

MORROW COUNTY Scarlet and Gray News

Volume 21 Issue 4 • January/February/March 2026

Morrow County 4-H Member Dane Creswell Named Roth Scholar

In May, National 4-H Council announced a partnership with Atlanta-based businessman and philanthropist, Joel Roth, who provided a \$1.1M gift to launch the 4-H Leadership Academy (The Academy). This two-year pilot will provide 25 high school students with employability skills that business leaders seek, including communication, leadership, ethics, conflict resolution, and social responsibility.

Known as Roth Scholars, The Academy's first cohort are participants from five 4-H Cooperative Extension Land Grant Universities, Auburn University, Rutgers University, The Ohio State University, University of Idaho, and University of Minnesota.

Academy participants will receive stipends to support research projects that address community challenges. In addition,

mentors support their learning in areas such as ethical decision-making, logic and reasoning, conflict resolution, and written and verbal communication. The culmination of the program will see the Roth Scholars implement the lessons learned in the cohort to drive research-based community impact.

Among the youth chosen for this experience was Dane Creswell, a dedicated member of Morrow County's 4-H Program. Through his Roth Scholar experience, Dane developed an innovative methane digester designed for use on his family's fourth-generation dairy farm, Spring Valley. Using scrap materials and resources found on the farm, he brought his idea to life with creativity and determination.

When asked why he choose to build a

digester Dane explained, "I chose to make the digester because farms take a lot of energy to operate, and methane can help make them more self-sufficient. It turns a byproduct of the dairy industry into something useful and productive. Implementing one is challenging because it takes planning and coordination to build the digester and a place for the gas to go. However, the more farms that use digesters, the more worthwhile and efficient they become."

Looking ahead, Creswell plans to attend Ohio State's Agricultural Technical Institute after high school, where he will major in dairy production and



management. His goal is to continue the family tradition as the fifth generation, applying his education and leadership skills to strengthen the farm's future.



Current Resident or

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Join the Buckeye Bookworms in reading:
"Atmosphere"
By Taylor Jenkins Reid

Thursdays on Zoom
Jan. 22 Feb. 5
Feb. 19 Mar. 5

6:00pm - 7:00pm EST

Learn more and register at:
go.osu.edu/fcsbookclub

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EXTENSION

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**OHIO STATE UNIVERSITY EXTENSION
MORROW COUNTY**

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AGRICULTURE



Carri Jagger
Ag & Natural Resources Educator
(jagger.6@osu.edu)

BQA Dates announced

February 26th 6:30 pm – 7:30 pm in the Ag Credit Building Conference Room Please Pre Register with the Extension Office 419-947-1070

March 31st 6:30 pm – 7:30 pm Adult and Youth BQA this does count for youth quality assurance for the 2026 Fair. It will be held in the Ag Credit Building Conference Room Please Pre Register with the Extension Office 419-947-1070.



Planning for the Future of Your Farm Workshop

March 18th and 26th from 6:00 pm – 9:00 pm, dinner will be provided both nights at 5:30. You need to attend both sessions to receive the full benefits of the program.

Cost: \$35 for one person and \$50 for a couple.

Location: AgCredit Building 5362 US HWY 42 Mt. Gilead Ohio 43338

Please follow this link to preregister: go.osu.edu/morrowevents or call the office 419-947-1070

Each year, OSU Extension holds “Planning for the Future of Your Farm” workshops to help families with farm transition planning. We offer three ways for farm families to learn. This include an asynchronous courses, a live Zoom webinar series in March and in-person workshops throughout the year at several locations across Ohio. This workshop challenges farm families to actively plan for the future of the farm business. Learn how to have crucial conversations about the future and strategies and tools that can help you transfer your farm’s ownership, management, and assets to the next generation. Teaching faculty for the workshop are David Marrison, OSU

Extension Farm Management Field Specialist and Robert Moore, Attorney with the OSU Agricultural & Resource Law Program.

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
- Selecting an Attorney

We encourage parents, children, and grandchildren to attend together to develop a plan for the future of your family farm.




Delaware County Small Ruminant Newborn Care Workshop

Jacci Smith will cover topics relating to the Newborn Care of lambs and kids.

Practice with the hands-on Stomach tube feeding simulator.

\$10/ Attendee -pre-registration is required.

Pizza will be served at the beginning of the presentation.

To register: <https://go.osu.edu/smrumnbc>

EVENT QUESTIONS
Jacci Smith
smith.11005@osu.edu
740-833-2030

DATE
January 13, 2026

TIME
6:00-9:00 p.m.

LOCATION
Byxbe Campus
1610 St. Rt. 521
Delaware, Oh 43015

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Ohio State University Extension is part of the College of Food, Agricultural, and Environmental Sciences at The Ohio State University.





AGRICULTURE



Small Farm Conference

The Small Farm Conference will be held **March 14th from 8:00 am – 4:00 p.m.**

Cost: Early bird registration is \$95 until January 31st after January 31st it will go up to \$125.

Location: Shisler Conference Center, 1680 Madison Ave, Wooster, OH 44691

Look for Registration at go.osu.edu/morrowevents after January 15th.



