

Morrow County SCARLET & GRAY News

Volume 18 Issue 1 • January/February 2022

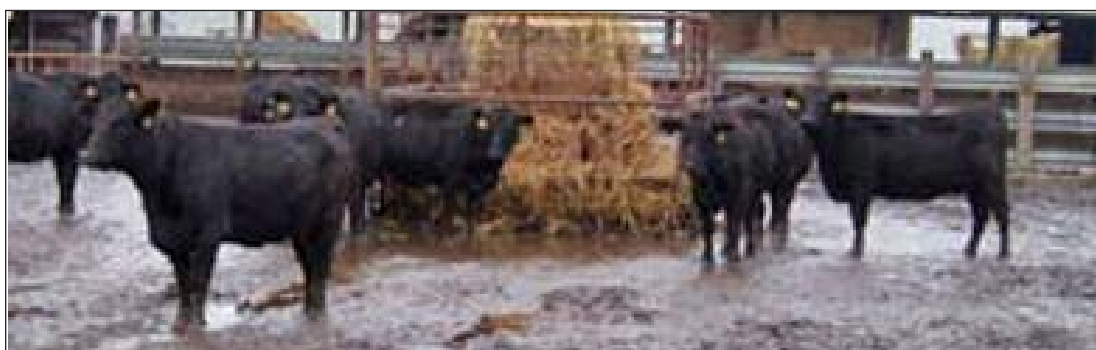
BQA Certification or Re-Certification

In today's market, it is important to take advantage of any and all opportunities that make our cattle more desirable to the buyer sitting in the stands. As of now, Wendy's restaurant, Tyson Foods and multiple auctions have announced that they will require producers to be certified in BQA in order to market their cattle or serve their product.

To learn more and become certified or re-certified, join us on February 15 at 6:30 p.m. or March 15 at 6:30 p.m. Both events will be held at the Ag Credit 2nd Floor Conference Room, 5362 US Hwy 42, Mt Gilead, OH 43338. To RSVP, call the OSU Extension Office -



Morrow County at 419-947-1070 or email Carri Jagger, Ag & Natural Resources Educator, at jagger.6@osu.edu.



Morrow County Master Gardener Volunteers wanted

Share your love for gardening while giving back to our community!

LEARN: Master Gardener Trainees receive University level training in horticulture from Ohio State University Extension in the areas of botany, soils, trees, flowers, lawns, fruits and vegetables, entomology, pest management, and diagnostic skills. Trainees must complete a minimum of 40 hours of training.

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

GIVE: After training, new volunteers will work with each other in various activities in Morrow County to meet 50 hours of service their first year. Opportunities include answering horticulture questions that come in the office, educating local gardeners on plant selection or issues, helping kids maintain a community garden, and more. There's plenty of work to be done in our communities and you can be a part of it!

GROW: Master Gardeners enjoy the social aspect of learning together, volunteering together, and helping others in our county.



JOIN! If you have an interest in gardening, want to learn more, and want to help your community grow, the Ohio State University Master Gardener Program is for you! Training programs will be: Every Monday in March and April, May 16 & 23, June 13 & 20, July 11 & 18, August 8 & 15 from 6:00 p.m. –9:00 p.m.

To learn more about the Master Gardener program please attend our informational meeting on Monday February 21st at 6:00 p.m. in the Ag Credit upstairs Conference room at the Morrow County OSU Extension Office. Please contact Carri Jagger with any questions at 419-947-1070 or jagger.6@osu.edu

Current Resident or

Mt. Gilead, OH 43338
Suite 101

5362 US Highway 42
Ohio State University Extension

THE OHIO STATE UNIVERSITY
COLLEGE OF FOOD, AGRICULTURE,
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
YouTube Channel OSU Extension – Morrow County

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AGRICULTURE



Know your options before you raise hay next season

By Ed Brown, OSU Extension Educator
ANR, Athens County

Over the last few months, we have been seeing food costs rise. At the same time, the cost of feeding your hay field has risen. Nitrogen prices are now at an all-time high.

While shopping for groceries, we can make choices as to what we will buy and what we will leave on the shelf. Maybe we put the prime rib back and get the ground round. These choices can be made quickly while standing in the grocery store aisle, but can we do this with our hayfields? The short answer is, yes.

Now that we are at the start of winter, you may have a few minutes to consider a plan for the next hay season. You may have more options than you think. The first step is to take a soil sample and see where things stand. This is a great time of year because the testing labs are less busy, and you have time to make a plan before everything gets going in the spring.

No hay

The first option is not to raise hay at all. Turn that field into a pasture and put the cows, sheep,

or goats on it. Cattle, sheep, and goats are great at nutrient recycling. They eat, grow, and then leave nutrient deposits all over the place.

You may ask “what about feeding them through the winter? I need hay to feed my animals.”

I would say, “Let someone else do the work and take on the added expense.” Most people undervalue their hay. We’ve done the research. We know the numbers. Fescue hay, for example, has approximately 36 pounds of nitrogen, 14 pounds of phosphorus, and 48 pounds of potassium per ton of dry matter.

If you calculate cost per pound of each of those nutrients, you can calculate the value of a ton of hay just in nutrients. This is before you even add in the cost of equipment and labor. The added benefit is that the animals spread someone else’s nutrients on your pasture.

Other sources

The second option is to look for alternative sources of nutrients. This may include poultry litter, pen-pack manure, dairy cleanout, or other manure-based waste. You can have the nutrient

value tested or use the averages for that type of manure. Many of these are inexpensive or free, with most of the cost in hauling and spreading.

With this option, you will have to determine how much manure per acre you are spreading. Fortunately, we can teach you how to do this. Just contact your local extension office and ask for the directions. Just remember, we don’t recommend spreading on frozen fields, as there is a potential for nutrient runoff.

No fertilization

A third option is to not fertilize at all. Depending on the current nutrient levels of your fields, this could draw them down and cut the quantity or quality of hay that you will make. It could also completely deplete the nutrients and cause grass dieback. It could also lead to more weeds becoming established. Some weed species thrive in less-than-ideal conditions.

If you choose this option, at the minimum, take a soil test and know where you stand going into next season.

Buying fertilizer

The final option is to go ahead and fertilize the fields. Before going out and buying some fertilizer, you’re going to have to do a little math. Since we know the amount of nutrients that each bale of hay should contain, you can calculate the value of those nutrients. Add in the cost of labor and production and then set your hay price accordingly. You are ready for hay production.



With this option, make sure to get a soil test, book your fertilizer, and get ready when spring comes. Whatever option you choose, be sure to take some time this winter to evaluate your fields and your goals. Planning now and preparing for the next growing season will help you make the best decision as you feed your fields.



Ladies on the Land

Communicating and Negotiating Landowner and Tenant Issues with Ease

Do you own, lease, or manage land? Would an increase in confidence, improved communication skills, and helpful resources allow you to better navigate farmland leasing issues? If so, join this interactive farmland leasing workshop developed for women involved in all stages and aspects of agriculture!

The program will be held February 24 from 9:00 a.m. to 3:30 p.m. at the Ag Credit Building, 5362 US Hwy 42, Mt. Gilead, OH 43338. The cost of the program is \$25 per person and includes all materials and lunch.

RSVP is necessary by calling 419-947-1070 or visiting go.osu.edu/ladiesontheland.

Seating is limited to 40 participants.

Workshop topics cover:

- ✓ Assessing the risk-reward continuum for tenants and landowners
- ✓ Farmland leasing best practices
- ✓ Enhancing communication skills
- ✓ Developing equitable rental rates
- ✓ Answers to your questions and concerns

OSU speakers include AG Law Specialist Peggy Hall and Extension Educators Chris Bruynis, Emily Marrison, Tony Nye, and Beth Scheckelhoff.

OSU Extension Mid-Ohio Small Farm Conference **Sowing Seeds for Success** scheduled for March 12th

Do you own a few acres that you want to be productive but you’re not sure what to do with it?

Do you have a passion for farming and turning your piece of this wonderful earth into a food producing oasis?

Do you own land or forest that you’re not quite sure how to manage?

Do you want livestock but have questions about fencing and forage?

