

Morrow County SCARLET & GRAY News

Volume 16 Issue 2 • November/December 2020



Food Preservation Office Hours Recordings – Ready for You to View

In case you missed our live Food Preservation Team Office Hours we have them recorded and housed at our fcs.osu.edu state website.

There are Summer 2020 and Fall 2020 recordings making a total of 12 food preservation topics for you to view in the months to come.

Topics include: Preserving Fall Vegetables; Preserving Apples; Canning Soup; Canning Meat, Poultry and Game; Making Jerky, Making Sauerkraut; Jam and Jellies; Canning and Freezing Vegetables; Pickles; Salsa; and more!

- Recordings can be found at

<https://fcs.osu.edu/programs/major-program-areas/healthy-people/food-preservation/office-hours-recordings>

Contact Candace Heer, FCS Educator, if you need assistance locating the office hours recordings at 419-947-1070 or heer.7@osu.edu.

We are here for you!

During Covid-19 the OSU Extension – Morrow County Office staff are always available to answer your phone call Monday – Friday 8 AM to 4:30 PM! But in accordance with The Ohio State University COVID-19 protocols, our office has limited public hours. Walk-ins are welcome Monday through Friday, 9 AM to 1 PM AND by appointment.

To schedule an appointment, please call or e-mail us. When not in the office, we are teleworking and doing creative programming to meet the needs of clientele during this crisis.

Please let us know how we can help you or if you have a great idea!

Thank you OSUE Volunteers!

We know it's been a crazy year! Thank you for trying new things and beating odds to help make a difference in Morrow County!

Zoom meetings, google hangouts, reminds, social distancing, mask wearing, meeting outside, and going above and beyond to make sure a 4-H member got a project book are just some of the many ways that got us through 2020! We thank you for believing in the great educational benefits Extension provides and we couldn't do it without our community team of Extension Volunteers!

Thank you!

OSU Extension - Morrow County's Walk-in Office Hours

Open Mon.-Fri., 9 a.m. -1 p.m.

Please note:

- Masks must be worn in order to enter the office.
- We are also available by appointment outside our walk-in office hours.
- Need to pick up something? We would be happy to bring it to your car for pick up. Just call our office ahead of time to make arrangements: 419-947-1070.

We look forward to seeing you!

Current Resident or

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Permit #19
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THE OHIO STATE UNIVERSITY
FOOD PRESERVATION SERVICE
Ohio State University Extension
5362 US Highway 42
Suite 101
Mt. Gilead, OH 43338

CFAES

OHIO STATE UNIVERSITY EXTENSION

2020 Ohio 4-H Awards Recognition Event

Tuesday, December 1, 2020
7:00 p.m., held virtually

Register by November 28 at
go.osu.edu/Ohio4HAwards

Join us to honor the 2020 Volunteer Awards, Hall of Fame inductees, Tenure Milestones, and Teen of the Year and the Teen Hall of Fame inductees we were unable to recognize at the Ohio 4-H Conference originally scheduled for March 2020.

Russ Mayer and
Bill Hershner to be
recognized!



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OHIO STATE UNIVERSITY EXTENSION MORROW COUNTY

5362 US Hwy. 42 • Suite 101 • Mt. Gilead, OH 43338
Phone: (419) 947-1070 Fax (419) 947-1071

OSU Extension-Morrow County <http://morrow.osu.edu>
Like us on Facebook: Ohio State University Extension - Morrow County
YouTube Channel - OSU Extension – Morrow County

OFFICE STAFF:

Becky Barker - 4-H Youth Development Educator (barker.157@osu.edu)
Amanda Forquer - 4-H Youth Development Educator (forquer.13@osu.edu)
Carri Jagger - Ag & Natural Resources Educator (jagger.6@osu.edu)
Candace Heer - Family & Consumer Sciences Educator (heer.7@osu.edu)
Kathy Whitmore - SNAP-Ed Program Assistant (whitmore.5@osu.edu)
Liz Ufferman - Office Associate (ufferman.1@osu.edu)
Barb Hildebrand - Office Associate (hildebrand.2@osu.edu)



FAMILY & CONSUMER SCIENCES



Walk With A Doc

While Walk With A Doc (WWAD) in Morrow County is not gathering to do a monthly in-person walk, at this time, we are encouraging you to keep walking and join WWAD virtually. Check out WWAD's Facebook group to connect with others walking virtually around the world at <https://www.facebook.com/walkwithadoc>.