MC Homestead Group meetings

Morrow County Homestead Group Meets the 2nd Saturday from 11:00 – 12 noon at the Cardington Library. Each month offers a fun topic about homesteading, follow the Marion & Morrow County Homesteaders group on Facebook for more information on meeting topics.

CFAES

OHIO STATE UNIVERSITY EXTENSION

Law Bulletin

Law you need to know from OSU Extension's Farm Office

July 2022



Ohio's Statutory Termination

Date for Farm Crop Leases

*Peggy Kirk Hall, Associate Professor
OSU Extension Agricultural & Resource Law Program*

A new Ohio law effective on July 21, 2022, impacts some landlords who want to terminate their farm crop leases. If the farm lease does not establish a date or method for terminating the lease, the law requires a landlord who wants to terminate the lease to do so in writing by September 1. The law's goal is to prevent "late" terminations that can harm tenant operators who have made investments for the next crop season.

What farm leases are subject to the new law?

The law applies to both written and verbal "agricultural lease agreements" that address the planting, growing, and harvesting of agricultural crops. The law does not apply to leases for pasture, timber, farm buildings, horticultural buildings, or equipment.

What if a lease already addresses termination?

The new law only applies when a leasing arrangement has not provided for a termination date or a method for giving notice of termination. If the landlord and tenant operator have addressed these provisions in their leasing situation, the provisions are unchanged by the law and continue to be effective.

When is the termination effective?

If a landlord gives notice of termination in writing by September 1, the lease is terminated either upon the date harvest is complete or December 31, whichever is earlier. The law allows the parties to establish a different termination date if agreed to in writing.

How must a landlord give notice of termination?

The landlord must give the notice in writing and deliver it to the tenant operator by hand, mail,

facsimile, or email by September 1. The law does not require using specific language for the notice, but we recommend including the date of the notice, an identification of the lease property, and a statement that the lease will terminate at the end of harvest or December 31, 20__ unless the parties agree in writing to a different date.

What if a landlord terminates after September 1?

Unless the leasing arrangement provides otherwise, a termination delivered by the landlord after September 1 is not effective and the lease would continue for another period. However, the tenant operator could agree to accept the late termination. If so, the parties should both sign a termination date agreement.

Can a tenant terminate a lease after September 1?

A tenant operator is not subject to the new law and can terminate a lease after September 1 unless the leasing arrangement provides otherwise.

The value of a written farm lease

The new law arose because many farm leases aren't in writing, creating uncertainty over termination rights. A written lease is invaluable for agreeing to important farm lease terms like termination. If you need legal assistance getting your lease in writing, check out our farm lease resources and contact us for a referral to an agricultural attorney. It's money well spent.

Where to find the law

The new farm crop lease statutory termination law is in [Ohio Revised Code Section 5301.71](#).

FOR MORE INFORMATION FROM OSU EXTENSION'S AGRICULTURAL & RESOURCE LAW PROGRAM:

- Visit our website at <http://farmoffice.osu.edu>.
- Sign up at <http://farmoffice.osu.edu/blog> to receive the Ohio Ag Law Blog by e-mail.
- Contact us at aglaw@osu.edu.

<http://farmoffice.osu.edu>

OSU EXTENSION AGRICULTURAL & RESOURCE LAW PROGRAM



Peachy Time to Deal with Leaf Curl

By Erik Draper

Published on November 20, 2025

At this time of year most people are not thinking about next year's fruit crop, but to be successful with peaches and nectarines, the critical time is now. There is a particularly obnoxious foliar disease commonly called "peach leaf curl (PLC)", caused by a fungal pathogen, *Taphrina deformans*. This fungal foliar affliction can defoliate peach and nectarines on both ornamental and fruit bearing trees. This fungus is responsible for creating strange and weird contorted, puckered up, yellow to red to purplish, deformed leaves. Strangely enough, the PLC fungus can also infect young, green twigs or shoots causing swollen, stunted, and sometimes chlorotic shoots with curled leaves at their tips.

The infected leaves develop multiple raised, blister-like lesions on their surface. These lesions will eventually turn a powdery, grayish-white or yellow-brown before the entire leaf declines, turns yellow and



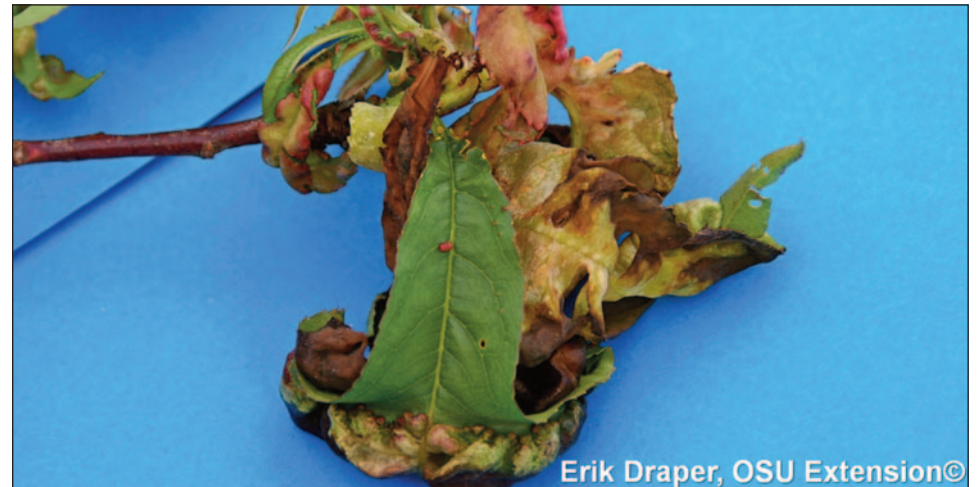
Potential Impact of *Taphrina deformans* fungus, commonly called peach leaf curl, on susceptible peach leaf leaves

