

CFAES

OHIO STATE UNIVERSITY EXTENSION

New Jr Fair Rules! See pages 7 & 9

Morrow County SCARLET & GRAY News

Volume 16 Issue 1 • March/April 2020

Introducing our new SNAP-Ed Program Assistant Kathy Whitmore!

Kathy Whitmore of Lexington is the new Supplemental Nutrition Assistance Program (SNAP-Ed), Program Assistant with the Ohio State University (OSU) Extension Office – Morrow County.

Whitmore will be working with and helping to educate residents who are eligible for the benefits of the program. She will be teaching all ages from pre-school to senior citizens. Whitmore will be doing a variety of programs and classes throughout Morrow County.

The SNAP-Ed programs are designed to increase the likelihood that people eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles.

If you are interested in a class or program series, please contact Kathy Whitmore at 567.876.0007 or whitmore.5@osu.edu, for more information.

The Supplemental Nutrition Assistance Program Education: Nutrition Education and Obesity Prevention Grant Program (SNAP-Ed)

SNAP-Ed is a free nutrition education program serving participants and low-income individuals eligible to receive SNAP benefits or other means-tested Federal as-

sistance programs throughout Ohio. SNAP-Ed is funded by USDA's Food and Nutrition Service and serves in partnership with the Ohio Department of Job and Family Services and Ohio State University Extension. The goal is to improve the likelihood that families and individuals who receive SNAP benefits (SNAP) will make healthy food choices and choose active lifestyles. Through SNAP-Ed classes participants learn to select, prepare and incorporate fruits and vegetables, whole grain, low-fat protein foods and low-fat dairy products into a healthy diet; to use limited resources to plan, purchase and prepare food for the family; to be physically active every day; and to store and handle food so it is safe for consumption.



2019 Morrow County 4-H Volunteers

The 2019 4-H Volunteer Appreciation Night was held on Jan. 18 at the Cardinal Center, Marengo.

The following volunteers were recognized:

FIRST YEAR

Kimberly Anthony, Heather Clapham, Fether Dell, Lindsey Gallik, Erin Hall, Christina Keever, Abigail Kelly, Brooke LaRoche, Shaamon Lasser, Shelby Perkins, Taylor Stepp, Jaime Zeger

SECOND YEAR

Kari Adams, Brittany Arnold, Stacey Beck, Brent Bockbrader, Tolly Bockbrader, Sonya Brown-Morris, Kathy Dudley, Curtis Grimm, Sandy Kovacs, Charles McGeé, Curtis Nelson, Lindsay Nelson, Rachele Newson, Christy Orr, Candala Rogers, Riley Sherman, Kellie Squires

THIRD YEAR

Jennifer Alexander, Ben Davis, Laura Fiant, Betsy Gallagher, Brian Gingerich, Christy LaRoche, Jennifer Morrison, Candi Rollins, Sarah Shaffer, Miranda Spoon, Tabitha White

FOURTH YEAR

Erin Bender, Marcie Chamberlain, Mark Chamberlain, Wade Delawder, Jessica Dye, Melody Franklin, Katie Grandstaff, Lora Hamilton, Jacklynn Johnson, Robin Munday, Bridget Whetnall, Peggy Wolf, Tasha Zornes

FIFTH YEAR

James Anderson, Linda Bowman, Cory Clark, Megan Davis, Stacy High, Justina Keckler, Mary Meimer, Rebecca Miller

SIXTH YEAR

Jessica Anderson, Calina Barry, Kelly Beck, Mathew Beck, Sally Brokaw, James Eblin, Kristen Eblin, Terri Foster, Vanessa Gingerich, Robin Jordan, Megan Michels, Teresa Smith, Martha Wall

SEVENTH YEAR

Jeff Copley, Carri Jagger, Darren May, Cherie Smith,

EIGHTH YEAR

Cynthia Hartley, Ashley Smith, Kathleen Townsend

NINTH YEAR

Tracy Gray, Brigette Kanagy, Emily Leibengood, Amy Walter

TENTH YEAR

Shelby Emerson, Angie White

ELEVENTH YEAR

Holly Gordon, Judy Mayer

TWELTH YEAR

Don Burdsall, Dale Clinedinst, Loren Coleman-Cronewett, Robin Conrad, Alea LaCroix, Floreance Smith

