

Morrow County SCARLET & GRAY News

Volume 15 Issue 1 • November 2018/December 2018/January 2019

Take charge of your health Farmer & Farmland Owner Income Tax Webinar to be held Jan. 7

Join a FREE, fun Walk with a Doc program in Morrow County starting in November – look for details on our website at morrow.osu.edu or contact Candace Heer, FCS Educator at OSU Extension 419-947-1070 or heer.7@osu.edu

During the walk, you will:

- Learn about important health topics
- Have your questions answered by local doctors
- Build new friendships
- Enjoy an informal, relaxed and fun walk at your own pace

How to Join:

Show up to the walking location or sign up through Dining with Diabetes at your local OSU Extension – Morrow County at 419-947-1070 Walks begin November 2018

In addition to the walk OSU Extension will recognize National Diabetes Month in November by offering a free class for those with diabetes or caring for someone with diabetes...

Dining with Diabetes:

Take Charge of Your Diabetes During the Holidays

Class Date: Wednesday, November 28, 2018

Time: 6:30 p.m.

Location: Ag Credit Building 2nd Floor Conference Room, 5362 US Highway 42, Mt. Gilead OH

Register at: 419-947-1070

Cost: FREE



Are you getting the most from your tax return? This two-hour webinar will focus on income tax issues for farmers and farmland owners.

It will be held on Monday, January 7, 2019 from 10 a.m. to 1 p.m. at OSU Extension - Morrow County, Ag Credit 2nd Floor Conference Room. Pizza and drinks will be provided.

Topics to be covered include:

- New Tax Law Changes - Tax Cuts and Jobs Act
- Modified Tax Brackets
- Farm Equipment Depreciation
- Section 179 Expensing
- Changes in Deductibility for Meals, Entertainment, Memberships, Etc.
- Corporate Tax Rate Changes and Implications for Small Farm C-Corps
- Qualified Business Income (QBI) Deduction (Section 199A Deduction or Pass-Through Entity Deduction)

Presenters:

- Barry Ward, Director, OSU Extension Income Tax Schools



- Chris Bruynis, Extension Educator, Ag & Natural Resources, Ross County
- Dave Marrison, Extension Educator, Ag & Natural Resources, Cochocton County

Patricia K Davies, Morrow County Auditor, will also be there to talk about CAUV.

Please RSVP to OSU Extension - Morrow County (419-947-1070) or Ag Credit (419-947-1040) by Jan. 2, 2019.

Current Resident or

U.S. Postage PAID
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Permit #19
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THE OHIO STATE UNIVERSITY
 ADDRESS SERVICE UNIT PERMIT #19
 OHIO STATE UNIVERSITY EXTENSION
 5362 US Highway 42
 Suite 101
 Mt. Gilead, OH 43338

Holiday Wreath Make and Take

November 14 at 6 p.m.

5362 US Hwy 42, Mt. Gilead, OH
2nd Floor Conference Room

Come make a wreath with the OSU Extension Morrow County Master Gardener Volunteers! Fresh evergreen wreaths will be provided with an assortment of decorations to create a beautiful Thanksgiving, Christmas or Winter wreath to enjoy all season long.

There is a \$15.00 registration fee to cover the cost of the wreaths and decorations.

Please preregister with OSU Extension - Morrow County by Nov. 12.
The class is limited to 25 participants.
Contact Carri Jagger at 419-947-1070 or email jagger.6@osu.edu

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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



Waiting? Breathe...

By Shannon Carter,
Extension Educator, Ohio State University
Extension, Fairfield County

One of my friends underwent a cancer biopsy this week. She is waiting the results of a pathology lab for diagnosis. Will it be cancer with a treatment plan of some sort, or will her results be benign?

Waiting on results from an important medical test or pathology report is enough to make anyone's anxiety soar. It seems the waiting is sometimes worse than the diagnosis. The unknown. The period of limbo. Holding your breath... afraid to exhale.

When the stakes are high, waiting on a diagnosis can escalate stress and take a toll on you. A study from the National Institute of Health found that awaiting diagnosis of cancer after a biopsy was associated with higher anxiety than waiting for invasive and potentially risky treatment. This stress can weaken one's immune system and slow healing. The longer the wait time, the more anxiety tends to increase. Thanks to online medical portals and new technology in diagnosis, sometimes the wait time is shortened. Part of the struggle in the waiting is the feeling of vulnerability and helplessness. Once you receive a diagnosis, you can at least work with your doctor to implement a treatment plan. But what can you do while you're waiting?