drops off the tree. Once infected leaves drop, the disease does not spread further during the current growing season! The fallen leaves turn brown and those infected, blistered leaf areas will produce powdery gray spores. These spores are blown by winds to peach twig surfaces and remain there for the winter.

Spores of the PLC fungus overwinter on the surface of twigs, in bark crevices and on the bud scales of peach and nectarine trees. In spring, these overwintering spores multiply during periods of cool, moist weather. Spores are dispersed over tree surfaces on a film of water, to ultimately cover and move into the swelling buds. This coincides nicely with peach leaf and fruit buds developing and beginning to swell at a microscopic level.

Those same cool conditions will slow foliar expansion, allowing additional time for fungal infections to occur on developing leaf tissue. Rain is necessary for PLC fungal infections to occur; conversely, dry weather during bud break and subsequent bud swelling, limits PLC infections. Peach leaf curl fungal infections typically occur on new, tender plant tissues during bud swell and 50° to 70°F are optimum for infections to occur.

Peach leaf curl is a common disease of peach and nectarine trees throughout the Midwest and eastern United States. Where the disease is severe, both fruit yield and quality are reduced but overall tree vigor is also impacted because of the early loss of leaves. PLC is often very prevalent after relatively mild winters, due to an increased survivability of the overwintering fungal spores. This is why control meas-



Erik Draper, OSU Extension©

Peach leaf curl fungal infections from *Taphrina deformans* causing leaf death on peach

ures, such as dormant season fungicide applications, must thoroughly cover all branches and twigs to kill the overwintering spores before bud swell in the spring.

The PLC fungus is not difficult to control... however, **TIMING is EVERYTHING!** A single fungicide application using chlorothalonil or a "fixed copper" fungicide, made in the fall after leaves have dropped or in spring before bud swell, will control the disease. **If you wait until spring, the application must be made before bud swell** and in my humble opinion, that is next to impossible to achieve. If spring applications are to be made, temperatures must be closely scrutinized throughout the entire overwintering months right up until the application. Unusually warm weather during late winter months often encourages bud swell, resulting in fungicide sprays for PCL being ineffective. Once the fungus enters the leaf, the disease cannot be controlled.

Fixed copper products include the basic copper sulfate, copper hydroxide, and copper oxychloride sulfate (C-O-C-S); however, those easy to mix and easy to apply liquid products (e.g., Kop R Spray Concen-

trate® [Lilly Miller], Liqui-Cop® [Monterey], Captain Jack's Copper Fungicide® [Bonide] are not always available. Bordeaux mixture can be used also but may burn young succulent leaf tissue if not applied as a dormant spray. Bordeaux should not be prepared/mixed up early before the actual spray application and not be immediately used. If mixed and left standing unused, the actual chemical composition changes over time. This chemical breakdown is not only irreversible, but it results in a loss of fungicidal efficacy and causes the formation of larger, dense, crystalline particles, which clog spray nozzles!

Peach leaves infected by the *Taphrina deformans* fungus begin appearing in mid-to late May and are easily distinguished from healthy leaves in that they are puckered and thicker than normal. The most effective method to manage the PCL fungus is to spray the tree with a dormant season fungicide (lime sulfur, copper fungicide or chlorothalonil) just after the leaves have fallen in late fall or early winter! Don't put it off until Spring, save next year's peach leaves NOW... Get out there and spray today!!



AGRICULTURE



Pesticide Recertification

February 19th from 1:00 p.m. – 5:00 p.m. in the Ag Credit Building Conference Room Please Pre Register with the Extension Office 419-947-1070

March 2nd from 5:00 pm – 9:00 pm in the Ag Credit Building Conference Room Please Pre Register with the Extension Office 419-947-1070

Pesticide Exam Dates

March 25th at 10:00 a.m. in the Ag Credit Conference Room call the Extension office for testing materials and register for the exam on the Ohio Department of Agriculture website.

April 15th at 10:00 a.m. in the Ag Credit Conference Room call the Extension office for testing materials and register for the exam on the Ohio Department of Agriculture website.

May 20th at 10:00 a.m. in the Ag Credit Conference Room call the Extension office for testing materials and register for the exam on the Ohio Department of Agriculture website.

Fertilizer Certification Training

January 15, 2026, 1-4 p.m. (Fertilizer) at the Marion County Extension Office, 222 W Center St., Marion, OH 43302

Tim Barnes email: barnes.821@osu.edu
Phone: 740-914-3030

Poor hay doesn't have to equal poor livestock performance

By Garth Ruff, Beef Cattle Field Specialist, OSU Extension
(originally published in *Farm and Dairy*)

We know that hay quality across much of Ohio is poor this year. Out of 180 samples submitted as part of an OSU eBarns program from 29 counties, only one of those samples met the energy or TDN requirements for a 1200 pound lactating beef cow. For sheep and goats, that means that the forage is poorer yet. As we head towards winter having a plan in place to maintain animals on pasture will be key.