THIRTEENTH YEAR

Darla Clinedinst, DeAnna Collins, Tammy Cooper, Toni Stepp

FOURTEENTH YEAR

Lisa Beck, Gena Dutton, Russ Mayer, Barb McElwee, Jason Ruhl

FIFTEENTH YEAR

Sue Miller, Martha Osborne, Richard Sears, Kelly Weikel, Mike Wilgus

SIXTEENTH YEAR

Candida Doubikin, L. Beth Gress, Mike Ruhl, Jana Wornor

SEVENTEENTH YEAR

Sheila Beck

EIGHTEENTH YEAR

Robin Brandum, Mary Neviska

NINETEENTH YEAR

Angie Bush, Peggie Van Horn

TWENTIETH YEAR

Missy Kidwell

TWENTY-FIRST YEAR

Lynn Fraizer, Kim Hessey, Linda Hill, Julie Logan

TWENTY-SECOND YEAR

Leontine Van Dyke

TWENTY-THIRD YEAR

Carol Holsinger, Renee Ness

THIRTIETH YEAR

Betty Brandum, Mike Fry

THIRTY-FIRST YEAR

Charlene Pace

FOURTY-SECOND YEAR

Betty May, Steve May

FIFTY-FIFTH YEAR

Gene Dumbaugh

FIFTY-SIXTH YEAR

Jan Johnson

SIXTHIETH YEAR

Bill Hershner

Current Resident or

Mt. Gillead, OH 43338

Suite 101

5362 US Highway 42

Ohio State University Extension

COLLEGE OF FOOD, AGRICULTURAL AND ENVIRONMENTAL SCIENCES

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OSU Extension-Morrow County <http://morrow.osu.edu>

Like us on Facebook: Ohio State University Extension - Morrow County

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FAMILY & CONSUMER SCIENCES



Come join us for WALK WITH A DOC in Morrow County!

As you can see from the pictures our group of participants for Walk with a Doc in Morrow County is growing. Participants report they are attending for various reasons such as needing a flat surface to safely walk on, recent knee replacement, doctor encouraged them to move more, and wanting to exercise for overall health.

So, come walk with us INDOORS:
Location: Mount Gilead Cherry Street Administration Building
Time: NOON (12 PM – 1PM)
When: Third Wednesday of every month.



• 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

Checkout our upcoming doctors and presenters who will speak for 10 minutes then walk with participants and answer questions.

- March 18, 2020 Dr. McClelland, Chiropractor
- April 15, 2020 Dr. Amweg, Optometrist
- May 20, 2020 Morrow County Health Department, Reproductive Health

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



Chow line: Alternatives to sugar

I want to lower my sugar intake, so I'm looking for a sugar substitute for my coffee. What are the different types of sweeteners?

First, I want to congratulate you on your decision to lower your sugar intake. Lowering your sugar intake is a wise and healthy choice, as research shows that consuming too much sugar can increase your risk for chronic diseases such as diabetes, some cancers, and heart disease.

If you want to lower your sugar intake from your coffee to zero, you could choose to drink it black.

But, if you'd rather not do that, you aren't alone. Some two-thirds of coffee drinkers and one-third of tea drinkers add milk, cream, sugar, flavorings, or other additives to their drink, according to a study from the University of Illinois. Interestingly, the study found that more than 60% of the calories in those coffee drinkers' beverages



came from added sugar.

That's not surprising, considering that it's part of human nature to crave the sweet taste of sugar, writes Jenny Lobb, an educator in family and consumer sciences for Ohio State University Extension.

But, "the World Health Organization recommends consuming no more than 10% of your daily calories from added sugar," Lobb wrote in *All Things Sweet: Sugar and Other Sweeteners*, an OhioLine fact sheet. "For someone who eats 2,000 calories a day, 10% of daily calories would be 200 calories, or 50 grams of added sugar a day."

OhioLine is OSU Extension's free online information resource and can be found at ohioline.osu.edu. OSU Extension is the outreach arm of The Ohio State University College of Food, Agricultural, and Environmental Sciences.

With that in mind, it's important to understand what sweeteners are.

"Sweeteners are classified in two different groups: nutritive sweeteners, also called caloric sweeteners or sugars, and non-nutritive sweeteners, which are also called sugar substitutes or artificial sweeteners," Lobb said.

Nutritive sweeteners include agave, brown sugar, powdered (confectioners') sugar, corn syrup, dextrose, fructose, fruit juice concentrate, glucose, high-fructose corn syrup, honey, invert sugar, lactose, malt sugar, maltose, maple syrup, molasses, nectars, raw sugar, and syrup, she wrote.