WWAD is also hosting weekly health talks led by physicians globally, so be sure to tune in to this amazing opportunity. Visit <https://lp.constantcontactpages.com/su/1dEuMAU/virtual-wwad> to sign up for the Virtual WWAD Series and have each week's video sent straight to your inbox. The Morrow County Walk With A Doc partners, along with WWAD, can't wait to be back walking with you soon!

Look for this information on our OSUE-Morrow County website (morrow.osu.edu) and our Ohio State University Extension - Morrow County Facebook page to click on the links or contact Candace at heer.7@osu.edu or 419-947-1070 to sign up for the Virtual WWAD Series video to be sent to your email.

Walk With A Doc Morrow County Partners:

- Morrow County Community Center
- Morrow County Health District
- Morrow County Hospital OhioHealth
- Morrow Family Health Center
- Mount Gilead School District
- Ohio State University Extension - Morrow County

Virtual Program: Strategies for Decluttering

Have you spent a few weeks looking around your house and thinking "I need to declutter, simplify and organize...but where do I start?!" Are your tables and counters filled with so many items that you have few free spaces? Are your drawers, closets and other storage areas overflowing? Do you lose things and have to search for them several times each week? If you answered yes to any of these questions, you may have a clutter problem!

Taking charge of your clutter can start with small steps and a simple plan. Learning what to keep, give away, sell, throw out or recycle is the first step. Finding a place for everything and building a maintenance plan is the second.

On Tuesday, December 1, 2020 come to a fun, informative and perhaps motivating "virtual class" to launch your decluttering journey. Strategies for Decluttering is being offered in partnership by OSU Extension and Perry Cook

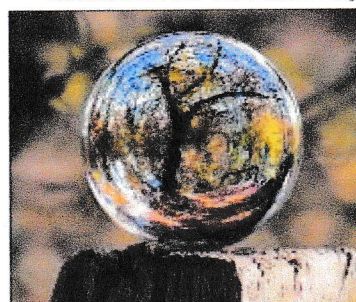
Noises Off: The Benefit of Silence

By Laura Stanton, Extension Educator,
Family and Consumer Sciences, Ohio State
University Extension, Warren County

Our lives today are full of noise and ever-present distractions and sounds. Noise is among the most pervasive pollutants today and has been identified as a public health threat by the World Health Organization (WHO). Noise can be annoying, distracting, painful, and harmful. Noise adversely affects millions of people and can contribute to elevated levels of stress, mood swings, sleep loss, diminished productivity, high blood pressure, heart disease, depression, hearing loss, and a general reduction in the quality of life and opportunity for tranquility.

The opposite of noise is quiet or silence. Just as too much noise can have negative impacts on your health, research has found that silence can have profound and positive impacts on your health. For example, silence:

- lowers blood pressure (Bernardi et al., 2006)
- increases blood flow and enhances sleep



(Beaumont, 2017)

- promotes cognitive development and leads to higher academic success (Bronzaft, 1996)
- is therapeutic for depression and dementia (Kirste et al., 2013)

The practice of silence is the deliberate decision to withdraw from the distractions and noises around us. This practice has been embraced by different spiritual and religious traditions throughout time as a pathway to physical, mental, emotional, and spiritual renewal. As Rumi, a 13th-century Persian poet wrote, "The quieter you become, the more you are able to hear."

A study published in Heart found that two minutes of silence is more relaxing than listening to "relaxing" music, based on changes in blood pressure and blood circulation in the brain. Although people spend money on noise-canceling headphones and silent retreats, silence does not have to be purchased. It is something that we can create in our lives.

Here are some tips for finding and benefiting from silence:

- Turn off all electronics and let others know you are in silence.
- Schedule time to practice silence. Certain times of the day, like early morning or late night, often work better. Start with 5 minutes and increase the amount of time as you feel comfortable.
- Find out what works for you. Some people enjoy silence as a time of deep reflection while others garden, walk, sketch, or write in silence.
- You might become aware of all the noises around you. Or you might hear your own body, mind, and heart.
- Keep trying. For some people, silence feels



unnatural. Others find it immediately meaningful. Give yourself grace to keep trying until you find what works for you.