I have these types of discussions with producers fairly often, and usually (not always) supplementing additional energy into the diet seems to aid in rectifying the situation.

As managers we must remember that livestock utilize nutrients in waste not, want not hierarchy. Think of an order of operations where Maintenance > Development > Growth > Lactation > Reproduction > Fattening.

Therefore, an animal that is not maintaining body condition is less likely to reproduce. That first calf

heifer that is thin at weaning, still has a requirement for growth and development before we ever think about getting her to a point where she will breed back in a timely fashion.

How do we address this lack of energy in a pasture-based system? Supplementation in some form or fashion is the most likely response, but I've many supplement strategies that vary greatly in effectiveness and cost.

Additional forage, AKA Hay – This strategy can work depending on the class of animal and quality of the hay. A high quality, 2nd or 3rd cutting, well-kept round bale of hay can often meet the needs of mature animals of the herd. In the case of the thin, first calf heifer, unless the hay is of exceptional quality it might keep her belly full but is unlikely to get her to a desired body condition.

Don't guess. Forage test! Hay quality varies tremendously from farm to farm. Consider dry matter losses when buying hay. That year old bale that has sat uncovered in a fence row somewhere, no matter the cost is still over priced when you consider dry matter lost.



Quality = not good!

Tubs – Too often in these instances I've seen tubs relied on as a cure all. Look at the analysis of a tub and the ingredients and then compare the cost. Tubs may have a place in stocker situations providing weaned calves with some protein, but considering the cost and energy provided, they are likely not cost effective in provided supplemental energy to grazing livestock. Also, not all tubs are created equal. To a degree you get what you pay for.

Grain – Pound for pound supplementing grain, typically whole shelled corn is a cost effective and efficient way to supplement energy in a grazing operation. Once we know the energy requirement of our livestock, we can calculate pounds of corn per head per day. In most instances it doesn't take much corn to supplement the needed balance of energy.

Research conducted here at Ohio State looking at the supplemental energy requirements of third trimester bred heifers in muddy conditions vs those in dry conditions demonstrated that only 2.5 pounds of corn was needed to maintain body conditions. At \$7/bushel corn that is a cost of \$.25 cents per head per day, still very cost effective when compared to longer breeding intervals and open cows.

Bottom line – Supplemental energy is often needed to maintain grazing livestock through a typical Ohio winter. Consider cost and energy density of feedstuffs when making the decision to supplement animals on pasture.

2026 Beef School Webinars

Register at: go.osu.edu/beef-school26

January 8, 2026, 6:30-7:30 p.m.
Ohio Beef School webinar: *Dairy Beef 101* with Jason Hartschuh

January 22, 2026, 6:30-7:30 p.m.

Ohio Beef School webinar: *Biosecurity for the Beef Herd* with John Yost

February 5, 2026, 6:30-7:30 p.m.

Ohio Beef School webinar: *Hay Quality Challenges in Ohio* with Ted

Wiseman and Stan Smith

February 19, 2026, 6:30-7:30 p.m.

Ohio Beef School webinar: *Mineral for Beef Cows* with Haley Linder

March 5, 2026, 6:30-7:30 p.m.

Ohio Beef School webinar: *Buyers Guide to Bull Selection* with Al Gahler

March 19, 2026, 6:30-7:30 p.m.

Ohio Beef School webinar: *How Profitable is that Cow?* with Garth Ruff



4-H NEWS



Amanda Staley
4-H Youth Development Educator
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Ashley Huffine
4-H Youth Development Educator
(huffine.6@osu.edu)

4-H Enrollment

Enrollment is now open! Enrollment is open from now until April 15th! Get your 4-H project members and cloverbuds signed up for the year!

On the fence about joining 4-H? As the numbers show, 4-H makes a difference helping youth build skills, friendships, and confidence. Don't miss out on this!

2025 Enrollment

959 total youth

154 total Cloverbuds

156 total 4-H Volunteers



2026 Jr. Fairboard – Updates and Opportunities for the New Year

As we begin 2026, we want to take a moment to share some important updates that could start impacting exhibitors in the upcoming months, as we prepare for the 2026 fair season.

Important Update: Market Hogs Birthdate Change - We're implementing an important change to the Market Hogs birthdate rule. Starting this year, Market Hogs can now be born **on or after January 1st of the current show year**. While this change may not affect breeding for the 2026 fair, we believe it will impact your planning for the following years. This adjustment is intended to provide more flexibility for exhibitors and local breeders moving forward. Please make sure to check the official guidelines for the full details, as the new birthdate rule will be in effect for future seasons.

Continuing to Improve - We are always working behind the scenes to improve the Jr. Fair experience. While we are proud of what has been accomplished so far, we know there's always room for growth. In 2025, we will focus on refining the things we're already doing well and making thoughtful changes where needed. We'll be sharing a **full list of updates, changes, and new initiatives** in our next newsletter, on Facebook, and with 4-H Advisors during

the Kick-Off event at the end of January.

