

THE EXTENSION CONNECTION

Highlights from OSU Extension in Fairfield County

August 2021

Ag & Natural Resources

OSU Extension Fairfield County has a new team member!

Carrie Brown is thrilled to be the new Agriculture and Natural Resources Extension Educator for Fairfield County. Carrie is a long-time Fairfield County resident and brings a myriad of skills and knowledge to the position.

With an undergraduate degree in education, Carrie spent six years as a math and science teacher within the county. She eventually pursued a graduate degree in biology with a focus on participatory education, sustainability, conservation, and professional leadership within the community. After completing her master's program, she decided to explore opportunities outside of the classroom, spending several years working in habitat restoration, environmental education, plant propagation, and project management.



Most recently, Carrie was an Engineering Technician for Fairfield Soil and Water Conservation District. She focused mainly on collaborating with local producers and engineering practices that allowed them to conserve soil, protect water quality, and work with Mother Nature. While there, she became intimately familiar with common agricultural conservation practices seen throughout the county, as well as many other conservation practices offered within the various cost-share programs. She also had the chance to spend time getting to know local producers, and she takes the knowledge and relationships she built to her new position with OSU Extension.

Carrie brings specialized knowledge in topics such as soil health, plant propagation, citizen science, and weed management. She is passionate about community outreach & engagement and is delighted to have the opportunity to work with local producers to create more sustainable, profitable, and resilient operations. She is eager to provide agricultural and natural resource programming and educational resources to help fulfill the needs of all Fairfield County residents.

Field Day

On Tuesday, June 15, 2021, OSU Extension Fairfield County partnered with Pickaway County to host the 2021 Pesticide and Fertilizer Recertification Field Day held at a local Fairfield County farm. Thirty-five participants were able to acquire required educational hours for their recertification at this event.



Master Gardener Program

Forty-five active Fairfield County Master Gardener Volunteers are very happy to be back together again and working in their project gardens at several Master Gardener locations including Wagnall's Library Educational Gardens, the Learning Never Ends Garden on Union Street in Lancaster, the Broad Street Entrance at the Fairfield County Fairgrounds, plus the gardens at Fairfield County Agriculture Center.



This team of Fairfield County Master Gardener Volunteers decided that there was a need during COVID 19 for children to be out and about in the garden learning and working. Plans were made to begin a Teen Garden club meeting once a month at the Wagnall's Memorial Library where time would be spent in the gardens planting, weeding, watering, and learning about the diversity of plants in the garden. Learning would continue in the Wagnall's Dining Hall with lessons in painting, planting seeds and pollinator education. Monthly attendance for the Teen Garden club averaged 11 interested student gardeners and often their parents joined in the educational effort too.

SNAP-ED UPDATES

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION

The SNAP-Ed Program Assistants are teaching in-person classes again and able to provide food as part of the learning experiences. Lesson topics include *MyPlate nutrition*, *Food Shopping*, and *Physical Activity*.

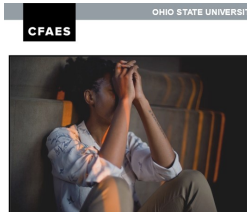
Program Highlights

- Set up display to share nutrition and healthy recipes with community at Lancaster Farmer's Market
- Taught classes at five different Senior Housing sites
- Taught physical activity lesson at Lancaster City Schools Summer School program
- Taught virtual lessons with Pearl House
- Shared nutrition information with Fairhaven Veterans program
- Recorded lessons to be used for Job and Family Services participants
- Provided monthly newsletters for Commodity Foods
- Continue to develop partnerships with other county agencies including participation with county councils, boards, and committees.
- Work with the Fairfield County Department of Health to begin a pilot program at a local elementary school to help increase physical activity during the day. Fairfield Christian's HELP ministries provided funds to SNAP-Ed to offer incentives for this project.



Family and Consumer Sciences

Overcoming Pandemic Paralysis



Overcoming Pandemic Paralysis

In the midst of this pandemic, many of us have at times struggled to find motivation, connection and hope for the future. This

phenomenon has been termed “pandemic paralysis” recently by psychologists and popular press. This paralysis can leave us feeling defeated, deflated and depressed.

Inspired by a [blog article](#) written on this topic, Shannon Carter and a team of FCS Educators from OSU Extension created a virtual webinar series. They shared strategies for overcoming pandemic paralysis and steps to improve your physical, mental, and financial wellbeing. This series was presented to over 850 people.