My own experience with silence is probably like many others- I enjoyed quiet although I didn't often experience it. Then, I attended a 24-hour silent retreat a few years ago. As a busy mom of two kids, I immediately found the calm and quiet comforting. The 24 hours went by too quickly! Now, I try to practice silence as much as I can. At first, I spent my silence reading, hiking, and coloring. These days, however, I find that I do less while in silence. If I find myself craving silence, I go for a hike. For me, being outdoors and in silence is the perfect recipe for my mind, body, and soul to feel recharged and renewed.

If you try practicing silence for the first time, please let me know how it goes. Or if you have a practice already established, let me know. Sharing your experiences and reflections with others can encourage even deeper reflection and growth. Until then, enjoy the sound of silence.

Suggested Reading:

• LeClaire, A. D. (2009). Listening below the noise: The transformative power of silence. New York: Harper Books.

• Nhat Hanh, T. (2015). Silence: the power of quiet in a world full of noise. New York: Harper-One.

• Tolle, E. (2003). Stillness speaks. Novato, CA: New World Library.

For Photo Credits and Sources please contact our office at 419-947-1070.

Virtual Program: Take Charge of Your Diabetes During the Holidays

Do you or someone you love have diabetes? Preparing nutritious foods that taste good can be difficult at any time of the year, but the holidays present special challenges for those with diabetes.

Attend this class and you will:

- Be provided tips for managing your diabetes during the holidays
- Learn to prepare a holiday favorite that is both nutritious and delicious
- View a cooking demonstration
- Receive recipes to try at your holiday celebration

Register at <https://go.osu.edu/takecharge2020> or 419-947-1070 by November 23 at noon to receive a link for the Monday, November 23 class. Class will begin promptly at 7:00 PM.

For questions email Candace at heer.7@osu.edu or call 419-947-1070.

Virtual Class: Take Charge of Your Diabetes for the Holidays



Date: Monday, November 23, 2020

Time: 7:00 PM

Location: Online - Zoom

Registration: By November 22 - noon at <https://go.osu.edu/takecharge2020> or 419-947-1070



Morrow County Scarlet & Gray News



Tips to meet the challenges of learning at home head on

Ohio State Insights, Life and Society, <https://insights.osu.edu/life/covid-19-virtual-learning-tips>

This will be a fall like no other for schools around the country as students, teachers and administrators adjust to new learning models that can support safe teaching in a year of COVID-19.

The options of in-person learning, virtual classes and hybrid models present a significant challenge according to Rebecca Dore, a research associate at Ohio State's Crane Center for Early Childhood Learning. "I'm not envious of teachers and administrators who are dealing with a lot of challenges," she said. "We don't know how to do this exactly right because it is totally unprecedented." With that said, school isn't stopping, and the learning process doesn't have to either. Dore recently shared some of her insights on online learning, parent expectations and how you can set up your child for success.

Q: We often view screen time as a negative thing, but can it be effective in helping students learn?

A: Research shows that by age 2.5 or 3, children can learn from screens, so there's reason to believe that kids may benefit from remote learning interactions, even if it might be more difficult for this age range than for older children. There is some evidence that young children are actually more engaged with technology than non-technology options. While parents prefer traditional books, we've seen some studies that indicate young people prefer e-books and are more engaged with them.

Q: How much does the quality of the online content matter to a student?

A: It matters. Kids can be highly engaged with online content that's fast-paced and entertaining then struggle to sit through six hours of learning about fractions on a Zoom call. But it is challenging for teachers. There aren't a lot of resources for teachers to find high-quality educational media, and now we're asking them to produce it. That is a challenge.

Q: How can that challenge be met?

A: There's a lot of content coming out that is intended to be educational that is very engaging, high quality and well produced. So that is happening more on the educational media side. I think this year we can see some of that work starting to merge into a classroom environment. That can be an area of growth in this school year. But given the increased screen time many children are experiencing right now, it may be helpful to supplement remote learning with high-quality educational media: Common Sense Media and the Find Ways to Play tool from PBS Parents are both good resources.