New Opportunity: Jr. Fairboard Member-in-Training Program - We're also excited to introduce the Jr. Fairboard Member-in-Training program, designed for younger 4-H members. This new initiative is open to 4th through 6th grade 4-H members who will be invited to attend 2-3 meetings each year, participate in workdays, and get involved in a show during fair week. This program will allow younger members to observe and learn about the behind-the-scenes operations of the fair, while developing mentorship relationships with current Jr. Fairboard members.

We hope this new program will give these younger members valuable experiences and encourage them to grow as future leaders in the Jr. Fair.

Thank You - Once again, thank you to everyone who helped make 2025 a success. Whether you participated, volunteered, or supported the fair in any way, your contributions are truly appreciated. We're looking forward to what 2026 will bring!

Jr. Fair Contact Information:
Lindsey Gallik - Coordinator
Jr. Fair Office - 419-947-1567
Email -
Morrowcountyjrfair@gmail.com

4-H Community Service Scholarship



You could earn \$250 to help your 4-H club complete their 2026 service project(s)!

Who can apply?

To qualify, at least one advisor or member from your club must be a member of Consolidated Cooperative, and your club must be a part of the Delaware or Morrow County Extensions.

How do I apply?

Advisors, scan the QR code on this flyer to learn more and download our fillable application. Applications must be submitted to Consolidated Cooperative by February 13.

As your local, not-for-profit cooperative, we are proud supporters of 4-H in our communities. Thank you for the many ways you invest in local youth!

Apply by February 13!





4-H NEWS



Morrow County QA Requirements

Morrow County 4-H members are still required to attend one Quality Assurance session this 4-H year to exhibit at the county level.

- QA must be completed 45 days prior to the start of exhibition for both county and state fair participation.

- First- and second-year members must attend an in-person session with a parent or guardian.

Online QA Option:

We continue to offer an online QA option through the Youth for the Quality Care of Animals (YQCA) program for those unable to attend in person.

- Cost: \$12.00
- Youth must complete the session that matches their age category.
- Proof of completion must be submitted to the Morrow County Extension Office.
- First- and second-year members

2026 Family Guide Update

The 2026 Family Guide is here with over 250 projects, which one will you choose? Visit the link below to see the full guide!

<https://ohio4h.org/projectguide>

New projects this year:

- **Self-determined:**
- 365 Aquaculture: Raising Seafood and Restoring Fisheries
- Building the Future: Construc-

tion Careers

- QA must be completed 45 days prior to the start of exhibition for both county and state fair participation.

- Website Link: <https://yqcaprogram.org/>

Additional Statewide QA Opportunities

Youth may also complete QA through several in-person statewide programs, including Ohio Cattle-men's BEST Programs, Dairy Palooza, Pork Quality Assurance Opportunities, and Beef Quality Assurance opportunities.

Watch announcements or visit ohio4h.org for dates and additional information.

If you have any questions, please reach out to the office or myself!

tion Careers

- Needle Felting
- No-Sew Fun
- **Animal Science:**
- 101 How the Herd Multiplies!
- **Creative and Leisure Arts:**
- 594 Knitting it Together
- **Home Living:**
- 495 Living on Your Own
- **Money Management:**
- 446 Empowering Personal Finance

Natural Resources: Agronomy (New Category)

- 668 Field Crops and Forages
- **Natural Resources: The Natural World**

- 616 Water Matters
- **STEM:**
- 532 Paper Circuits
- 533 Smart Circuits

- **Revised or Replaced Projects:**
- 448 Teens on the Road to Financial Success (Replaced with 466 Empowering Personal Finance)

Quality Assurance Update

With the start of a new year comes exciting updates to the Quality Assurance (QA) program.

The curriculum traditionally taught each May at the fairgrounds received a major facelift and was officially unveiled in November. This updated program introduces four new learning silos that replace the former Good Production Practices model. The new silos include Animal Health, Animal Management, Community, and Producer

Fundamentals.

Within these areas, youth will learn about ethics, animal welfare, stewardship, responsible drug use, and other essential topics that help them raise wholesome, safe, and market-ready livestock projects.

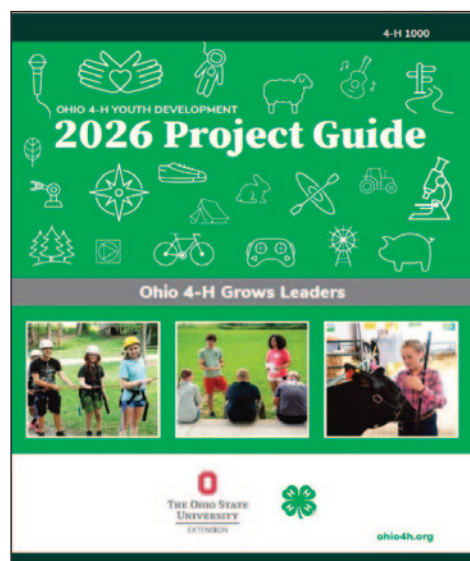
To enhance learning, the updated curriculum features 15-minute topic specific PowerPoints paired with hands-on activities to keep youth engaged and deepen understanding.