Do you raise or produce products that you would like to market and sell off your farm but you’re not sure how to make it successful?

If you’re asking yourself these questions you should think about attending the 2022 Small Farm Conference - Sowing Seeds for Success on March 12th from 8:00 a.m. – 3:30 p.m. at the Mansfield OSU Campus in Ovalwood Hall. The campus is just minutes from I-71 and US Rt 30.

Please visit: <https://go.osu.edu/osufarmconference2022> for class and registration details or call OSU Extension Morrow County 419-947-1070.



AGRICULTURE



Pasture rental rates: do you know your price?

By Richard Purdin, OSU Extension,
Adams County ANR/CD Educator

As the 2021 grazing season comes to a close, cattle producers are beginning to move cattle off the pasture into winter feeding lots or barns. This is also a great time of year to start planning for the next growing season. There are many factors that a cattle producer must consider these days when making plans for the 2022 grazing season. Two of the factors that are hovering over cattle producers' record books these days are, rising input cost and increasing land prices. With the recent improvement in feeder cattle and market cattle prices, many producers might be wondering if expanding their herd is worthwhile? With the increase in fertilizer prices neighboring landowners with hay land or idle grasslands might be considering cash leasing their land to that producer looking to expand. So how does one come up with a fair pasture rental price? Here are some options and consideration before entering a pasture lease agreement.

Know each party's responsibility. The two parties are the livestock owner and landowner. These two parties should come to an agreement and understand their responsibilities. The landowner should cover the real estate taxes, cost of infrastructure (fence, barns, water) and their repairs, farm insurance. Livestock owners should calculate and budget what he or she can afford to pay in rent. Responsibilities such as fertilizing, mowing, and fixing damaged fence, should be reflected in the final rental agreement.

Communicate and put it in writing. When discussing lease agreements make sure to record and write down rates, responsibilities, contract length, stocking rates, Disaster clause, and other specific discussions made during the negotiation process.

What rental method works best for you? There are several pasture rental methods that can be used but in each operation is set up differently, make sure to do your research evaluate which method works best for your farm operation.

1. **Animal Unit Method** takes in account the average animal units time the average hay price on a per ton basis times the pasture quality factor. An animal unit is equal to 1000 lbs. and pasture quality factors include

Factor	Description
0.12	Unimproved, poor
0.15	Fair to good
0.18	Very good
0.20	Excellent
0.22	Lush legume pasture

Ohio mixed grass hay prices for the last week of November ranged from \$80-\$150 per ton.

Livestock type: Animal Unit

Mature Cow with unweaned calf at side or heifer two years of older: 1.25
Bull, two years or older: 1.3
Young cattle, one to two years old: 0.8
Weaned calves or yearlings: 0.6

As an example, let's say your cow herd size is 1000 lbs. with a newly born calf weighing around 250 lbs. by her side and the current local

hay market is \$80/ ton for fair grass mixed hay which is equivalent to the pasture you are wanting to lease = 1.25 AU x \$80/ton x .15 pasture quality factor = \$15 per head per month. Factors such as current hay prices, pasture quality, and Animal units can have a direct effect on the pasture rental rate.

2. **Per acre rental method** is an easy and common method used by producers. In 2020 USDA, NASS Ohio field office reported that the average pasture rental rate equaled \$26/ acre ranging from \$17/ acre in southeast Ohio to a high of \$50.50/acre West Central Ohio. USDA NASS also reported current pastureland value price for Ohio equaled \$3,370, find more details at <https://www.nass.usda.gov>.

3. Pasture rental rates utilizing **yields and land capability from soil survey** considers soil productivity based on average yield and the amount of forage or feed one animal unit for 30 days. The productivity and suitability of soil for grazing can be found in the Ohio soil survey. Local Soil and Water Conservation districts can provide county soil ratings or go to <https://web-soilsurvey.sc.egov.usda.gov/> to learn more about your soil suitability rating. Rental rates can be based on seasonal cost and grazing period cost. Season cost takes in account the price of hay per



Have increased values of feed, cattle or fertilizer caused the value of rented pasture to change?

ton and equivalent pasture value x soil survey yield.

Example – \$80/ton hay value or 40/ton pasture x 2.5tons/acre rating = \$100/ac. Grazing period cost takes in account pasture value x soil survey yield and grazing period indicated in the soil survey divided by animal unit days also indicated in the soil survey. Example \$40/ton pasture value x 2.5tons/acre x 60 days of grazing/150 animal unit days = \$40/ac

In Summary, there are many factors that can affect the price paid for pasture rental, from pasture quality, water availability, conditions of fence/facilities, current hay prices, and supply and demand. Before approaching the landowner producers need to have their ducks in a row, make sure to have a budget prepared also indicate incentives for the landowner to lease to you over other producers. Incentives such as good

pasture management, rotational grazing practices, and good livestock husbandry are always good ways practices to highlight when negotiating. Last but not least communication is critical, 2022 has many unforeseen issues, don't make a disgruntled landlord one of them due to miscommunication.

To learn more about pasture rental lease agreements you can use the following resources:

- What's in Your Farmland Lease? A Checklist of Farmland Lease Provisions at <https://u.osu.edu/morrowcountyag/2021/12/20/pasture-rental-rates-do-you-know-your-price/>
- OSU Extension Fact Sheet FR-8, Establishing a Fair Pasture Rental Rate, 2006 at ohioline.osu.edu/factsheet/FR-8
- Maximizing Fall and Winter Grazing of Beef Cows and Stocker Cattle, Bulletin 872.1998. Ohio State University Extension

CFAES

COLLEGE of FOOD, AGRICULTURAL, and ENVIRONMENTAL SCIENCES

Forages for Horses Webinar Series

The virtual Forages for Horses course will consist of three 90-minute webinars offering a variety of pasture and management topics. Once registered, attendees will be granted access to the online course including the webinars and complementary resources. Participants that attend all three webinars will have the opportunity to earn a certificate of completion. Registered participants will also receive their choice of a curriculum binder or USB drive of the traditional course by mail.

Thursday, January 20th 7:00 PM
Hay analysis and Feeding Different Classes of Horses

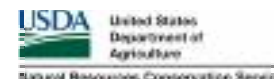
Thursday, February 17th 7:00 PM
Nutrition and Parasites

Thursday, March 17th 7:00 PM
Pasture and Weed Management, Soil Fertility, and Species Selection

Cost of the course is \$75 which includes a digital copy of the Forages for Horses Manual. A physical copy may be added to cart at checkout. Current and new members of the Ohio Forages and Grasslands Council are eligible for a \$15 discount on registration. **Register by visiting:** <https://go.osu.edu/foragesforhorsesregistration>



Scan to
Register!



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



AGRICULTURE



Farmland values and cash rental rates in Ohio – will strong markets continue?

By Barry Ward, Leader Production Business Management - The Ohio State University College of Food, Agricultural, and Environmental Sciences, Ohio State University Extension

Farmland prices have strengthened in recent months and there are a number of key fundamentals that will likely continue to support land values in the near term. High crop prices and margins along with last year's COVID-19 related government payments and continued low interest rates have all contributed to stronger land markets. Higher production costs and recent minor decreases in crop prices may decrease profit margins this next year and take some strength out of the market but farmland will likely continue to see increases in value through the end of this year and into the next year. Similar factors have impacted cash rental markets in Ohio and will likely continue to pressure rental rates higher in the near term.

Recent data from the United States Department of Agriculture National Ag Statistics Service (NASS) August Land Values 2021 Summary shows Ohio Farm Real Estate increasing 3.9% from 2020 to an average of \$6,600 per acre in 2021. Ohio Cropland (bare cropland) showed an increase of 5.3% from 2020 to 2021. Average Cropland value is \$6,800 per acre in 2021 according to this survey. Pastureland value in Ohio increased 2.1% to \$3,440 per acre in 2021. Average cash rents in Ohio increased 2.6% in 2021 to \$160 per acre according to this survey. The National Ag Statistics Service (NASS) also summarizes average cash rental rates by county available through Ohio NASS: www.nass.usda.gov/Statistics_by_State/Ohio/Publications/County_Estimates/2021/OH_2021_cashrent_CE.pdf

Each year, Ohio State University Extension (The Ohio State University College of Food, Agricultural, and Environmental Sciences) conducts an Ohio Cropland Values and Cash Rents



Survey. The Ohio Cropland Values and Cash Rents study was conducted from January through April in 2021. The opinion-based study surveyed professionals with a knowledge of Ohio's cropland values and rental rates. Professionals surveyed were rural appraisers, agricultural lenders, professional farm managers, ag business professionals, OSU Extension educators, farmers, landowners, and Farm Service Agency personnel.

