

# Morrow County SCARLET & GRAY News

Volume 17 Issue 3 • June/July 2021

## We value your input - please take our survey



By Candace J. Heer, Extension Educator, Family and Consumer Sciences  
 • <https://go.osu.edu/surveymorrowextensionfcs>  
 • This survey is open through June 30, 2021.  
 We are interested in obtaining your feedback about

Family and Consumer Sciences (FCS) awareness and interest in programs through Morrow County Extension. An anonymous survey, at this link <https://go.osu.edu/surveymorrowextensionfcs>, will take approximately 5 minutes to complete. The link to the survey can also be found on our website at [morrow.osu.edu](http://morrow.osu.edu).

If you would like help in completing the survey, please call our office at 419-947-1070 and someone will assist you. In the survey, you will also have an opportunity to provide your email to be placed on our FCS Program Information and Invitation list and your responses will not be linked to your information. This survey is open through June 30, 2021.

If you have questions about this survey or Family and Consumer Sciences in general, please contact me at [heer.7@osu.edu](mailto:heer.7@osu.edu) and at the OSUE-Morrow County office number 419-947-1070.

Thank you for completing this survey. Your feedback will help guide future FCS programming in Morrow County.



## Publications For Sale

- OSU Extension – Morrow County has the following publications for sale:
- eFields Report (Free) This is a report of all the on farm research that OSU Extension is participating in around the state.
  - Midwest Home Fruit Production Guide (\$14.50 + Tax)
  - The NEW Tri-State Fertilizer Recommendations (\$5.76 + Tax)
  - 2021 Weed Control Guide (\$11.00 + Tax)
  - Ohio Agronomy Guide (\$10.00 + Tax)
  - Com. Soybean, Wheat and Forage Field Guide (9.44 + Tax)

## Spot On sprayer calibrator can be borrowed

If you are getting ready to calibrate your sprayer, OSU Extension has a handy little spray calibrator that you can borrow. It takes the guess work out of calibrating the sprayer.

Call the OSU Extension - Morrow County office at 419-947-1070 for more information.



Current Resident or

THE OHIO STATE UNIVERSITY  
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 AND ENVIRONMENTAL SCIENCES  
 Ohio State University Extension  
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 Mt. Gilead, OH 43338

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### TABLE OF CONTENTS

- Agricultural News .....Pages 2-5
- 4-H News.....Pages 6-9
- Family & Consumer Sciences .....Pages 10-11
- Calendar of Events .....Page 12

### OHIO STATE UNIVERSITY EXTENSION MORROW COUNTY

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## Chow Line: COVID-19 quarantine weight gain

By Tracy Turner, [turner.490@osu.edu](mailto:turner.490@osu.edu), 614-688-1067

Both my wife and I have packed on several pounds since the beginning of quarantine. Do you have any tips on how to help us change out of our quarantine diet and habits to get these pounds off?

First, you need to know that you and your wife aren't the only ones who have gained weight in the past year related to the COVID-19 quarantine. In fact, many consumers have found themselves turning to unhealthy habits to cope with stress related to the pandemic.

For example, health professionals have found that many people nationwide have gained weight during quarantine. A study published March 22 in the journal JAMA Network Open found that participants gained an average of 15 pounds per month during quarantine. The study suggests that as people stayed home parked in front of computers and TVs, their eating habits and physical activity changed, resulting in the weight gains.

And a study by the American Psychological Association found that 42% of consumers gained more weight than they intended during the pan-

dem and ensuing stay-at-home orders. The Stress in America pandemic survey included 3,013 adults nationwide. It found that 42% of respondents said they gained an average of 29 pounds, and 10% said they gained more than 50 pounds.

The survey also found that 67% of respondents said they have been sleeping more or less than desired since the pandemic started, and 23% reported drinking more alcohol to cope with their stress.

While most health experts would agree that a preoccupation with dieting or obsession over body image is not good for one's mental or physical health, there is reason to be concerned about excess weight gain, said Jenny Lobb, an educator in family and consumer sciences for Ohio State University Extension.

"At the beginning of the pandemic, while many of us were under lockdown and shelter-in-place orders, the hashtag #Quarantine15 started to circulate the internet to describe the weight gain some were experiencing while at home in isolation," Lobb wrote in *Say Goodbye to #Quarantine15!*, a blog posted at Live Healthy Live

Well.

