

Morrow County SCARLET & GRAY News

Volume 21 Issue 1 • January, February, March 2025

Gene Dumbaugh & Jan Johnson Recognized

At this year's Volunteer Appreciation Banquet, we recognized two of our Volunteers for their 60 years of service with our 4-H program, for which they received

an award from the State 4-H Office.

We truly appreciate both Gene Dumbaugh and Jan Johnson for their dedication to 4-H.



Becky Barker, left, presents Gene Dumbaugh with his 60-year service award.



Becky Barker, left, presents Jan Johnson with her 60-year service award.



Seed Starting Class

A Seed Starting Class will be held on February 4th at 6:30 p.m. at the AgCredit Building Second Floor Conference Room, 5362 US HWY 42, Mt. Gilead Ohio.

In this class you will learn the basics of starting vegetable and flower seeds. You will also get to plant some seeds to take home.

Beef Quality Assurance Re-certification

An Adult Beef Quality Assurance Re-certification class will be held on February 10th at 6:00 p.m. at the AgCredit Building Conference Room, 5362 US HWY 42, Mt. Gilead Ohio.

Please pre-register with the extension office 419-947-1070.

An Adult & Youth Beef Quality Assurance will be held on March 26th at 6:00 p.m.

Current Resident or

Mt. Gilead, OH 43338
Suite 101
5362 US Highway 42

Ohio State University Extension

EXTENSION

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Farm Emergency Planning



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

**Dr. John Yost, OSU Extension Educator
ANR, Wayne County**

A farm emergency can take many forms. It could be a barn fire on a large dairy farm, or it can be something less extreme such as a simple power outage. Emergencies aren't foreseen and no two are exactly alike. No matter what size farm you have, it is important for you to develop a plan on how you, and your facility, would respond to potential disasters.

Developing an emergency management plan will require careful thought but doesn't have to be overly complicated. I equate them to Hazard Analysis Critical Control Point plans (HACCP) that are utilized by our food processing industry. When developing a HACCP plan, you think of where a food safety problem can occur, implement control measures that will prevent it from happening, and list the process for correcting the

problem when it does happen. In this case, you are dealing with potential issues that you will not be able to prevent, and instead create your action plan for when they do.

A good place to start is by creating a contacts list. The name, position, and phone number of every member of the management team should be on the list. You should also include contact information for your key service providers (veterinarian, feed, fuel, utility companies, milk truck driver, etc.), first responders (fire and law enforcement), and anyone else you think should be informed if you have an emergency. The physical address, or emergency locator code, should be included on this page. This list is one that you should copy and hang at key points around your facility for easy access by you and your employees.

The second component is a detailed description of your operation and lists of your normal inventories. What structures do you have on the property, and what is the name of each structure? What is stored, or could be stored, in those structures? How many, and what type, of animal(s) could be housed in a building? Do you have fuel tanks? How many do you have, what do they store, and what is their capacity? Do you have a well, are you on city water, is there a pond? You want to be as detailed as possible. This farm description should be accompanied by a labeled map. The map should show the location of every structure on your facility, with the building name. Again, this is another area to try and include every detail possible.

Once you have your emergency contact list, farm description and map, you can then begin

planning for all the things that can go wrong. I like to start with broad categories to focus my thoughts and then think of all the individual possibilities within those categories. You can break this down however is easiest for you, but I group risks into: injuries to personnel, utility disruptions, natural disasters, animal health/foreign animal disease concerns, and issues caused by the general public. Once you have your comprehensive list, you again describe in as much detail as possible what your actions would be. For example, what should happen if you lose power. Your response plan could be as simple as: 1. The employee calls the facility manager; 2. The facility manager calls the power company to report the outage; 3. The employee that reported the outage checks that the generator kicked on. You should also plan for what happens if the generator doesn't start. What will you do if it is going to be an extended outage?

Writing your plan will be time consuming, and your efforts shouldn't conclude with a nice binder left to collect dust on an office shelf. You should read through the plan with all members of your farm team, whether that is an employee meeting or around the dinner table. You shouldn't expect everyone to memorize every word of the document, but make sure they at least know who to call in case of an emergency. While we never want to experience any form of emergency on our farm, we should always be prepared for the unthinkable so that we can react with forethought. I have developed plans for several facilities and would be happy to assist with yours.



Pesticide and Fertilizer Recertification

It is that time of year again to renew your pesticide license and/or your fertilizer certificate. OSU Extension Morrow County will be holding two classes:

- January 22nd 2025 from 9:00 a.m. – 1:00 p.m.
- March 19th 2025 from 5:00 p.m. – 9:00 p.m.

The Pesticide and Fertilizer recertification

meeting will be held at the Ag Credit Building in the 2nd floor conference room.

Call the extension office to register today 419-947-1070

Please arrive 15 minutes before the start of the meeting to check in. **Pre-Registration is required, and you will not be permitted to enter if you have not pre-registered.**

Save the Date!

**Ohio State University Extension
Small Farm Team presents:
2025 Small Farm Conference
Wooster OSU Campus
March 8, 2025**

More details will be posted on the
Go Farm Ohio page in the near future.
<https://u.osu.edu/gofarmohio/>

PLANNING FOR ON-FARM EMERGENCIES

FIRE

DISEASE

STRUCTURAL

FLOODING

MEDICAL

AND MORE

Questions to ask yourself:

- Do you have a plan to shelter in place?
- Do you have a plan to evacuate?
- Do you have an emergency kit?
- Are your animals easily identifiable in an emergency? If not, do you have a temporary identification plan for emergencies?
- Do you perform regular safety checks on all utilities, buildings, and facilities on the farm?
- Is there a flooding risk in your area? If so, do you have a plan on where your animals can be safe at higher ground?
- Do you have an alternative water and power source for the farm?
- Do you know where there is a large enough water source to put out a fire?
- Is there an Emergency Livestock Handling Equipment Trailer in your area?
- Do you have a farm plan to assist first responders in an emergency?

Farm plan example:

Date Prepared: July 13, 2021
Scale: 1 Box = 10'
Contact Name: Alex Farmer
Phone #: 403-123-4567
Alt Phone #: 587-123-4567

⊙	North	FA	First Aid
—	Road	E	Main Electrical Shut-off
↔	Fences	G	Main Gas Shut-off
—	Gates	FT	Above Ground Fuel Tank
⌂	Veterinarian Office	CG	Compressed Gas
H	Water Source for Fire Hydrant	F	Flammable Liquids

In the event of an emergency call 911 and request the Emergency Livestock Handling Equipment Trailers or call the ALERT Line at 1-800-506-2273.

(Image Source: Alberta Beef Producers)



AGRICULTURE



Reduce Feed Costs by Reducing Hay Waste

By PennState Extension

(Published online with PennState Extension:
April 23, 2024)

The largest input cost for any livestock enterprise is feed costs. In forage dependent operations, most of these feed costs occur during the winter when feeding hay. Spring is a great time to assess hay feeding areas and consider how much hay the sheep wasted over the winter.