Career Exploration - Construction Trades

coming in April 2026!



Watch our Facebook page for the date and registration information!

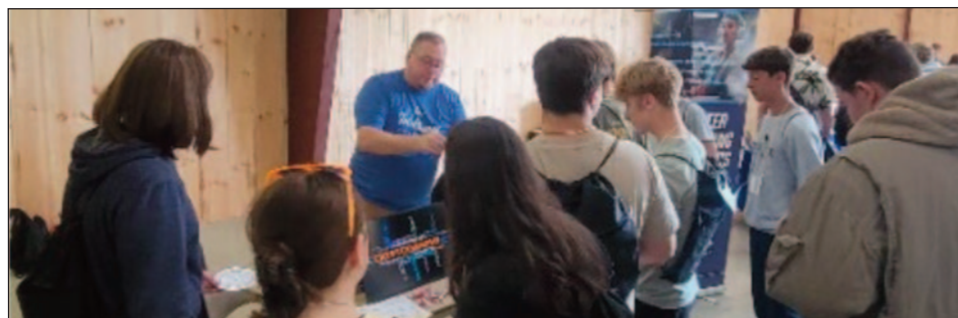




4-H NEWS



Nearly 400 teens, over 40 volunteers and 28 employers made up those who participated in the 2025 Morrow County 9th Grade Career Expo held at the Morrow County Fairgrounds.



Chris Karl of Pioneer Career and Technology Center presented the opportunities available in careers related to Engineering Technology Design.



Consolidated Cooperative representatives demonstrated skills needed to succeed in being a lineman and those working on gas lines.

9th Grade Career Expo Inspires

Students from every Morrow County school gathered at the Morrow County Fairgrounds on September 30th, 2025, for the annual 9th Grade Career Expo. The event gave nearly 400 students the chance to explore local career opportunities, meet employers, and get a glimpse of what their futures could hold. The goal of this expo was to give youth experiences that will help them decide whether these career options may or may not be good for them in the future.

Organized through a strong partnership between Morrow County Development Office, OSU Extension-Morrow County, Mid-Ohio Educational Service Center, schools, local businesses, and community organizations, the Expo brought together 28 employers representing five major career tracks. Those tracks included: Healthcare, Skilled Trades, Technology, Agriculture, and Public Service. Each booth offered hands-on activities, demonstrations, and conversations with industry pro-

fessionals who were eager to share what it takes to succeed in their field.

Students had the opportunity to ask questions, try out tools and technology, and connect classroom learning to real-world careers. Whether learning how to work with robotics, exploring drone technology, or hearing from first responders, students discovered just how many paths are available right here in Morrow County.

The success of the event was made possible thanks to the support of over 40 volunteers who helped with set-up, student coordination, and booth assistance throughout the day. These volunteers represented the Morrow County Development Office, OSU Extension-Morrow County, Mid-Ohio Educational Service Center, Ohio Means Jobs, Big Brothers/Big Sisters of Central Ohio, Junior Achievement, Morrow County Public Libraries, and Morrow County Local Schools.

Thank you to our lunch and snack sponsors and providers: Pillar Credit



4-H NEWS



Truss Services, LLC talked about careers available to those that want to work with drones. They demonstrated using one of their drones used for commercial spraying.



Adena Corporation had several skills stations the youth participated in. The hands-on portion of the Expo is always the favorite of participants.

Future Workforce

Union, Lubrication Specialties, Purple Indian Pizza, Pizzaburg, OSU Extension-Morrow County, City BBQ, and Morrow County Development Authority.

Thank you to the following businesses who made the day possible: Adena Corporation, Consolidated Cooperative, Lincoln Center, Goodwill Industries, Ohio MEP, Fricke's Auto and Truck Repair, OSU College of Veterinary Medicine, OSU Department of Food Science and Technology, Hord Livestock, Ohio Department of Natural Resources, Truss Services LLC, Marion Technical College, Ohio 4-H, TriRivers Career Center, Pioneer Career and Technology Center, OhioHealth, Morrow County Developmental Disabilities, Mid-Ohio Educational Service Center, Morrow County Engineer, Mount Gilead Fire Department, Morrow County EMS, Mount Gilead Police Department, Morrow County Sheriff, Morrow County Probation.



OSU Department of Animal Sciences allowed kids to experience how to grill meat properly while learning about careers in the meat science industry.



TriRivers Career Center brought a group of students to demonstrate many parts of their robotics program which they participated in while attending TriRivers Career Center.



Candace Heer

Family & Consumer Sciences Educator
(heer.7@osu.edu)

Hello Morrow County Residents!

In the Family and Consumer Sciences section of the Scarlet & Gray News we are focusing on... science – economics – social wellbeing. Join us for a relaxing time connecting with others with a good book, explore home freeze-drying, learn strategies for eating well to manage diabetes, inspecting our canning supplies while obtaining updated research-based resources in preparation for preserving foods for the year ahead. More on addressing health and wellness this winter is the article written by Dr. Raveendran, Allergist and Immunologist, providing guid-

ance about allergies, cold and flu.

Please check out our upcoming FCS programs and all of the OSU Extension many events for youth and adults this winter. Part of the “Extension experience” in Morrow County is spending time with others learning, sharing and growing together even for an hour. Reach out to me and share your thoughts and

questions. Give me a call, send me an email, leave me a voicemail, or just stop in the office for a visit.

