



4-H NEWS/FAMILY & CONSUMER SCIENCES



Heer teaches "Hidden In Plain Sight"

OSU Extension-Morrow County serves the county in many ways such as participating on committees and coalitions to help make a difference. We are a member of the Drug & Alcohol Awareness & Prevention of Morrow County (DAAP) Coalition. As the Family & Consumer Sciences Educator I participate on the Hidden In Plain Sight sub-committee which is an awareness program for adults that helps identify signs of risky behaviors in teens. In the Spring of 2019, I delivered four presentations, on behalf of the sub-committee, with the assistance of two Morrow County Sheriff Detectives. Recently I received "a story with a happy ending" as quoted from a participant who, along with a friend, attended one of the presentations. Here is a snippet of what she shared about her friend's recent experience since attending the presentation.

The mother of three, including a teenager, attended the presentation to learn what kids are "getting away with" today. She was so "alerted" by the program she encouraged friends to attend and felt confident in how to handle a similar situation if it should develop at home. Near the end of the school year the parent soon learned that her teenager was drinking. The youth then participated in a 90-day rehab program in a state facility and is now back home, wearing an ankle bracelet, and attending school. "With all of this going on, the mom was able to use the information she gained from Candace Heer, Extension Educator from Family & Consumer Sciences, and applied it to the instructions from the Juvenile Facility in Marysville. She is staying "afloat" and being a mother who loves well and follows tight discipline. Thank you for aiding my new friend."

Written by a School Senior Volunteer -



Youth Fitness Quest 2019

The Youth Fitness Quest was a fun and challenging day! On July 25, twenty-one youth worked-out, did a challenging obstacle course, played games, learned about mindfulness, and even about nutrition. They all went home with new knowledge and tired! Thank you to Buckeye Training and Fitness Academy for partnering with us for this great event.

OSU Extension provides programs to Cardington-Lincoln afterschool program

By Kim Harvey, 6th Grade Science Teacher

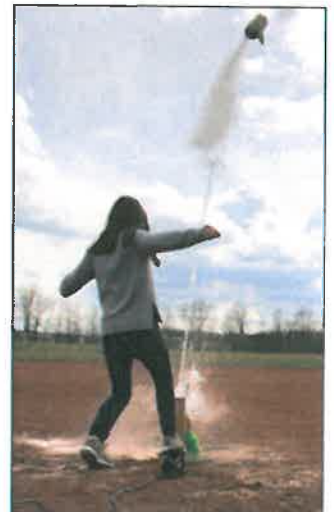
Cardington SAILING Club, an afterschool program for 5th through 8th grade students, were thrilled to have Extension Educators from the Morrow County OSU Extension office work with the program this past year and we are looking forward to more educational adventures this year. Students really enjoyed the fun ice breaker and team building activities we learned from the Educators the first time they joined us. Several of the students already knew some of the activities from attending 4-H camp and those students were able to become student leaders and help their peers to learn.

Many middle school students are reaching the age where they are gaining more responsibilities in the kitchen, helping to prepare meals and occasionally preparing a meal for their family on their own. The OSU Extension Educators guided students in making easy, fun and healthy snacks for their parents and siblings during a family involvement event. Students learned the differences and similarities of pressure cookers, slow cookers and crockpots and how to easily make a simple, nutritious meal.

Students love to build things! OSU Extension 4-H Educator, Amanda Forquer, brought many STEM activities for the students. One of them showed the students how to build their own tiny robot and course for their robot bee to maneuver through to simulate a live bee pollinating flowers and crops.

Making and launching rockets using recycled 2-liter bottles with compressed air and water was also a great hit with this group. The students were impressed with the launcher Amanda brought to the school and enjoyed seeing whose design would go furthest.