Q: Some schools are doing combinations of Zoom calls as well as pre-recorded video instruction. Can both methods be effective?

A: There is some evidence that very young

children do better with back and forth interaction. But we actually have some recent findings that by age 4 children learn just as well from a pre-recorded storybook as opposed to someone reading over video chat. So it seems like at least in this case, by the time you get to the pre-school range, pre-recorded videos can be effective.

Q: Supervising learning is a challenge for many parents. How can they support the process even if they aren't sitting side by side?

A: Don't stress if you can't always be live with them during the session, but do try to help them connect what they are learning to their own lives and support their interactions with teachers as much as you can. Part of that is making sure you know what they are learning by remaining engaged with the curriculum and asking specific questions to reinforce learning later. If you know that a teacher is covering nature and leaves changing in the fall, that is something you can bring up and point out when you are taking a walk with your child.

Q: Any other tips?

A: Where children learn is likely to be important. Find a special place where a child can engage with content and have a good learning environment, ideally a setting that is more secluded and removes as many distractions as possible. If you have a choice, make remote learning occur when your child will be well rested and not hungry so they don't have a reason to not be engaged.

Q: How can parents keep from being overly stressed about this whole thing?

A: They should take it easy on themselves. There's a lot we don't know about what's best for kids during a pandemic. But we know parenting is important, and stress in parents is related to negative outcomes for children. Parents should give themselves and the schools the benefit of the doubt. Just know that having anxiety about it and worrying that you are doing it wrong is likely to be less effective than focusing on being involved and supportive and helping your children learn the best way they can.

For Photo Credits and Sources please contact our office at 419-947-1070.



Chow line: Frozen food safety

We bought some frozen chicken breasts that already have grill marks on them. The grill marks mean the chicken is already cooked, so I can just heat it up in the microwave, right?

Not necessarily.

While some frozen foods have the appearance of grill marks, browned breading, or other signs that normally indicate that the foods have been cooked, they can still be raw and need to be fully cooked before eating. It's best to read the packaging on frozen foods before eating them to make sure you prepare them correctly. Proper preparation is key to avoiding foodborne illnesses from eating raw or undercooked foods that need to be cooked before eating.

However, a new study released last week from the U.S. Department of Agriculture Food Safety and Inspection Service found that many consumers might not know how to cook frozen foods safely, which can put families at risk of developing foodborne illnesses.

The study found that 22% of participants said a not-ready-to-eat frozen chicken entrée was either cooked, partially cooked, or they weren't sure that the product was in fact, raw.

"Although some frozen products might look cooked, it is important to follow the same food safety guidelines as you would if you were cooking a fresh, raw product," the USDA said in a statement. "That includes washing your hands before food preparation and after handling raw frozen products and using a food thermometer to make sure your frozen meals reach a safe internal temperature."

This issue takes on increased significance considering that frozen food has been a big seller throughout the COVID-19 pandemic, with frozen food growth overall outpacing sales of other packaged foods and fresh foods this year, according to a recent analysis by market research firm 210 Analytics.

In fact, the frozen food market is estimated to account for \$244.3 billion in 2020 and is projected to reach a value of \$312.3 billion by 2025, according to market research firm MarketsandMarkets.

Many families find frozen food products to be a convenient option because children can prepare frozen meals easily on their own, the USDA says.

With that in mind, "it's especially important

for children to know how to practice the necessary food safety steps needed to prepare frozen meals to avoid foodborne illness, and to help them do so, parents must first understand if products are raw or ready-to-eat," the USDA said.

Here are some tips from the USDA when preparing frozen foods:

- Wash your hands during and after preparing frozen food to prevent germs from transferring from your hands to your meal.

- Although frozen products might appear to be precooked or browned, they should be handled and prepared no differently than raw products and must be cooked. Frozen products are sometimes labeled with phrases such as "Cook and Serve," "Ready to Cook," and "Oven-Ready" to indicate they must be cooked.

- Always use a food thermometer to check the internal temperature of your frozen meat and poultry products to determine whether they are safe to eat.

- All poultry dishes should be cooked to an internal temperature of 165 degrees Fahrenheit to ensure that they are cooked thoroughly enough to kill any pathogens that could cause a foodborne illness, according to the Centers for Disease Control and Prevention. It's best to use a food thermometer placed in the thickest part of the chicken to make sure it is cooked to a safe internal temperature of 165 degrees F.

