Take charge of your health

Join a FREE, fun Walk with a Doc program in Morrow County starting in November — look for details on our website at morrow.osu.edu or contact Candace Heer, FCS Educator at OSU Extension 419-947-1070 or heer.7@osu.edu

During the walk, you will:
• Learn about important health topics
• Have your questions answered by local doctors
• Build new friendships
• Enjoy an informal, relaxed, and fun walk at your own pace

How to Join:
Show up to the walking location or sign up through Dining with Diabetes at your local OSU Extension – Morrow County at 419-947-1070

Walks begin November 2018

In addition to the walk OSU Extension will recognize National Diabetes Month in November by offering a free class for those with diabetes or caring for someone with diabetes...

Dining with Diabetes:
Take Charge of Your Diabetes During the Holidays
Class Date: Wednesday, November 28, 2018
Time: 6:30 p.m.
Location: Ag Credit Building 2nd Floor Conference Room, 5362 US Highway 42, Mt. Gilead OH
Register at: 419-947-1070
Cost: FREE

Farmer & Farmland Owner Income Tax Webinar to be held Jan. 7

Are you getting the most from your tax return? This two-hour webinar will focus on income tax issues for farmers and farmland owners.

It will be held on Monday, January 7, 2019 from 10 a.m. to 1 p.m. at OSU Extension - Morrow County, Ag Credit 2nd Floor Conference Room. Pizza and drinks will be provided.

Topics to be covered include:
• New Tax Law Changes - Tax Cuts and Jobs Act
• Modified Tax Brackets
• Farm Equipment Depreciation
• Section 179 Expensing
• Changes in Deductibility for Meals, Entertainment, Memberships, Etc.
• Corporate Tax Rate Changes and Implications for Small Farm C-Corps
• Qualified Business Income (QBI) Deduction (Section 199A Deduction or Pass-Through Entity Deduction)

Presenters:
• Barry Ward, Director, OSU Extension Income Tax Schools
• Chris Bruynis, Extension Educator, Ag & Natural Resources, Ross County
• Dave Marrison, Extension Educator, Ag & Natural Resources, Coshocton County
• Patricia K. Davies, Morrow County Auditor, will also be there to talk about CAUV.

Please RSVP to OSU Extension - Morrow County (419-947-1070) or Ag Credit (419-947-1040) by Jan. 2, 2019.

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Agriculture

What Path Will You Choose?

By John F. Grimes, OSU Extension Beef Coordinator

Based on reports from USDA and industry analysts such as CattleFax, it appears that the agronomic expansion of the U.S. beef cow herd will peak in 2019 and level off in the early part of the next decade. From the time the most recent herd expansion began in 2014, producers will have added over 3 million beef cows to the nation’s herd. Our primary protein competitors, pork and poultry, have also been in expansion mode recently which adds more competition for the consumer’s food dollars.

For all of my adult life, I have heard agricultural economists talk about the “cattle cycle.” The cycle is often reported in approximately 10-year increments and a wide variety of economic, environmental, and political effects can greatly influence each cycle. Current and future cattle cycles will face increasingly varied and complex factors that affect the entire cattle industry. The next cattle cycle will be impacted by factors such as drought, trade policies, demographics and foreign economies, competition from pork and poultry, sustainability concerns, and the development of meat substitutes.

What does all of this mean for you as a cattlemen? I believe there is no time like the present to position yourself for success during the next cattle cycle. Maybe you are satisfied with the economic performance of your cattle enterprise and do not expect to make any changes to your operation. However, doing the same thing repeatedly and expecting a different result does not seem to be a sound strategy. The path you choose to follow with your cattle enterprise will determine how successful it will be during the next cattle cycle.

Quite possibly your operation is at or near its maximum production level for your available resources. Are you operating at maximum reproductive efficiency? Females that do not become pregnant during a targeted breeding season should be culled and replaced with a bred female. Attempting to rebreed the open female will result in the accumulation of another approximately 18 months of expenses before she can provide a feeder calf available for sale to generate income for the herd. A relatively small investment in pregnancy diagnosis methods such as palpation, ultrasound, or blood testing can help you identify the females that need to be removed from the feed bill.

If you are looking to add replacement females to your herd to maintain or expand its current size, consider the purchase of bred heifers or young bred cows as opposed to raising your own replacements. This typical cow herd in Ohio typically numbers less than 20 cows. Industry surveys show that the typical annual replacement rate is 15-20%. This would result in the typical Ohio producer keeping back 3-4 heifers annually as replacements. It is my observation that these heifers can be difficult to manage for the average producer due to the lack of extra facilities or space to manage them separately from the mature cows. The purchase of bred heifers removes nearly one year’s worth of management considerations in the production process for the typical herd.

The market is currently sending a clear message that buyers are demanding more for their feeder calf purchasing dollars. Significant discounts are occurring in the market place for feeder calves that are not weaned 45-60 days, castrated & dehorned, dehorned, and given two rounds of a modified live vaccine for the shipping fever complex. Historically, producers have felt that they were not financially rewarded for the extra management practices. However, the attitudes of feeder calf buyers are changing. Stocker and feedlot operators are becoming more reluctant to take greater financial risks with stocker without extra health protection. This reluctance may be expressed in some cases as premiums or other times as discounts.

Ohio is blessed with many acres of grasslands and typically adequate amounts of rainfall. Cow-calf enterprises commonly consume the vast majority of these grassland acres. However, other enterprises offer significant potential uses for grasslands. Backgrounding or stocker feeding feeder calves to put on extra weight prior to entering the finishing phase can be an effective use of forage. High quality forages can be utilized to finish beef for grass-fed beef programs. There are opportunities for producers to raise replacement heifers and make them available to cow-calf producers throughout the region. Each of these enterprises can generate additional income but will require extra marketing skill by the producer to maximize the profit potential.

It is my opinion that the "rules of engagement" to be involved in the beef cattle business are rapidly changing. Regardless if you are a part-time producer who works off the farm, a producer where cattle are a part of a larger, diversified farming operation, or the owner of a full-time beef enterprise, the continuation of your current business model should be re-evaluated. While history can teach us valuable economic lessons, we must recognize that the beef industry will be impacted in the future by unique economic and social changes. Will you choose a path that increases your chances for success?

MVG still have fall bulks for sale

The bulks that the Master Gardener Volunteers are selling are of top quality. They are grown in Holland and were just recently dug and shipped to the US. We planted a few of last year’s left overs at the Ag Credit building and all of them came up and were absolutely beautiful. You don’t want to miss out on this opportunity to purchase great quality bulks and support a local organization. The bulks can be purchased at the OSU Extension Offices, 3562 US HWY 42, Mt. Gilead, Ohio from 8:00-4:30, Monday - Friday.

Full Bulb Prices: Tulips, Daffodils 10 bulbs/Pack $8.00; Grape Hyacinths and Crocus 20 bulbs/Pack $8.00; Alliums 10 bulbs/Pack $6.00.

2018 Income Tax Schools

Plan now to attend a 2018 OSU Extension Income Tax Schools! These schools are offered in September, October, and November and December. Select one that fits your schedule.