Is there a large amount of wasted hay lying next to the hay feeders? Did pens inside the barn require minimal bedding last year due to the amount of hay waste? A “yes” answer to either of these questions should inspire producers to look more closely at feed quality and feeder design. Using feeders should be an obvious means to help reduce waste. Less obvious perhaps is the concept that feeders can also help to promote animal health. This occurs by preventing fecal or soil contamination that can lead to problems such as internal parasites, coccidia, or listeriosis. Hay losses can range from 2% to 60% and results from trampling, forage quality or maturity issues, and fecal contamination. This results in sheep and goats refusing to eat what’s left at the bottom of the hay pile, which is typically decomposed and contaminated. Selecting an appropriate feeder can help to manage hay waste.

Not all feeders are designed the same nor is forage quality the same and both can make major differences in the amount of hay wasted by the sheep. Kishel et al. (2019) studied the effect of round-bale feeder design and roughage type on feed wastage in sheep feeding. The study used four different feeders to examine changes in hay waste with varying hay quality and feeder design: a round feeder with vertical bars, a round feeder with slanted bars, a six-sided feeder with movable panels, and a feeder that held the round bale in a basket over top of a square platform 18 inches off the ground.

In the feed quality part of the research, they found that poor quality forage, forage harvested at a late maturity, resulted in about 1.88 kg of wasted dry matter per ewe each day, or a little over 4 lbs. With better quality forage they found that just 0.48 kg of dry matter got wasted per ewe

each day, or about one pound. They also noted that most of the waste occurred on the first day the round bale was placed into the feeder compared to four days after the round bale was placed into the feeder.

When comparing feeder design, data confirmed the least amount of hay wasted occurred when using a feeder that held the round bale in a basket. The platform captured hay dropped by the sheep as they ate, which allowed the sheep to consume the forage before it became trampled. Ewes fed in this basket/platform feeder design wasted 0.9 kg of dry matter per ewe each day, or about 2 lbs. Ewes fed in the six-sided feeder with the movable panels wasted 1.0 kg of dry matter per ewe each day or about 2.2 lbs., while ewes fed in the round feeder with diagonal bars wasted 1.1 kg (2.4 lbs.), and the round feeder with vertical bars wasted 1.3 kg (2.9 lbs.) per ewe each day.

Using this research, producers can evaluate feeders based on the differences in feeder design. Choose feeders that either capture dropped forage or that have panels that move inward as the sheep or goats consume a bale. When assessing feeders currently in use that waste a large amount of hay, producers can consider adaptations to prevent waste. Is there a way to prevent excess forage from being pulled out onto the ground? Is there a way to add a device under the feeder to prevent forage from falling on the ground where it becomes soiled?

In addition to feeder design, producers should consider forage quality. Always assess forage visually and have forage analyzed by a certified laboratory. A forage analysis allows producers to look more closely at forage quality. However, producers can move towards better quality forage by visually selecting forages free of mature stems and molds, and that contain little weed contamination as all these factors decrease forage quality. Sheep and goats often sort through the forage, consuming higher quality leaves and wasting the stemmy portions. As forage quality declines, sheep often refuse intake of the forage and the forage gets wasted.

One aspect of forage quality centers around

the structural component, or cell walls, of plants. These components provide support and protection to the plant. Plant cell walls are made up of cellulose, hemicellulose, and lignin. Sheep and goats can digest cellulose and hemicellulose, as the bacteria in the rumen can break down these fibers and convert to an energy source. However, no animal can digest lignin. A forage analysis estimates the concentration of cell wall components within a forage sample and reports them as neutral detergent fiber (NDF) and acid detergent fiber (ADF). NDF measures the total cell wall content in the forage and as this value, reported as a percentage dry matter of the forage, increases, forage quality and intake decrease. ADF measures only cellulose and lignin content. As the ADF increases, the forage quality and digestibility decrease. The difference between NDF and ADF then represents the hemicellulose fraction of the forage. Hemicellulose is considered the most digestible fraction of the cell wall. A greater spread between NDF and ADF will improve fiber digestibility and animal acceptance

of the forage. As forage quality declines, so does the acceptability of that forage to livestock. Poor quality forages with elevated NDF and/or ADF can then result in higher waste. For more information on forage testing, check out the Penn State Extension publication “Forage Quality Testing: Why, How and Where.”

Now is the time for producers to look back at the amount of forage wasted by their sheep or goats last winter and consider how this was impacted by feeder design and forage quality. Take steps throughout the upcoming months to adapt feeders to reduce waste. Producers should also have this year’s forages analyzed to assess feed value and to help balance rations for the winter. Producers who harvest their own forages can consider methods to improve forage quality while producers who purchase forages can purchase based on forage quality as well as cost. Even a well-designed feeder can result in sheep or goats wasting a large amount of forage if forage quality is poor.

OHIO STATE UNIVERSITY EXTENSION

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.

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!

**2025 training classes will be every Monday from
March – July 6:00 pm – 9:00 pm
Cost is \$130.00**

To learn more about the Master Gardener program please contact Carri Jagger with any questions at 419-947-1070 or jagger.6@osu.edu

 THE OHIO STATE UNIVERSITY
COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

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



(Image Source: PSU Extension)



AGRICULTURE



Ohio Forage and Grasslands Annual Conference

The Ohio Forage and Grasslands Council Annual Conference will be held February 7, 2025, from 8:30 am to 3:15 pm at The Ohio Department of Agriculture, (8995 East Main Street, Reynoldsburg, Ohio, 43068). This meeting serves as an opportunity to interact with forage growers of all backgrounds and interests and share with each other. Along with socialization you can listen to intriguing presentations, interact with vendors of forage growing supplies, and enjoy a delicious lunch.

The 2025 meeting theme is “Feeding Forages ↔ Forages Feeding Us” and will feature information on how to manage forages following a record drought year, cutting edge research from

The Ohio State University, producer insights from local hay, beef, and dairy farmers, information on solar grazing with sheep, special guests from the Nature Conservancy, and a session on hot topics in the forage industry.

Keynote speakers will include: Dr. Chris Tuetsch – Forage Professor from The University of Kentucky, new State Extension Forage Specialist- Dr. Emma Matcham, Dr. Marília Chiavegato – Agroecosystem Management for Food System Resilience Professor at The Ohio State University, Dr. Camren Maierle – Sustainability Director for the American Lamb Board, Jessica D’Ambrosio – Ohio Agriculture Project Director for the Nature Conservancy, and more!

New Publication Explains Trusts

By Robert Moore,

Trusts are often an important component of a farm succession plan. But there are two primary different types of trust – revocable and irrevocable. A revocable trust often meets most needs and can be the preferred choice for flexibility. However, in cases where enhanced asset protection or estate tax management is necessary, an irrevocable trust may be more suitable. Occasionally, a combination of both types may be needed for optimal results.

A new bulletin, *Understanding Revocable and Irrevocable Trusts*, is now available at to help you compare these trusts and consider how each can play a role in your farm’s transition plan. Find this bulletin and many other farm transition related resources at farmoffice.osu.edu.

