small commercial building from 10 a.m. to 10 p.m. at the Morrow County Fair. Each day we will be sharing science-based information, displaying items and materials about our programs, and doing activities for youth and adults. You can view our baby chicks, get

your garden questions answered by our Master Gardener Volunteers, and chat about wellness, food preservation and sun safety. Each day is different so check out our Facebook page and be sure to participate in our activity to be entered into a drawing!

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**THE OHIO STATE UNIVERSITY**  
COLLEGE OF FOOD, AGRICULTURAL  
AND ENVIRONMENTAL SCIENCES  
Ohio State University Extension  
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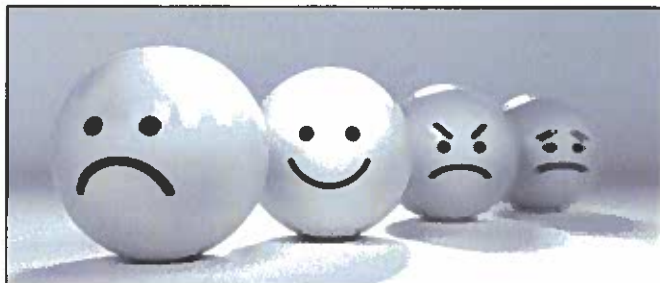
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# FAMILY & CONSUMER SCIENCES



## What's wrong with positivity?

By Patrice Powers-Barker, CFLE,  
Family and Consumer Sciences Educator,  
OSU Extension Lucas County

Recently I was reading an article and the researchers explained that self-compassion is not, "merely a 'Pollyanish' form of thinking." They were using "Pollyanish" as an informal way to say that self-compassion is not foolish.

Merriam-Webster defines Pollyanna as: a person characterized by irrepressible optimism and a tendency to find good in everything. They explain that the term was used in the early 1920s referring to Pollyanna, the young heroine of the 1913 novel Pollyanna by Eleanor Porter. As the slang became more popular, the author later defended her work by stating, "I have never believed that we ought to deny discomfort and pain and evil; I have merely thought that it is far better to 'greet the unknown with a cheer.'"

While the label Pollyanna or Pollyanish isn't necessarily used as a compliment, we recognize the benefits of positive thinking. Research shows that positive people have better physical well-being and an increased lifespan. They have lower

rates of depression and reduced risk of death from cardiovascular disease. Positive people have better coping skills during times of stress.

So why the criticism of Pollyanna? A main problem is when people insist on *only* allowing positivity. Stephanie Preston, University of Michigan Ann Arbor psychologist explains that toxic positivity is, "when people are forced to seem or be positive in situations where it's not natural" or people don't acknowledge or "deal with the fact that there is distress or need." It's not an all or nothing

Being called a "Pollyanna" really isn't an insult especially if you temper the positive with other realities. A recent paper advocated using, "positive psychology practices to be part of a multi-disciplinary approach." They went on to explain that not only can we build on positive emotions but we can also build up our self-compassion and the capacity to cope with challenges. If we insist or rely only on positivity, we won't allow ourselves – or others – time to experience other emotions or chances to learn and grow through struggles.

## Dial gauge pressure canner testing at Owl Creek Produce Auction

Pressure canning is used to can foods with low acid levels such as red meats, seafood, poultry, and low acid vegetables. The USDA endorses pressure canning as the only safe method for canning these low acid foods. Two types of pressure canners exist, weighted gauge pressure canners and dial gauge pressure canners. Dial



gauge pressure canners use dial gauges to indicate if the correct pressure is being maintained. For accuracy before use, it is recommended that dial gauges get tested each year. Weighted gauges do not require testing.

Stop by the Owl Creek Produce Auction, 7385 CR 22, Fredericktown, OH 43019, on the dates and times listed below and have your dial-gauge tested with a Presto dial gauge tester unit accuracy and a safety check on the canner. Pick up tested recipes to preserve foods and get your food preservation questions answered.

Canner testing dates and times Owl Creek Produce Auction:

- Monday, August 23, 2021 from 11:30 a.m.-12:30 p.m.
- Wednesday, September 15, 2021 from 11:00 a.m.-12:00 p.m.
- Friday, October 3, 2021 from 10:00-11:00 a.m.

Contact Candace at [heer.7@osu.edu](mailto:heer.7@osu.edu) or 419-947-1070 for questions.

## Food Protection Manager certification training

OSU Extension-Morrow County offers in-person manager level training for food service managers, operators, and owners with accurate, up-to-date information on all aspects of handling food, from receiving and storing to preparing and serving.

Upon successful completion of the course and exam, participants receive a ServSafe® Certificate and an Ohio Department of Health Food Protection Certificate. You must attend the entire training to take the exam.