Ohio cropland varies significantly in its production capabilities and, consequently, cropland values and cash rents vary widely throughout the state. Generally, western Ohio cropland values and cash rents differ from much of southern and eastern Ohio cropland values and cash rents. The primary factors affecting these values and rents are land productivity and potential crop return, and the variability of those crop returns. Soils, fertility, and drainage/irrigation capabilities are primary factors that most influence land productivity, crop return and variability of those crop returns.

Other factors impacting land values and cash rents may include field size and shape, field accessibility, market access, local market prices, field perimeter characteristics and potential for wildlife damage, buildings and grain storage,

previous tillage system and crops, tolerant/resistant weed populations, USDA Program Yields, population density, and competition for cropland in a region. Factors specific to cash rental rates may include services provided by the operator and specific conditions of the lease.

According to the Western Ohio Cropland Values and Cash Rents Survey, cropland values in western Ohio are expected to increase in 2021 by 3.8 to 5.3 percent from 2020 to 2021 depending on the region and land class. Cash rents are expected to increase from 3.6 to 3.9 percent depending on the region and land class. For the complete survey research summary go to: <https://farmoffice.osu.edu/farm-management-tools/farm-management-publications/cash-rents>

This survey and the results are reflective of the thoughts of survey participants in early 2021. Recent farmland sales would lead us to believe that farmland value has likely increased more than the 3.8 to 5.3 percent that the summary indicates for 2021. Continued high crop prices along with relatively strong predicted yields throughout much of Ohio have lent more strength to farmland markets in Ohio.

Others survey results in the eastern Corn Belt may be useful in gauging the magnitude of Ohio farmland value change thus far in 2021. The Federal Reserve Bank of Chicago (7th Fed District) surveys ag lenders in their districts each quarter. (The 7th Fed District includes parts of Michigan, Indiana, Illinois, Wisconsin and all of Iowa.) Their survey in July showed the value of good farmland in their district had increased by 14 percent from July 1, 2020 to July 1, 2021. The mid-year survey conducted by the Illinois Society of Professional Farm Managers and Rural Appraisers of their members revealed an increase of 20% in farmland values from the beginning of 2021. While Ohio is not Illinois nor does Ohio sit in the 7th Fed District, these surveys may give some guidance on the level of change in farmland values in Ohio in 2021.

Planning for the Future of Your Farm Webinar Series

OSU Extension will host a virtual three part "Planning for the Future of Your Farm" webinar series on January 31, February 7, 21, & 28, 2022 from 6:30 to 8:00 p.m. This workshop is designed to help farm families learn strategies and tools to successfully create a succession and estate plan that helps you transfer your farm's ownership, management, and assets to the next generation.

Topics discussed during this series include: Developing Goals for Estate and Succession; Planning for the Transition of Control; Planning for the Unexpected; Communication and Conflict Management during Farm Transfer; Legal Tools and Strategies; Developing Your Team; Getting Your Affairs in Order; and Selecting an Attorney.

This workshop will be taught by members of the OSU Farm Office Team featuring Peggy Hall & Robert Moore, Attorneys from the OSU Agricultural & Resource Law Program and David Marrison, Extension Educator for Coshocton County.

Because of its virtual nature, you can invite your parents, children, and/or grandchildren (regardless of where they live in Ohio or across the United States) to join you as you develop a plan for the future of your family farm.

Pre-registration is required so that a packet of program materials can be mailed in advance to participating families. Electronic copies of the course materials will also be available to all participants. The registration fee is \$75 per farm family. The registration deadline is February 10, 2021. More information and on-line registration can be obtained at go.osu.edu/farmsuccession

Contact information: David Marrison, 740-622-2265 or marrison.2@osu.edu

Planning for the Future of Your Farm Webinar Series January 31 & February 7, 21 & 28, 2022

6:30 to 8:00 p.m. via Zoom

Pesticide Exams Scheduled

If you need to obtain a private pesticide license there are two exams scheduled for 2022 in Morrow County. March 8th at 9:00 am and April 5th at 9:00 am. Both exams are in the AgCredit Building second floor conference room. If you need study materials please call the Extension office 419-947-1070 and we can get those for you. If you would like to register for the exam please go online to <https://agri.ohio.gov/divisions/plant-health/pesticides/exam-registration>. If you need help registering please call our office.



New woodland video series

Dave Apsley Ohio State Natural Resources Specialist has released a new series of videos on woodland boundaries featuring State Service Forester, Mark Rickey.

These videos are a great source of information on the importance of locating and maintaining woodland boundaries. They provide details on how to find evidence of their location and how to highlight the evidence once you locate it. Additional videos will be released in the coming months.

Videos and other woodland boundary resources can be found at: <http://go.osu.edu/boundaries>



AGRICULTURE



Ohio Crop Enterprise Budgets – Projected Returns for 2022

By Barry Ward, Leader, Production Business Management, College of Food, Agricultural and Environmental Sciences, Ohio State University Extension

Each year, preliminary crop enterprise budgets are unveiled at the Farm Science Review which reveals our best estimates for costs and returns for the main row crops in Ohio for the upcoming year. With continued high crop prices projected for 2022 there is some optimism, however, higher costs will likely decrease profit margins to levels lower than 2021 margins.

Production costs for Ohio field crops are forecast to be higher compared to last year with higher fertilizer, seed, chemical, fuel, machinery and repair costs leading the way.

Variable costs for corn in Ohio for 2022 are projected to range from \$477 to \$583 per acre depending on land productivity. Variable costs for 2022 Ohio soybeans are projected to range from \$266 to \$302 per acre. Wheat variable expenses for 2022 are projected to range from \$213 to \$262 per acre. These are increases over last year of 19%, 18%, and 25% for corn, soybeans and wheat, respectively.

If the current grain prices and costs endure through next year, profit margins will likely be positive although higher costs may create losses for some producers. Grain prices currently used as assumptions in the 2022 crop enterprise budgets are \$4.80/bushel for corn, \$12.20/bushel for soybeans and \$6.90/bushel for wheat. Projected

returns above variable costs (contribution margin) range from \$226 to \$472 per acre for corn and \$288 to \$529 per acre for soybeans. Projected returns above variable costs for wheat range from \$191 to \$344 per acre.

Return to Land is a measure calculated to assist in land rental and purchase decision making. The measure is calculated by starting with total receipts or revenue from the crop and subtracting all expenses except the land expense. Returns to Land for Ohio corn (Total receipts minus total costs except land cost) are projected to range from \$54 to \$283 per acre in 2022 depending on land production capabilities. Returns to land for Ohio soybeans are expected to range from \$166 to \$393 per acre depending on land production capabilities. Returns to land for wheat (not including straw or double-crop returns) are projected to range from \$99 per acre to \$242 per acre.

Total costs projected for trend line corn production in Ohio are estimated to be \$919 per acre. This includes all variable costs as well as fixed costs (or overhead if you prefer) including machinery, labor, management and land costs. Fixed machinery costs of \$78 per acre include depreciation and other overhead. A land charge of \$207 per acre is based on data from the Western Ohio Cropland Values and Cash Rents Survey Summary. Labor and management costs combined are calculated at \$82 per acre. Details of budget assumptions and numbers can be found

in footnotes included in each budget.

Total costs projected for trend line soybean production in Ohio are estimated to be \$619 per acre. (Fixed machinery costs: \$62 per acre, land charge: \$207 per acre, labor and management costs combined: \$53 per acre.)

Total costs projected for trend line wheat production in Ohio are estimated to be \$541 per acre. (Fixed machinery costs: \$36 per acre, land charge: \$207 per acre, labor and management costs combined: \$48 per acre.)

