



FAMILY & CONSUMER SCIENCES



“Dine In” Winner of \$50 Kroger Gift Card

Congratulations to Penni Fox and family! They won the \$50 Kroger gift card for entering the Family and Consumer Sciences “Dine In” picture drawing. The Fox Family had “Dine in” night in Mt Gilead. Their father is a Sergeant at the Sheriff’s Office on second shift and doesn’t always make it home when dinner’s ready. He eventually made it home at 8:30pm. Way to go Fox Family!

Food Safety Techniques Important for Dogs, too

By Tracy Turner, 614-688-1467, turner.490@osu.edu

Is raw pet food ok to serve to my dog?

While many pet owners may prefer to feed their furry family members raw pet food, the Centers for Disease Control and Prevention says that’s not such a good idea.

This is because pathogens like salmonella and listeria have been found in some raw pet foods, even in some of those brands that are sold pre-packaged in stores, CDC says. Since these germs can make your pet sick, it’s best not to feed them to your dog.

Studies from the U.S. Department of Food and Drug Administration have found that there are more harmful germs in raw pet food than any other type of pet food. And, if you handle these raw pet foods and don’t wash your hands afterwards, they can make you and your family sick as well.

Such was the case in February 2018 when two children in Minnesota suffered salmonella infections and illnesses after coming into contact with bacteria from contaminated raw pet food that included raw ground turkey, according to the Minnesota Department of Health. The exposure to the salmonella caused septicemia, which is a blood infection, in one child and osteomyelitis, a painful and serious bone infection, in the other child, according to a report from the U.S. Food and Drug Administration.

Dry dog food can also pose a risk in some instances, CDC says. In fact, CDC says that it is possible for dry and canned pet foods to become contaminated with salmonella pathogens in certain circumstances, noting that there have been outbreaks of salmonella infections have been reported that were linked to dry dog food.

However, CDC says there are ways to lessen your chance of illness when handling dog food,

including:

1. Wash your hands right after handling pet food or treats

2. Store pet food and treats away from where human food is stored or prepared and away from reach of young children.

3. Store dry pet food in its original bag inside a clean, dedicated plastic container with a lid, or keep the top of the bag folded or closed.

4. Do not use your pet’s feeding bowl to scoop food – use a dedicated scoop, spoon, or cup.

5. Keep dry pet food and treats stored in a cool dry place.

6. Promptly discard, refrigerate, or store any leftover food.

If you choose to feed your doggie raw pet food, (which CDC doesn’t recommend) CDC says you should:

1. Clean and disinfect all surfaces that the raw food touched, like countertops, microwaves, refrigerators and objects like knives, forks, and bowls.

2. Keep raw pet food away from other food in your refrigerator or freezer.

3. Freeze raw pet food until you are ready to use it.

4. Do not thaw frozen raw pet foods on a countertop or in a sink.

5. Throw away any food your pet does not eat.

And lastly, when you play with your doggie after he or she eats:

1. Don’t let your pet lick around your mouth and face

2. Wash your hands, and any other parts of your body they licked, with soap and water.

3. Don’t let your pet lick any of your open wounds or areas with broken skin.

Gratitude? Can it affect overall health?

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

According to Cambridge Dictionary, gratitude is defined as “a strong feeling of appreciation to someone or something for what the person has done to help you”. Did you know when we practice an “attitude of gratitude”, not only do we encourage others but we reap the many benefits too? There is countless research available documenting the positive impacts on our health and well-being.

Time Health identified the following seven benefits of gratitude in their November 20, 2017 magazine.

1. Gratitude can make you more patient. Research from Northeastern University has found that people who felt grateful for little, everyday things were more patient and better able to make sensible decisions compared to those who didn’t feel very gracious on a day-to-day basis.

2. Gratitude might improve your relationship. According to a study in the Journal of Theoretical Social Psychology, feeling grateful toward your partner – and vice versa – can improve numerous aspects of your relationship, including feelings of connectedness and overall satisfaction as a couple.