This year’s schools are designed for individuals who have some experience preparing and filing federal and state tax returns. They are considered to be intermediate level classes. Instruction will focus on recent tax law changes and on the issues that you may encou

Seed Quality Issues in Soybean

Let’s face it - we’ve had historic rains in parts of Ohio during 2018 and we are noticing many late season issues that come with this. Seed quality is one of them and the symptoms or warning signs that there could be issues are on the stems. The stems in some fields are heavily colonized with a mixture of disease pathogens that cause Anthracnose, Cercospora, and pod and stem blight (Figure 1). The bottom line is that all of these diseases can be better managed with higher levels of resistance but ultimately during 2018 - we had a perfect storm, lower levels of resistance combined with higher than normal rainfall conditions and add in the presence of a new insect pest, stink bugs. Below I’ve outlined the general conditions of the crop and for each disease, the distinguishing characteristics.

- Diseased, moldy seeds along with shriveled seeds are very evident in some fields. Some reports indicate that it is worse around the edges but not in all cases. Sometimes the pods look fine until they are cracked open and others the outside of the pod is a definite give away.
- Fungi in the genus Cercospora can cause two different diseases, frogeye leaf spot which also affects and stems and seed is caused by Cercospora sojae; and purple seed stain is caused by a complex of species, the most common has been C. kikuchii. The symptoms of frogeye leaf spot during the season were well documented this season, but on stems and pods they are not well described. In our experience, the gray to black amaduses on seed and yield the conidia of this pathogen. For C. kikuchii, the final symptoms can appear on the petals during the reproductive phases. These appear as purplish to reddish streaks which turn darker after leaflet drop but the petals can remain on the stems. On seed, dark reddish purple blotches will appear.
- Diaporthe pod and stem blight including Phomopsis were very apparent this year. Some of the stems I collected this season were just pure fruiting structures. This is a complex disease, in that there are several closely related fungi that can infect soybeans throughout the growing season. These sometimes appear as black dots in a row on the stem, but some species are more randomly placed over the surface of the stem or pods. They are flask like structures that hold the overwintering spores. We have documented several different species causing substantial losses in Ohio over the past 3 years.

Anthracnose - this has been very new in Ohio but this year I did find it on petioles early on some susceptible varieties. This is another one that looks like a black dot, but this fungus, Colletotrichum truncatum and related fungi have a hair (reticule) that are around the furrowing structures. A moist chamber and a microscope can help sort out the differences. Pods can have lesions that are large brown and irregularly shaped.

- Opportunists - based on some planting we have done over the past week, there are many secondary fungi that have been able to colonize these seeds. It will take us a few weeks to identify everything to verify that are opportunists and not pathogens, but let’s just say it is pretty ugly even for a mycologist.

All of these fungi can affect seed health. Fields that have a high incidence should not be used for seed, but should be fine for feed but best in low quantity. To my knowledge there are no animal toxins associated with these fungi like we see for head scab. For fields with low incidence, many seeds will be asymptomatic so when a fall germination test is done, the percentage of moldy seed may be high. Some of the seed may have some mycotoxin on the outside layer but have not reached the inside bean. Over the winter, under dry conditions, the mycotoxin (fungus) on these outside seed tissues will die and then those seed will appear normal in a germination test. The point here is to keep the seed dry to prevent any further colonization of the seed.

These fungi ALL overwinter on crop residue which then serve as inoculum for the 2019 soybean crop. This is especially important for the no-till continuous soybean fields. There are a few management strategies that can be done for 2019.

a) Don’t plant the same variety back in the same field - Rotate varieties and look for those with better resistance scores than your current one.

b) Do something to help break down the residue, it doesn’t need to be a lot, but some light tillage to bury some of the mulch will go a long way.

c) Route to wheat, barley, or corn. These are non-hosts for this group of pathogens and planning something else in that field will go a long way to reducing inoculum for when soybeans are put back in that field.
Agriculture

Biodegradable Mulch: Your Next Production Tool?

Vegetable extension-research personnel from Ohio, Kentucky, Tennessee, and Iowa met on October 5, 2018, to discuss ongoing work and to plan follow-up activities...all toward helping improve short- and long-term farm success.

Biodegradable mulch (BDM) was among the most talked-about topics. Dr. Annette Wazelaik of the University of Tennessee led the discussion and she provided comments for VenNet readers below. Also, note that Dr. Wazelaik will expand on these comments and summarize the large amount of research that her and other team members in various states have been doing with BDM, including on commercial farms, at the OPAGMA-led Ohio Produce Network Meeting in Dublin, OH in January 2019. That presentation will be an excellent opportunity to gain a thorough update on BDM and its possible place in your toolbox.

Comments and Photos by Dr. Annette Wazelaik, Professor and Commercial Vegetable Extension Specialist, Univ. of Tennessee

Plastic mulches provide many advantages for vegetable production, such as weed and disease management, earlier harvest, increased yield and quality, and moisture retention. However, plastic mulch use is not without disadvantages, including the cost, labor, and environmental issues associated with plastic mulch disposal. Biodegradable mulches (BDMs) offer a potential alternative if they can provide similar advantages to plastic mulch without the disadvantages.

BDMs can look similar to traditional polyethylene mulch (i.e., stretchy and black or white-on-black) or in the form of paper (brown or black, sometimes crepeing to give it stretch). They can be laid with a standard mulch layer. BDMs are designed to cover the soil during the production season, and then begin to degrade as harvest nears. At the end of the season, BDMs can be fully integrated into the soil. They will degrade further as the soil and microbes in the soil and biochar will eat them. The degradation rate varies depending on environmental conditions, but by spring, most remnants will have disappeared. At the University of Tennessee, we have been working with BDM's on a variety of crops (tomato, pumpkins, and peppers) for 10 years. We have found comparable yields and quality to traditional plastic mulch with these crops, but not all biodegradable mulches and crop responses are equal.

Want to learn more about biodegradable mulches? Come to the session "Biodegradable mulches, the new way to grow" at the 2019 Ohio Produce Network in Dublin, January 16-17, 2019. In the meantime, please contact Annette Wazelaik (anette@utk.edu or 865.974.8332) or visit www.biodegradablemulch.org for more information. Many thanks to Jenny Moore, Jeff Martin, the East TN Ag Research and Education Center Farm Crew, and many students along the way for their contributions to this project.

Feeding Strategies to Increase Lamb Performance, Carcass Characteristics, and Consumer Acceptability

By Brady Campbell, Program Coordinator, OSU Sheep Team

For most producers, maintaining high standards of animal welfare and increasing production efficiency rank among the most important factors involved in livestock production. While focusing on production efficiencies, what can producers do in order to help make their livestock more efficient? We know that excess fat on the carcass of an animal is considered inefficient as excess fat will be trimmed off, disposed of as lean muscle fat for cattle and advanced age contributed to final lean yield. In the case of lamb, excess fat can be a challenge as fat is associated with flavor and in turn the overall acceptability of the product. In order to produce a product that is acceptable for consumers from both a flavor and palatability standpoint, producers have access to different management strategies that can be implemented in order to change the performance and carcass characteristics of fed lambs. In order to determine the effects of these strategies, Murphy et al. (2003) conducted an experiment to compare different energy (feed) sources and the use of ionophore supplementation. In this experiment, 96 Hampshire x Dorset crossbred lambs were used to determine the effects of energy source by feeding and comparing three different diets including high concentrate (HC), high forage (HF), and a combination of concentrate and forage (MIX) feeds in addition to ionophore supplementation (monensin); at a rate of 176 kg/mg feed of 14.5, a total of 48 weaner lambs were harvested at approximately 120 kg to evaluate the efficiency of energy sources and ionophore supplementation on lamb carcass characteristics and product palatability.