Also, we are about to renew our popular Planning for the Future of Your Farm Series with several in-person workshops scheduled:

- January 23, 2025- Putnam County (9:00 to 4:00 p.m.)
- February 6, 2025- Pickaway County (10:00 to 4:00 p.m.)
- February 18, 2025- Clark County (9:00 to 4:00 p.m.)
- March 3 & 17, 2025- Washington County (6:30 to 9:00 p.m.)
- March 11 & 13, 2025- Wayne County (6:00 to 9:00 p.m.)
- March 13 & 18, 2025 - Knox/Licking/Delaware County (6:00 to 9:00 p.m.)

An online webinar version will also be available on February 3, 10, 17, and 24, from 6:30 p.m. to 8:00 p.m. For more information on both the in-person and online presentations, visit <https://farmoffice.osu.edu/farm-transition/planning-future-your-farm-workshops>

Register Today for the 2025 Soil Health Webinar Series

By Cassandra Brown, Manbir Rakkar, Rachel Cochran, CCA, Stephanie Karhoff, CCA

Get ready to dig into soil health with the 2025 Soil Health Webinar Series hosted by The Ohio State University Agronomic Crops Team. In this monthly series, farmers, industry, and academic experts will weigh in on practical steps to improve soil health and measure impact on crop yield and farm profitability. This year’s topics are based primarily on viewer requests from recent years.

Register today at go.osu.edu/SoilHealthWeb for one or all four sessions. Continuing education credits will be available for Certified Crop Advisers who view the program live. Recordings will also be available through the Ohio State Agronomy YouTube channel at <https://www.youtube.com/@OSUAgronomic-Crops>.

This year’s topics and speakers include the following:

Zooming into soil health via a producer, an educator, and a researcher lens

When: Thursday, January 16, 2025 - 8-9 a.m.

Speakers:

- Ron Snyder, Ohio Farmer
- Alan Sundermeier, Conservation Action Project Coordinator and retired OSU Extension Educator
- Dr. Alan Franzluebbers, Ecologist, USDA-

ARS

Understanding basics and practicalities of biologicals

When: Thursday, February 13, 2025 - 8-9 a.m.

Speakers:

- Dr. Florence Sessoms, Assistant Professor, The Ohio State University
- Dr. Brian Arnall, Professor, Oklahoma State University

Comparisons of soil health tests and what they are telling us?

When: Thursday, March 20, 2025 - 8-9 a.m.

Speakers:

- Dr. Jim Ippolito, Rattan Lal Endowed Professor of Soil Health and Soil Fertility, The Ohio State University
- Dr. Elizabeth Hawkins, Associate Professor and Extension Field Specialist, The Ohio State University

Soil health in the urban sphere

When: Thursday, April 10, 2025 - 8-9 a.m.

Speakers:

- Dr. Fernanda Krupek, Assistant Professor, The Ohio State University
- Dr. Jeff Hattey, Professor, The Ohio State University

Registration at go.osu.edu/SoilHealthWeb.

For any questions, contact Rachel Cochran at cochran.474@osu.edu or Manbir Rakkar at rakkar.4@osu.edu.



Image credit: USDA-NRCS



AGRICULTURE



Spotted Lanternfly (SLF) Update



SLF Adults Photo Credit: Amy Stone, OSU Extension, Lucas County

By Amy Stone, Ashley Kulhanek, Thomas deHaas, Ann Chanon & Carrie Brown
(Published on November 19, 2024)

The spotted lanternfly (*Lycorma delicatula*) (SLF) continues to make the news, both locally in Ohio, and across much of the eastern United States. While adult SLF are still active in Ohio, as a result of the warmer than average temperatures that we have been experiencing, numbers are appearing to decrease from earlier observations in the field. Freezing temperatures will kill the remaining adults that continue to feed, lay eggs and be a nuisance simply by their presence and the sticky sweet honeydew and the sooty mold that follows in the landscapes, and its potential to be an agricultural pest that threatens vineyards and more.

Last week, the Georgia Department of Agriculture (GDA) had received confirmation from the United States Department of Agriculture (USDA) that the first detection of SLF was made in Fulton County, Georgia on October 22, 2024, and confirmed by USDA APHIS on November 14, 2024. The first confirmed detection of the SLF was made in Pennsylvania in 2014, a decade ago, and has since spread to 18 states. This first detection in Ohio was in 2020.

Here is a current list of states with SLF: Connecticut, Delaware, Georgia, Illinois, Indiana, Kentucky, Maryland, Massachusetts, Michigan, New Jersey, New York, North Carolina, Ohio, Pennsylvania, Rhode Island, Tennessee, Virginia, and West Virginia (November 2024).

Ohioans have done a tremendous job reporting SLF either through the Ohio Department of Agriculture's (ODA) Online Reporting Tool (<https://survey123.oregis.com/share/1b36dd2cf09e4be0a79776a6104ce1dc>) or using the Great Lakes Early Detection Network App

(<https://apps.bugwood.org/apps/gledn/>). In the month of September, ODA received over 4,000 reports from across Ohio. While the majority of those reports were from counties already known to be infested, there were reports from other counties that continue to be followed up on and determine the extent of the insects' presence – was it an individual hitch-hiker, or a reproducing population.

If you see SLF, at any life-stage, you are asked to report your observation, including a clear photo, from counties NOT already quarantined. Quarantined counties include: Belmont, Columbiana, Cuyahoga, Erie, Franklin, Hamilton, Jefferson, Lorain, Lucas, Mahoning, Muskingum, and Ottawa.

Although the Spotted Lanternfly does not pose a direct threat to human health, it feeds on a variety of plants, including grapes, hops, stone fruits, and hardwood trees. Its feeding weakens these plants and produces a sticky, sugary fluid that encourages the growth of sooty mold, further harming crops. While the SLF prefers the Tree of Heaven (*Ailanthus altissima*), it can significantly impact many other species.

SLF overwinter in their egg stage, which then survive through the winter months until hatching in the spring when temperatures warm up. This winter, we encourage Ohioans to look for egg masses where populations were known to exist and remove those that are within reach as a way to decrease numbers in 2025.

Research continues to be done to learn more about the insect, its life-cycle and biology, host preference and improved methods for management. There continues to be efforts on the developments of a trap designed as a preferential place for the adult females to lay eggs. This trap is called the lampshade trap and is a result of the

work of Dr. Phil Lewis, Amanda Davila-Flores, Melissa Benzinger-McGlynn with USDA APHIS, Forest Pest Methods Laboratory in Buzzards Bay, MA.

To learn more about the trap, check out Dr. Phil Lewis' presentation from the 2024 SLF Summit from earlier this year. Do a Google Search for: Lampshade Trap Presentation, 2024 SLF Summit, Dr. Phil Lewis.

Stay tuned for more SLF updates this winter and spring, before the 2025 hatch.



Egg masses can be laid on nearly any surface. While often we think of the egg masses on branches and trunks, the photo below is an egg mass laid on a tombstone in a cemetery in Toledo, Ohio. Photo Credit: Amy Stone, OSU Extension - Lucas County



Lambing and Kidding Cheat Sheet for Beginning Small Ruminant Producers

The following are excerpts from Dr. Weaver's article.