You can do some pre-diagnostic coping to help yourself reduce anxiety.

- Do whatever has helped you reduce stress in the past.
- Eat healthy during times of stress.
- Distract yourself with a good book, a hobby, work, or a good movie.
- Try meditation and journaling.
- Keep the situation in perspective, don't

awful-ize it!

- Mindful breathing can be a life-saver. Find support in family, friends, support groups, mental health counselor and faith-based organizations.

As I write this blog article, my friend is still awaiting her results. She seems to be handling it well and when I asked her how, she responded... "I woke up the morning of my biopsy with this phrase in my head: 'God's got this, I'm just along for the ride.'" Her faith is a source of support for her, along with family, friends and co-workers. These same sources of support will continue to be there for her even after diagnosis, whatever it may be.

If you are awaiting medical results (or any other big potentially stressful news) surround yourself with support and don't hesitate to ask for help. And keep breathing... deeply.

Reviewed by: Michelle Treber, Extension Educator, Ohio State University Extension, Pickaway County.

Sources:

- Barlage, L. Have you tried "Journaling" your Stressors?? *Live Healthy Live Well*. 2015, May 15.
- Brinkman, P. Eating Better During Stressful Times. *Live Healthy Live Well*. 2015, May 7.
- Carter, S. Don't Awful-ize It! *Live Smart Ohio*. 2015, Sep 11.
- Carter, S. Breathing... *Live Smart Ohio*. 2015, July 31.

Flory N & Lang E. Distress in the radiology waiting room. *Radiology*. 2011 Jul;260(1):166-73. doi: 10.1148/radiol.11102211. Epub 2011 Apr 7.

Lang E, Berbaum K & Lutgendorf S. Large-core breast biopsy: abnormal salivary cortisol profiles associated with uncertainty of diagnosis. *Radiology*. 2009 Mar;250(3):631-7. doi: 10.1148/radiol.2503081087.



'Walk with a Doc' in Morrow County

Ohio State University Extension of Morrow County is encouraging residents to take a step toward better health with Walk with a Doc, a walking program that brings together doctors and participants once a month - dates to be provided beginning in November 2018.

Partnering with the Morrow County Community Center, Mount Gilead School District, and the Morrow County Health District, Physicians from OhioHealth and Morrow Family Health Center will kick off the event with a brief talk on a current health topic and then lead the group on a walk.

Here at OSU Extension - Morrow County, we look forward to this collaboration to support the mission of encouraging healthy physical activity in people of all ages, and reverse the consequences of a sedentary lifestyle in order to improve the health and well-being of Morrow County residents.

The Walk with a Doc program will take place at the Mount Gilead Cherry Street Administration Building, 145 N. Cherry St., Mount Gilead from 11:30 a.m. - 12:30 p.m. At this time we are

scheduling the once-a-month walking dates with the physicians so the Walk with a Doc dates will be announced on our website and Facebook page or you can call our office at 419-947-1070 for the information. No registration is necessary and walkers can go at their own pace and distance. Incentives will be given to the first 50 participants.

At this time we are scheduling the once-a-month walking dates with the physicians so the Walk with a Doc dates will be announced on our website and Facebook page or you can call our office at 419-947-1070 for the information.

In addition to the walk, OSU Extension will recognize National Diabetes Month in November by offering a free Dining with Diabetes: *Take Charge of Your Diabetes During the Holidays* class on Wednesday, November 28, 2018, 6:30 p.m. at the Ag Credit building. Past and future Dining with Diabetes participants will be encouraged to participate in the walking program.

Register for this Dining with Diabetes class to OSU Extension-Morrow County at 419-947-1070.

"Dine In" With Us! on December 3

Ohio State University Extension Family and Consumer Sciences Dine In Day, December 3, is a day to set aside and share a nutritious meal with family, friends, and colleagues and have good conversation. Dining In at home together really does make a difference in the lives of our families - biological or otherwise. Sharing a meal is so fundamental to the human experience that sometimes we take this simple task for granted. Dining In at home together decreases our families' chance of being overweight or obese. It improves our families' relationships. We save money and eat healthier when Dining In.

Not enough time, busy schedules, and too



"Dine In" With Us!

www.aafcs.org/FC5day

#FC5day #healthyfamselfie

much stress, however, might make this seemingly impossible for many families. So, here are some tips that might make Dining In a little easier for you and your family from AAFCS (American Association of Family & Consumer Sciences).