In comparing lamb performance based upon energy source, lambs fed HC and MIX diets had a greater average daily gain (0.66 and 0.63 kg/d), when compared to lambs fed the HF diet (0.59 kg/d). Lambs fed the HC diet had a more desirable feed efficiency ratio (gain/feed) 0.23 lb/kg vs 0.39 lb/kg when compared to lambs fed the HF diet (0.39 kg/d). Lambs fed the HF diet had less back fat when compared to the control lambs (0.19 vs 0.24 in.).

Rather than just stopping here, Murphy and others took their research one step further. In order to ensure that the treatments placed upon the animals were acceptable from a consumer standpoint, a portion of the lambs (48 wethers) were used to conduct a sensory panel. First, muscle samples were subjected to Warner-Bratzler shear force testing. In sampling the loin, results indicated that lambs fed MIX and HF diets were more tender than compared to HC fed lambs. After this, the sensory panel was implemented on the Semtex muscle. Results from the taste panel showed that there were no differences in juiciness, tenderness, and overall acceptability percentage when lambs fed HC diet being the most tender, and HF diet being the least tender. In both the Warner-Bratzler shear force test and sensory panel, no differences were seen as a result of ionophore supplementation.

For a performance standpoint, lambs fed the HC diet had the highest average daily gain, feed efficiency, and spent the fewest number of days on feed. However, taking into account carcass quality and consumer acceptability, HC fed lambs had more fat and also showed an increase in muscle toughness. In addition, the implementation of ionophore supplementation did not demonstrate any negative effects on lamb performance, carcass characteristics, or sensory attributes. Therefore, the implementation of ionophore supplementation may be of most benefit when feeding heavier lambs on HC diets.

Beef and 'Bobs' - Maximize Cattle Production and Help Bobwhites on Your Land

By Nick Schell, Wildlife Biologist, Natural Resources Conservation Service

You're probably familiar with the northern bobwhite and its decline. The bobwhite, or what many of us call quail, has seen its population dip by more than 80 percent across large sections of its range during the past 60 years.

Farmers can greatly help the species with a few tweaks to their cattle operations. Why Are Bobwhites in Decline?Bobwhites are an "edge" species, meaning they seek brushy habitat where crop fields intersect with woodlands, pastures, and old fields. But this type of habitat is tough to find. The rise of no-till farming for cattle and advanced agricultural equipment that leaves behind fewer weeds and brush have both decreased available habitats.

In many ways, cattle and bobwhites have become mutually exclusive. But it doesn't have to be that way.

Boosting Beef and 'Bobs'

To help reconcile cattle and quail, USDA's Natural Resources Conservation Service is working with cattle producers to replace non-native forage grasses, like fescue, with native warm-season grasses that create productive and palatable grazing options for livestock while benefitting quail and other wildlife species.

By replacing non-native forages with native ones, producers can benefit from pastures that are more resilient to drought and more resistant to disease, pests, and other wildlife species. For example, we help producers establish warm-season forages as well as plant trees, shrubs and hedgerows, which help create "edge" habitat that quail need.

We also help producers improve grazing systems, offering assistance with prescribed grazing and installing cross fencing. And we help producers manage for the plants they want to grow on their land.
Understanding how to prevent and treat Polioencephalomalacia (PEM) in sheep and goats

Polioencephalomalacia (PEM) is also known as cerebrocortical necrosis (CCN) and is a relatively common nutritional disorder in sheep and goats. A common name for this disease in sheep and goats is “polio”; however, it has absolutely no relationship with the infectious viral disease found in humans (poliomyelitis). Cases of PEM can be successfully treated if detected early in the disease course, making recognition of early symptoms a critical issue for sheep and goat producers.

Causes of PEM

The most common cause of PEM is thiamine deficiency. Thiamine is a B vitamin (vitamin B1) that plays a critical role in all cells, acting as a co-factor for several key enzymes involved in glucose metabolism. Thiamine is especially important for proper brain function as the brain relies on glucose as its major source of energy. Since the brain controls nearly all bodily functions, adequate thiamine levels in the brain are of critical importance for normal health and well-being. Thiamine is not produced in animal cells but is produced by rumen microbes, which provide the major source of thiamine to adult sheep and goats. Milk-fed lambs and kids must get thiamine preformed from their diet to meet requirements. But then as they transition to becoming ruminants, they rely on their rumen microbes to synthesize thiamine as their thiamine source. The incidence of polio tends to be higher in lambs and kids during the period when they transition to becoming full ruminants.

Inadequate thiamine levels are the only cause of PEM in sheep and goats, but it is responsible for the vast majority of cases observed. Another cause of PEM documented much better in cattle is excessive sulfur intake from sources including water, feed ingredients, and forage. Elevated dietary sources of sulfur in sheep and goat diets include by-product feeds of the ethanl industry and in soybean meal with high levels of sulfur. The sulfur content of these feeds may vary according to the processing plant or even the batch, as much of the additional sulfur content in the soybean meal results from addition of sulfuric acid during the production process. The usage of these sulfur-rich products varies across ethanol plants, so blanket statements regarding ethanol by-product feeds being high in sulfur cannot be made. Sheep and goats also consume cruciferous or brassica forages such as turnips, rape, mustard and oil seed meal; products which can be high in sulfur as well.

PEM can also be triggered by ammonium therapy for coccidiosis. Ammonium effectively competes with thiamine for uptake into the brain which therefore can induce PEM. Therefore, animals on ammonium therapy should be watched carefully for polio. Induction of PEM with ammonium is uncommon but not rare.

Symptoms of PEM

Thiamine deficiency and/or high sulfur levels within the brain cause destruction of neurons and swelling of the brain, which can be diagnosed by histological examination of brain tissue. Therefore, PEM symptoms are manifest as neurological, with early symptoms being partial to complete blindness with the head held erect. This may also be associated with unilateral (uneven) ear droop and/or uncoordinated gait. It is common for the pupils to be dilated and for the eyes to tear. PEM affects animals of all ages but is most common in young lambs and kids transitioning from a milk to solid diet, and especially so in those fed a high-grain diet. PEM is also found in adult small ruminants of either sex at any age but more commonly associated with changes in diet (change in the plane of nutrition, pasture type, pasture to forage feeding, forage feeding to grain addition, etc.). PEM symptoms are similar regardless of age. Early blindness symptoms lead within hours to days of loss of body control, inability to stand, and seizures. In more advanced stages, animals commonly arch their backs as far as possible. PEM symptoms may present itself similarly to listeriosis and even leptospirosis. However, thiamine therapy is relatively benign, so it is best to treat with thiamine as a precaution.

Treatment of PEM

Many cases of PEM response to prompt administration of thiamine (minimum dose of 10 mg/kg bodyweight). Effective but slightly more risky therapy would be to inject the first dose slowly intravenously (IV) followed by another dose provided intramuscularly (IM). Animals occasionally respond rapidly to the initial dose, although slow recovery to standing may take up to 5 days with full recovery evident after 2-3 weeks. The recommended dosages should be given twice per day for 2 days followed by once daily injection for 5 days. Vitamin B complex formulations can be purchased containing thiamine, but it is highly recommended that producers have a bottle of concentrated thiamine on hand (250 to 500 mg/ml) at all times. Concentrated formulations of thiamine are a prescription product, so be sure to work with your veterinarian on any PEM treatment program. Additional therapeutic value may be provided by administering anti-inflammatory drugs to reduce brain inflammation along with thiamine administration. Consult your veterinarian for information on the safe and effective use of anti-inflammatory drugs.