The site, which can be found at [livehealthyosu.com](http://livehealthyosu.com), is a free information resource that offers science-based consumer information and insights. It's written by OSU Extension educators and specialists in family and consumer sciences who are concerned with health and wellness. OSU Extension is the outreach arm of The Ohio State University College of Food, Agricultural, and Environmental Sciences (CFAES).

"One reason maintaining healthy weight is important is that obesity is associated with serious complications in those infected with COVID-19," she said. "Eating a healthy diet consisting of fruits, vegetables, lean protein, and whole grains not only helps one maintain a healthy weight, but it also provides the body with important nutrients that strengthen immune function."

Here are some tips Lobb suggests to help people adapt healthier eating habits:

- Adopt a positive perspective. Rather than giving in to #Quarantine15 and accepting weight gain as inevitable, look at the pandemic as an opportunity to change your routine and establish new, healthy habits.

- Adjust your setup. If you are still spending the bulk of your time at home, try not to hang out in or around the kitchen all day. Set designated times for meals and snacks.

- Keep sweets and processed foods out of sight or out of the house altogether, and make sure healthy snacks such as fresh fruits, chopped veggies, cheese cubes, or whole-grain crackers are readily available.

- Plan ahead. Take time to plan meals, and then prepare or pack food as needed so you're not tempted to grab something "easier" when you get hungry.

- Focus on easy meals. Keep your pantry well stocked with staple items so you can throw together an easy meal in a pinch, if plans go astray.

However, it's important that you set realistic expectations, she said.

"Getting adequate sleep, coping with stress, and exercising regularly are also important components of self-care," she wrote. "Decide today to adopt one new healthy habit, and then build on that habit until you reach your ultimate goal."

REVIEWER/CONTRIBUTOR: Jenny Lobb, [lobb.3@osu.edu](mailto:lobb.3@osu.edu), 614-292-7775, Educator, Family and Consumer Sciences

### Why should you have your dial gauge pressure canner tested yearly?

From gardens to pantries, home canning is a healthy mainstay in American lives. Curtis Braun, SDSU Extension Food Safety Field Specialist, reminds us that canning allows an economical way to preserve important vitamins and nutrients from fresh quality, locally grown fruits and vegetables while maintaining control over food additives such as sugar and salt. 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. Weighted gauge canners will either keep rocking gently or make a frequent jiggling noise to indicate if the correct pressure is being maintained. Read the manufacturer's instructions to know how a particular weighted gauge should rock or jiggle. Weighted gauges do not require testing.

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. Gauges that read high cause under-processing and may result in unsafe food. Low readings cause over-processing. Pressure adjustments can be made if the gauge reads up to 2 pounds high or low. Replace gauges that differ by more than 2 pounds.



### Dial Gauge Testing Service - Morrow County

► SCHEDULE YOUR PRESSURE CANNER INSPECTION TODAY!

During each 30-minute appointment, the dial-gauge will be tested against a calibrated Master gauge for accuracy. I will also do a safety check on the canner. Educational materials will be available and I will be happy to answer your food preservation questions.

- \$5 fee per canner lid for non-residents of Morrow County

- No fee per canner lid for residents of Mor-

row County (levy funds)

Various dates and times are provided for June, and July - select appointment times at this link <https://go.osu.edu/cannertestingmorrow2021> or call our office at 419-947-1070 to register for an appointment. The link can also be found on our website at [morrow.osu.edu](http://morrow.osu.edu). Registration will close at 9 AM the day before the event.

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



# FAMILY & CONSUMER SCIENCES



## Food Preservation Series 2021

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 2nd Saturday mornings in June, July & August.

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

**Dates:** Sign up for one or more!

- Saturday, June 12 ~ Canning Basics
- Saturday, July 10 ~ Drying Basics
- Saturday, August 14 ~ Freezing Basics

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

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

**Cost:** FREE - provided by your Levy funds  
**Register:** Space is limited - please register at <https://go.osu.edu/registration-foodpreservation-series2021-morrow> or call OSUE-Morrow County office at 419-947-1070 to register.

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

## Memory Lapse or Something More?

**By Kathy Tutt, Family and Consumer Sciences Educator, Ohio State University Extension-Clark County, [tutt.19@osu.edu](mailto:tutt.19@osu.edu)**

Do you ever forget where you've placed your remote, or just can't recall the name of acquaintance? When this occurs, do you wonder if you are starting to develop dementia? It's common to become somewhat more forgetful as you age. The question is, how you can tell whether your memory lapses are part of normal aging or are a symptom of something more serious.