Non-nutritive sweeteners are sugar substitutes that can be either naturally occurring or artificially made. Naturally occurring sugar substitutes include stevia and sugar alcohols, which include, among others, erythritol, used as a bulk sweetener in low-calorie foods, and sorbitol, used in some sugar-free candies, gums, frozen desserts, and baked goods, Lobb wrote.

"Artificial sweeteners are man-made sweeteners that contain no calories or sugar," she wrote. "Currently, there are six different artificial sweeteners that the U.S. Food and Drug Administration (FDA) has thoroughly tested and approved for use."

Those, Lobb said, include:

- acesulfame-K, sold under the brand names of Sunett, Sweet One, and others
- advantame
- aspartame, sold under the brand names of Equal and Nutrasweet
- neotame
- saccharin, sold under the brand names of Sweet'N Low, Necta Sweet, and others
- sucralose, sold under the brand name of Splenda

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.



OSU Extension-Morrow County

Food Preservation Program Make and Take Uncooked Jams

Date/Time: April 14 at 1:00 p.m.
Location: Perry Cook Memorial Public Library, 7406 CR 242, Mt. Gilead, OH 43338

Cost: FREE! (limited to 10 participants)
 Register at Perry Cook Memorial Public Library or by calling 419-362-7181

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





FAMILY & CONSUMER SCIENCES



The Occasional Quantity Cook Class

Tasty, nutritious, attractive meals safely prepared and served don't just happen. Much thinking and planning go into such a project to make it a success.

The Occasional Quantity Cook enhances understanding of major food safety principles, including time and temperature abuse, cross-contamination, and personal hygiene. Learn about special considerations (food allergies) and event management.

This program is beneficial to individuals and groups who are responsible for food preparation and/or service at events including BBQs,

potlucks, community dinners, graduations, and food stands.

Program: The Occasional Quantity Cook
Date: Tuesday, April 28, 2020
Location: Ag Credit Building, Second Floor Conference Room, 5362 US Highway 42, Mt. Gilead, OH

Time: 6:00 p.m. – 8:15 p.m.
Cost: FREE – provided by your Levy funds
Register: OSUE-Morrow County office at 419-947-1070 by April 24, 2020
Contact Candace Heer at 419-947-1070 or heer.7@osu.edu for information.



Beware of the Skimmer!

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

Do you know what a skimmer is? It is a small electronic device that can be used to steal credit or debit card information from you. Getting skimmed is most likely going to happen at bars and restaurants (where a server takes your card and walks away with it for a short period of time), or gas stations and ATM's (where thieves can install a "faux" skimmer over the original). Once the information is skimmed, it is usually sold to a contact or over the internet. Counterfeit cards can then be made and used to purchase items out of your account.

Tips for Bars and Restaurants

Do not let your card out of your sight. If the server brings one of those folders to you when it is time to settle the bill, tell them that you prefer to take the card to the cash register yourself for payment. Don't let the server (or your guests) guilt you into feeling "paranoid" or "overprotective" for watching out for your personal information. It only takes a couple of seconds to swipe your card, but becoming the victim of identity theft may cripple you financially for years. Better to be safe than sorry.

Tips for Gas Stations and ATM's

Thieves are able to mount "faux" devices over the card slot of an ATM or other outdoor card reader (such as a gas station pump), because there are more opportunities to make the switch than in a physical store where the cash register is secured and monitored. Thieves may also re-

sort to placing tiny devices on credit card slots and pin pads to capture your account information.

You swipe your card, your personal information is unknowingly stolen, and it may be days or weeks before you realize your account has been breached. If you are getting cash from an ATM or purchasing a product where you have to scan your card in an unprotected area (like a gas station pump), check the card slot to ascertain that it is secure. Sometimes the illegal slot will wiggle or pull off in your hand, since it is placed over the original.

Ways to Protect Yourself

- 1—Use your free hand to cover your dominant hand when you are entering your pin. If a surveillance device is installed, it won't be able to record your secret code.
- 2—Change the pin on your credit and debit card at least twice a year.
- 3—If you are getting close to the expiration date on your card, ask for a replacement card with a new number.
- 4—Monitor your credit card receipts, balances, and bank accounts on a regular basis. Go online and check your balances often, which will help you find any discrepancies in short order. If you share an account with a spouse (or another person is allowed to use your card), check to make sure that all purchases were made by someone you've approved.
- 5—Use a credit card rather than a debit card. If thieves get your number, they are stealing from a company, not your personal account.