- The safe minimum cooking temperature for ground meats, including beef, pork, veal, and lamb, is 160 degrees F, according to the USDA. Steak and pork can be safely cooked to 145 degrees F.

- Frozen and raw produce can also carry germs that can cause foodborne illnesses. It is important to handle produce properly to prevent the spread of germs to your food and kitchen.

- Even if you are preparing a cold salad, frozen produce must be cooked first.

- Check that frozen food in your freezer has not been recalled. You can find information about recalled items at FoodSafety.gov or FoodKeeper application.

Writer/Editor/Reviewer: Tracy Turner, 364 W. Lane Ave., Suite B120, Columbus, OH 43201, or turner.490@osu.edu. Sanja Ilic, state specialist in food safety for Ohio State University Extension, 614-292-4076, ilic.2@osu.edu. Photo: Getty Images.

Ask OSU Extension – Financial Q&A

Do you have a financial question? You are not alone! OSU Extension Family and Consumer Sciences Healthy Finances educators are sensitive to the economic challenges many families and their communities face. Whatever your situation, we are here to help.

Our county-based Family and Consumer Sciences Extension Financial Educators are offering FREE financial education to assist families and households in improving both present and future economic well-being. We are available to answer your questions on budgeting, bill payment, debt

or debt collection, consumer protection, unemployment benefits or loss of income, saving money, and homeownership.

Individuals can submit anonymous questions, and a professional will respond via email within 5 business days. To submit a question...

- Visit this link go.osu.edu/AskOSU Extension

- Contact Candace Heer, FCS (Financial) Educator, Morrow County office at 419-947-1070 or heer.7@osu.edu

OSU EXTENSION CALENDAR OF EVENTS

NOVEMBER 2020

- 17 4-H CARTEENS, Ag Credit Building Conference Room, 6:30 pm
- 18 4-H Horse & Pony Committee Virtual, 7:30 pm (contact Becky for login)
- 19 Composting 101 Virtual, 6:30 pm
- 23 Strategies for Decluttering Virtual, 7 pm
- 27 Adventures in Morrow (AIM) participation sheets due!

DECEMBER 2020

- 1 Ohio 4-H Awards Recognition Virtual, 7 pm
- 1 Take Charge of Your Diabetes During the Holidays Virtual, 7 pm
- 5 2021 Fair Steer/Market Heifer Pre-Fair Weigh-In, Fair Grounds, 8-11 am

- 7 Jr. Fairboard Meeting, Location TBA, 7 pm
- 17 Backyard Composting Virtual, 6:30 pm
- 28 Quality Assurance Test Out for 2021, Extension Office, 1 pm, RSVP by 12 noon

JANUARY 2021

- 4 Jr. Fairboard Meeting, Location TBA, 7 pm
- 14 Pork Producers Meeting, Ag Credit Building Conference Room, 7 pm
- 19 4-H CARTEENS, Ag Credit Building Conference Room, 6:30 pm
- 21 4-H Horse & Pony Committee Virtual, 7:30 pm (contact Becky for login)
- 21 Verma Composting Virtual, 6:40 pm

FEBRUARY 2021

- 1 Jr. Fair Board Meeting, Location TBA, 7 PM
- 11 Pork Producers Meeting, Ag Credit Conference Room, 7 pm
- 18 4-H Horse & Pony Committee, Location TBA, 7:30 pm
- 18 Animal Waste Composting Virtual, 6:30 pm

MARCH 2021

- 1 Jr. Fair Board Meeting, Location TBA, 7 pm
- 18 4-H Horse & Pony Committee, Location TBA, 7:30 pm
- 18 Harvesting Compost Virtual, 6:30 pm
- 23 All About Roses Virtual, 6:30 pm
- 29 4-H CARTEENS, Ag Credit Building Conference Room, 6:30 PM

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information: <http://go.osu.edu/cfaesdiversity>.

THANK YOU Central Ohio Farmer's Co-op
for over 34 years of donations toward 4-H project books!

Approximately \$1,200 each year is donated! Thanks for helping make the best better!

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