Warm regards,

Candace

Your Family and Consumer Sciences Educator (Home Economics)
419-947-1070 • heer.7@osu.edu

Food Preservation Open House

Mark Your Calendar for the Annual Food Preservation Open House with Canner Inspection & Dial Gauge Testing

Drop by our open house and...

- get your food preservation questions answered.
- have your pressure canner inspected and your dial gauge tested.
- review canning basics.
- receive tips for choosing and using canning jars and lids.
- learn more about different methods of food preservation.
- discuss best practices for storing your preserved food.
- pick up tested recipes.
- sign-up to win a So Easy to Preserve book and canning supplies!

❖ So Easy to Preserve books for sale.



DATE: Thursday, May 28, 2026

TIME: 1:00 – 6:30 PM

LOCATION: Ag Credit Building, 5362 US Highway 42, Mount Gilead, OH (Conference Room – Second Floor)

COST: Free and covered by your levy dollars

QUESTIONS: Contact Candace Heer, Family and Consumer Sciences Educator at 419-947-1070



2026 Programs:

Food Preservation: Freeze-Drying Fundamentals

DATE: February 17, 2026

TIME: 1:30 PM (90 minutes)

LOCATION: Ag Credit Building, Mt. Gilead, OH

• Second floor conference room

REGISTRATION: No fee but must register at OSU Extension-Morrow County at 419-947-1070

• The program will only take place if at least 6 participants are registered

DATE: March 24, 2026

TIME: 6:30 PM (90-minutes)

LOCATION: Ag Credit Building, Mt. Gilead, OH

• Second floor conference room

REGISTRATION: No fee but



Photo: Adobe Express

must register at OSU Extension-Morrow County at 419-947-1070

• The program will only take place if at least 6 participants are registered

2026 Programs:

Dining With Diabetes 4-Class Series

Mark your calendar to attend the Dining With Diabetes program Wednesdays starting on April 8, 2026.

This program is open to Morrow County residents and will take place at the Marion Family YMCA from 12:30-2:30 p.m. This 4-week series includes cooking demonstrations, topics on menu planning, carb counting, label reading, portion control,

recipes and more. This program is presented by the Marion Family YMCA, OhioHealth and OSU Extension of Marion and Morrow Counties.

More information to come in February with registration opening in March 2026. For more information contact Candace Heer, Family and Consumer Sciences Educator at 419-947-1070.



Is it allergies, a cold or the flu?

By **Rekha Raveendran, MD,**
Allergist, Immunologist,
Assistant Professor Ohio State
Wexner Medical Center

<https://health.osu.edu/health/general-health/is-it-allergies-cold-flu>

It could start with a few sneezes, an itchy throat or a cough. That's all it takes to start thinking that you might be sick, have allergies or the flu. (None of the options is pleasant.) Identifying allergies, colds and the flu can be tricky due to similar symptoms. By tracking how symptoms arise, their duration and their environmental triggers – like exposure to pets or being outdoors – you can better identify the cause and find relief with the best treatment. You might have pollen allergy symptoms until the first frost sets in. Sneezing and coughing can be caused by pollen allergies, as well as cold or flu.

Seasonal allergies

Sneezing and coughing can be caused by allergies. With climate change, allergy sufferers also deal with longer seasons. Allergies are caused by your body's immune response to environmental allergens.

- Tree pollen causes spring allergies.
- Grass pollen triggers summer allergies.
- Weed pollen, such as ragweed and mold spores (a side effect of decaying leaves), are the main problem in fall.
- Dust mites and pet dander can lead to symptoms all year.

Some patients are affected by multiple allergies across different seasons.

Key allergy symptoms

- Long-lasting symptoms, usually several weeks or months that far outlast the span of a typical cold

- Itchiness of the nose, ears, throat and eyes

- Red, watery eyes

Consider whether the symptoms are worse outdoors, for pollen-related allergies. And consider when you notice your symptoms. Symptoms for those with pollen allergies can be worse in the morning or triggered after being outdoors.

Ways to ease your allergy symptoms

If you know you're dealing with allergies, you can be proactive to lessen the severity of your symptoms.

- Check the pollen counts in your area.
- Spend more time indoors.
- Shower after spending time outdoors so you're not continually exposed to pollen after coming back inside.

• Routinely dust and vacuum. Make sure you routinely change the air filters.

- Consider taking allergy medication – whether it's over-the-counter or prescribed.

If you're new to allergy medicine, start with antihistamines in a drug store. If you're not feeling better in a few days, you might want to try an intranasal steroid. It could help more than antihistamines, or be a good option if antihistamines aren't doing the trick. And avoid nasal decongestants – they can cause rebound congestion if you take them for more than three days. If you're struggling with allergies, consider seeing an allergist. Allergies left untreated can affect your quality of life.

What an allergist can do for you

Seeing an allergist helps you figure out what's causing your allergies and find the best way to treat them.