Animals with PEM may take several days to stand on their own, so it is important isolate all cases and provide supportive care to encourage water and feed consumption (provide both grain and forage free choice to encourage standing and feed consumption). Animals that have been down for a few days may require a little assistance and restraining to get them standing. In cases that are more advanced, thiamine therapy may not be able to overcome brain trauma that has occurred and euthanasia may be indicated.

Prevention of PEM

Most cases of PEM are isolated and sporadic in nature and are associated with changes in feed of some sort. Therefore, it is difficult to develop an effective prevention program for these cases; although making gradual dietary transitions will certainly reduce the incidence of PEM along with many other health concerns. When PEM becomes common such as in feedlot lambs that are in transition to a high or exclusively grain diet, the risk may be reduced by providing adequate dietary fiber. Lamb/kid finishing diets that are low in fiber may need to be adjusted to raise dietary neutral detergent fiber (NDF) above 15%. Another consideration in situations of high PEM incidence would be to make sure that part or all this NDF is provided in a physical form that encourages rumination, such as forage with a chop length greater than 3 inches. Addition of feed grade thiamine can also be made to the diet, but this therapy can be expensive and its
gestion, calcium levels that are too low can result in hypocalcemia, also called milk fever. Clinical signs include weakness, lack of appetite, muscle tremors and inability to stand. Most sheep and goats would consider pregnancy toxemia as the issue. However, ewes in good body condition that are consuming adequate levels of energy in their feed should not develop problems with pregnancy toxemia. So, the next consideration should be hypocalcemia. Consult your veterinarian for treatment procedures, which will likely involve administering calcium intravenously to treat the deficiency.

Incorrect calcium to phosphorus ratios can also lead to urinary calculi or rickets. As the calcium to phosphorus ratio approaches 1:1, the incidence of urinary calculus increases greatly. This results when mineral deposits block the urinary tract. Affected sheep have difficulty urinating and often stomps their feet or kick at their belly. This condition is sometimes called water belly because the blocked urinary tract can cause the bladder to rupture and result in death. This issue often affects feedlot lambs, but can be prevented by adding ammonium chloride at a rate of 0.5% of the total ration. The ammonium chloride acts by acidifying the urine, which helps to prevent the mineral deposits from developing. A constant supply of clean, fresh water and access to salt also helps to prevent urinary calculi.

In young and rapidly growing animals, calcium works along with phosphorus and vitamin D to produce strong bones. A lamb can develop rickets from deficiency or imbalance of any of these nutrients, although it is most often caused by phosphorus or vitamin D deficiencies. Rickets appears as swellend edges of the leg bones and lameness. Fractures often occur when lambs suffer from rickets.

Calcium and the calcium to phosphorus ratio are critical to sheep nutrition, but calcium is just one of many minerals important to the overall health of the flock. Always consult PEM or “Polio” in Small Ruminants.
Dangers of Harvesting and Grazing Certain Forages Following a Frost

As cold weather approaches, livestock owners who feed forages need to keep in mind certain dangers of feeding forages after frost events. Several forage species can be extremely toxic soon after a frost because they contain compounds called cyanogenic glucosides that are converted quickly to prussic acid (i.e., hydrogen cyanide) in freeze-damaged plant tissues. Some legumes have an increased risk of causing blight when grazed after a frost. In this article I discuss each of these risks and precautions we can take to avoid them.

Species with prussic acid poisoning potential:

Agronomic species that can contain prussic acid are listed below in decreasing order of potential risk of toxicity after a frost event:

- **Grain sorghum** = high to very high toxic potential
- **Indiangrass** = high toxic potential
- **Sorghum-sudangrass hybrid** and **forage sorghums** = intermediate to high potential
- **Sudangrass hybrid** = intermediate potential
- **Sorghum-sudangrass mixture** = low to intermediate in cyanide poisoning potential
- **Piper sudangrass** = low prussic acid poisoning potential
- **Pearl millet and foxtail millet** = rarely cause toxicity

Species not usually planted for agronomic use can also develop toxic levels of prussic acid, including the following:

- **Johnsongrass**
- **Shattercane**
- **Chokecherry**
- **Black cherry**
- **Elderberry**

It is always a good idea to check areas where wild cherry trees grow after a storm and pick up and discard any fallen limbs to prevent animals from grazing on the leaves and twigs. Plants growing under high nitrogen levels or in soils deficient in phosphorus or potassium will be more likely to have high prussic acid poisoning potential. After frost damage, cyanide levels will likely be higher in fresh forage as compared with slash or hay. This is because cyanide is a gas and dissipates as the forage is wilted and dried for making silage or dry hay.

Young, rapidly growing plants of species that contain cyanogenic glucosides will have the highest levels of prussic acid. After a frost, cyanide is more concentrated in young leaves and tifters than in older leaves or stems. New growth of sorghum species following a non-killing frost is especially dangerous as the forage is wilted and dried for making silage or dry hay.

Toxicity Symptoms

Animals can die within minutes if they consume forage with high concentrations of prussic acid. Prussic acid interferes with oxygen transfer in the blood stream of the animal, causing it to die of asphyxiation. Before death, symptoms include excessive salivation, difficult breathing, staggering, convulsions, and collapse.

Ruminants are more susceptible to prussic acid poisoning than horses or swine because cud chewing and rumen bacteria help release the cyanide from plant tissue.

Grazing Precautions

The following guidelines will help you avoid danger to your livestock this fall when feeding species with prussic acid poisoning potential:

- **Do not graze on nights when frost is likely.**
- **High levels of toxic compounds are produced within hours after a frost, even if it was a light frost.**
- **Do not graze after a killing frost until plants are dry, which usually takes 5 to 7 days.**
- **After a non-killing frost, do not allow animals to graze for two weeks because the plants usually contain high concentrations of toxic compounds.**
- **New growth may appear at the base of the plant after a non-killing frost.**
- **Forage should be re-tested 10 to 14 days before grazing the new growth.**
- **Don’t allow hungry or stressed animals to graze young growth of species with prussic acid potential.**
- **To reduce the risk, feed ground corn and dry feeds to animals before turning them out to graze.**
- **Use heavy stock tanks (4-6 head of cattle/acre) and rotational grazing to reduce the risk of animals selectively grazing leaves that can contain high levels of prussic acid.**
- **Always feed greenchopped forage of species containing cyanogenic glucosides within a few hours, and don’t leave greenchopped forage in wagons or feedbunks overnight.**

Delay feeding silage for 8 weeks after ensiling. If the forage likely contains high levels of cyanide at the time of chopping, hazardous levels of cyanide might remain and the silage should be left standing for 4 months. After 4 months, feeding silage is safe.

Forecasting also slows down metabolism in all parts that might result in nitrate accumulation in plants that are still growing, especially grasses like oats and other small grains, millet, and sudangrass. This build-up usually isn’t hazardous to grazing animals, but green chow or hay cut right after a freeze can be more dangerous. When in doubt, send a forage sample to a forage testing lab for nitrate testing before feeding or grazing it.