**Class Series Dates:** October 4 and 11 (Exam)  
**Time:** 8:30 AM – 4:30 PM  
**Location:** OSU Extension-Morrow County,

QR Code Food for Food Protection Manager Certification Training Registration:



Ag Credit Building, Mt. Gilead, OH (Second Floor Conference Room)

**Cost per person:** \$75 for business located in Morrow County (offset by levy funds) and \$150 for business located outside of Morrow County

Register online at this link <https://go.osu.edu/registration-food-safety-manager-october2021> (QR Code provided at left) or register by contacting our office at: 419-947-1070

Payment to guarantee your registration is required by: September 20, 2021

Contact for questions: Candace Heer at 419-947-1070 or [heer.7@osu.edu](mailto:heer.7@osu.edu)

## Food Preservation Series 2021 – Freezing Basics

Join us for our third session in the Food Preservation Series 2021, Freezing Basics, on Saturday, August 14. Whether you have been preserving foods for several years (decades even) or just learning or want to learn...join us for a 45-minute discussion on the 2nd Saturday in August.

**Program:** Morrow County – Food Preservation Series 2021

**Dates:** Saturday, August 14 – Freezing Basics

**Location:** Ag Credit Building, Second Floor

QR Code Food for Preservation Series Registration:



Conference Room (5362 US Highway 42, Mt. Gilead, OH)

**Time:** 9:00 a.m.

**Cost:** FREE – provided by your Levy funds

**Canner Inspections:** Dial gauge testing following each session 10:00 – 11:00 a.m.

**Register:** <https://go.osu.edu/registration-foodpreservationseries2021-morrow> (QR Code provided at left) or call OSUE-Morrow County office at 419-947-1070 to register.



## Food Preservation Series 2021 – Drying Basics

Participants taste tested dehydrated apples during the Food Preservation Series 2021 – Drying Basics session in July.



# FAMILY & CONSUMER SCIENCES



### So Easy to Preserve – Books for Sale

OSU Extension-Morrow County has *So Easy To Preserve* (Sixth Edition, 2014) books available from the National Center for Home Food Preservation at the University of Georgia for \$15. Kayla, pictured here, reports her family has a history of preserving foods at home and states "All I know is that it tastes good." Call our office to reserve a book and pick it up same day!

## Food Preservation Basics Series

The Virtual Food Preservation Basics series is back with more great topics for fall!

View the webinar series live by registering at:  
<https://go.osu.edu/fall2021foodpreservationseries>

View the recordings at:  
<https://go.osu.edu/fcs-recordings-foodpreservation2021>

**August 3 at 4 p.m.:** Storing Your Home Preserved Foods

**August 17 at 4 p.m.:** Canning Tomatoes and Tomato Products

**August 31 at 4 p.m.:** Canning Pie Fillings

**September 14 at 4 p.m.:** Preserving Hot Peppers

**September 28 at 4 p.m.:** Canning Winter Squash

Register at: <https://go.osu.edu/fall2021foodpreservationseries>  
 or call our office at 419-947-1070 and we can assist you in registering

QR Code  
to  
register:



QR Code  
to view  
recordings:



## Why your pet's doing something weird

Pets do strange, cute, funny, confusing things sometimes. Maybe your dog spins around when you turn on the vacuum. Or your cat chews on socks when someone knocks at the door.

If you own a pet, odds are good you've seen ... odd behaviors. But you might not always know why they do it. You may not even think about it. But you should.

"When we see those types of behaviors, we have to ask ourselves, is our pet facing a negative stressor in that situation?" said Dr. M. Leanne Lilly, assistant professor of veterinary behavior medicine at Ohio State. "If your emotional response is either "meh," or "this is great," you're often not going to see those types of behaviors. But we can use those behaviors to say, maybe my pet's not as OK as I thought."

These behaviors may have been on display especially during the past few months if you've been working from home during the COVID-19 lockdowns. They may even crop up again when you return to work.

So what exactly is going on here?

### Displacement behaviors

Pets can take on displacement or out-of-context behaviors to cope with stressors.

Those anxieties can show up as lip licking, jumping, hiding, mounting, yawning, pacing, chewing, scratching or any number of out-of-context behaviors – such as a dog scratching his or her left shoulder when you say "be right back," a behavior one of Lilly's students' dogs exhibited without fail.

"Right now, when many of us are at home, there's the question of, did my dog always do this when I wasn't home and I'm just now seeing it? Or is it a new behavior," Lilly said. "Of course, these can also be signs of illness. So we need to be careful that if we see a behavior change, we're at least asking these questions."

### If it's not a physical illness, what could be causing the stress?

Literally, anything.