If you are in your 40's, 50's or 60's, you may have noticed that you might need a bit longer to remember things, get distracted more easily or struggle to multi-task as well as you once did. You may worry that these are an early sign of dementia, it is important not to worry too much. While these changes are frustrating at times, they are a part of normal aging.

By contrast, people with dementia have a loss of memory and other mental function severe enough that it affects their ability to live independently at home, interact in social activities and at work. While some memory loss, such as recall and recognition, is the result of the aging brain, dementia is some type of injury to the brain that goes beyond normal changes. For a variety of reasons, once-healthy neurons (nerve cells) in the brain stop working, lose connections with other brain cells, and die.

Dementia can cause a significant decline in a person's mental abilities by affecting their capacity for things like memory, thinking and reasoning.

Although people in the earliest stages of dementia often sense the something is wrong, the illness eventually deprives them of the insight necessary to understand their problems. So it's usually up to a family member or friend to recognize the symptoms. The Alzheimer's Association,

know the 10 Signs brochure highlights a list of 10 signs that should not be ignored.

1. Memory loss that is severe enough to disrupt daily life-for example, asking for information over and over again.
2. Challenges in planning or solving problems, such as trouble following a recipe or keeping track of monthly bills.
3. Difficulty completing familiar tasks at home, at work, or at leisure-for example, trouble driving to a familiar location.
4. Confusion over time or place.
5. Trouble understanding visual images and spatial relationships, including difficulty judging distances and determining color.
6. New problems with words in speaking or writing, including difficulty following or joining a conversation.
7. Putting things in unusual places and being unable to find them again.
8. Decreased or poor judgement-for example, giving large amounts of money to telemarketers or paying less attention to personal hygiene.
9. Withdrawal from work or social activities.
10. Changes in mood and personality, including becoming suspicious, depressed, fearful, or anxious.

If after reading this list you are worried about yourself or someone close to you, arrange for a medical evaluation. Making a diagnosis of dementia requires a thorough examination by a physician. Many forms of dementia are not reversible, but early detection provides an opportunity to minimize other medical conditions that may bring on severe dementia symptoms earlier than they might otherwise show.

*Reviewed by: Rosanne Scammahorn, Family and Consumer Sciences Educator, Ohio State University Extension-Darke County, [scammahorn.5@osu.edu](mailto:scammahorn.5@osu.edu)*

## Falling in Love with Nature

**By Shari Gallup, MS, Certified Health and Wellness Coach, Family and Consumer Sciences Educator, OSU Extension Licking County**

When was the last time you fell in love? Maybe it was when you found a special someone, got a new puppy or saw a beautiful grandbaby for the first time. What about falling in love with nature? It only takes a moment to stop and notice things happening in nature, and the good news is you do not have to be a naturalist to reap the benefits of bringing nature into your daily life!

Experiencing nature can be as simple as stopping to notice the big, puffy white clouds in the sky or watching the sun set from your window. The other day I found beautiful bright pink pinecones on a tree that I walk by every single day and never noticed. When we stop and notice the little things in nature, we begin experiencing a deeper connection to something more.

Nature has a way of calming and healing the human mind and body. Have you ever noticed that you feel happier when you spend time in nature?

Spending time in nature can reduce blood pressure, heart rate and muscle tension. Research done in hospitals, offices and schools found that the presence of a plant in a workroom can decrease stress and anxiety, and office plants have been shown to reduce employee sick days and improve work productivity.

It is easy to let daily life go by with the busyness of ballgames, work, and other activities, but it only takes a moment to stop and "smell the roses." If it is not possible to get outside, here are a few ways to bring nature inside.

**Bring plants indoors:** I keep a mint plant on my desk and between meetings, I scratch the leaf to release the oil scent and take a few deep breaths in through my nose. My eyes naturally begin to close, and I become calm. Plants help reduce stress and tension. Choose plants that you enjoy and that are easy to grow indoors or bring in fresh flowers and place them in a container where you can see them.

**Bring the smell of nature indoors:** Bring in aromatic flowers, herbs, or pinecones, or use diffusers, candles, or sprays in natural scents like pine, citrus, lavender, or lemon.

**Watch the birds:** Set up a bird or suet feeder near a popular window, grab a pair of binoculars if you have one, and watch nature from indoors. There is a lot of great information available from the National Audubon Society (<https://www.audubon.org/>) if you are new to bird watching, and there are many benefits to becoming a bird nerd!

If you want to fall in love with nature, start with something small at first, or choose just one of the suggestions above and go slow...that's the whole idea!