Sparks That Can Cause Blot

Forage legumes such as alfalfa and clovers have an increased risk of blight when grazed one or two days after a hard frost. The blight risk is highest when grazing pure legume stands, and least when grazing stands having mostly grass.

If frost management is to wait a few days after a killing frost before feeding legumes, the stands — wait until the forage begins to dry from the frost damage. It is also a good idea to make sure animals have some dry hay before being introduced to lush full pastures that contain significant amounts of legumes. You can also sway your legume-rich pasture ahead of grazing and let animals graze dry hay in the swath Blot protection like poloxamer can be fed as blocks or mixed with grain. While this an expensive supplement, it does work well when animals eat a uniform amount each day.

Hunters On The Land? Recreational User’s Statute Protects Landowners From Liability

By Peggy Kirk Hall, Associate Professor, Agricultural & Resource Law

A question we often hear from landowners is “Will I be liable if a hunter is injured on my property?” Ohio’s Recreational User’s Statute is an excellent risk management tool for farmers who often have hunters stopping by and asking for permission to hunt on the farm. The law provides immunity for landowners of non-residential land who allow people to engage in recreational activities on the land without charging a fee for the activity. The law states that by granting permission to a recreational user, the landowner is not extending any assurance to a recreational user that the premises are safe for entry or use.

To receive the law’s liability protection, it’s important for a landowner to meet the following requirements: 1. Grant permission to a person to engage in a recreational activity such as hunting, fishing, hiking, snowmobiling, four-wheeling, or other recreational activities.

2. Do not charge a fee or benefit for the use, except that the law does allow for a logging and/or pay fee. Read more about the law in our new bulletin, The Who, What, When, and Where of Ohio’s Recreational User Statute: Who Landowners Need to Know.

Changes made to Ohio’s prohibited noxious weeds list

By Peggy Kirk Hall, Associate Professor, Agricultural & Resource Law

New changes to Ohio’s prohibited noxious weeds list took effect last Friday, September 14th. In a previous blog post, we explained that the Ohio Department of Agriculture (ODA) was considering an update to the list as part of a mandatory five-year review of all administrative rules. ODA ultimately added 13 new species to the list, and removed 3 species.

Added to the list of prohibited noxious weeds are:

- **Yellow Groove Bamboo (Phyllostachys aureosulcata)**, when the plant has spread from its original premise of planting and is not being maintained.
- **Field bindweed (Convolvulus arvensis)**.
- **Heart-pokeded hoary cress (Lepidium draba sub. draba)**.
- **Hairy whitetop or barrelwack (Lepidium apellinatum)**.
- **Pendulous sowthistle (Sonchus arvensis)**.
- **Rusinian knapweed (Aconitum repens)**.
- **Leafy spurge (Euphorbia esula)**.
- **Hedge bindweed (Calystegia sepium)**.
- **Sensetia tussock (Nasturtium triplexi)**.
- **Columbus grass (Sorghum x alburn)**.
- **Musk thistle (Carduus nutans)**.
- **Forage Kochia (Bassia prostrata)**.

Wild carrot (Queen Anne’s Lace) (Daucus carota L.), Oxeye daisy (Chrysanthemum leucanthemum var. pinnatifidum); Wild mustard (Brassica kaber var. pinnatifida).

Still on the list are:

- **Shatter cane (Sorghum bicolor)**.
- Rosary thistle (Salsola kali var. tenfolia). Johannegrass (Sorghum halepense).
- **Wild parsnip (Pastinaca sativa)**.
- **Grassiehead (Conocline marulacea)**.
- **Cattail (Typha latifolia)**.
- **Purple loosestrife (Lythrum salicaria)**.
- **Milfoil (Balsamorhiza officinalis)**
- **Peavon (Comun marulacea)**.
- **Carduus nutans**.

The revised list can be found online at http://oac.osed.state.oh.us/1910519-JS. Readers may recall that the Farm Office’s Ag Law Library has a law bulletin on Ohio’s Noxious Weed Laws.
4-H General Information

Animal Project Born By/Hatch Dates

- Market Hogs - Farrowed/Born after February
- Market Goats - Born after January
- Market Lambs - Under 1 year of age by fair
- Breeding Poultry - Under 1 year of age by fair

Mark your calendar for another fun 5 days of camping! 2019 Camp dates are July 9-13.

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

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

Attention Teachers

By Amanda Forquer, OSU Extension 4-H Educator

Want a small break from your everyday teaching? Perhaps you need a little help teaching a subject that you’ve not just quit confident teaching? Today is your lucky day! Call or email me with your ideas and we can work together to develop lessons plans that will be hands-on engaging activities to help your youth learn. My main focus areas are STEM and workforce preparation.

Potential programs include but are not limited to:
- ChickQuest: A Classroom Journey Through the Life Cycle of a Chicken - Designed for youth in grades 3 or 4, this program challenges youth to use science, technology, engineering, and math skills to investigate the life cycle of an embryonic chicken egg. From monitoring living eggs to observing fluffy chicks, these lively activities pique curiosity, encourage collaboration and communication, and provide young scientists with unforgettable experiences. Youth will be provided a logbook to record the data of what they are observing.
- All equipment and fertilized eggs are provided. Youth will be able to observe the eggs for the entire 21 day cycle and even get to watch the egg hatch in their classroom.
- Healthy Soils - Designed for youth in grades 4-7, this activity teaches youth that healthy soils are essential for a sustainable future. Farmers have the job of ensuring that the soil they are utilizing for their crops is kept healthy. One part of this includes using no-till farming practices whenever possible. Youth will be challenged with using FlexiBag to building a tractor and planter that will be able to navigate through soil while providing the least amount of disruption to the soil as possible.
- Rocket Away - Designed for youth in grades 4-8, Rocket Away is for youth to have fun with physics and to experience the general relationships between forces and a change of motion through activities with rockets. Youth will have the opportunity to build and launch a bottle rocket!

Stanishing the Fear of Public Speaking - This topic can easily be designed to fit youth of all ages. In kindergarten we can spark their interest in talking with doing fun activities with Play-Doh that will entice them into wanting to talk in front of their classmate. Middle School kids may be more enticed with Lego’s. In classrooms with older youth we can do other engaging activities and more in-depth training to make them better, more comfortable speakers.

The Honey Bee Challenge - Designed for youth in grades 4-7, the Honey Bee Challenge focuses on a critical component—honey bees—to growing food and feeding the world. Approximately one in every three bites we eat is the result of these pollinators at work. For this activity youth will build a honey bee and learn how they pollinate flowers. Their honey bees will be tasked with moving “pollen” to various spots on a map.

3D Printing (Coming Spring 2019)

Contact Amanda Forquer, forquer.13@osu.edu or 419.947.1070, if interested in bringing new programming into your classroom. All programs and the supplies needed are free within the schools of Morrow County.

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Thank You Ag Credit for special recognition of Money Projects!
Pictured (L to R): Andrea Bayles (Ag Credit), Alyssa Thompson, Teens On Road Financial Success 1, County Winner, America's Country Farmers, Marcella Rolles, Becoming Money Wise, County Winner, Grain Train Farmers. Not Pictured - Monica Heilman, Teens On Road Financial Success 1, 3rd Place, Johnsville July Farmers & Farmersettes, 2nd Coned, Teens On Road Financial Success 1, 2nd Place, Melody Crew; Allison Johnson, Teens On Road Financial Success 2, County Winner, Happy Hemstitches & Haymakers

2018 Project Winners

4-H Project Awards

Pictured L to R: Claudia Gamble - Top Food Project; Fletcher Gompf - Genealogy Award; NOT PICTURED: Top Clothing award - Lauren Johnson; Good Wt Industries Project Support: Julia Kennedy - Look Great for Less and Emma Artipy - Shopping Savvy

4-H Momazing Race Winners!