By Dr. Andrew Weaver,
Extension Small Ruminant Specialist,
North Carolina State University
(Previously published online with
NC State Extension: September 22, 2024)

INTRODUCTION

Lambing and kidding season is an important time for a small ruminant operation. Survival of newborn lambs and kids is paramount to the economic viability of the farm. The new lamb or kid crop is the product of investments and decisions regarding genetics, and the next generation sets the stage for the future of the flock or herd. During the period surrounding lambing and kidding, understanding and identifying normal versus abnormal behavior and physiology and knowing when to assist are essential to newborn survival, a healthy start to life, and productive individuals in the future. This guide is a simple reference for beginner sheep and goat producers experiencing the lambing or kidding season. It includes in-

structions for neonatal care.

FACILITIES

Proper facilities will provide protection for newborn lambs or kids, increase their survival, simplify handling, and reduce labor during the lambing and kidding season. Prepare lambing or kidding facilities prior to the start of the season. Housing areas must be dry and well ventilated. Bedding should be kept fresh and replaced as needed to keep the environment dry and free of excessive manure buildup. While good ventilation is essential, it is important to minimize unwanted drafts by housing newborns away from windows or doors. Temperature should be monitored to prevent condensation and ensure an environment unfavorable to pathogen development. Excessive heat can be more detrimental than cooler environments. Good facilities and proper preparation are the first steps to a successful lambing and kidding season.

WHAT IS A NORMAL BIRTH?

- Lamb or kid is delivered front feet first with head between the front legs just above the knees.

- Within 30 minutes of water bag delivery, feet should appear from the vulva.

- Following the appearance of feet, delivery should proceed without much delay (intervention is needed if progress stops or no progress has been made 30 minutes after water bag is delivered).

- Allow ewe or doe to complete the lambing process in the location she has chosen. In the case of multiple births, do not disturb unless necessary until all lambs and kids are born. Moving her will delay the birthing process for subsequent lambs or kids.

Recognizing and Addressing Dystocia

Dystocia is a general term used to describe an abnormal or difficult birth. Common dystocia cases include abnormally long birth time, head or shoulder lock, leg back (only one leg in birth canal), or breech deliveries (images of malpresentations can be found at the Alberta Lamb Producers website). Fluids surrounding lamb or kid during delivery should be clear or have a slight yellow tint. A dark yellow or brown coloration

indicates a stressful delivery.

When does a ewe or doe need assistance?

- When progress stops! More than 30 minutes without progress means the ewe or doe likely needs assistance.

- Progress means the lamb or kid is getting closer to being delivered (in other words, more of the lamb or kid is visible with each contraction).

When to call the vet:

- The delivery process is no longer progressing and you are not comfortable assisting any further.

- Cervix is not dilated.

- You are unable to get the lamb or kid in the birth canal correctly or are unfamiliar with presentation.

To see the rest of the great information included in this article, visit: <https://u.osu.edu/sheep/2024/12/10/lambing-and-kidding-cheat-sheet-for-beginning-small-ruminant-producers/>



4-H NEWS



Becky Barker
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Amanda Staley
4-H Youth Development Educator
(staley.35@osu.edu)

4-H Enrollments for Past Members and Advisors Due April 15th!!!

Did you know you can enroll in 4-H for the new year?

The deadline to enroll for 2025 and compete in 4-H events and fair is April 15th, at 11:59 p.m.

We allow past member to add or delete projects up until April 30th

New 4-H members have until April 30th to join!

2024 Morrow County 4-H Volunteers

FIRST YEAR

Ashley Bowersmith, Tressa Cook, Crystal Garverick, Jacqueline Hoffman, Bella Huey, Laura Reeve, Zachariah Reeve, Jennifer Richardson, Alanna Salmons, Erica Tucker, Amanda West, Jillian West-Johnson;

SECOND YEAR

Shawn Aisel, David Arnold, Bonita Boggs, Christine Bragg, Amanda Bush, Hannah Campbell, Stacy Clevenger, Erica Johnson, Marie Kennedy, Lily Kerbel, Nathan Newson;

THIRD YEAR

Angela Cooper, John Cooper, Anthony Duckworth, Bailey Gompf, Allison Hill, Jamie Kintz, Billie Martin, Nicholas McKinney, Keri Myers, Kara Wright;

FOURTH YEAR

Emma Artrip, Andrea Franks, Manny Heilman, Christina Keever, Stacie Leffler, Amanda Meadows, Samantha Sayers, Jamie Schaad, LeeAnn Shirley, Justin Smith, Jessica Teaters, Jamie Zeger;

FIFTH YEAR

Brianna Van Horn;

SIXTH YEAR

Kimberly Anthony, Fethar Dell, Erin Hall;

SEVENTH YEAR

Kari Adams, Brittany Arnold, Kathy Dudley, Curtis Grimm, Mary Hughes, Sandy Kovacs, Charles McGee, Rachelle Newson, Candala Rogers;

EIGHTH YEAR

Jennifer Alexander, Laura Fiant, Daniel Fisher, Catherine Gossett, Candi Rollins;

NINTH YEAR

Erin Bender, Marcie Chamberlain, Melody Franklin, Lora Hamilton, Jacklynn Johnson, Peggy Wolf, Tasha Zornes;

TENTH YEAR

Megan Bigelow, Justina Keckler, Mary Meimer, Rebecca Miller;

ELEVENTH YEAR

Kelly Beck, Vanessa Gingerich, Martha Wall;

TWELTH YEAR

Darren May, Cherie Smith;

THIRTEENTH YEAR

Chad Richards, Ashley Smith;

FOURTEENTH YEAR

Tracy Gray, Joyce Rausch;

FIFTEENTH YEAR

Angie White

SEVENTEENTH YEAR

Dale Clinedinst, Loren Coleman-Cronewett, Alea LaCroix, Florence Smith;

EIGHTEENTH YEAR

Darla Clinedinst, Tonya Mason;

NINETEENTH YEAR

Lisa Beck, Dustin Bender, Gena Dutton, Russ Mayer, Jason Ruhl;

TWENTIETH YEAR

Angie Bush, Sue Miller, Mike Wilgus;

TWENTY-FIRST YEAR

Candida Doubikin, Mike Ruhl, Jana Worner;

TWENTY-SECOND YEAR

Matt Brinkman;

TWENTY-FOURTH YEAR

Peggie Van Horn;

TWENTY-FIFTH YEAR

Missy Kidwell;

TWENTY-SIXTH YEAR

Lynn Fraizer, Kim Hessey, Linda Hill, Julie Logan;

THIRTIETH YEAR

Leontine Van Dyke;

THIRTY-SECOND YEAR

Mike Fry;

THIRTY-FOURTH YEAR

Renee Ness;

THIRTY-SIXTH YEAR

Carol Holsinger, Charlene Pace;

FOURTY-SEVENTH YEAR

Betty May, Steve May;

SIXTIETH YEAR

Gene Dumbaugh, Jan Johnson;

SIXTY-FIFTH YEAR

Bill Hershner

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, 2025

Youth may begin taking 4-H projects when they are 8 years old and in the 3rd grade as of

January 1 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, 2024 your last year in 4-H was in 2024).

Want to Start a 4-H Club??