Students' favorite lessons presented by Amanda revolved around the hatching of chicken eggs! Students learned about eggs and the parts of the egg. Everyone was amazed while testing the strength of eggshells in an activity that invited them to stand on open cartons of raw eggs! Then the students conducted a STEM activity that challenged them to build a protective case for a raw egg. Learning about the development of the chicks inside the eggs and watching as they hatched was an amazing learning opportunity that the kids will remember for years to come.



Candace Heer, FCS Educator, teaching "Hidden In Plain Sight" at the Highland Middle School.



FAMILY & CONSUMER SCIENCES



Chow Line: Healthy, safe lunch options for back to school

School is back in session for my fourth grader, and he's decided this year that he wants to pack lunch for the first time. Any tips on how to make sure his packed lunch is safe and healthy?

Considering that nearly 40 percent of school-aged kids bring their lunches to school on a given day, it's important to take some simple precautions to ensure that your son has a safe, nutritious meal to eat and enjoy.

When deciding what to pack, it's a good idea to include lean proteins, whole grains, vegetables, fruits, and low-fat dairy products in his lunch. If you want to pack your son a sandwich, opt for whole-grain bread and veggies for toppings. If you want to be a little fun and adventurous, use a cookie cutter to cut the sandwich into fun shapes for your child.

As a timesaving measure, you can prepare snack-sized bags of fruits and veggies in ad-

vance, store them in the fridge, and let your child choose which ones he wants to put in his lunch that day. In-season whole fruits such as apples, peaches, pears, bananas, and tangerines are also good choices, said Shari Gallup, an Ohio State University Extension educator.

OSU Extension is the outreach arm of The Ohio State University College of Food, Agricultural, and Environmental Sciences.

When packing a lunch for your child to take to school, remember that cold foods need to stay cold and hot foods need to stay hot, she said. This will help to avoid the development of harmful bacteria that could cause a foodborne illness. When a food's temperature reaches between 40 and 140 degrees Fahrenheit, also called the "Danger Zone," bacteria grows rapidly.

To help avoid that from happening and make sure your child's perishable foods stay cold until lunchtime, the U.S. Department of Agriculture advises that you pack two cold sources in his lunch.

Frozen water bottles or frozen juice boxes can count as a cold source, as well as a freezer pack that you stick into the lunchbox. Lunches that contain perishable food items such as luncheon meats, eggs, cheese, or yogurt can be kept cold this way. Be sure to place the cold sources onto the top and the bottom of the perishable food items to keep them cold.

If you plan to pack soup, stew, or chili for your child's lunch, you will need to use an insulated container. Before adding in the hot item, you can fill the container with boiling water, let it stand for a few minutes, empty it, and then add the hot food, advises the USDA. Also, tell your

child to keep the lid on the container closed until lunchtime to help prevent bacterial contamination and growth.

The USDA also advises the following:

- If you pack your son's lunch the night before, leave it in the refrigerator overnight. The meal will stay cold longer because everything will be refrigerator temperature when it is placed into the lunchbox.

- If possible, your child's lunch should be stored in a refrigerator or cooler with ice upon arrival at school. Leave the lid of the lunchbox or bag open in the fridge so that cold air can better circulate and keep the food cold.

- After lunch, make sure your child discards any leftover food, used food packaging, and paper bags. Don't reuse the packaging, because it could contaminate other food and cause foodborne illness.

- Once home, you should clean the insulated lunchbox or bag with hot, soapy water after each use.

Lastly, while it's best that kids wash their hands before eating their lunch, we all know that there is a possibility that they won't be able to do so right before lunch. With that in mind, you can pack disposable wipes in your son's lunch bag or container so that he can at least wipe his hands before and after eating lunch.

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.



Multiple ways to disinfect drinking water in an emergency

The water supply for my household has been disrupted twice this summer due to historic rainfall levels, leaving us faced with boil alerts due to floodwaters. But since our power was also out because of the storms, we had to buy bottled water instead. Is there any other way to clean the water in a situation like that?

Many people in Ohio and throughout the Midwest have experienced similar situations due to the excessive rainfall that has hit the region recently.