Fun was had by all at the annual 4-H Momazing Race put on by the 4-H Jr. Leaders. The race was held August 11th at the Headwaters Outdoor Education Center. Congratulations!

Morrow County Scarlet & Gray News

November 2018/December 2018/January 2019
2018 Elite Project Winners

Elite Animal Projects
Congrats to our 2018 Elite Animal Project Awards - Results are based on a combined score from Shavmanship placing and Skillathon Score.

From the Junior Fair Office
News from Julie Logan
We would like to thank all who helped us make this year’s fair very successful. It takes many hours and lots of time for things to come together. We are still wrapping up this year’s fair, and have already started working on next year’s.
By the time you receive this, premiums will be dispersed and hopefully all sale checks will be mailed. We are finishing up cleaning and putting things away for the winter.

REMINDER: Steer weigh-ins for the 2019 fair will be held December 1, 2018 from 8:00 a.m. until 11am. Remember this year you may make family entries in the steers. A family may enter up to 2 animals under the family entry. The animal(s) needs to be identified at weigh-in and must be entered on a separate entry form in June under the name of any exhibitors in the family who may be able to show it.
We hope you have a safe fall, Happy Thanksgiving, and a Merry Christmas.

Beef Elite Projects
(L. to R): Ashton Prent (Beg), Bryce Cooper (Jr), Bella Slocum (Inter), and Taylor Stephen (Sr. and Overall)

Dairy Elite Projects
(L. to R): Dane Creswell (Beg), Ella Creswell (Jr), Lydia Leonhard (Inter), Jed Adams (Sr. and Overall)

4-H General Information
2019 Ohio 4-H Conference
The 2019 Ohio 4-H Conference will take place at the Greater Columbus Convention Center on Saturday, March 9, 2019. This event is designed to bring together 4-H volunteers and teens from across the State of Ohio. The objective of this event is to learn together and from each other in order to improve our abilities to deliver the Ohio 4-H Program to its members. We truly believe that these educational sessions offer something for everyone, and have the ability to satisfy every taste and need.
Nearly 150 sessions will be available to choose from!

Welcome to attend!
When: March 9, 2019, 8:00am - 5:00pm
Where: Greater Columbus Convention Center, 400 N. High St., Columbus, Ohio
Deadline: Wednesday, February 6, 2019 (To Morrow County Office)

How Much Does it Cost? $20 for Morrow County Members and Volunteers ($40 Regularly)
Thanks to our 4-H Endowment!
All registrations postmarked after February 6th will be charged $40 and will not include the luncheon.
Registration opens at 8:00 am and Session I starts at 9:00 am.

Morrow County Scarlet & Gray News

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2018 Elite Project Winners

Swine Elite Projects & Herdsman
(L to R): Natalie Eichorn, Swine Herdsman, Raygen Sunhorn Swine Herdsman, Kasey Clark (Reg), Morgan Snider (Sr), Cassady Haeussel (Int), Kayla Barker (Sr and Overall)

Goat Elite Projects
(L to R) Fletcher Gompf (Reg), Emma Smith (Jr), Hunter Dye (Int), Beca Duckworth (Sr and Overall)

Swine Herdsman
Deon Van Horn presenting Swine Herdsman Award to Natalie Eichorn. Donated by Deon & Peggy in memory of Kenny Van Horn. Raygen Van Horn also received this award.

Goat Herdsman
Fletcher Gompf

Rocky Hudleston aids Christina Brehler while trying on nearly 60 pounds of turnout gear that firefighters typically wear while fighting fires.

Youth Work with First Responders for a Day!

By Amanda Forquer
Self-defense tactics, learning to intubate patients, crime scene investigations, spraying fire hoses and so much more happened during the OSU Extension’s Career Exploration Workshop—Emergency Services Day on September 22.

This workshop was designed to give youth the opportunity to interact with people who work in a career field their interested in pursuing. With the help of professionals from the Morrow County EMS and 911, Station 19 Firefighters, Morrow County Sheriff’s Office, and the Ohio Highway Patrol, many hands-on educational activities were going on simultaneously in the career fields of EMT and paramedic, firefighter, law enforcement, and Ohio Highway Patrol.

Youth chose their career interest area. Each area offered a realistic look into the everyday life of a first responder and showed some of the expectations of someone entering this line of work,” said Mike Carey, Paramedic and Firefighter. “Our goal is for them to be able to make an informed decision, should they choose to pursue a career in public safety.”

Too many times youth think they want to pursue a career without even having tried doing it first. This workshop gave them that opportunity to try the career before committing to expensive trainings or time you could commit to something else if you didn’t like it.

According to the youth attendees, the two best parts of the day were the mock crash and the opportunity to be able to talk and work with the professionals one-on-one. Being able to freely ask any questions they wanted to was invaluable. The mock crash was certainly a highlight as the youth played important roles. Youth helped stabilize the “victim” in the car and aided the firefighters as they removed her from the car. Once on the stretcher, they took her to the squad as MedFlight arrived on scene. Once MedFlight was ready they loaded her into the helicopter to be airlifted to a hospital.

As all of this is happening, the Ohio Highway Patrol Trooper is narrating to the rest of the youth that isn’t working directly with the victim about what is happening at the scene and what all needs to be done.

“The participants of the workshop got the opportunity to learn and practice some of the skills that we use in the field every day. In addition, they received information on the training that is required to begin a career in the different fields,” said Carey.

All of the youth learned a lot and are now able to make a better choice whether one of these careers is a good fit for them or not.

Watch the OSU Extension - Morrow County website (morrow.osu.edu) or Facebook page for upcoming Career Exploration Workshops. If you have an idea for future career topics or have questions contact Amanda Forquer at forquer.13@osu.edu.
4-H General Information

Officer Awards

News Reporter
1st Place - Lydia Leonard - Johnsville Jolly Farmers & Farmettes
2nd Place - Austin Schauer - Buckeye Brigade
3rd Place - Mila McRill - Country Crossroads

Secretary
1st Place - Emma Smith - Johnsville Jolly Farmers & Farmettes
2nd Place - Jordan Schauer - Buckeye Brigade
3rd Place - Mila McRill - Country Crossroads

Treasurer
1st Place - Elizabeth Leonard - Johnsville Jolly Farmers & Farmettes
2nd Place - Emily Baker - Buckeye Brigade
3rd Place - Alicia McDowell - Shaw Creek

Farmers Honorable Mention - JJ Palm-Rhoades - Country Crossroads

Safety
Andy Baker - Buckeye Brigade

Animal Project Book Awards!!