Current budget analyses indicates favorable returns for soybeans compared to corn or wheat but crop price change, harvest yields and other

factors through fall and into summer of next year may change this outcome. These projections are based on OSU Extension Ohio Crop Enterprise Budgets. Newly updated Enterprise Budgets for 2022 have been completed and posted to the Farm Office website: <https://farmoffice.osu.edu/farm-mgt-tools/farm-budgets>

In addition to projected row crop budgets for 2022, there are newly updated forage budgets posted to our Farm Office site. These include Alfalfa Hay, Alfalfa Haylage and Corn Silage. Also recently updated are two Market Beef Budgets which include Market Beef Budget (Self-Fed) and Market Beef Budget (Bunk-Fed).



Common ticks found in Ohio (L to R): blacklegged tick nymph, blacklegged tick female, blacklegged tick male, American dog tick female, American dog tick male, lone star tick female, lone star tick male

Submit a tick for research

The Parasite and Pathogen Ecology Lab is seeking ticks from all over the state of Ohio – from any host or environment and any time of year – to improve our understanding of ticks and tick-borne pathogens in Ohio and track the spread of the invasive Asian Longhorned tick.

We have two types of tick submission programs:

1. A research submission program for people who want to contribute to our research but do NOT want any information in return. This is a free program because students identify these ticks as time permits in off-peak seasons, and only select ticks are tested, so we do not provide any results to the submitter. The data helps us understand where certain ticks and tick-borne pathogens are in the state.

2. A diagnostic submission program for people who DO want a report returned on the species, stage, and risk of tick(s) they submitted in a timely manner. This is a fee-based service provided by trained staff costing \$5 for the first tick and \$2 per additional tick. (Note that your local health department may be able to provide identification for free.) Use this entry form to submit your order. On-demand pathogen testing services are coming soon, but are NOT available at this time.

Contact ticks@osu.edu if you have questions about submission.

Tick Submission Instructions

If the tick is attached, remove using tweezers (or a specialized tick removal tool) by grasping the tick closest to the skin and pulling gently upwards without twisting or yanking. Do NOT use petroleum jelly, nail polish, a hot match, or any other products as they are not effective. Be sure to kill the tick by placing it in rubbing alcohol, hand sanitizer, or the freezer.

Place the tick in a small plastic bag. If you have multiple ticks, those from the same host and location can be placed in the same bag but those from different locations or hosts must be separated. Optional: If you're holding onto ticks to submit as a batch, these bags can be stored in the freezer until you're ready to send.

Put the bag(s) in an appropriately sized mailing envelope with sufficient postage.

Include a piece of paper in the envelope with the following information (or complete in the entry form #2 above for paid service):

- Your name and phone number
- Nearest address or intersection where the tick was found
- Date the tick was found (month at minimum)
- What the tick was found on (i.e. cow, mink, dog, vegetation, etc.)

Mail to: Pesapane Lab, A101 Sisson Hall, 1920 Coffey Rd, Columbus, OH 43210.



Are you MarketReady?

If you're interested in selling directly to restaurants, wholesalers, grocers, and customers, join us for MarketReady on January 26, 2022! This producer training will cover a wide variety of topics that will help you navigate the ins and outs of selling direct. All entrepreneurs are welcome.

This program will be at OSU South Centers in Piketon, Ohio and the cost is \$25 per person. Cash and check can be sent to:

OSU South Centers

Attn: Anna Adams
1864 Shyville Rd.
Piketon, OH 45661

If you would like to pay by card, you may call prior to the event at 740-289-2071 x116. We will also accept payment at the door. Lunch will be provided. You can register at go.osu.edu/sc-marketready2022. Deadline to register is January 21, 2022. If you have any questions, please contact Christie Welch at welch.183@osu.edu or Anna Adams at adams.2061@osu.edu.



AGRICULTURE



4-H

A New Year...An Updated Farm Balance Sheet

By Eric Richer, OSUE Fulton County

Many of us make New Year's resolutions as we turn the corner to a new calendar year. One of the best financial management resolutions you can make is to update your balance sheet in a timely and precise fashion. The balance sheet is a "snap shot" in time of your farm's financial position, including what assets you own and how they are financed. The balance sheet is also known as the net worth statement. When completed precisely and timely, the balance sheet and corresponding ratios can be a very valuable tool to determine farm financial health. The balance sheet objectively measures farm business growth, liquidity, solvency, and risk capacity.

Categorizing Balance Sheet Items

Balanced sheets are organized with two sides: assets and liabilities. The left side contains items categorized as assets and the right side contains liabilities. Assets are items owned by the farm business that contribute value such as cash or grain inventory. Assets also include items such as equipment or farmland that, although they are being financed, contribute to the general value of the farm business. These assets will be shown on the balance sheet with the liability or debt that needs to be paid, such as farmland with a mortgage or a tractor with a loan. Other liabilities listed on the balance sheet include outstanding financial obligations for farm expenses such as feed or fuel oil. In addition to financing with debt or liability, assets can be financed with equity, or a mix of equity and debt. Equity for financing is the debt-free capital (or cash) retained by the farm with no financial obligation.

The assets and liabilities on the balance sheet (including the financing of the assets) are used to determine the equity, or net worth, of the farm owner. The owner's equity is used by lenders and insurers to determine a farm business' value. There are two ways to calculate the owner's equity, or net worth. The first simply subtracts the liabilities from the assets:

Assets – Liabilities = Owner's Equity

The second calculation adds the owner's equity with liabilities to determine the assets:

Liabilities + Owner's Equity = Assets

Terms of Assets and Liabilities

Beyond the broad categories of either an asset or liability, a balance sheet categorizes items into "time compartments" or terms of useful life. Useful life is a term for the amount of time an item can be utilized for the farm business. Depreciation allocates the cost of this asset over its useful life. Both assets and liabilities can be categorized into current, intermediate, and long, or fixed, terms of useful life.

Assets – Current assets can be converted to cash in one year or less. Common current assets are cash, growing crops, harvested crop inventory, market livestock, accounts receivable, and other similar items. Intermediate assets have an assumed useful life or depreciable value of one to ten years. Common intermediate assets are breeding livestock, machinery and equipment, titled vehicles, and not-readily-marketable bonds and securities. Long term, or fixed, assets are



typically permanent items with value—depreciable or not—for more than ten years and include farmland, buildings, farmsteads, and other similar items.

Liabilities – Current liabilities are obligations that are due and payable in the next twelve months. Most common current liabilities include accounts payable (bills), credit card bills, operating lines of credit, accrued interest, and the current portion of principal on loans due this year. Intermediate liabilities are obligations that due to be paid back within one to ten years and are usually associated with intermediate farm assets on the left side of the balance sheet. Common intermediate liabilities are the principal remaining on machinery and equipment loans or breeding livestock purchases. Finally, long term, or fixed, liabilities are debts with terms greater than ten years like the principal balance remaining on a farm-land or building mortgage.

Assets: Market Value vs. Cost Value

The asset side of the balance sheet may have two columns for value: market and cost. Both values should be on a balance sheet to help the farmer and farm advisors, and indicate changes to the owner's equity.

Market value – Today's market values minus selling costs are used to determine market value. For example, a fully depreciated 15-year-old tractor certainly has a current market value greater than zero, especially in today's environment. A realistic current market value for this tractor can be obtained with an appraisal, or by looking at current sales of similar tractors online. Similarly, farmland bought 30 years ago likely has a different current market value today. In general, lenders may prefer the use of current market values in a balance sheet for asset valuation.

Cost value – The net book value, or the cost of the item minus accumulated depreciation, is the cost value. For example, a fully depreciated 15-year-old tractor has a cost value of \$0 in a cost-based balance sheet. No appraisal is needed; only record the cost minus accumulated depreciation. Farmland (a non-depreciable, long term asset) purchased 30 years ago has a balance sheet value of the purchase cost. In general, accountants prefer cost value balance sheets as a more clear reflection of business success, based on business decisions rather than inflation, depreciation, or appreciation of investments.

In a precisely completed balance sheet, the cost value and the market value columns usually produce different total asset values.