3. Gratitude improves self-care. In a study published in the journal Personality and Individual Differences, researchers asked people to rate their levels of gratitude, physical health and psychological health, as well as how likely they were to do well-being-boosting behaviors like exercise, healthy eating and going to the doctor. They found positive correlations between gratitude and

each of these behaviors, suggesting that giving thanks helps people appreciate and care for their bodies.

4. Gratitude can help you sleep. Research in the Journal of Psychosomatic Research has found that feeling grateful helps people sleep better and longer.

5. Gratitude may stop you from overeating. “Gratitude replenishes willpower,” says Susan Peirce Thompson, a cognitive scientist who specializes in the psychology of eating. The concept is similar to the Northeastern research that found a connection between gratitude and patience: Thompson says cultivating feelings of gratitude can boost your impulse control, helping you slow down and make better decisions.

6. Gratitude can help ease depression. Thompson says experiments have shown that people who partake in the “three good things” exercise – which, as the name suggests, prompts people to think of three good moments or things that happened that day – see considerable improvements in depression and overall happiness, sometimes in as little as a couple weeks.

7. Gratitude gives you happiness that lasts. Lots of things, from a compliment to a sugary treat, can bring little bursts of happiness. Instant gratification also goes away quickly, which leaves you craving more. Gratitude is a frame of mind that if you regularly take time to express gratitude, then you’re more likely to see results.

This “new year” I would like to challenge you to cultivate gratitude! Start by just paying attention to the good around you, acknowledge it, and appreciate it. I think Maya Angelou said it best, “This is a wonderful day. I’ve never seen it before”.

Top 10 Tax Changes for Your 2018 Return

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

1—Standard deductions go UP Married filing jointly—standard deduction increase to \$24,000, up from the \$13,000 it would have been under previous law.

Single taxpayers or married, filing separately—standard deduction increase to \$12,000, up from the \$6,500 it would have been for this year prior to the reform.

For heads of households, the standard deduction will be \$18,000, up from \$9,550.

2—Personal exemptions—GONE! The personal exemption claim has been eliminated with the tax reform bill—you will no longer claim yourself, dependents, or other family members.

3—Top income tax rate Some brackets went up, some went down. A new 37 percent top rate will affect individuals with incomes of \$509,000 and higher. Lower income brackets went down.

4—Estate tax The estate exemption doubles to \$11.2 million per individual and \$22.4 million per couple in 2018.

5—Child tax credit The child tax credit has been raised to \$2,000 per qualifying child, (children age 17 and under), up from \$1,000. A \$500 credit is available for dependents who do not qualify for the \$2,000 credit.

6—Mortgage interest (depends on when you got your mortgage) The deduction for interest is capped at \$750,000 for mortgage loan balances taken out after Dec. 15 of last year. The limit is still \$1 million for mortgages that were established prior to Dec. 15, 2017.

7—State and local taxes (for some) The itemized deduction is capped at \$10,000 for both income and property taxes paid during the year. If your taxes were higher than that, you lose the amount over \$10,000.

8—Contribution limits for retirement savings Employees who participate in certain retirement plans – 401(k), 403(b) and most 457 plans, and the Thrift Savings Plan – can now contribute as much as \$18,500 this year, a \$500 increase from the \$18,000 limit for 2017.

9—Savings on IRAs The maximum amount you can contribute to a traditional IRA for those under the age of 50 is \$5500. Workers age 50 and older can add an extra \$1,000 (\$6500).

10—Income Phase-out For individuals who are single or the heads of their households, the income phase-out has been raised to \$120,000 to \$135,000. For married couples who file jointly, the range climbs to \$189,000 to \$199,000.

The phase-out was not adjusted for married individuals who file a separate return. That is \$0 to \$10,000.