Last day to start a new club is April 1st! Contact Becky barker.157@osu.edu or call 419-947-1070.

1st - Become an approved 4-H Volunteer! You will have to fill out an application, go through an interview, pass a background check, and attend a new volunteer training.

2nd - With our guidance, start your club! The minimum club requirements are:

- a. At least 5 youth from 3 different families (2 of these youth can be Cloverbuds)
- b. Have at least 6 regular club meetings/educational activities

- c. Elect officers
- d. Participate in a community service
- e. Agree to provide a welcoming and safe environment
- f. Agree to provide/plan learning experiences. (Ex: Guest speakers, field trip, all club learning activities)
- g. Agree to follow county, state and national 4-H guidelines.
- h. Agree to make it FUN!



Career Exploration - Construction Trades

coming in April 2025!

 Watch our Facebook page for the date and registration information!






4-H NEWS



Twenty-seven high school students and four adults from from OSU Extension and Mt. Gilead, Highland and Northmor schools spent the day at the OSU Wooster Campus on November 21st.

Teens Tour OSU Wooster Campus

By Amanda Staley,
OSU Extension 4-H Educator

Twenty-seven high school students and four adults from OSU Extension and Mt. Gilead, Highland and Northmor schools spent the day at the OSU Wooster Campus on November 21st. They started the day by touring the Agriculture Technical Institute's (ATI) dairy, beef, and horse farms.

Once arriving on campus, they heard from college students and staff to learn what ATI has to offer to students and what it takes to enroll, housing availability, tuition costs, and more.

The group also took a guided tour of the greenhouses and Trimble Lab which has workstations that enable students to interact with technology in the classroom before they begin working with equipment in the field.

The final tour of the day was the campus student housing apartments. These apartments house four students and includes two bedrooms, living/dining room, kitchen, full bathroom, and an outside patio area.

This trip was sponsored by OSU Extension-Morrow County as part of Amanda Staley's, 4-H Educator, College and Career Readiness initiatives.



Cheyenne Cottrell (left) and Aly Pollard (right) enjoyed the tour of the Equine Center.

4-H Officer Book Awards

Congratulations to the following 4-H Officer Book Award Winners:

President:

- 1st Place – Lily Moodispaugh – Free 4-All
- 2nd Place – Julia Kennedy – Buckeye Brigade

Vice President:

- 1st Place – BellaDonna Threadgill – Buckeye Brigade
- 2nd Place – Madison Thoman – Country Crossroads

Secretary:

- 1st Place – Grace Ernsberger – Dream Chasers
- 2nd Place – Makayla Rhea - Johnsville Jolly Farmers & Farmerettes

- 3rd Place – Phoebe Phelps - Reckless & Rowdy

Treasurer:

- 1st Place – Levi Leonhard - Johnsville Jolly Farmers & Farmerettes
- 2nd Place - James Fiant – Reckless & Rowdy
- 3rd Place – Alex Threadgill – Buckeye Brigade
- 4th Place – Brody Miskovich – Dream Chasers

Community Service:

- 1st Place – Kayla McAllister – Buckeye Brigade

Recreation:

- Kaleigh Thoman – Country Crossroads



Students toured the Horticulture Complex which includes six production greenhouses



Teens explore 30 career paths

By Amanda Staley,
OSU Extension 4-H Educator

On October 16 nearly 400 ninth grade teens attended the Morrow County Career Expo at the Morrow County Fairgrounds.

This Career Expo was designed to give teens the opportunity to learn about in demand jobs available to them both locally and beyond after graduation. Five career tracks were chosen to focus on which included agriculture, healthcare, public service, skilled trades, and technology.

Teens were asked to choose which career track interested them and then participated in six sessions related to that career field. Each session presenter talked about their career and had the youth complete a 15-minute hands-on activity to help the teen better understand the tasks they would be expected to perform in the job.

For example, Eagle Eye Agriculture is a drone-based agriculture service. They brought three sizes of drones that they utilize to spray fungicide on crops. Youth were able to see the drones up close to learn about them and watch how the professional operates them.

The Ohio Manufacturing Extension Partnership representatives taught about careers in welding. Youth used welding simulators to try to practice welding. This helped to maybe spark interest in this very in-demand job.

This was the 3rd annual Morrow County Career Expo and our evaluations have shown us that the youth find this event beneficial to them when helping to determine their career paths. The presenters also enjoy presenting and seeing how engaged the teen are with learning about their career.

All Morrow County schools had teens attend which included Cardington, Gilead Christian, Highland, Mount Gilead, Northmor, and The Tomorrow Center.

The Mid Ohio Educational Service Center's (MOESC) Business Action Team oversaw the

planning and implementation of the Career Expo. This Action Team is made up of representatives from local organizations, schools, libraries, and businesses. The Career Expo's leadership team consists of Randi Spoon, Morrow County Development Office; Amanda Staley, OSU Extension; and Amy Wood, MOESC.

If your business would like to be a part of this event in October 2025, please contact either Amanda Staley, staley.35@osu.edu, or Randi Spoon, randi.spoon@morrowcountyohio.gov.

Our partners that represented each career track.

Agriculture: Eagle Eye Agriculture, Hord Livestock, Morrow County Soil & Water Conservation District, OSU College of Veterinary Medicine, Ohio Department of Natural Resources

Health Care: Marion Technical College, Mid Ohio Educational Service Center, Morrow County Developmental Disabilities, Morrow County Hospital

Public Service: Morrow County Sheriff, Morrow County Probation, Mt. Gilead Fire and EMS, Mt. Gilead Police, Ohio Bureau of Criminal Investigation, The Tomorrow Center

Skilled Trades: Adena Corporation, Consolidated Cooperative, Fricke's Auto & Truck Repair, Goodwill, Ohio Manufacturing Extension Partnership, Bobby Threadgill

Technology: Lubrication Specialties, Goodwill, Ohio Air National Guard, Pioneer, Engineering Design Technology, Tri-Rivers Career Center.

Thank you to our donors! Lubrication Specialties, Morrow County Cattleman, Morrow County Development Authority, Morrow County Fairgrounds, Morrow County Pork Producers, OSU College of Veterinary Medicine, OSU Extension - Morrow County, Pillar Credit Union, Pizzaburg, Purple Indian.



A Goodwill representative had teens complete a forklift operator simulation. Photo courtesy of Elliot Wall.



Adena Corporation taught teens how to apply drywall mud and each of them could practice doing it. Photo courtesy of Elliot Wall.

From the Junior Fair Office

Junior Fair News

Jr. Fair Updates and Revisions for the 2025 Morrow County Fair

Thank you to all who contributed in making the 2024 Morrow County Jr. Fair successful. The Jr. Fair Board has been busy this fall, meeting and discussing what went well and what we would like to make even better. Below are revisions that have been discussed at length by our Jr. Fair Board and approved by the Senior Fair Board for 2025.

General Changes

- BBR Breeders will be listed in the Show Programs.

- Exhibitors can choose to but do not have to move up after they win showmanship. If the exhibitor decides to move up to the next age bracket, they cannot move back down to the previous division.

- 2:3 Rule was removed.