Keys to Completing the Balance Sheet

Several keys can help farmer improve their accuracy, effectiveness, and efficiency for com-

pleting year-end balance sheets.

- Complete the balance sheet on the same date each year, usually as of December 31st. The information will never be more accurate than immediately after the end of the year.

- Items like investment/retirement account balances or principal loan balances make take several weeks to arrive unless you use online accounts; nevertheless, December 31st is the reference date you should use.

- Inventory all assets, including standard weight and measure units (ie. Lbs, head, bushels, bales, etc).

- Utilize current market prices for crop and livestock inventories.

- Calculate cost value for growing crops.

- Include government payments and insurance indemnities yet to be received in accounts receivable.

- Apply conservative breeding livestock values, avoiding large year-to-year changes.

- Maintain a separate, easy-to-update depreciation schedule for depreciable assets like equipment.

Balance Sheet Tools

Several methods for completing balance sheets are available, including hardcopies like the Ohio Commercial Farm Account Book available through your local Ohio State University Extension office, spreadsheet-based software programs with templates and accounting formulas, or accounting software linking balance sheet values with online resources. Ohio State University (OSU) Extension has a Microsoft Excel spreadsheet-based balance sheet with farm templates that can be found at <https://go.osu.edu/BalanceSheet>. The most important aspect is timely and accurate entries, regardless of the method used for creating the balance sheet. Each method has drawbacks and advantages and the choice of computer versus paper based systems usually comes down to personal preference.

Balance Sheet Ratios to Evaluate Financial Health

A balance sheet is an accounting statement needed by a farmer to evaluate his or her financial health. An income statement and a statement of cashflows are also needed to provide the entire financial picture. These three statements can be used with the Farm Finance Scorecard available online by searching the University of Minnesota's Center for Farm Financial Health.

The scorecard uses these three accounting statement to determine financial ratios and measurements to benchmark a farm operation against acceptable industry standards.

An annual comparison of the same farm, referred to as a vertical analysis, can be used to evaluate the health of a balance sheet. With vertical analysis, one year's balance sheet totals can be added to a spreadsheet with entries from previous years for comparison. Additionally, the spreadsheet would be used for upcoming years to continue the vertical analysis. This analysis does not benchmark a farm against the industry but, instead, shows the growth achieved and trends developed by the farm over time.

2021 Morrow County 4-H Volunteers

Thank you to the following 2021 Morrow County 4-H volunteers:

FIRST YEAR: Emma Artrip, Jennifer Barga, Lisa Duckworth, Rebecca Duckworth, Andrea Franks, Manny Heilman, Stacie Leffler, Amanda Meadows, Samantha Sayers, Jamie Schaad, LeeAnn Shirley, Justin Smith, Jessica Teaters;

SECOND YEAR: Jessica Diller, Andrea Mattix, Shelby Perkins, Danielle Reyna Davis, Brianna Van Horn;

THIRD YEAR: Kimberly Anthony, Heather Clapham, Fethar Dell, Erin Hall, Abigail Kelly, Christina Keever, Shannon Lasser;

FOURTH YEAR: Kari Adams, Brittany Arnold, Brent Bockbrader, Tolly Bockbrader, Kathy Dudley, Curtis Grimm, Mary Hughes, Sandy Kovacs, Charles McGee, Rachele Newson, Christy Orr, Candala Rogers;

FIFTH YEAR: Jennifer Alexander, Ben Davis, Laura Fiant, Daniel Fisher, Catherine Gossett, Robin Jordan, Candi Rollins, Sarah Shaffer;

SIXTH YEAR: Erin Bender, Marcie Chamberlain, Melody Franklin, Lora Hamilton, Jacklynn Johnson, Robin Munday, Bridget Whetnall, Peggy Wolf, Tasha Zornes;

SEVENTH YEAR: Linda Bowman, Megan Davis, Stacy High, Justina Keckler, Mary Meimer, Rebecca Miller;

EIGHTH YEAR: Kelly Beck, Matthew Beck, Terri Foster, Vanessa Gingerich, Kortney Huvler, Robin Jordan, Martha Wall;

NINTH YEAR: Darren May, Cherie Smith;

TENTH YEAR: Ashley Smith, Kathie Townsend;

ELEVENTH YEAR: Tracy Gray, Brigitte Kanagy, Emily Leibengood;

TWELTH YEAR: Angie White;

THIRTEENTH YEAR: Judy Mayer;

FOURTEENTH YEAR: Dale Clinedinst, Loren Coleman-Cronewett, Robin Conrad, Alea LaCroix, Florence Smith;

FIFTEENTH YEAR: Darla Clinedinst, DeAnna Collins, Tammy Cooper, Tonya Mason

SIXTEENTH YEAR: Lisa Beck, Gena Dutton, Russ Mayer, Jason Ruhl;

SEVENTEENTH YEAR: Sue Miller, Martha Osborne, Mike Wilgus;

EIGHTEENTH YEAR: Candida Doubikin, Mike Ruhl, Jana Worner;

NINETEENTH YEAR: Sheila Beck, Matt Brinkman, Shelly Peak;

TWENTIETH YEAR: Robin Brandum;

TWENTY- FIRST YEAR: Peggie Van Horn;

TWENTY SECOND YEAR: Missy Kidwell;

TWENTY-THIRD YEAR: Lynn Fraizer; Kim Hesse, Linda Hill, Julie Logan;

TWENTY-SEVENTH YEAR: Leontine Van Dyke;

THIRTIETH-FIRST YEAR: Carol Holsinger, Renee Ness

THIRTY-SECOND YEAR: Betty Brandum;

THIRTY-THIRD YEAR: Charlene Pace;

FOURTY-FOURTH YEAR: Betty May, Steve May

FIFTY-SEVENTH YEAR: Gene Dumbaugh;

FIFTY-EIGHTH YEAR: Jan Johnson;

SIXTY-SECOND YEAR: Bill Hershner



4-H NEWS



2022 Jr Fair Board Meets, Elects Officers

Jr. Fair Board recently had their first meeting of the new year and elected officers!

Congratulations to:

Myles Jordan (President)

Christina Beheler (Vice-President)

Kayla Hughes (Secretary)

Morgan White (Treasurer)

Katelynn Votaw (Assistant Secretary/ Treasurer)

Jada Mullins (Parliamentarian)

Emily Zeger (Historian)



4-H Members Selected to Jr. Fair Board

By Becky Barker

After a great night of interviewing outstanding 4-H teens we want to congratulate the following individuals selected for the 2022 Morrow County Jr. Fair Board!!

This group will join the 2nd, 3rd and 4th year members to run our Jr. Fair! Jr. Fair Board meetings are held the first Monday of each month at 7 p.m. Members will be working on Quality Assurance, working in their departments, pre-fair judgments, weigh-ins and much more before fair August 29th – September 5th.

Emily Ball, Maizy Brinkman, Dana Clinedinst, Tyler Duckworth, Josiah Fatka, Savannah Ferguson, Lane Hughes, Mason Kidwell, Lydia Leonhard, Elizabeth Leonhard, Anna Marocco, Macy Miller, Cole Perkins, Hailey Pollard, Reagan Zeger

Also, congrats to 4-H members/alumni Kayla Carlyle and Ashlee Huffine selected as Jr. Advisors.

Teens 15 years old by January 1st and/or a freshman in high school can apply each October for the next year's board.

4-H Membership Eligibility!!

Just a reminder and clarification on membership eligibility for 4-H members. * Youth may join the cloverbud program (Non Competitive) when they are in kindergarten and five years old as of January 1, 2022.

* Youth may begin taking 4-H projects when they are **8** years old and in the 3rd grade as of January 1, 2022.

OR

* **Any youth age 9 or above is eligible for projects**, regardless of grade level. * The last year of 4-H eligibility is the year in which a youth turns 19 years old (example: if you turned 19 years old on July 12, 2021 your last year in 4-H was in 2021).

Thinking of Starting A 4-H Club or Just Volunteering?

Contact Becky Barker for more information. (419-947-1070)

Animal Project Born By/Hatch Dates

January's the time to start thinking about and getting some of our market and breeding project animals. Listed are our fair requirements for some of the animals born/hatched early in 2022.