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Stay active this winter with 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:

- January 29th, 2019
- February 26th, 2019
- 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, Ohio State University Extension – Morrow County

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

Soft Skills Across the Lifespan

By Patrice Powers-Barker, CFLE, Extension Educator, OSU Extension Lucas County

Depending on the context, soft skills are also called: Social Skills, Interpersonal Skills, Life Skills, Job Skills, People Skills, Success Skills, Essential Skills, Executive Function Skills and even Tough Skills. Different settings might have different terms such as Social Emotional Learning in schools and Emotional Intelligence in the workplace. The title of one article summarizes the range of terms for this topic: Nonacademic skills are key to success. But what should we call them? The article noted that “soft” might not be the best description of these important skills. The word soft could imply weakness or less importance and these skills should not be undervalued. No matter what label is used, these skills are meaningful across the lifespan. Youth learn to practice these skills from family and while at school, young professionals are expected to employ them at work, and adults of all ages use them for leadership in family and work relationships.

Soft skills (as well as the many other previously listed titles) is a broad term used for a variety of themes. Soft skills include both internal or personal attributes as well as external expressions of working well with others. Some common themes in articles, curriculum and research related to soft skills include: Responsibility, Decision Making and Problem Solving, Self-Awareness, Organization, Interpersonal Relationships, Teamwork and Communication.

As mentioned earlier, the terms for soft skills might be different depending on the location or the audience. Individuals have the opportunity to practice and improve soft skills throughout a lifetime! Are there any soft-skills that you would like to improve for personal growth? Do you



serve in any roles where you help others improve their soft-skills? For example, parents and teachers of youth of all ages can set an example as a role model as well as introduce, identify and encourage practice of soft skills. Mentors or supervisors on the job can make sure that soft skills are valued and promoted as much as other technical skills. An advantage of soft skills is that they are transferable and applicable for many different life situations including different careers and positions in the workforce.

The ways to learn soft skills are as extensive as the terms and themes associated with them. Soft skills are often taught to very young children through children’s books as well as songs, television shows and videos specifically designed to reinforce educational messages. As children age,

their childhood experiences might seem outdated to them, but older youth have the chance to continue learning soft skills in settings such as the classroom, religious and civic organizations, sports teams and community clubs. Adults have some of those same community opportunities to strengthen soft skills as well as participating in online courses, in-person classes and conversations, reading books, following blogs and professional development. In addition to life-long learning, the benefit of soft skills is that they can be practiced anywhere. Keep implementing and expanding your soft skills for an enhanced quality of life. They are essential for success and connection on the job, within the family and out in the community.

Less Screen Time During Meals Can Help Promote Healthier Eating in Children

By Tracy Turner, 614-688-1067, turner.490@osu.edu

My kids love to watch TV or view their cellphones or tablets while they eat. I used to eat cereal on Saturday mornings and watch cartoons when I was a kid, but my children prefer to watch a screen at every meal, every day. Is this something I should be worried about?

Research has shown that children who have family mealtimes at least three or more times a week are more likely to be of normal



weight and have healthier eating habits. And children who have family meals are more likely to feel better about themselves, experience less depression, are less likely to use illegal drugs and tend to get better grades at school.

And while 63 percent of consumers believe that eating at home with their families is important, only 30 percent actually share dinner every night, according to a September report published by the Food Marketing Institute Foundation.

One of the reasons cited in the poll — too many distractions, including TV and social media.

With that in mind, researchers recommend that parents hold screen-free family meals as often as possible.

When compared to meals eaten in front of a screen, screen-free meals provide an opportunity for important social interactions between parents and children, says Ingrid Adams, an Ohio State University Extension specialist in Food, Health and Human Behavior in the College of Food, Agricultural, and Environmental Sciences at The Ohio State University.

“Some studies have shown that family meals help prevent obesity and lower the chances that children will engage in risky behaviors,” she said. “Increases in screen time have been linked with unhealthy habits, such as eating more junk food, physical inactivity, poor sleep patterns and decreased social interaction.”

“As a family, it is important to set healthy limits and boundaries for screen use, particularly when it comes to meal times.”