In fact, May 2018 to April 2019 was the wettest year on record nationwide, according to a report from the National Oceanic and Atmospheric Administration's National Centers for Environmental Information. An average of 36.20 inches of precipitation fell nationwide, which was 6.25 inches above the mean, the agency said.

As a result, several communities in Ohio at one point or another this season have had to issue boil-water advisories or boil-water orders, which is a directive given by health authorities to consumers when a community's drinking water is, or could be, contaminated by pathogens.

These alerts can be issued for multiple reasons, including as the result of storms, flooding, and waterline breaks that cause a disruption in drinking water supplies. And while boiling water is the standard recommendation, there are other

methods to disinfect water in an emergency situation, according to Emergency Disinfection of Drinking Water, a recent OhioLine fact sheet.

OhioLine is Ohio State University 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 (CFAES).

Boiling water for just a minute is extremely effective at killing bacteria and parasites that can make people sick, writes Karen Mancel, a professor in CFAES' Department of Food, Agricultural and Biological Engineering and a specialist with OSU Extension.

In many circumstances, "the boil water call is for good reason, since consuming contaminated water can make people very sick," she writes. "When in doubt, drink boiled water."

"Any heat source—electric or gas range, camp stove, wood fire, and even a microwave oven—heats water to boiling temperatures and kills disease-causing microbes."

But, as in your case, there are other measures that can be used for emergency disinfection of drinking water when the power is out, Mancel said, including:

- Chlorine bleach, which can be added to water to kill microbes. According to the Centers

for Disease Control and Prevention, you can add 1/8 teaspoon for every 1 gallon of clear water. It's important to note that chlorine does not kill microbes on contact, so you must wait at least 30 minutes before drinking the water. After disinfection, the water will have a strong chlorine smell and taste. If the water you are trying to disinfect is cloudy, you can add 1/4 teaspoon for everyone 1 gallon of water. This is because particles in cloudy water help protect and hide microbes from disinfection, increasing the chance they will not be killed by the chlorine and will make you sick. If the water source is cloudy, more chlorine will be needed to disinfect it.

- Disinfection tablets containing chlorine or iodine are available for campers and travelers to disinfect a small volume of water. Many different companies market disinfection tablets that can be easily added to water bottles. Always follow the directions on the package.

- Sunlight is an amazing disinfectant and is the key to solar disinfection. Ultraviolet light kills pathogens on contact. To use sunlight to disinfect water, the water must be very clear and placed in the sun in clear containers. Clear plastic water bottles, plastic bags, or specialized commercial solar bags can be used for solar disinfection. The water should be exposed to sunlight for at least four and up to 10 hours to kill microbes.



All Year Long – FREE – Pressure Canner Inspections & Dial Gauge Testing

- OSU Extension Morrow County tests the accuracy of pressure canner dial gauges.

- Dial gauges on pressure canners need to be tested every year to make sure the pressure is reading correctly. Gauges that read high cause under-processing and may result in unsafe food. Low readings cause over-processing. An accurate gauge is essential for safety!

- Please call 419-947-1070 for an appointment to have your gauge tested or you can drop off your canner and

lid with gauge and gasket attached for a complete inspection. We'll let you know when it's ready for pick up and provide you with a completed inspection form.

- Only dial gauges need to be checked (weighted gauges need not be tested).

- FREE for Morrow County Residents & \$5 for out of county



FAMILY & CONSUMER SCIENCES



WALK WITH A DOC in Morrow County

Come walk with us INDOORS at the Mount Gilead Cherry Street Administration Building at NOON on...October 22 for the Walk With a Doc program.

• 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

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

Reclaiming Fitness

By Jenny Lobb, Family and Consumer Sciences Educator, OSU Extension Franklin County

July was a big month for me. After evaluating and reflecting on my personal wellness in a blog post in June, I decided it was time to act. Motivated in part by the meme pictured above, which I initially saw on a friend's social media page, I knew it was time to stop making excuses for my lack of inactivity and re-invest in my personal well-being.