Poultry: Owen Winkelfoos
Beef: Sydney Albert, Brooks Jagger, Natalie Jagger, Abigail Leonard, Gabrielle Snodgrass, Taylor Stephens
Goats: Emily Baker, Megan Beck, Rebecca Duckworth, Ashlyn Gall, Kaden Gall, Fletcher Gompf, Kelsey Monday, Andrea Oldham, Carter Sherman
Sheep: Jacob Hamilton, Cadie Hamilton, Ethan Hinton, Lauren Johnson, Riley Johnson

Rabbits: Megan Beck, Gabrielle Bradock, Megan Bursen, Emmie Drumm, Alina Parsons, Isabella Schneiter, Hayden Styer, Chloe Waterman, Kaitly Wright

Dogs: Owen Winkelfoos
Swine: JD Albert, Blake Clepham, Kasey Clark, Kasey Kincaird, Taylor Ottum, Selisa Shipman, Payton Strouse

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, 2019.
* Youth may begin taking 4-H projects when they are 8 years old and in the 3rd grade and/or

Any youth age 9 or above (as of January 1, 2019).

* 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, 2018 your last year in 4-H was in 2018).

Dunk Tank Thank You!!

Thanks to the following clubs who braved the fair dunk tank!!

* Country Guys and Gals
* Next Generation

Ohio Military Kids

It is finally fall! With that being said, the Ohio Military Kids 2018 season is coming to an end.

However, we are already planning for the 2019 event season. Ohio Military Kids is a partnership with Ohio State University Extension 4-H Youth Development and Family Readiness with Ohio National Guard. With this amazing partnership, Ohio Military Kids puts on several events throughout the state of Ohio. These events range from one day events, to overnights, to weekend camps, and even weeklong residential camps.

These events are open to youth of military families, and they do not have to be a member of 4-H to participate. 4-H members and adults have the opportunity to volunteer for OMK events, including as camp counselors in the summer!

The mission of Ohio Military Kids is to support the youth of military families throughout the deployment cycle. Ohio 4-H is an essential supporter of the Ohio Military Kids Program and its mission. Ohio 4-H works hand-in-hand with Ohio National Guard to deliver fun and supportive programs to military families. With military youth in every county in Ohio, the partnership of 4-H to promote OMK opportunities to your military friends and neighbors in all 88 counties is appreciated!

Please check out our website at HYPERLINK "https://ohio4h.org/statewide-programs/ohio-military-kids" go.osu.edu/OMK for more information!

Morrow County Scarlet & Gray News

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2018 Elite Project Winners

Sheep Elite Projects

(L to R): Olesia Loosker (Beg), Sydney White (Jr), Zoe Parratt (Inter and Overall), Riley Johnson (Sr)

Poultry Elite Projects

(L to R) Owen Winkelfoos (Beg), Maren Ross (Jr), Zoya Winkelfoos (Inter), Not pictured Mandy Heilman (Sr and Overall)

Rabbit Elite Projects

(L to R) Larissa Coleman (Beg), Kelsey Munday (Jr and Overall), Alana Parsons (Inter), Katrina Mendell (Sr)

November 2018/December 2018/January 2019
Waiting? Breathe...

By Shannon Carter, Extension Educator, Ohio State University Extension, Fairfield County

One of my friends underwent a cancer biopsy this week. She is waiting the results of a pathology lab for diagnosis. Will it be cancer with a treatment plan of some sort, or will her results be benign?

Waiting on results from an important medical test or pathology report is enough to make anyone’s anxiety soar. It seems the waiting is sometimes worse than the diagnosis. The unknown. The period of limbo. Holding your breath...afraid to exhale.

When the stakes are high, waiting on a diagnosis can escalate stress and take a toll on you. A study from the National Institute of Health found that awaiting diagnosis of cancer after a biopsy was associated with higher anxiety than waiting for invasive and potentially risky treatment. This stress can weaken one’s immune system and slow healing. The longer the wait time, the more anxiety tends to increase. Thinks to online medical portals and new technology in diagnosis, sometimes the wait time is shortened. Part of the struggle in the waiting is the feeling of vulnerability and helplessness. Once you receive a diagnosis, you can at least work with your doctor to implement a treatment plan. But what can you do while you’re waiting?

You can do some pre-diagnostic coping to help yourself reduce anxiety.

• Do whatever has helped you reduce stress in the past.
• Eat healthy during times of stress.
• Distract yourself with a good book, a hobby, work, or a good movie.
• Try meditation and journaling.
• Keep the situation in perspective, don’t awesome-size it!

• Mindful breathing can be a life-saver. Find support in family, friends, support groups, mental health counselors and faith-based organizations.

As I write this blog article, my friend is still awaiting her results. She seems to be handling it well and when I asked her how, she responded...

“I woke up the morning of my biopsy with this phrase in my head: ‘God’s got this. I’m just along for the ride.’” Her faith is a source of support for her, along with family, friends and co-workers. Try to put sources of support be there for her even after diagnosis, whatever it may be.

Are you awaiting medical results (or any other big potentially stressful news) around yourself with support and don’t hesitate to ask for help. And keep breathing...deeper.

Reviewed by: Michelle Trehar, Extension Educator, Ohio State University Extension, Pickaway County.

Sources:
• Barlage, L. Have you tried “Journaling” your Stressors? Live Healthy Live Well. 2015, May 15
• Brinkman, P. Eating Smarter During Stressful Times. Live Healthy Live Well. 2015, May 7.
• Carter, S. Don’t Awful us! Live Smart Ohio. 2015, Sep 11.
• Carter, S. Breathe...Live Smart Ohio. 2015, July 31.

"Dine In" With Us! on December 3

Ohio State University Extension Family and Consumer Sciences Dine In Day, December 3, is a day to set aside and share a nutritious meal with family, friends and colleagues and have good conversation. Dining In at home together really does make a difference in the lives of our families — biological or otherwise. Sharing a meal is so fundamental to the human experience that sometimes we take this simple task for granted.

Dining In at home together decreases our families’ chance of being overweight or obese. It improves our families’ relationships. We save money and eat healthier when Dining In.

Not enough time, busy schedules, and too much stress, however, might make this seemingly impossible for many families. So, here are some tips that might make Dining In a little easier and your family from AAFC (American Association of Family & Consumer Sciences).

1. Make family meals a priority and agree upon a schedule.
2. Try to have regular family meals two to three times per week.
3. If dinner time doesn’t work, have family breakfasts or snacks.
4. Keep meals simple. Slow cookers save time in the evening!
5. Double recipes and freeze food for a second meal.
6. Set aside 30 minutes on the weekend for meal planning.
7. Make family meals fun and include children in food preparation. How about having breakfast for dinner?
8. Discuss neutral or positive topics at the table. Stumped for what to talk about? Try this conversation starter: “What fun thing did you do today?”
9. Eliminate distractions like TV and cell phones.
10. Eat slowly and enjoy your time as a family.

So ditch the devices (cell phones...) and join OSU Extension - Morrow County and “Dine In” With Us!
By Brenda Sandman-Stever, Extension Program Assistant, 4-H and Family and Consumer Sciences, Ohio State University Extension, Greene County

We have all heard the saying "breakfast is the most important meal of the day." When I was younger, I did not eat breakfast before going off to school. Like all families, we were busy in the mornings and my mom did not make it a priority for us to eat breakfast. Several years ago, I started taking medicine in the morning. I realized quickly that if I did not eat breakfast with it I would get sick. I still struggle with eating breakfast each morning.

Next year my daughter will be starting college. So I have stressed to her how important it is to eat breakfast each morning. To meet our needs I have been looking for quick and easy ideas. I have discovered there are many great web sites out there to help in getting ideas for healthy breakfast.

The American Dietetic Association states that children who eat a healthy breakfast are more apt to have better concentration, attentiveness, creativity, and less days of school, and be more active. Here are some ideas from the EatRight.org web site on how to inspire you and your children are getting a healthy breakfast each morning.