- Everything historically due June 7th to be moved to June 15th. Ex: Entries, Animal ID, King and Queen Applications and Scholarships.

- Any carcass entry is an automatic scratch and dropped if it goes through the livestock sale, Grand and Reserve Exempt.

- Showman of Showman Sign Up must be done by 6:30 p.m. on Saturday.

Dog Department

- The Dog show will begin at 9 a.m. on August 9th.

Beef Department

- Weigh in for Market Steers and Heifers is set for January 11th from 8am-11am

- Champion Feeders to be subject to drug testing.

Goat and Sheep Departments

- All market goats/lambs must have a nylon type halter, or no halter/collar on and the animal must be dry across the scale.

- Sheep and Goats are not permitted to go to

the trailer after move-in Monday.

- Market Lamb and Goats submit 5 pictures to have a full front with a scrapie tag.

Sheep Department Only

- Market Lamb Exhibitors submit hair samples in provided envelopes of all Market Lambs by 6 p.m. on June 15th. The Jr Fair would post an information video showing exhibitors step by step how to pull the hair with follicles intact. Exhibitors would be responsible for providing accurate samples. Only lambs in question would be tested. ****Please look for more information to be published in the fairbook.**

Poultry/Rabbit Departments

- Poultry and rabbit weigh-in/check-in to the north end of the Large Arena.

Rabbit Department Only

- The Jr Fair Board will no longer tattoo Market Rabbits, exhibitors are responsible for making sure rabbits are Tattooed by pre-fair check-in. Market Rabbits are still required to be checked on Thursday, July 31st from 5-7 p.m.

- Pen of three rabbits can transfer their entry to two single fryers. They must inform the Jr Fair Board prior to 7:30 p.m., at the scale, on the 1st Monday of the fair. Any extra rabbits must go home on the 1st Monday of the fair.

Swine Department

- American breeds only will be allowed in all Pure and Crossbreds for Breeding/Market Hogs.

- No lawn chairs in the show arena until 2 p.m. Saturday.

- No straw bedding in the hog barn.

- Tack must be above pens in the hog barn or outside barn.

- The Swine Department reserves the right to put two pigs from a family in a pen.

Jr. Fair Contact Information

Jr Fair Office 419-947-1567
Morrowcountyjrfair@gmail.com



Teens had to suit-up to learn about biosecurity as it relates to animals. Photo courtesy of Elliot Wall.



4-H NEWS



2024 Morrow County 4-H Camp Counselors

2024 Morrow County Jr. Fair Building Fund Pig

Congratulations and thank you to Ayden Franks for raising the 2024 Building Fund Pig!

Ayden is a member of the 4H-IO 4-H Club, and this was his second year taking a swine project. In Ayden's application to raise the building fund pig he states, "I think the junior fair animal projects teach us time management and how to handle responsibility." The pig was donated by the Bigelow/Franks families, feed and youth award donated by the Morrow County Pork Producers and the processing donated by Link's Meats.

The pig raised over \$11,000 and the hog was made into sausage and donated to the Morrow County Food Banks.

Thank You to all who donated to the fund! This project was started in 1976. Over the years so many donors and supporters have made this Jr. Fair Building Fund fundraising successful. Some of you may remember it being call the "Kiwanis Pig Project" thanks to Mt. Gilead Kiwanis. Thanks to the Morrow County Pork Producers and local swine breeders dedicated to its continued success! The first buildings built from funds in 1980 were the two cattle and the swine barns.

If any 4-H or FFA swine project members are interested in raising the 2025 Building Fund Pig contact Becky Barker at barker.157@osu.edu or 419-947-1070.



Pictured (L to R Front): Megan Bigelow, Ayden Franks, Aaron Bigelow, (Back) Ava Franks, Landon Davis.

4-H Camp Statistics 2024

178 Campers 52 Super Counselors (see photo at left)

10 Awesome Adult Volunteers:

- Emma Artrip – Zipping/Climbing
- Matt Brinkman – Flying Squirrel/Campfire
- Erin Bender – Zipping/Climbing/High Ropes
- Darla Clinedinst—Camp Nurse
- Dale Clinedinst – Night Watch
- Carol Holsinger – Crafts/Songs
- Missy Kidwell – Dance/Girls Cabin Check
- Russ Mayer – Dean of Men
- Nate Newson – Shotgun
- Shona Searls – Camp Nurse

What the campers said when answering the camp evaluation question for:

"What will you remember most about at camp?"

All of the friends and memories I make and the dance

All the fun I had and all the friends I made

All the fun memories I have made

Being in the cabin

Being with friends

Being with my friends outside & in our cabin Cabin 4c

Cabin time and talking to the people in my cabin

Campfire and the dance

Climbing to campfire and having good foil packs

Counselors

Dance and my table

Dancing with all of my friends

Everything

Friends

Friends and campfire

Friends/activities/counselors

Ga ga ball

Ga ga ball, and how amazing the counselor

Hanging out with my friends

Have fun

Having a great time

Having fun

High ropes

How amazing our counselors (the Brinkmans) were and it was super fun during cabin time and before bed. I loved our counselors this year

How much I had fun

I made the things

I will remember everything

I will remember the dance and the counselors

I will remember when we went kayaking

It was fun and I met a lot of people

Lunch

Making all of the new friends

Making friends

Making new friends

Me and my friends doing the sessions

Meal time

Meeting Spenser, Abraman, Tyler.

My amazing counselors Aly and Shay

My cabin

My cabin and all the activities

My cabin, the counselors

My counselor

My friends

My lunch table

My new friends

Nature

People

Rifle sessions

Shooting sports

Sitting with my friends at camp

Songs

Spending time w/ friends

Staying up late and talking to my friends

Team challenge

The cabin with the boys and dancing with someone

The crafts

The dance and mostly everything

The dance and my amazing counselors

The dance and my last year as a camper

The dance, I wish there was two

The friends and counselors

The friends I made

The friends I made

The fun I had here

The fun times I had with friends and counselors

The great time I had

The memories

The memories and the counselors that I met

The memories that we made as a cabin

The new people I meet and the activities (mainly dance) that I got to attend

The people

The people and friends

The people and the skits

The skits

The time spent with my friends

This year I will remember cleanest cabin, skit, and friends

Time in cabin

Water day

Water games

Water games and my counselors

Zip-climb

Zipline

Ziplining and shotgun





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...caring for yourself and family members ~ including your furry family members.

Check out the science-based articles and upcoming Mind Matters: Self-Empowerment program series event and let me know 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. If you have in interest in volunteering or serving on the Family and Consumer Sciences advisory committee connect with me.

In Wellness,

Candace

Your Family and Consumer Sciences Educator
419-947-1070
heer.7@osu.edu

Register for the “Mind Matters: Self-Empowerment” Program Series

OSU Extension - Morrow County is partnering with the Mount Gilead Public Library for this Mind Matters (The Dibble Institute) four-part series focusing self-empowerment. Join us, for one or all the sessions, to focus on responding rather than immediately reacting, self-observation, improving communication skills and building empathy for a healthy relationship.