Boredom is Not a 4-Letter Word

By Jenny Lobb, Family and Consumer Sciences Educator, Ohio State University Extension Franklin County

When I was a child, I was conditioned to never utter the words "I'm bored". My mom would threaten to assign me chores whenever she heard those words escape my lips!

I don't blame my mom for encouraging me to keep busy, find things to do and avoid boredom in my childhood. I recognize that as a parent, hearing the words "I'm bored" may evoke annoyance and even feelings of guilt. In today's culture of intensive parenting, the experience of boredom implies a parent's failure to adequately entertain their child(ren). Our culture tells parents today to do whatever they can to enrich their children's lives with extracurricular activities, in order to set them up for future success in life.

This style of parenting comes at a cost. According to a New York Times article on modern parenting, parents today spend nearly five hours a week on activities such as reading to children, doing crafts, taking children to lessons, attending recitals and games, and helping with homework. This is an increase from 1 hour 45 minutes spent each week on these activities in 1975, yet parents today still worry that they're not doing enough. Additionally, parents today are more likely to:

- Include their children in their own personal leisure time activities such as exercising and socializing
- Sacrifice housework and sleep in order to spend more time with their children



• Have fewer children so they can invest more time and money in the children they already have

While experts agree that investing in children is beneficial, there is also concern among psychologists and other health professionals about children's high levels of dependence on their parents. For this reason, developing independence and resilience through unsupervised play – which may at times involve boredom – may not be such a bad thing.

In an opinion piece on boredom that ran in the New York Times earlier this year, author Pamela Paul states "Life isn't meant to be an endless parade of amusements... The sooner you learn how to make it interesting, the better off you'll be." School and work are bound to be boring at times, but they are necessary for life. Paul points out that the ability to handle boredom is associated with one's ability to self-regulate and focus. Plus, boredom is also associated with creativity and resourcefulness!

Paul and other experts suggest that we begin to view boredom not as a problem to be solved, but as an opportunity. As parents, we need to stop feeling guilty when we hear our children complain about boredom. Instead, we should respond by providing them with space and time to let their imaginations wander, as well as space, time and materials to try out some of their ideas. Not only will this practice encourage children to think independently, it will provide us with more margin and free time as we let go of the expectation that our children be entertained by us all day, every day.



OSU EXTENSION CALENDAR OF EVENTS

FEBRUARY 2020

- 26 Improve Beef Herd Genetics & Carcass Quality With AI, 6:30 p.m., Ag Credit Building Conference Room
- 27 2019 eFields Regional Meetings (Central Region), 9 a.m., Ag Credit Building Conference Room

MARCH 2020

- 2 Dairy Board Meeting, 12 noon, Ag Credit Building Conference Room
- 2 Jr. Fairboard, Fairgrounds, 7 p.m.
- 4 Cattlemen's Meeting, 6:30 p.m., Ag Credit Building Conference Room
- 5 Seed Starting Class, Johnsville Perry Cook Memorial Library, 2 p.m.
- 8-14 Ohio 4-H Week
- 11 Adult & Youth BOA Training, 6 p.m., Ag Credit Building Conference Room, RSVP
- 12 Pork Producers Meeting, 7 p.m., Ag Credit Building Conference Room
- 12 Pesticide Applicator Exam, 9 a.m., Ohio 4-H Conference
- 14 Ohio 4-H Conference
- 14 2020 Small Farm Conference & Trade Show, OSU Mansfield, 8 a.m., Pre-Registration Required
- 17 New 4-H Volunteer Training, 9 a.m., Extension Office, RSVP!
- 17 New 4-H Volunteer Training, 7 p.m., Extension Office, RSVP!
- 18 All About Composting, 6 p.m., Ag Credit Building Conference Room
- 18 Ohio Swine Health Symposium, Plain City, Ohio, Registration required
- 18 Walk with A Doc: 12:00 PM, Mount Gilead Cherry Street Administration Building
- 19 Horse & Pony, 7 p.m., Ag Credit Building Conference Room
- 19-22 Ohio Beef Expo
- 24 CARTEENS, 6:30 p.m. to 8:30 p.m., Ag Credit Building Conference Room
- 26 Ohio 4-H Dairy Judging Contest
- 26 Senior Fairboard Meeting, 7:30 p.m., Fairgrounds
- 28 OSU Jr. Swine Day, Registration Required
- 30 Junior Leaders, 7 - 8 p.m.
- 31 Backyard Poultry Production, 6 p.m., Ag Credit Building Conference Room