So how can you lessen the screen time at mealtimes with your kids? Adams suggests:

- 1. Eat your meals at the table. Have everyone sit at the table together rather than in front of the television while eating dinner. Have kids come to the kitchen when eating other meals and snacks as well.
- 2. Turn off the television during mealtimes.
- 3. Create boundaries. Make firm rules about not using or viewing screens during meals. Set limits on screen time and where screen time can occur.
- 4. Remove distractions. Don’t bring phones, tablets or other devices to the dinner table. Consider removing any screens from the eating area.
- 5. Take turns sharing ideas. Have everyone take a turn sharing what he or she did during the day. This might help spark conversation and lessen the desire for distractions such as TV or phones.

Another tip? Set a good example yourself by not using any screens at mealtimes and limiting your total screen time, especially when you are with your family. Chow Line is a service of the 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.

OSU EXTENSION CALENDAR OF EVENTS

JANUARY 2019

- 1 Office Closed – New Year's Day
- 2 Morrow County Cattlemen, 6:30 p.m., Ag Credit Building Conference Room
- 7 Jr. Fairboard, 7 p.m., Sr. Fairboard Office
- 7 Dairy Board Meeting, 12 noon, Ag Credit Building Conference Room
- 7 Farmer & Farmland Owner Income Tax Webinar 10 a.m.-1 p.m., Ag Credit Building Conference Room
- 10 Morrow County Pork Producers, 7 p.m., Ag Credit Building Conference Room
- 15 Ohio State Fair Market Beef DNA Packets Due To State Fair Office
- 17 Horse & Pony, Ag Credit Building Conference Room, 7:30 p.m.
- 19 Ohio Birds Youth Program, Morrow County Ext., 9 a.m.-12 noon, **See Page 8**
- 21 Martin Luther King Jr. Day, Office Closed
- 22 Livestock Sale Committee, 7 p.m., Ag Credit Building Conference Room
- 24 Sr. Fairboard, Fairgrounds
- 26 State 4-H Horse Advisor Update Meeting – Reg. due to State on January 15th
- 28 Jr. Leaders, Extension Office, 7-8 p.m.
- 28 4-H Advisor Kick Off Meetings

- 29 CARTEENS, 6:30 p.m., Ag Credit Building Conference Room
- 29 Walk With A DOC, Mt. Gilead Cherry Street Admin. Building, 12-1 p.m.

FEBRUARY 2019

- 2 Morrow County Cattlemen's Banquet, Mt. Gilead Park Avenue Elementary, 5:30 p.m.
- 4 Jr. Fairboard, 7 p.m., Sr. Fairboard Office
- 4 Morrow County Dairy Board, 12 p.m., Ag Credit Conference Room
- 6 State 4-H Conference Registration Due To Morrow County Extension Office
- 6 Morrow County Cattlemen, 6:30 p.m., Ag Credit Conference Room
- 7 4-H Advisor Kick Off Meetings
- 9 Morrow County Dairy Association Banquet, Handlebar Ranch
- 14 Morrow County Pork Producers, 7 p.m., Ag Credit Conference Room
- 12-13 Ohio Pork Congress, Columbus
- 18 Morrow County Pesticide & Fertilizer Recertification, 8:45 a.m. – 1 p.m., Ag Credit Building Conference Room
- 21 Horse & Pony, Ag Credit Building Conference Room, 7:30 p.m.
- 25 Jr. Leaders, Extension Office, 7-8 p.m.

- 26 Walk With A DOC, Mt. Gilead Cherry Street Admin. Building, 12-1 p.m.
- 28 Sr. Fairboard, Fairgrounds

MARCH 2019

- 3-9 Ohio 4-H Week
- 4 Morrow County Dairy Board, 12 noon, Ag Credit Conference Room
- 4 Jr. Fairboard, Sr. Fairboard Office, 7 p.m.
- 6 Morrow County Cattlemen, 6:30 p.m., Ag Credit Conference Room
- 9 Ohio 4-H Conference
- 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
- 21 Horse & Pony, 7:30 p.m., Ag Credit Building 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.
- 28 Sr. Fairboard, Fairgrounds

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