Through activities and discussions, you will

- Learn four different self-soothing skills.
- Discover the value and purpose of emotions.
- Recognize the difference between thoughts and emotions.
- Understand the concept of empathy.

DATES: Attend one or more!

- Saturday, February 8 (Session

Can you use Narcan on dogs exposed to drugs?

By Susannah Kistler, associate editor of Ohio State Health & Discovery

<https://health.osu.edu/health/animal-health/how-to-use-narcan-on-dogs>

If a dog is exposed to a drug like heroin or fentanyl, it can have a significant impact in their body. The effects are similar to an overdose in a human, says Edward Cooper, VMD, MS, DACVECC, a veterinarian, clinical professor and head of Small Animal Emergency and Critical Care at The Ohio State University College of Veterinary Medicine.

- In dogs, opiate drugs can cause sedation and decreased responsiveness through weakness, stumbling, collapse, shallow breaths, low heart rate and loss of consciousness.

- In the video at <https://go.osu.edu/narcan-dog-video>, Dr. Cooper demonstrates how to administer naloxone (Narcan) to a dog experiencing an overdose.

- Transcript from video: Dr. Edward Cooper shows how to give naloxone (Narcan) to dogs.

“Okay, so the purpose of this video will be to demonstrate how to administer naloxone or Narcan in the event of an opioid overdose. If there was exposure to something like heroin or fentanyl then that can cause a pretty significant impact to any dog, and so the goal would be to try to administer the Narcan as quickly as possible. Most often, what you'll have available is a nasal diffuser like this with the goal that we can kind of insert this into the nose, dispense the Narcan, and it will be absorbed that way. So the best way to accomplish this would be if the patient is compliant, as safely as possible, try to gently tip up the nose, insert the nozzle into the nostril and then depress the activator which will then diffuse the medication into the nose. If that doesn't work within about five minutes or so, you can potentially repeat the dose and try that same process again.”

- Below, he answers more questions about dogs in these circumstances.

How do we know when we should give a

dog Narcan?

Administration of naloxone would be warranted if the dog has collapsed, lost consciousness and/or has shallow breathing. If there's been a known, significant exposure, administer Narcan as soon as these symptoms start. It might need to be repeated, because the effects of the opioids can outlast the naloxone.

How quickly can Narcan reverse the effects of overdose in a dog?

Typically, naloxone can reverse opioids' ef-

fects in dogs within two to three minutes. If there's no response in three to five minutes, you can repeat the dose.

What should someone do after their dog has been exposed to a drug and has been given Narcan?

Seek emergency veterinary care immediately. The effects of a single dose of naloxone can wear off with return of symptoms and the risk of death. Supportive care for several hours or even overnight is strongly recommended.

Stuttering

By Emily Marrison, OSU Extension Family & Consumer Sciences Educator, Coshocton County.

My colleague, Katie Schlagheck, OSU Extension educator in Ottawa and Sandusky Counties, wrote a great article a couple of months ago about stuttering in children. Katie specializes in child development and is a mom of three young children.

Stuttering is a disruption of the flow of speech, a form of dysfluency. This may appear in a variety of ways. It could be with repeating sounds, syllables or words (W-W-What). Or it may show up as prolonged sounds (for example SSSend). Stuttering could involve using multiple interjections such as um, like, or ah. Sometimes it shows up as blocked speech; the child's mouth will open, but no words come out. Stuttering will often increase in children when they are tired, excited, or stressed. Other ways that stuttering can show up is being out of breath or nervous while talking. And a result of stuttering is that a child may be afraid to talk.

Katie shares that while often concerning to parents, stuttering is common and can be a normal part of speech development. Early signs of stuttering usually show up at 18-24 months of age as there is an increase in vocabulary which results in children putting together sentences. However, it can also occur later, usually between the age of two to five. According to the National Institute on Deafness and other Communication Disorders, 5% to 10% of all children stutter at some point, usually between 2 and 6 years of age.

Stuttering is more common with boys than with girls. And it may come and go through time. I can remember my son experiencing this for a short while when he was about 3 years old.

There are a few theories about why stuttering occurs. One is that the brain's messages for speaking has a disconnect with the muscles needed for speech. It is as if our words cannot keep up with what our brain wants to say. Another is that stuttering has a large genetic component and can be passed from parent to child.

Parents, grandparents, and other family members may get frustrated with children that stutter. It is important to practice patience and extend grace. Here are some tips from John's Hopkins Medical Center to help a child who stutters:



- Try to provide a relaxed environment
- Encourage your child to talk about fun and easy topics
- Don't interrupt your child or tell them to start over
- Maintain eye contact with your child when they are speaking
- Don't tell them to think before they speak
- Don't tell them to slow down or take your time-these comments can make them self-conscious about their speech
- Slow down your own talking so they may match your own calm pace
- Don't make your child speak correctly at all times
- Don't finish their sentences for them, even if you anticipate what the end might be

Most of the time stuttering will go away on its own. However, if stuttering lasts more than six months, starts after ages 3 to 4, is impacting your child's life, or you notice other concerning symptoms, ask your pediatrician for a referral to a speech language pathologist for an evaluation.

According to Minnesota State University, several famous people have stuttered, especially in childhood. These include James Earl Jones, Bruce Willis, Samuel L. Jackson, Tiger Woods, Elvis Presley, Marilyn Monroe, Ed Sheeran, and Emily Blunt. Many of them continue to be advocates and encouragers for those who stutter.

Today I'll leave you with this quote from Bernard Meltzer, “Before you speak ask yourself if what you are going to say is true, is kind, is necessary, is helpful. If the answer is no, maybe what you are about to say should be left unsaid.”

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





Dementia caregivers need care, too

By Writer: Joshua Wright, Senior Staff Writer, Ohio State Wexner Medical Center
<https://health.osu.edu/community-health/health-and-society/caring-for-dementia-caregivers>

When there was a change in her father's behavior, Belva Tibbs feared what the diagnosis could be.

David Denmark, 91, had suddenly begun hallucinating, says his wife, Reba, also 91. Reba and Belva suspected that dementia was the cause of David's new symptoms and behavior changes.

Belva reached out to caregiving advocates affiliated with the Golden Buckeye Center for Dementia Caregiving (800-645-2946; dementiacaregiving@osu.edu) at The Ohio State University College of Nursing, and soon after, her family had answers.

• On the advice and education provided by staff, Belva had confidence when advocating for her dad to be screened by his doctor for a possible urinary tract infection (UTI). Once it was found and treated, the hallucinations stopped and her dad's mental state returned to normal.

• "They really helped me first by giving me a lot of data on the symptoms," Belva says. "They sent me videos on how to interact with individuals who have dementia."

• Most importantly, they sent me a checklist. "At that time, I wouldn't have known to ask for

Americans are living with dementia.

Their caregivers need care, too.

a UTI. I wouldn't have asked to do a urine analysis if I had not spoken to the care consultant."

A growing need for dementia care support

The center launched at a time when the need for supporting dementia caregivers is increasing.

• About 236,000 Ohioans were living with Alzheimer's in 2020, a number that is projected to increase by more than 13% by 2025, according to the Alzheimer's Association. That toll is felt not only by those living with the disease, but also by their caregivers.