If You Wake Up on Time

- Scrambled Eggs: Serve with turkey bacon, fruit, and whole-grain toast.
- Whole-Grain Waffles: If you have a waffle iron, try a whole-grain waffle mix from the grocery store for a special treat. Serve topped with fresh fruit.

If You Hit the Snooze Button One Time

- English Muffin Sandwich: Toast a whole-grain English muffin. Put low-fat cheese and sliced deli ham on the toasted muffin. Warm the sandwich in the microwave to melt the cheese. Grab a piece of fruit for a complete breakfast.
- Breakfast Tacos: Scramble and cook one egg (or two egg whites). Serve eggs, salsa and low-fat cheese in corn tortillas.
- Cinnamon Cereal Get A Upgrade: Cut up some fresh fruit and add to an unweetened breakfast cereal.
- Yogurt Parfait: Layer yogurt with fresh or frozen fruit and granola.

If You Hit the Snooze Button Three (or More) Times, Eat …

- Instant Oatmeal: Look for varieties without added sugar and just add boiling water.
- 45-Second Scrambled Eggs: Put eggs and a splash of milk in a bowl, whisk it up and put it in a microwave for 30 seconds. Stir and put back in for another 10 seconds.
- Peanut Butter Sandwich: Grab a banana while you’re at it.
- Cream Cheese on Whole-Grain Bread: Try it on a bagel or tortillas.

Sources:
- September: Breakfast Month By Lisa Frances-Castille, PhD, RD Extension Nutrition Specialist UNL, Panhandle Research & Extension Center https://food.unl.edu/documents/Sept_BreakfastMonth_9_26_2010_UWL.pdf

Reviewed by: Melanie Hart, Extension Educator, Family and Consumer Sciences, Ohio State University Extension

Count CALM Down for the Holidays

For many, the holiday season is a busy, stressful time of the year, and it’s not uncommon for our health goals to take a backseat to the celebrations and obligations of the season. Do you want some tips and ideas to relax and enjoy the holidays in a healthy way this year? Join the County CALM Down for the Holidays email wellness challenge for healthy living tips and encouragement to help you make the most of this holiday season.

WHEN: Nov. 19, 2018 through Jan. 2, 2019
COST: Nothing – participation is FREE!
WHO: Any adult with an email account can participate

To sign up, go to: go.osu.edu/calmmoreon
Includes Email messages sent two times per week, a health tracking to help you make changes and lots of encouraging tips!
For more information contact Candace Heer at heerc@osu.edu.
Join our Blog at livehealthyou.com. Follow us on Facebook at go.osu.edu/FBLHIDW. Receive our text messages by texting @hlw365 to 81010

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November 2018/December 2018/January 2019

Drink Water – Which One Should I Choose?

By Pat Brinkman, Family and Consumer Sciences Extension Educator, Ohio State University Extension

Walk in the grocery store and you can find ten different types of water on the shelf. Is one better than the other? Should I be sure to drink one or more of them? What are some of those waters?

Plain Water

This is tap water or well water. Tap water is tested to make sure it meets safety requirements. It usually comes from a municipal water system. In rural areas many people have well water, which should be tested every year to make sure it is safe. It may need to be filtered to remove excess iron, sulfur or other chemicals.

Raw Water

Bottled Raw water is marketed as unfiltered, untreated spring water. Although this water is marketed as untreated it is tested for safety. It is not safe to collect your own mountain spring water as it could be contaminated. This water has no advantage over tap water and costs more.

Alkaline Water

Alkaline water has a higher pH than 7 which is neutral on the pH scale. Proponents claim it can change the pH of your blood, which they claim may help you reduce your risk of disease. These claims have not been proven. It doesn’t treat acid reflux, nor is it better for hydration.

Hydrogen Water

This water has added hydrogen molecules. Increased endurance, reduces fatigue and claims for hydrogen water. Tests showed no real evidence to back up the claims.

Deep Ocean Water

This water comes from the ocean and is de-ionized (salt removed). The claim for this water is that it contains a blend of electrolytes and trace minerals which will hydrate you twice as fast as spring water. However, the study is not specific and is missing details. To be honest it’s just plain water.

Protein Water

Protein water has the addition of whey protein isolate. It’s a low calorie protein drink which claims it replenishes muscle and increases energy and endurance. A study found no difference in drinking plain water versus protein water in hydrating after exercise.

Electrolyte Water

This water has added electrolytes. Most of us don’t need added electrolytes, as we don’t participate in intense exercise for more than one hour.

Vitamin Water

This is water with basically a vitamin pill added. It’s cheaper to take a vitamin pill and drink plain water. There is no evidence that this water does provide any health benefits.

Coconut Water

Coconut water is the liquid from a green coconut. It usually has about 45 to 60 calories and contains some potassium and other electrolytes. It is similar to a sports drink. Studies comparing it to water and sports drinks had mixed results. The extra calories can be a problem if they are not accounted for and can add 5 to 6 pounds a year.

What’s The Best?

In comparing different waters your best option is still plain water. Companies are just trying to get you to spend more money on their latest liquid. Save your money and enjoy plain water – cold or hot!

REFERENCES:
NOVEMBER 2018

1  Forcing Bulbs Class, Johnsville Library, 6 p.m.
5  Teen Opportunities Application Due
5  Dairy Board Meeting, Ag Credit Building Conference Room, 12 noon
7  Cattlemen’s Meeting, Ag Credit Building Conference Room, 7 p.m.
8  Pork Producers, Ag Credit Building Conference Room, 7 p.m.
12  Veterans Day – Office Closed
14  Jr. Fairboard, Community Services Bldg., 7 p.m.
14  Holiday Wreath Make & Take, Ag Credit Building Conference Room, 6 p.m.
15  Horse & Pony Committee, Ag Credit Building Conference Room, 7:30 p.m.
19-Jan. 2 Live Healthy Live Well Calm Down For The Holidays Challenge

DECEMBER 2018

22-23  Thanksgiving Holiday – Office Closed
26  Jr. Leaders, 7-8 p.m., Extension Office
27  CARTEENS, Extension Office, 6:30-8:30 p.m.
28  Dining With Diabetes: Take Charge of Your Diabetes During The Holidays Class, Ag Credit Building Conference Room, 6:30 p.m.

JANUARY 2019

1  Office Closed – New Year’s Day
2  Morrow County Cattlemen, 7 p.m., Ag Credit Building Conference Room
7  Jr. Fairboard, 7 p.m.
7  Dairy Board Meeting, Ag Credit Building Conference Room, 12 noon
10  Morrow County Pork Producers, 7 p.m., Ag Credit Building Conference Room
15  OSF Market Beef DNA Packets Due To State Fair Office
17  Horse & Pony, Ag Credit Building ‘Conference Room, 7:30 p.m.
21  Martin Luther King Jr. Day, Office Closed
22  Livestock Sale Committee, 7 p.m., Ag Credit Building Conference Room
24  Sr. Fairboard, Fairgrounds
26  State 4-H Horse Advisor Update Meeting
28  Jr. Leaders, Extension Office, 7-8 p.m.
29  CARTEENS, 6:30 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.

THANK YOU Central Ohio Farmer’s Co-op for over 32 years of donations toward 4-H project books!

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

Central Ohio Farmer’s Co-op, Inc.

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