In June, I had identified coping with stress as a priority area for my overall wellness. I knew I needed to either resume an exercise routine (my former go-to method for coping with stress) or identify an alternative stress coping strategy. I decided to resume exercising, and I set a SMART goal for myself to re-establish a routine.

A SMART goal is specific, measurable, attainable, realistic and timely. My goal was to attend at least one fitness class for a week for a month. This goal was:

- Specific – I stated what I wanted to accomplish.
- Measurable – At the end of the month, I could tell whether I had achieved my goal by looking at my fitness class attendance.

• Attainable – Because I did not have a current routine when I set this goal, I started small by challenging myself to attend just one class a week.

• Realistic – In setting this goal, I knew I had the time and financial resources to attend fitness classes at a convenient location for me.

• Timely – My goal was for the coming month.

I am proud to say that I met my goal, and now I am working toward a new goal of attending two or more fitness classes each week this month!

Before setting and achieving this goal, I was not entirely inactive; I used resistance bands and my own body weight to do simple strength training exercises while at work, and I took walks around my neighborhood when I was able. But, according to the Physical Activity Guidelines for Americans, while some physical activity is better than none, engaging in moderate- to vigorous-intensity activity is key to experiencing substantial health benefits.

Regular moderate- to vigorous-intensity activity:

1. Reduces the risk of many adverse health outcomes such as coronary heart disease, stroke, certain types of cancer, diabetes, hypertension



and Alzheimer's disease; and
2. Promotes brain health by reducing anxiety and depression risk while improving sleep quality and overall quality of life.

The guidelines state that the benefits of physical activity generally outweigh the risk of adverse outcomes or injury. However, if you are starting a new physical activity routine, make sure to choose types of activity that are appropriate for your current fitness level, knowing that you can increase your activity over time to meet your goals. If you have a chronic condition and/or are unsure about the types and amounts of activity appropriate for you, take time to consult with a health care provider before setting a goal or beginning a routine.

Postoperative Depression... the Struggle is Real

By Shannon Carter, Ohio State University Extension, Fairfield County

A year ago, I struggled with depression after a foot surgery. I experienced feelings of hopelessness, worthlessness, fatigue and overwhelm. I thought this had something to do with my reaction to my limitations after surgery: restricted mobility and not being able to work, etc. while I was healing. But when these same symptoms repeated a year later after a similar surgery (even with much quicker healing and return to work) I began to realize that depression may be related to the surgery itself. I investigated this phenomenon

and found that postoperative depression is a very common occurrence. If this is so common, why didn't anyone prepare me? In hopes that my experience might help someone else as they face or recover from a surgery... I'd like to share what I've learned...

Depression is a well-documented adverse effect of many surgical procedures. According to the American Heart Association, 25% of patients experience depression after cardiac surgery. Depression can result from a number of reasons, including pain and discomfort, decreased mobility, and increased dependency on others. For patients

who have had a surgery to remove an organ or body part, a feeling of loss can also contribute to depression. In addition, the brain's immune response to anesthesia and surgery can cause cognitive dysfunction.

Symptoms of postoperative depression may include:

- fatigue
- difficulty making decisions
- memory problems
- eating more or less than usual
- sleeping more or less than usual
- loss of interest in activities
- irritability and restlessness
- slower movement
- slower speech
- anxiety and stress
- feelings of despair or hopelessness
- suicidal or self-harming thoughts

Depression can also increase the risk of physical illness and slow the recovery from an injury or operation. Furthermore, depression after surgery can increase a patient's perception of pain.

While it is normal to experience many of these symptoms after surgery, if they persist longer than two weeks, talk with your doctor. He or she may be able to prescribe a medication temporarily to help you feel more like yourself.

There are several things you can do to beat the post-surgery blues...