1. Make family meals a priority and agree upon a schedule.
2. Try to have regular family meals two to three times per week.
3. If dinnertime doesn't work, have family breakfasts or snacks.
4. Keep meals simple. Slow cookers save time in the evening!
5. Double recipes and freeze food for a second meal.

6. Set aside 30 minutes on the weekend for meal planning.

7. Make family meals fun and include children in food preparation. How about having breakfast for dinner?

8. Discuss neutral or positive topics at the table. Stumped for what to talk about? Try this conversation starter: "What fun thing did you do today?"

9. Eliminate distractions like TV and cell phones.

10. Eat slowly and enjoy your time as a family!

So ditch the devices (cell phones...) and join OSU Extension - Morrow County and "Dine In" With Us!

I'm "Dining In" on December 3rd!

Is your household interested in celebrating "Dine In" day on December 3? If so here is how to participate...

• Make a commitment on behalf of yourself, your family, or your group to "Dine In" device free on or during the week of Dec. 3, 2018 and take the pledge by going to <http://go.osu.edu/MorrowDinesIn2018> and complete the quick and easy online sign-up form.

• Then take a picture sharing a nutritious meal with your family, friends, and colleagues and send to heer.7@osu.edu and you will be entered in a drawing for a \$50 gift card from Kroger. In the email please provide your name and telephone number. By sending in your picture you are giving consent to share your picture and name. Deadline to send a picture is December 7 by 12 p.m.

For more information Contact Candace Heer, FCS Educator, at OSU Extension - Morrow County at 419-947-1070 or at heer.7@osu.edu.



FAMILY & CONSUMER SCIENCES



Time to Think about Healthy Breakfast Ideas

By Brenda Sandman-Stover,
Extension Program Assistant, 4-H and
Family and Consumer Sciences, Ohio State
University Extension, Greene County

We have all heard the saying "breakfast is the most important meal of the day". When I was younger, I did not eat breakfast before going off to school. Like all families, we were busy in the mornings and my mom did not make it a priority for us to eat breakfast. Several years ago, I started taking medicine in the morning. I realized quickly that if I did not eat breakfast with it I would get sick. I still struggle with eating breakfast each morning.

Next year my daughter will be starting college. So I have stressed to her about how important it is to eat breakfast each morning. To meet our needs I have been looking for quick and easy ideas. I have discovered there are many great web sites out there to help in getting ideas for healthy breakfasts.

The American Dietetic Association states that children who eat a healthy breakfast are more apt to have better concentration, alertness, creativity,

miss fewer days of school, and be more active.

Here are some ideas from the Eatright.org web site on how to insure you and your children are getting a healthy breakfast each morning.

If You Wake Up on Time, Eat ...

- Scrambled Eggs: Serve with turkey bacon, fruit and whole-grain toast.
- Whole-Grain Waffles: If you have a waffle iron, try a whole-grain waffle mix from the grocery store for a special treat. Serve topped with fresh fruit.

If You Hit the Snooze Button One Time, Eat ...

- English Muffin Sandwich: Toast a whole-grain English muffin. Put low-fat cheese and sliced deli ham on the toasted muffin. Warm the sandwich in the microwave to melt the cheese. Grab a piece of fruit for a complete breakfast.
- Breakfast Tacos: Scramble and cook one egg (or two egg whites). Serve eggs, salsa and low-fat cheese in corn tortillas.
- Classic Cereal Gets an Upgrade: Cut up some fresh fruit and add to an unsweetened breakfast cereal.

- Yogurt Parfait: Layer yogurt with fresh or frozen fruit and granola.

If You Hit the Snooze Button Three (or More) Times, Eat ...

- Instant Oatmeal: Look for varieties without added sugar and just add boiling water.
- 45-Second Scrambled Eggs: Put eggs and a splash of milk in a bowl, whisk it up and put it



in a microwave for 30 seconds. Stir and put back in for another 10 seconds.

- Peanut Butter Sandwich: Grab a banana while you're at it.
- Cream Cheese on Whole-Grain Bread: Try it on a bagel or tortillas.