- Tests like skin or blood checks

Knowing the differences among allergies, a cold and the flu

This chart shows some of the key signs with each condition:

Symptom	Allergies	Cold	Flu
Onset of illness	Often seasonal	Sudden	Sudden
Duration of systems	3+ weeks	2 weeks or less	2 weeks or less
Itchy/watery eyes	Likely	Less likely	Less likely
Fever	None	Possible	Frequent
Fatigue	Possible	Possible	Frequent
Muscle aches	Unlikely	Possible	Frequent
Chills	None	Possible	Frequent
Headache	Possible	Possible	Possible
Runny nose	Frequent	Frequent	Frequent
Sneezing	Frequent	Frequent	Frequent
Coughing	Possible	Frequent	Frequent
Sore throat	Possible	Frequent	Frequent

show which allergens bother you.

- Different prescribed medications including sprays, drops, tablets, or even allergy shots are available.

• Immunotherapy, which helps your body build up a tolerance to allergens, can be given in a few different ways – either as tablets placed under your tongue, via allergy shots or through small injections into your lymph nodes.

An allergist can discuss the best option that will work for you.

Do I have a cold or the flu?

To lower your risk of catching the flu, consider getting a flu vaccine each year. Flu and cold symptoms are initially similar – fatigue, sore throat and headache. If you think it is the flu or a cold, then go ahead and do then doing supportive therapy including hydration, rest, decongestants (over the counter). All of these can be used to help decrease symptoms.

toms.

If you think you've caught the flu or just have a cold, don't worry – you can take steps to feel better. Focus on giving your body plenty of rest, drink lots of fluids to stay hydrated, and consider using over-the-counter decongestants if you're feeling stuffy. These simple things can really help ease your symptoms.

When to consider going to a doctor

It's recommended that you see your doctor if you're at high risk for flu complications, such as being very old or young, having lung conditions like asthma or chronic obstructive pulmonary disease (COPD), liver or kidney disease, or other ongoing medical issues. If you start developing symptoms after having contact with someone with the flu, take action and consider seeing your doctor.

OSU EXTENSION CALENDAR OF EVENTS

JANUARY 2026

- 1 Office Closed – New Year’s Day
- 8 Morrow County Pork Producers, 7 p.m., Ag Credit Building Conference Room
- 15 OSF Market Beef DNA Packets Due To State Fair Office
- 15 Horse & Pony, Ag Credit Building Conference Room, Ag Credit Building Conference Room 7:30 p.m.
- 19 Martin Luther King Jr. Day, Office Closed
- 22 Heart Wreath Decorate & Take – 6 p.m., Ag Credit Building Conference Room
- 22 Sr. Fairboard, Fairgrounds, 7:30 p.m.
- 22 Buckeye Bookworms Book Club, 6 p.m., Virtual
- 26 4H Volunteer Training – 6 p.m., Ag Credit Building Conference Room
- 28 CARTEens, Ag Credit Building Conference Room, 5:30-7:30 p.m.
- 29 4H Volunteer Training – 10 a.m., 3 p.m., & 6 p.m., Ag Credit Building Conference Room
- 31 State 4-H Horse Advisor Update Meeting

FEBRUARY 2026

- 2 Jr. Fairboard, 7 p.m., Community Services Building
- 3-4 Ohio Pork Congress, Columbus
- 5 Morrow County Cattlemen’s – 6:30 p.m., Ag Credit Building Conference Room
- 5 Buckeye Bookworms Book Club, 6 p.m., Virtual
- 7 4H Volunteer Training – 10 a.m., Ag Credit Building Conference Room
- 15 Registration Due for State Shooting Sports Workshop by 5 p.m.
- 17 Food Preservation: Freeze Drying Fundamentals – 1:30 p.m., Ag Credit Building Conference Room – No Charge, But Must Pre-Register
- 19 Horse & Pony, Ag Credit Building Conference Room, 7:30 p.m.
- 19 Sr. Fairboard, Fairgrounds, 7:30 p.m.
- 19 Buckeye Bookworms Book Club, 6 p.m., Virtual
- 20-22 State Shooting Sports Workshop
- 26 Beef Quality Assurance, 6:30-7:30 p.m., Ag Credit Building Conference Room – Pre-Registration Required

MARCH 2026

- 2 Pesticide/Fertilizer Recertification, 5-9 p.m., Ag Credit Building Conference Room
- 2 Jr. Fairboard, Community Services Building, 7 p.m.
- 4 CARTEens, 5:30 p.m. to 7:30 p.m., Extension Office Conference Room
- 5 Morrow County Cattlemen’s – 6:30 p.m., Ag Credit Building Conference Room
- 5 Buckeye Bookworms Book Club, 6 p.m., Virtual
- 12 Morrow County Pork Producers – 7 p.m., Ag Credit Building Conference Room
- 15-21 Ohio 4-H Week
- 19 Horse & Pony, 7 p.m., Ag Credit Building Conference Room
- 19-22 Ohio Beef Expo
- 21 Ohio 4-H Conference
- 24 Food Preservation: Freeze Drying Fundamentals – 6:30 p.m., Ag Credit Building Conference Room – No Charge, But Must Pre-Register
- 31 4H Volunteer Training – 6:30 p.m., Ag Credit Building Conference Room
- 31 Adult & Youth BQA - 6:30 p.m., Ag Credit Building Conference Room

January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

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