- Market Feeder Calves - Born January 1 to April 1
- Market Hogs - Farrowed/Born after Janu-

ary 15 (New date!) (**ideally no later than end of February**)

- Market Goats - Born after January 1
- Market Lambs - Under 1 year of age by fair
- Breeding Poultry – Under 1 year of age by fair

Morrow County 4-H Camp

2022 Morrow County 4-H Camp dates are July 9-13th!!



4-H in the Christmas Parade!

By Becky Barker

"Maybe Santa's Reindeer were once 4-H projects?" was our 4-H float theme at the 2021 Christmas Parade of Morrow County, put on by the Morrow County Chamber of Commerce, on Dec. 3.

4-H members learn many new things each year! The types of 4-H projects are endless if a youth has an interest!

One 4-H member in our group exclaimed "You mean I can take a reindeer as a 4-H project?"

Thanks to the following 4-H members and 4-H royalty/ambassadors that participated!

Abigail Hinkle

Sophia Hinkle

Josie Smith

Elizabeth Ruhl

Matthew Ruhl

William Mattix

Brianna Zeger

Laken Dye

Hunter Dye

Kasey Fiant

James Fiant

Mason Kidwell

Myles Jordan

Katelynn Votaw





4-H NEWS



A Park Avenue student uses a black light to see the germs on his hands.

Park Avenue Elementary youth learn about germs

One hundred and twenty-two Park Avenue Elementary first and second graders learned "The Good and Bad about Germs!" We started each class with the kids playing hot potato. Little did they know, the ball they used had Glo Germ on it which is a powder that simulates germs. When we were done playing the game we talked about how germs are spread, that there are good and bad germs, and what kinds of germs exist.

The highlight of the class was when they learned about the Glo Germ on the ball and they

were able to look at the "germs" they had on their hands by just playing a game of hot potato. They placed their hands under a black light to see the "germs" and were amazed at how many germs were spread.

Then they had the task of washing their hands for the recommended 20 seconds in warm soapy water to see how much of the germs were washed off. Some did great with this task and others had to try a few times.



Kyland Peak creating a poinsettia cupcake.

Ohio 4-H Conference to be held March 12

The 2022 Ohio 4-H Conference will take place at the Greater Columbus Convention Center on Saturday, March 12th. This event is designed to bring together 4-H volunteers and teens from across the State of Ohio. The objective of this event is to learn together and from each other in order to improve our abilities to deliver the Ohio 4-H Program to its members. We truly believe that these educational selections offer something for everyone, and have the ability to satisfy every taste and need.

Nearly 100's sessions are available to choose from!

Who: All Ohio 4-H Teens & Volunteers are welcome to attend

When: March 12th, 9:00am - 4:00pm

Where: Greater Columbus Convention Center, 400 N. High St., Columbus, Ohio

Deadline: Wednesday, February 9, 2022 (To



Morrow County Office)

How Much Does It Cost: \$20 for Morrow County Members and Volunteers (\$40 Regularly) Thanks to our 4-H Endowment!

Session booklet and form are available at <https://ohio4h.org/events/ohio-4-h-conference> or contact the Extension office! There may be free

slots available!

All registrations postmarked after February 9th will be charged \$40 and will not include the luncheon.

Registration opens at 8:00 am and Session I starts at 9:00 am.

Jordan Schauer wins scholarship

Congratulations Jordan Schauer as the recipient of the Morrow County 4-H Horse and Pony Scholarship!

Jordan is attending Midway University studying criminal justice and riding on their western equestrian team.



Jordan Schauer



Photo by LeAnne Gompf

2021-2022 Equestrian Kings and Queens: (L to R) Annabelle Cooper (2nd runner up Jr.), Madison May (1st runner up Jr.), Leah Ervin (Jr. Equestrian Queen), Breyer Cooper (Jr. Equestrian King), Braden Gamble (Sr. Equestrian King), Brooke Clapham (Sr. Equestrian Queen), Abby Booher (1st runner up Sr.), Sage Whetnall (2nd runner up Sr.)

2021-2022 Equestrian Kings and Queens

Outstanding horse knowledge is what the interview judges had to say about these young men and women as they were selected to represent the

Morrow County 4-H/FFA Horse and Pony program! Congratulations to them all!

Learning the art of cake decorating

On December 11, 20 youth and 10 adults attended the Cake Decorating 101: The basics classes. Participants learned to use a variety of cake decorating tips so they could make some awesome creations. They practiced on 24 cupcakes. Many were transformed into the Grinch, a poinsettia, a snowman, flowers, and leaves. Writing with icing was even practiced on cardboard trays.

The 4-H program has a cake decorating project that youth can take within their community club. At this workshop we were able to complete the majority of the beginning level cake decorating project. Now all the youth have to do is write everything in their books and practice, practice, practice, until judging in July.

A huge thank you to Angi Lee for teaching the classes. They were greatly enjoyed by all who attended.

The next class is March 19th!



A cupcake decorated during the Dec. 11 Cake Decorating Class.



4-H NEWS



Avery Gaitton works on hammering nails into the bank she's building.

Learning to save money and construct a bank

One hundred and thirty-six Park Avenue Elementary 3rd and 4th graders and 46 youth from the Cardington Lincoln Elementary Lift program participated in this workshop. Youth learned the importance of saving money and what the important difference is between an item they want and an item they need.

They were given an example of how much a single parent would receive in pay for a month if they made \$15 per hour. They quickly found out that this money is quickly spent on needs such as rent, electric, phone, gas, car payment, food, taxes, etc. This leaves very little for items of want.

To help them with their saving, they constructed a bank to take home with them to use.



Third graders at Park Avenue Elementary School are excited to have their new banks they constructed.

CFAES

COLLEGE of FOOD AGRICULTURE, and ENVIRONMENTAL SCIENCES

Cake Decorating Classes

Cake Decorating 101: The basics

March 19, 2022
Ag Credit BLDG, 2nd floor conference room
5362 US Hwy 42, Mt. Gilead, OH 43338

Youth
Get a start on your Cake Decorating 4-H project or just enjoy learning the basics!
10:00 a.m. – limited to 10 youth
Youth in grades 3-12

Adults
1:00 p.m. – limited to 10 participants

For more information or to register, go to
go.osu.edu/cakedecorating

Cost: FREE

Questions?
Contact Amanda Staley,
staley.35@osu.edu or 419.947.1070.

THE OHIO STATE UNIVERSITY

EXTENSION

Morrow County
morrow.osu.edu

Jr. Fair Building Fund Pig raises money

The Morrow County Fair Board, Morrow County Livestock Sale Committee, and the Morrow County Pork Producers each year provide a Morrow County 4-H or FFA member the opportunity to raise, display, and sell a market hog for the purpose of giving back all Jr. Fair Livestock Auction proceeds to the Morrow County Jr. Fair Building Fund. All the money raised goes into the Morrow County Fair Building Fund to improve and maintain buildings on the fairgrounds.

2021 marks the 43rd year of this project and the total raised was \$13,107.84.

The Morrow County Livestock Sale Committee and Fair Boards would like to acknowledge everyone for their support!

Thanks to the following for their donations to make this project happen:

- Morrow County Pork Producers (Feed costs and \$50 donation to the member)
- Next Generation Ulrey Farm (pig donation)
- Hoffman's Meat (processing)
- Sr. Fair Board (meat donated to the county food pantry)

If interested in raising the 2022 Jr. Fair Building Fund Pig, contact Becky Barker.



4-H Member, Bailey Ulrey, who raised and cared for the 2021 Building Fund Pig.



FAMILY & CONSUMER SCIENCES



Your Financial Life: Claim Your Unclaimed Money

By Candace J. Heer, Extension Educator,
Family and Consumer Sciences, Ohio State
University Extension, Morrow County

Looking for a financial windfall that is legitimate? There is a great possibility that personal property such as money with your name on it is just waiting for you to claim! Annually states return more than \$3,000,000,000 in unclaimed property to one in every 10 persons. Lost and forgotten property is considered abandoned or unclaimed. This can include checking and savings accounts, refunds, uncashed dividends, contents of safe deposit boxes, uncashed payroll checks, unclaimed pensions, traveler's checks, customer overpayments, life insurance policies, utility security deposits and much more.