APRIL 2020

- 1 Cattlemen's Meeting, 6:30 p.m., Ag Credit Building Conference Room
- 1 New Volunteer Training, 7 p.m., Extension Office Conference Room, RSVP!
- 1 Quality Assurance Test-Out Opportunity, 4:30-6 p.m., Ag Credit Building Conference Room
- 2 Quality Assurance for 8-10 year olds, 6:15 p.m. - 7:30 p.m., Ag Credit Building Conference Room, RSVP
- 6 Junior Fairboard, 7 p.m., Fairgrounds
- 6 Dairy Board Meeting, 12 p.m., Ag Credit Building Conference Room
- 7 Livestock Sale Committee Meeting, 7 p.m., Ag Credit Building Conference Room
- 8 Career Exploration Workshop - Construction & Automotive Trade Careers Registration Due
- 9 Pork Producers Meeting, 7 p.m., Ag Credit Building Conference Room
- 9 Garden Site Selection & Prep, 2 p.m., Johnsville Perry Cook Memorial Library
- 14 Make and Take Uncooked: 1:00 PM, Perry Cook Memorial Public Library
- 15 4-H Enrollments Due: On Line
- 15 Walk with A Doc: 12:00 PM, Mount Gilead Cherry Street Administration Building
- 16 Horse and Pony Committee, 7:30 p.m., Ag Credit Building Conference Room
- 18 Career Exploration Workshop - Construction & Automotive Trade Careers, 9-3 p.m., Tri-Rivers Career Center
- 19 Fairy Gardens, Headwaters Outdoor Education Center, 2 p.m.
- 21 Worm Bin Composting, 6 p.m., Ag Credit Building Conference Room
- 23 Sr. Fair Board, 7:30 p.m., Fairgrounds
- 25 Trash Bash Drop Off At Fairgrounds
- 27 Jr. Leaders, 7-8 p.m., Extension Conference Room
- 28 Quality Assurance, General Livestock, 6:15 p.m., Fairgrounds
- 28 The Occasional Quantity Cook Class - 6 p.m. -8:15 p.m., Ag Credit Building Conference Room
- 28 The Occasional Quantity Cook: 6:00 PM, Ag Credit Building, Second Floor Conference Room

- 29 Constructing Your Wordworking Project In A Day Registration Due
- 30 Last Day To Add/Drop Projects and New Member Deadline

MAY 2020

- 4 Dairy Board Meeting, 12 noon, Ag Credit Building Conference Room
- 4 Jr. Fairboard, 7 p.m., Fairgrounds
- 6 Cattlemen's Meeting, 6:30 p.m., Ag Credit Building Conference Room
- 6 Livestock Quality Assurance General, 6:15 p.m., Fairgrounds
- 9 Constructing Your Woodworking Project, 9 a.m. - 2:30 p.m., Tri-Rivers Career Center
- 11 Planting Your Garden & Container Gardening Workshop, 2 p.m., Johnsville Perry Cook Memorial Library
- 14 Pork Producers, 7 p.m., Ag Credit Building Conference Room
- 18 Livestock Quality Assurance General, 6:15 p.m., Fairgrounds
- 19 Yard Composting, 6 p.m., Ag Credit Building Conference Room
- 20 Hanging Baskets & Humming Birds, 6 p.m., Headwaters OEC
- 20 Walk with A Doc: 12:00 PM, Mount Gilead Cherry Street Administration Building
- 21 4-H Horse & Pony Committee, 7:30 p.m., Ag Credit Building Conference Room
- 25 Memorial Day, Office Closed
- 26 CARTEENS, 8:30-8:30 p.m., Ag Credit Building Conference Room
- 27 Horse Quality Assurance Only/Safety Clinic, Fairgrounds, 6:15 p.m.
- 28 Sr. Fairboard, Fairgrounds, 7 p.m., Fairgrounds

JULY 2020

- 8 Registration Deadline for Youth Fitness Quest
- 8 Registration Deadline for Cloverbud Fun Day
- 18 Cloverbud Fun Day - Location TBA,
- 21 Youth Fitness Quest - Buckeye Fitness & Training Academy

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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