- Take care of yourself
- Ask for help
- Spend time outdoors

- Get enough sleep
 - Eat a healthy diet
 - Surround yourself with loved ones
 - Do something you enjoy
 - Ease SLOWLY back into routine
- The American Heart Association (AHA) has resources including this pre-surgery checklist and postoperative recovery milestones. AHA offers these tips for recovering from surgery:
- Manage Expectations – ask questions ahead of time to know what to expect for your recovery
 - Take it slow – if you push it too fast, you can slow your healing. Give your body and mind the time they need to heal
 - Move, but at your own pace – exercise can aid in healing, but only what your doctor has approved
 - Celebrate progress – while recovery can seem to take forever, a look back to see how far you have come can be encouraging.
- If you or a loved one is facing surgery, learn as much as you can about the physical, and emotional effects of surgery in order to improve chances of feeling better while recovering.



Dining with Diabetes – During the Holidays

Take Charge of Your Diabetes during the Holidays will provide you with tips for managing your diabetes during the holidays. You will learn how to prepare a holiday favorite that is both nutritious and delicious. See a live cooking demonstration, sample healthy versions of holiday favorites, and take home recipes to try at your holiday celebrations.

- Date: October 30, 2019
- Time: 6:30 p.m.
- Location: Ag Credit Building, Second Floor Conference Room, Mt. Gilead, Ohio
- Cost: Free – paid for by your levy dollars
- Register: OSU Extension-Morrow County 419-947-1070

OSU EXTENSION CALENDAR OF EVENTS

OCTOBER 2019

- 2 Cattlemen's Meeting, Ag Credit Building Conference Room, 6:30 p.m.
- 7 Jr. Fair Board, Fairgrounds, 7 p.m.
- 7 Dairy Board Meeting, Ag Credit Building Conference Room, 12 noon
- 6-12 National 4-H Week
- 10 Pork Producers, Ag Credit Building Conference Room, 7 p.m.
- 17 Horse & Pony Committee, Ag Credit Building Conference Room, 7:30 p.m.
- 22 Walk With A Doc – 12 noon, Mt. Gilead Cherry Street Administration Building
- 23 Forcing Bulbs Class, 6:30 p.m., Ag Credit Building Conference Room
- 24 Forage Analysis Class, 6:30 p.m., Ag Credit Building Conference Room
- 24 Sr. Fairboard, Fairgrounds
- 28 Jr. Leaders, 7-8 p.m., Extension Office
- 30 4-H Teen Opportunities Application Due
- 30 Dining With Diabetes – Take Charge During The Holidays, 6:30 p.m., Ag Credit Building Conference Room
- 30 Swap & Sip Event, 6:30 p.m., Bunkers' Mill Winery

NOVEMBER 2019

- 4 Jr. Fair Board, Fairgrounds, 7 p.m.
- 4 Dairy Board Meeting, Ag Credit Building Conference Room, 12 noon
- 6 Cattlemen's Meeting, Ag Credit Building Conference Room, 6:30 p.m.
- 11 Veterans Day – Office Closed
- 14 Pork Producers, Ag Credit Building Conference Room, 7 p.m.
- 19 CARTEENS, Extension Office, 6:30-8:30 p.m.
- 20 Holiday Wreath Make & Take Workshop, 6 p.m., Ag Credit Building Conference Room
- 21 Horse & Pony Committee, Ag Credit Building Conference Room, 7:30 p.m.
- 21 Sr. Fairboard, Fairgrounds
- 25 Jr. Leaders, 7-8 p.m., Extension Office
- 28-29 Thanksgiving Holiday – Office Closed

DECEMBER 2019

- 2 Jr. Fair Board, 7 p.m.
- 5 Holiday Wreath Make & Take Workshop, 6 p.m., Ag Credit Building Conference Room
- 14 Market Beef Pre-Fair (2020) Weigh-In, 8-11 a.m., Fairgrounds
- 19 Sr. Fairboard, Fairgrounds

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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