Many holders and entities such as financial institutions, insurance companies, charities, businesses and government offices have turned over inactive accounts and deposits to the unclaimed property office in each state, per that state's statute or law. The inactivity time differs from state to state and can be as short as one year. The National Association of Unclaimed Property Administrators (NAUPA) states instead of unclaimed property remaining on a permanent basis with entities unclaimed property laws protect citizens and ensure the cash and property owed to them is returned. Inactive unredeemed gift cards and gift certificates, if the owner or gift recipient's address information were not retained, revert back to the laws of the holder's state of

incorporation.

You can search for money in different areas such as from your state, employers, insurance, banking and investments, from a bankruptcy, internationally, and federal and state tax refunds. Start your free search using this link <https://www.usa.gov/unclaimed-money> that directs you to official databases for your state or multi-state. You may also search for the names of family members.

If you come upon your name or business, or a name of someone in which you are legally authorized to claim on behalf of another person, complete the claim form from each state. Potential information and required documents attached at time of submission depending on the state include:

- Relationship to the property (Owner, Heir, Executor, Corporate Officer, Other)
- Government issued photo ID
- Social Security Number or Tax Identification Number
- IRS Form W-9 Request for Taxpayer ID Number & Certification (Interest paid out is subject to tax)
- For non-US Citizens, complete a W-8BEN Certificate of Foreign Status of Beneficial Owner for US Tax Withholding form (on-line location provided)
- Proof of Address or Business Relationship with reporting Holder connecting the owner to the reported address or funds (examples will be

provided such as utility bills and legal papers but you can send in any qualifying information to prove ownership)

▪ All claim forms must be signed and dated by all reported original owners (must provide proof of joint owner's death)

▪ If the value of the property is \$1,000 or more or the property is for the contents of a safe deposit box, the form must be notarized by a licensed notary public

A reminder for us all, lookout for scams. Both the Federal Trade Commission (FTC) and The Office of the Ohio Attorney General provide in depth information on consumer protection and scams. Lost funds are from entities that you have had prior relationships with, like a former bank or employer. If something seems off or illegitimate, check with the FTC or Attorney General's office before continuing.

Life can be hectic. Before you know it, years even decades have gone by and we have lost track of or forget about our property items. Why not schedule some down time for yourself and go on a quest to find if you are owed property you have yet to claim? You have nothing to lose financially and perhaps a financial windfall to gain.

<https://livesmartohio.osu.edu/money/heer-7osu-edu/your-financial-lifeclaim-your-unclaimed-money/>



Food Protection Manager Certification

Register is now open for the ServSafe Food Protection Manager Certification – 2022 Program Series.

MANAGER TRAINING

The Manager Training program provides food service managers, operators, and owners with accurate, up-to-date information on all aspects of handling food, from receiving and storing to preparing and serving. The principles learned in this course can easily be applied and practiced by all food service workers.

Upon successful completion of the course and exam, participants receive a Certificate of Completion from ServSafe and an Ohio Department of Health Food Protection certificate.

SESSION TOPICS: Providing Safe Food, Forms of Contamination, The Safe Food Handler, The Flow of Food: An Introduction, The Flow of Food: Purchasing, Receiving and Storage, The Flow of Food: Preparation, The Flow of Food: Service, Food Safety Management Systems, Sanitary Facilities & Pest Management, Cleaning and Sanitizing

PROGRAM DATES: March 7, 14, 21 (Mondays)

• July and November program series dates also available when registering

TIME: • 9:00 a.m. – 3:00 p.m.

LOCATION: OSU Extension-Morrow County, Ag Credit Building, Mt. Gilead, OH

EXAM: March 21, Bring ID; Must attend entire training to take exam

COST: Business/Organization located in Morrow County = \$100 per person (offset by Levy funds), Business/Organization located outside of Morrow County = \$150 per person

ENROLL: Register online at link <https://go.osu.edu/registration-foodprotection-managerprogram-2022> or by contacting office at 419-947-1070

• See also website at <https://morrow.osu.edu/> for registration link and information

QUESTIONS: Contact Candace Heer at heer.7@osu.edu or 419-947-1070

State Claim Inquiry



Congratulations!

It appears that you may have an asset to be claimed. Thank you for completing the form so that we can help process your claim. Please tell others about this unique service, and bookmark this site for yourself. Good luck!
Sheryl Masfield, Director of Commerce

Brainy activities for your health

By Candace J. Heer, Family and Consumer
Sciences Educator, OSU Extension,
Morrow County, heer.7@osu.edu

Did you know your brain is so important that it has exploded with the attention of researchers globally in the past decade? The National Institutes of Health & the Brain Initiative® has a long-term scientific plan that includes high-priority research areas such as linking brain activity to behavior. The World Health Organization (WHO) states, "Good brain health is a state in which every individual can realize their own abilities and optimize their cognitive, emotional, psychological and behavioral functioning to cope with life situations."

So how do we keep our brains healthy throughout our lifetime amongst the social and biological factors that come into play? Well, there are numerous ways that focus on our behavior and our daily choices. These include diet and the amount of caffeine consumed, quality sleep and lowering stress, movement and exercise, blood pressure and cardiovascular health, and being social. Mental stimulation is another way to help maintain brain function. Research

studies report activities that keep your brain active "stimulate new connections between nerve cells and may even help the brain generate new cells" therefore "...developing neurological "plasticity" and building up a functional reserve that provides a hedge against future cell loss." What does this all mean? Mentally stimulating your brain reduces cognitive decline.

Brainy Activities

Puzzles, brain teasers, logic games, and memory games are available at your local bookstore, local library and online.

• Math problems: There are brain teasers and math riddles that combine logic and math. Don't forget about Sudoku, a puzzle that means single number.

• Word Puzzles: There are several word puzzles to keep your brain sharp such as Crossword, Word Search, Word Jumbles, Rebus Puzzles (word picture riddles), Cipher (cryptogram) Puzzle and Anagrams.

• Arts and Crafts: Being creative, following patterns and steps, challenges your brain. Knitting, sewing, counted cross stitch, crocheting, drawing, painting all requires you to use many



Photo: Candace Heer

parts of the brain at the same time.

• Reading: Want to "ignite your neural pathways"? Read a book and your brain is challenged to remember facts and details, of plots and characters, as "new synapses are being created and old ones are being strengthened" and therefore improving your short and long term memory functions.

Looking to give someone a gift this holiday season? Why not present them with a good read or brain activity book and promote their brain health!





FAMILY & CONSUMER SCIENCES



Tips to help parents address sports concussion fears

Watching your child play a sport is thrilling. Watching them get injured? Scary. Especially if it's a head injury.

However, doctors and athletic trainers have become much better at treating sports concussions. Researchers such as Ohio State's Jaclyn Caccese are a big reason. Caccese is an assistant professor in the School of Health and Rehabilitation Sciences and a researcher within Ohio State's Chronic Brain Injury Program. She uses virtual reality to research the short- and long-term effects of concussions and how to help athletes rehabilitate in a way that ensures impairments do not worsen with age.

Below she shares tips on how parents, teams and athletes can safely address sports concussions.

Q How can a parent, or even an athlete, work to prevent a concussion?

A All sports carry some inherent risk of injury. Although it is not possible to completely prevent sport-related concussions, there is evidence that some rule changes (such as delaying body checking in youth ice hockey), tackling technique improvement and equipment modifications may reduce the risk of injury.

Although football helmets cannot prevent a concussion entirely, some football helmets are better able to absorb forces than others. Virginia Tech does provide helmet ratings for various sports. We, at Ohio State, are also exploring the role of neck strengthening in reducing the risk of concussion.

Although not a primary prevention mechanism, having a medical provider, such as an athletic trainer, on the sidelines at sporting events may improve concussion reporting, diagnosis and, ultimately, result in better, faster recovery after injury.

Q What should a parent, or athlete, do if a concussion is suspected?

A As soon as a concussion is suspected, an athlete should be removed from play and seek medical evaluation. There is emerging evidence that the longer an athlete plays after sustaining a concussion, the longer it will take that athlete to recover from injury.