Your dog may not love the sound of the neighbor's lawnmower. Your cockatiel may not enjoy a knock at the door. Your cat may not enjoy your sudden 24/7 presence.

"For a lot of cats, sometimes it's the presence



of other cats outside," Lilly said. "If your dog is not the type of dog who wants to go to the dog park and meet every single dog on the planet, or they're hearing more dogs outside, they may be doing more panting, more pacing, more lip licking."

It may not be other animals, though – it may be us. Schedule changes, a massive increase in snuggling, incessant loads of laundry could irk your pet into new nervous tics to keep an eye out for.

### If you ignore them, they could become long-term problems.

Repetitive displacement behaviors can hurt your pet. Spinning, pacing, digging and chewing aren't always safe for them.

"Some portion of pets who start these behaviors when they're stressed, or in response to anxiety, seem to be susceptible to become emancipated from that stressor and then they become compulsive behaviors," Lilly said. "It's certainly a concern if you tell me your dog started chasing its tail in response to playing tag when it was four months of age, but now it will spin and chase its tail to the exclusion of actually eating dinner."

### So, what can you do?

First, identify the stressor. If the stressor is something you can avoid, avoid it. If it's not, such as going back to work or taking a shower, address it.

Maybe start leaving every morning around your normal departure time to prepare them for your return to work. Or when a distressing noise – the shower, the lawnmower, other animals – happens, get them a toy to take their focus.

"It's all about finding out their motivation and working to change it," Lilly said.

If your efforts don't work or you can't find the stressor itself, look to other resources. Lilly recommends *Decoding your Dog* (*Decoding your Cat* is due out this summer). However, it's always best to see a professional.

"I always tell people, if you're asking yourself whether or not you should ask your vet, the answer is you should ask," Lilly said. "We would much rather take a phone call or see a pet who turns out nothing is wrong than see you in crisis."

<https://insights.osu.edu/life/coronavirus-pet-behavior>



# OSU EXTENSION CALENDAR OF EVENTS

## AUGUST 2021

- 4 Cattlemen's Meeting, 6:30 p.m., Ag Credit 2nd Floor Conference Room
- 5 Market Rabbit Pre Fair Registration/Tattooing, 5-8 p.m., Youth Building Fairgrounds
- 9 Livestock, Horse, and Dogs Skillathons, 6-9 p.m.
- 10 Livestock, Horse, and Dogs Skillathons, 6-9 p.m.
- 10 4-H Science Field Trip to Stone Lab, 7 a.m., Put-In-Bay
- 12 Pork Producers, 7 p.m., Fairgrounds
- 12 Ag Chemical Collection Day, 8-3 p.m., Morrow County Fairgrounds
- 14 Sheep 101 Field Day, Dale & Kathy Davis Farm
- 14 Food Preservation-Freezing Basics, 9 a.m., Ag Credit 2nd Floor Conference Room

- 16 Career Exploration Workshop – Nursing, 9 a.m. or 1:30 p.m., Tri-Rivers Career Center
- 22 Horse and Pony Committee, 12 noon, Fairgrounds
- 23 Canner Testing, 11:30-12:30 p.m., Owl Creek Produce Auction
- 30-Sept. 6 Morrow County Fair
- 31 Virtual Food Preservation: Canning Pie Fillings, 4 p.m.

- 16 Plant, Book, & Magazine Swap, 6:30 p.m., Bunker Mill Winery, Cardington
- 18 Morrow County Cattlemen's Banquet
- 21-23 Farm Science Review
- 28 Virtual Food Preservation: Canning Winter Squash, 4 p.m.
- 28 CARTEENS, 6:30 p.m., Ag Credit 2nd Floor Conference Room

## SEPTEMBER 2021

- 8 Concrete Pumpkin Make & Take, 6:30 p.m. (RSVP Required), Headwaters Outdoor Education Center
- 8 Agronomy Field Day, 10-3 p.m. (RSVP Required), Headwaters Outdoor Education Center
- 9 Carcass Contest - (Check for time and location)
- 14 Virtual Food Preservation: Preserving Hot Peppers, 4 p.m.
- 15 Canner Testing, 11 a.m.-12 noon, Owl Creek Produce Auction

## OCTOBER 2021

- 3 Canner Testing, 10-11 a.m., Owl Creek Produce Auction,
- 4 Morrow County Dairy Association, Time & Place TBA
- 4 Jr. Fairboard, 7 p.m.
- 5 How To Over Winter Plants In The House Program, 6 p.m., Ag Credit 2nd Floor Conference Room
- 21 Horse & Pony Committee, 7:30 p.m., Ag Credit Building, 2nd Floor Conference Room

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