• Nearly 414,000 family members cared for a dementia patient in Ohio in 2020, supplying \$11.4 billion worth of unpaid care.

"Caregiving is not for the faint of heart," says Belva Tibbs.

The impact of caring for a dementia patient can play out in a number of ways, says Mary Beth Happ PhD, RN, co-director of the Golden Buckeye Center. "During the progression of the disease, it's not uncommon for caregivers to feel like they can't leave the person living with dementia unattended," Dr. Happ says. "That restricts and can really shrink a person's world.

"We help people be creative in thinking about how they can expand their network of caregivers, how they can access help in the home."

A mission to help Ohio families dealing with dementia

The guidance provided to Belva and her family illustrates some of the real-world impact of the Golden Buckeye Center.

• The center opened in November 2023 as a partnership among numerous state and local agencies that assist people living with dementia and their caregivers.

• The mission is to develop and strengthen knowledge, skills and support for families, friends and others across Ohio who are caring for people with dementia.

While the Golden Buckeye Center is physically located in Columbus, its resources, trainings, referrals and supports are available to all Ohioans living with dementia and their caregivers.

• Regular trainings, offered both in-person and online, offer guidance for caregivers on issues such as communication and finances, and even include tai chi classes for caregiver wellness.

• The project originated with the Ohio Department of Aging (ODA), and the vision was always for there to be virtual access to services as well as partnerships with other agencies across the state, says Karen Rose, PhD, RN.

• "This is kind of a dream come true," says Dr. Rose, dean of the College of Nursing and co-director of the Golden Buckeye Center. "Several years ago, the ODA embarked on taking a focused look at Alzheimer's [and other dementias] across the state."

Hope for the future

Another aspect of the center's mission is to advance research on interventions and cost-effective outcomes to support caregivers of people liv-

ing with dementia.

If you provide help or assistance to a family member or friend living with memory problems,

You are not alone. We are here to help.

It's easy for caregivers to feel like they're on an island when they are providing help to a loved one or a patient living with dementia. Caregivers give so much of themselves that, sometimes, they struggle with caring for themselves.

The Golden Buckeye Center for Dementia Caregiving at The Ohio State University College of Nursing is here to help. You are answering a calling to care. We are here to support you in that purpose.

We have world-renowned experts and researchers who offer trainings, resources and research to build connection, competence and confidence as we support family and formal care partners across the state of Ohio.

What we do - Our objectives are to:

• Establish a unique care partner-focused center

• Offer virtual and in-person training in collaboration with national and community-based organizations

• Build partnerships with community-based organizations, first responders, healthcare providers, employers and other support personnel

• Conduct research on interventions and cost-effective outcomes important to support family-friend care partners, clinicians and employers

Trainings and Resources

All trainings are free of charge and open to everyone in the state of Ohio.

• In-person or livestreamed caregiver trainings and events

• We offer a complete schedule of in-person and live-streamed caregiver trainings and events.

• Many in-person trainings occur on a bi-weekly basis at the Golden Buckeye Center for Dementia Caregiving at 760 Kinnear Road in Columbus. For the full schedule of in-person and live-streamed trainings and events, and to register to attend - <https://nursing.osu.edu/news-and-events/events?category=810> or call 800-645-2946.



Photo: C. Heer; Created by OSU Copilot (Caregiving)

Golden Buckeye Center for Dementia Caregiving

Contact information:

800-645-2946 • Email: dementiacaregiving@osu.edu

Open Monday – Friday • 8 a.m. to 4 p.m. ET

760 Kinnear Road, Columbus, Ohio 43212
(located on the first floor of the BMI Federal Credit Union building)

OSU EXTENSION CALENDAR OF EVENTS

JANUARY 2025

- 1 Office Closed – New Year’s Day
- 2 Morrow County Cattlemen’s – 6:30 p.m., Ag Credit Building Conference Room
- 7 Heart Wreath Decorate & Take – 3 p.m., Ag Credit Building Conference Room
- 7 Heart Wreath Decorate & Take – 6 p.m., Ag Credit Building Conference Room
- 9 Morrow County Pork Producers – 7 p.m., Ag Credit Building Conference Room
- 11 Market Beef Weigh-In for Morrow County Fair, Fairgrounds Large Show Arena, 8-11 am
- 15 Ohio State Fair Market Beef DNA Hair Packets Due To State Fair Office
- 16 Horse & Pony, Ag Credit Building Conference Room, 7:30 p.m.
- 20 Martin Luther King Jr. Day, Office Closed
- 22 Pesticide/Fertilizer Recertification, 9 a.m.-1 p.m., Ag Credit Building Conference Room
- 23 Heart Wreath Decorate & Take – 6 p.m., Ag Credit Building Conference Room
- 23 Sr. Fair board, Fairgrounds, 7 p.m.

- 25 State 4-H Horse Advisor Update Meeting – Reg. due to State on January 17th
- 28 CARTEENS, Ag Credit Building Conference Room, 5:30-7:30 p.m.

FEBRUARY 2025

- 3 Jr. Fairboard, 7 p.m., Community Services Building
- 4 Seeding Starting, 6:30 p.m., Ag Credit Building Conference Room
- 4-5 Ohio Pork Congress, Columbus
- 6 State 4-H Conference Registration Due To Morrow County Extension Office
- 8 “Mind Matters: Self-Empowerment” Program Series, 11 AM; Mount Gilead Public Library, 1 East High Street Mount Gilead, Ohio 43338
- 10 Adult BQA, 6 p.m., Ag Credit Building Conference Room
- 20 Horse & Pony, Ag Credit Building Conference Room, 7:30 p.m.
- 22 “Mind Matters: Self-Empowerment” Program Series, 11 AM; Mount Gilead Public Library, 1 East High Street Mount Gilead, Ohio 43338
- 27 Sr. Fairboard, Fairgrounds, 7 p.m.

MARCH 2025

- 1 State 4-H Horse Hippology, Horse Judging & Horse Bowl Clinic
- 2-8 Ohio 4-H Week
- 3 Jr. Fairboard, Sr. Fair Board Office, 7 PM
- 4 CARTEENS, 5:30 p.m. to 7:30 p.m., Extension Office Conference Room
- 6 Morrow County Cattlemen’s – 6:30 p.m., Ag Credit Building Conference Room
- 8 Ohio 4-H Conference
- 8 “Mind Matters: Self-Empowerment” Program Series, 11 a.m.; Mount Gilead Public Library, 1 East High Street Mount Gilead, Ohio 43338
- 13 Morrow County Pork Producers – 7 p.m., Ag Credit Building Conference Room
- 13-16 Ohio Beef Expo
- 19 Pesticide/Fertilizer Recertification, 5-9 p.m., Ag Credit Building Conference Room
- 20 Horse & Pony, 7:30 p.m., Ag Credit Building Conference Room
- 22 “Mind Matters: Self-Empowerment” Program Series, 11 a.m.; Mount Gilead Public Library, 1 East High Street Mount Gilead, Ohio 43338
- 26 Adult & Youth BQA, 6 p.m., Ag Credit Building Conference Room

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

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