Signs of concussion include loss of consciousness, balance problems (stumbling, slow to get up), disorientation or confusion, loss of memory or a blank or vacant look. Common concussion symptoms include headache, pressure in the head, dizziness, blurred vision and sensitivity

to light/noise, among others.

It is a common misconception that loss of consciousness is required for concussion. Only about 10% or less of concussions involve loss of consciousness.

Q If an athlete has a concussion, when is it ok to return to a sport?

A Medical clearance should be given before returning an athlete to a sport.

Following a brief period of rest (24-48 hours), physicians will instruct athletes to follow a graduated return to sport protocol beginning with symptom-limited activity and progressing to normal game play over a series of several days, as symptoms allow.

Recent evidence suggests light aerobic exercise early in the treatment protocol results in faster recovery.

Beyond return to sport, athletes should also consult with their doctors about returning to school, which also requires a graduated protocol, and returning to driving.

Q What sports have the highest concussion rates? What equipment is best for prevention?

A For high school sports, football, ice hockey, lacrosse, wrestling and soccer have the highest rates of concussions for boys. For girls, soccer, basketball, lacrosse and volleyball have the highest rates of concussions.

As I mentioned, some football helmet designs are better than others, but studies of headgear in other sports (such as soccer), have produced mixed results. At Ohio State, we are beginning to evaluate helmets in lacrosse, particularly girls' lacrosse, where helmets are currently not required.

Q What should a parent, or even an athlete, do if their concussion symptoms are not going away?

A There's a lot of misinformation regarding concussions. Most people recover from concussion within four weeks. An athlete should expect to return to all of their usual activities.

If symptoms are not improving, they should reach out to a physician who specializes in concussion care. There was one time when individuals with persisting symptoms after concussion were diagnosed with "post-concussion syndrome." But there is no evidence that everyone's persistent symptoms stem from one origin. In fact, it is certainly possible that the persisting symptoms may not be due only to concussion, but that does not mean that they do not need to be treated.

Athletes with concussion can improve. They need to communicate their specific symptoms and medical history to their physician. The physicians can target treatments for their specific symptoms.

Q What is happening with concussion research at Ohio State?

A One of our goals at Ohio State is to revolutionize concussion rehabilitation, and one of the ways we're doing this is through virtual reality. We have ongoing studies, immediately following concussions, in current and former athletes with

and without a concussion history.

We have a 15-foot virtual reality cave – one of the few in the country – and we use it to study how people use visual information to balance. Vision is very important for keeping us upright and to navigate through our environments. What we've found is that even people who have had a

concussion years prior have very subtle problems with balance, which we can probe using our virtual reality cave.

What we're hoping to do next is develop interventions to help rehabilitate some of these subtle balance impairments so they do not get worse as athletes age.



Manage your money program series

OSU Extension-Morrow County & United Way of Morrow County partner to bring you the MANAGE YOUR MONEY Program Series in March 2022

The six-part (four class sessions) Manage Your Money series will help you: Know what you want to do with your money, Know where your money goes and how much you owe, Manage your habits so your spending matches your goals, Understand debt and know your credit limits, Develop a personalized plan for monthly spending, Know your financial net worth, Learn how to organize your financial records

PROGRAM DATES: March 1, 8, 15, 22 (Tuesdays)

TIME: 6:00 – 8:00 p.m.

LOCATION: Community Services Room, 619 W Marion St, Building B, Mt Gilead, OH

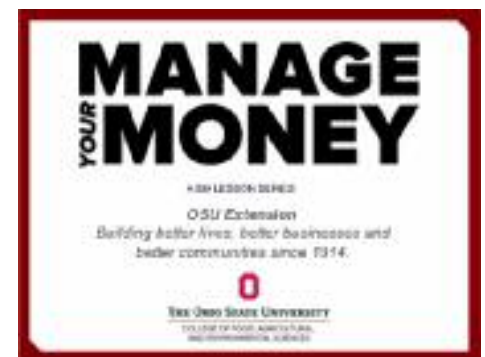
COST: Resident of Morrow County = \$20 per person (offset by Levy funds), Non-resident of Morrow County = \$50 per person

FOOD & BEVERAGE: A box meal will be provided at all four class sessions (vegetarian options included). The cost of the meal is covered in the registration fee. Water provided; bring your own beverage.

HOMEWORK: At the end of each class you will have worksheets to complete before the next class. At the end of the class series, you will have created a Saving & Spending Plan to guide you in managing your money for stability and future security.

EVALUATION SURVEYS: There will be a pre-survey (first class), post-survey (fourth class), and a follow up-survey (3-6 months after completion of the MYM Program series).

CERTIFICATE: Upon completion of the



United Way of Morrow County

program series each participant who attends all four class sessions, completes the homework and pre/post-surveys will receive a certificate of completion

ENROLL: Register online at link <https://go.osu.edu/registration-manageyour-moneyprogram-2022> or by contacting office at 419-947-1070

• See also website at <https://morrow.osu.edu/> for registration link and information

QUESTIONS: Contact Candace Heer at heer.7@osu.edu or 419-947-1070



OSU EXTENSION CALENDAR OF EVENTS

JANUARY 2022

- 20 4-H Horse & Pony Committee, 7:30 p.m.,
Ag Credit Building Conference Room
- 25 4-H CARTEENS, Ag Credit Building
Conference Room, 6:30 p.m.
- 26 4-H Advisor Mandatory Kick-Off Meet-
ings, 10 a.m., 3:30 p.m., or 7 p.m.,
Ag Credit Building Conference Room
- 27 Sr. Fairboard Meeting, 7:30 p.m.,
Fairgrounds

FEBRUARY 2022

- 1 4-H Advisor Mandatory Kick-Off Meet-
ings, 10 a.m., 3:30 p.m., or 7 p.m.,
Ag Credit Building Conference Room
- 2 2022 Ohio Weed University Program,
9-4 p.m., Ag Credit Building
Conference Room
- 7 Jr. Fairboard Meeting, 7 p.m. Fair-
grounds
- 9 Ohio 4-H Conference Registration Due
- 10 Pork Producers Meeting, 7 p.m., Ag
Credit Building Conference Room
- 14 Pesticide/Fertilizer Recertification,
9 am-1 p.m., Ag Credit Building
Conference Room

- 15 BQA Re-Certification & Certification,
6:30 p.m., Ag Credit Building
Conference Room
- 17 4-H Horse & Pony Committee,
7:30 p.m., Ag Credit Building
Conference Room
- 21 Master Gardener Recruitment Class,
6 p.m., Ag Credit Building Conference
Room
- 24 Sr. Fairboard Meeting, 7:30 p.m.,
Fairgrounds
- 24 Ladies on the Land Workshop, 9 am-
3:30 p.m., Ag Credit Building
Conference Room

MARCH 2022

- 1 Manage Your Money Program, 6-8
p.m. at the Community Services
Room, Building B, Mt. Gilead
- 6-12 Ohio 4-H Week
- 7 ServSafe Food Protection Manager
Certification Program, 9-3 p.m., Ag
Credit Building Conference Room
- 7 Jr. Fairboard Meeting, 7 p.m.
Fairgrounds

- 12 Ohio 4-H Conference – Greater
Columbus Convention Center (Reg.
due February 9th)
- 15 Cake Decorating 101 Registration Due
- 15 BQA Re-Certification & Certification,
6:30 p.m., Ag Credit Building
Conference Room
- 17 4-H Horse & Pony Committee, 7:30
p.m., Ag Credit Building Conference
Room
- 17-20 Ohio Beef Expo, Ohio Expo Center,
Columbus
- 19 Youth Poultry Clinic, ATI Wooster
(Tentative)
- 19 Cake Decorating 101, Ag Credit
Building Conference Room, 10 a.m. or
1 p.m.
- 22 4-H CARTEENS, Ag Credit Building
Conference Room, 6:30 p.m.
- 23 Pesticide/Fertilizer Recertification,
5:30-9:30 p.m., Ag Credit Building
Conference Room
- 24 Sr. Fairboard Meeting, 7:30 p.m.,
Fairgrounds

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 37 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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