If you would like to learn more, please join me for a free class on Nature and Nutrition on June 9th at noon! Register at <https://go.osu.edu/wellnessweds> or call Candace Heer at 419-947-1070 to register.



Photo source: Shari Gallup, 2021. "Pink Pinecones."

## So Easy to Preserve - Books for Sale

- Are you preserving foods in 2021?
- In search of new tested recipes try and foods to preserve?
- Looking for a great gift to give someone who is wanting to preserve their harvest?

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.

The books are going fast! So call in our office and pick up a book today.



# OSU EXTENSION CALENDAR OF EVENTS

## JUNE 2021

- 7 Junior Fair board, 7 p.m., Fair Grounds
- 7 Junior Fair Entries Due
- 8 REGISTRATION DUE: 4-H Illustrated Talk or Demonstration, Health and Safety Speaking Contest, and Public Speaking - LEGO Edition Contest
- 9 CARTEENS, 6:30 pm – Ag Credit 2nd Floor Conference Room
- 10 Pork Producers, 7 p.m., Ag Credit 2nd Floor Conference Room
- 10 Pond Clinic, 7 p.m., Headwaters Outdoor Education Center (see flyer in newsletter)
- 11 Early 4-H Project Judging Registration Due
- 12 Food Preservation-Canning Basics, Ag Credit Building, Second Floor Conference Room, 9 a.m.
- 14-18 Green Crusader Youth Camp, Headwaters Outdoor Education Center, Registration TBA
- 13 Horse PAS State Fair Qualifying Show, Fair Grounds, 10 a.m., Contesting then Pleasure
- 15 4-H Illustrated Talk or Demonstration, Ag Credit 2nd Floor Conference Room, 6 p.m.
- 15 Health and Safety Speaking Contest, Ag Credit 2nd Floor Conference Room, 7 p.m.
- 15 Public Speaking - LEGO Edition Contest, Ag Credit 2nd Floor Conference Room, 7 p.m.

- 16 Market Broilers for Fair order DUE!
- 17 Horse & Pony Committee, 8 a.m., Ag Credit 2nd Floor Conference Room
- 20 Ohio State Fair Livestock & Dog Entries Due
- 21 Early 4-H Project Judging, 6 p.m., Fairgrounds Youth Building
- 27 Horse PAS State Fair Qualifying Show, Fairgrounds, 10 a.m.
- 30 Writing 4-H Projects Due To The Extension Office

## JULY 2021

- 5 Junior Fair Board, 7 p.m., Fairgrounds Youth Building
- 7 Cattlemen's Meeting, 6:30 p.m., Ag Credit 2nd Floor Conference Room
- 8 Pork Producers, 7 p.m., Ag Credit 2nd Floor Conference Room
- 10-13 4-H Camp – Watch 4-H Emails for Registration
- 10 Morrow County Dairy Tour, Berg Farms, 10-2 p.m.
- 10 Food Preservation-Drying Basics, Ag Credit Building, Second Floor Conference Room, 9 a.m.
- 15 Market Broilers Pick Up – 12:30 PM, Youth Building, Fair Grounds
- 15 Agriculture, FCS, Small Animal & STEM 4-H Project Judging by Appointment
- 15 Horse and Pony Committee – 8 p.m., Ag Credit 2nd Floor Conference Room

- 16 Food & Nutrition 4-H Project Judging by Appointment, morning
- 16 Clothing & Quilt 4-H Project Judging by Appointment, afternoon, Style Show at 7 p.m.
- 20 CARTEENS, 6:30 p.m., Ag Credit 2nd Floor Conference Room
- 24 Cloverbud Fun Day, Location TBA, 9-1 p.m.
- 24 Cattle Hoof Trimming, 8:30 a.m.

## 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 Fair Grounds
- 9 Livestock, Horse, and Dogs Skillathons, 6-9 p.m., Schedule TBA
- 10 Livestock, Horse, and Dogs Skillathons, 6-9 p.m., Schedule TBA
- 12 Pork Producers, 7 p.m., Fairgrounds
- 12 Clean Sweep Agriculture Chemical Collection, Fairgrounds, 8 a.m.-3 p.m.
- 14 Food Preservation-Freezing Basics, Ag Credit Building, Second Floor Conference Room, 9 a.m.
- 14 Sheep 101 Field Day, Dale & Kathy Davis Farm (see flyer in newsletter)
- 19 Horse and Pony Committee, TBA, Fair Grounds
- 30 – Sept. 6 Morrow County Fair

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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