Sources:

• Breakfast Ideas for Busy Mornings, eatright.org [https://www.eatright.org/food/planning-and-prep/snack-and-meal-ideas/breakfast-](https://www.eatright.org/food/planning-and-prep/snack-and-meal-ideas/breakfast-ideas-for-busy-mornings)

[ideas-for-busy-mornings](https://www.eatright.org/food/planning-and-prep/snack-and-meal-ideas/breakfast-ideas-for-busy-mornings)

September: Breakfast Month

By Lisa Franzen-Castle, PhD, RD Extension Nutrition Specialist UNL Panhandle Research & Extension Center https://food.unl.edu/documents/Sept_NatlBreakfastMonth_8_26_2010_Web.pdf

Reviewed by: Melanie Hart, Extension Educator, Family and Consumer Sciences, Ohio State University Extension

Count CALM Down for the Holidays

For many, the holiday season is a busy, stressful time of the year, and it's not uncommon for our health goals to take a backseat to the celebrations and obligations of the season. Do you want some tips and ideas to relax and enjoy the holidays in a healthful way this year? Join the County CALM Down for the Holidays email wellness challenge for healthy living tips and encouragement to help you make the most of this holiday season.

WHEN: Nov. 19, 2018 through Jan. 2, 2019
COST: Nothing - participation is FREE!

WHO: Any adult with an email account can participate

To sign up, go to: go.osu.edu/calmmorrow18
Includes Email challenge messages sent two times per week, a health tracking to help you make changes and lots of encouraging tips!

For more information contact Candace Heer at heer.7@osu.edu.

Join our Blog at livehealthyosu.com. Follow us on Facebook at go.osu.edu/FBLHLW. Receive our text messages by texting @lhw365 to 81010



Drink Water – Which One Should I Choose?

By Pat Brinkman, Family and Consumer Sciences Extension Educator, Ohio State University Extension

Walk in the grocery store and you can find ten different types of water on the shelf. Is one better than the other? Should I be sure to drink one or more of them? What are some of these waters?

Plain Water

This is tap water or well water. Tap water is tested to make sure it meets safety requirements. It usually comes from a municipal water system. In rural areas many people have well water, which should be tested every year to make sure it is safe. It may need to be filtered to remove excess iron, sulfur or other chemicals.

Raw Water

Bottled Raw water is marketed as unfiltered, untreated spring water. Although this water is marketed as untreated it is tested for safety. It is not safe to collect your own mountain spring water as it could be contaminated. This water has no advantage over tap water and costs more.

Alkaline Water

Alkaline water has a higher pH than 7 which is neutral on the pH scale. Proponents claim it can change the pH of your blood, which they claim may help you reduce your risk of disease. These claims have not been proven. It doesn't treat acid reflux, nor is it better for hydration.

Hydrogen Water

This water has added hydrogen molecules. Increased endurance, reduces fatigue are claims for hydrogen water. Tests showed no real evidence to back up the claims.

Deep Ocean Water

This water comes from the ocean and is de-salinated (salt removed). The claim for this water is that it contains a blend of electrolytes and trace minerals which will hydrate you twice as fast as spring water. However, the study is not specific and is missing details. To be honest it's just plain water.

Protein Water

Protein water has the addition of whey protein isolate. It's a low calorie protein drink which claims it replenishes muscle and increases energy and endurance. A study found no difference in drinking plain water versus protein water in hydrating after exercise.

Electrolyte Water

This water has added electrolytes. Most of us don't need added electrolytes, as we don't participate in intense exercise for more than one hour.

Vitamin Water

This is water with basically a vitamin pill added. It's cheaper to take a vitamin pill and drink plain water. There is no evidence that this water does provide any health benefits.

Coconut Water

Coconut water is the liquid from a green coconut. It usually has about 45 to 60 calories and contains some potassium and other electrolytes. It is similar to a sports drink. Studies comparing it to water and sports drinks have had mixed results. The extra calories can be a problem if they are not accounted for and can add 5 to 6 pounds a year.

What Best?

In comparing different waters your best option is still plain water. Companies are just trying to get you to spend extra money on their latest liquid. Save your money and enjoy plain water – cold or hot!

REFERENCES:

• Dow, C. (2018). *Bodies of Water*, Nutrition Action Health Letter: September 2018, 45(7), p. 7-9.

• Zeratsky, K. (2018). *Is Alkaline Water Better for You than Plain Water?* Mayo Clinic. Available at: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/alkaline-water/faq-20058029>

• Zeratsky, K. (2016). *What is Coconut Water and What's Behind the Hype?* Mayo Clinic. Available at: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/coconut-water/faq-20207812>