3rd Generation in Extension

Shannon Carter has served as the Family and Consumer Sciences Educator in Fairfield County from 1998-2005, and again from 2012 to present. Her mother, Marilyn Sachs was the Home Economics Agent in Williams County from 1991 until she retired in 2009. Shannon’s grandmother, Bernice Smith was a Home Demonstration Agent in Illinois, Hawaii and Ohio from 1935-1951. At multiple recent state and national conferences, Shannon and Marilyn have shared their unique story as they reviewed 85 years of Extension through three generations of educators in their family, spanning 1935-2021. Through their presentation, they shared how Extension has helped communities become resilient in the face of challenge and change.



They discussed how the Extension Educator has responded to the crises and needs within the community throughout history, beginning with the

Spanish flu of 1917 and throughout the COVID pandemic. A study of subject matter, audiences, teaching methods, modes of communication, and responses to challenges of their day highlighted changes and similarities throughout our history.

Wellness Wednesdays

The OSU Extension *Live Healthy Live Well* team is offering wellness webinars the second and fourth Wednesdays of each month, beginning in May and continuing through September 2021. Sessions include:

- Make Your Salad Fresh Again!
- Gluten-Free Eating
- Nature and Nutrition
- The Benefits of Silence
- The Mediterranean Diet
- Making the Most of Family Mealtime
- The Benefits of Laughter
- Happiness 101
- Climate Change and Health
- Rightsizing Your Space



Live Healthy Live Well

OSU Extension’s *Live Healthy Live Well* team helped 163 Fairfield County participants get “Strong @ Heart” through a 6-week email challenge with information about heart disease and tips on how to help you stay healthy. The **Strong @ Heart** challenge provided methods to reduce stress, increase physical activity, and eat for a happy and healthy heart! Our *Live Healthy Live Well* blog [post](#) has some great resources about heart health and heart disease.





Fairfield County 4-H



Bottle Cap Project: Final Update

The Fairfield County Junior Leaders have been hard at work collecting plastic bottle caps that will be kept out of the landfill and turned into plastic benches. The club collected over 1,600 pounds of plastic bottle caps and also raised over \$2200 to purchase 10 new plastic benches to be placed on the Fairfield County Fairgrounds. The benches will have plaques naming the sponsor(s), 4-H Club, or the person they are honoring. Thank you to those clubs and community members who have been collecting caps for the Fairfield County Junior Leaders Bottle Cap Project!



Summer Camps



Fairfield County 4-H Camps were back in person this year! Camps were held at Alley Park, where 188 youth ages 5-14 attended day camp. The Fairfield County 4-H team joined 36 camp counselors (ages 14-18) and 15 adult staff to host summer camps. Campers were able to participate in camp traditions like tie-dye, line dancing, games, and campfire while trying new things like archery, pond study, and eating at a food truck. We are fortunate that Alley Park could host us for day camps this year, and had a great time making friends, trying new things, and creating memories.





4-H Summer Judging



Summer Judging

We are so proud of all the hard work our 4-H members have put into their 4-H project work this year. Summer judging was held in person July 12-15 at the Fairfield County Fairgrounds. Over the four days, 265 youth completed 354 project interviews. Each interview consisted of the 4-H member speaking with an adult judge while sharing a project display and a completed project book. Members were asked questions about their project knowledge and accomplishments while working on the book. Judges awarded placings, honorable mentions, and/or outstanding for their project area.

In addition to judging, there were also public speaking opportunities in which members participated. This year, we had 7 youth in the Pledge Speaking Event, 2 youth in the Creed Speaking Event, 3 youth competed in the Demonstration Contest and 1 youth competed in the Safety Speaking Contest.

In addition, nine members were interviewed for the 88.9FM WLRV Saturday Morning Farm Page Radio Show. The youth shared about their 4-H Club, what they learned from their 4-H project work and other 4-H activities, and projects they would like to become involved with in the future. The 88.9 FM Saturday Morning Farm Page loves to “Celebrate Good Kids doing Good Things.”

Members will be recognized at *Summerfest*, an in-person awards ceremony, held on Saturday, August 21st at the Ed Sands Building on the Fairfield County Fairgrounds. In addition, a virtual Style Revue was created with individual videos of members in the outfits they put together for each of their clothing projects. It can be viewed online by clicking [2021 Style Revue](https://youtu.be/OUOoOnqpHmQ) (<https://youtu.be/OUOoOnqpHmQ>).



Ohio State Fair

Select 4-H members at the county level serve as State Fair Delegates for their project. This year, Fairfield County sent 98 youth to the 2021 Ohio State Fair with 112 projects to exhibit at state level judging. Delegates were awarded 8 Clock Trophies and 24 Outstanding rosettes.

In addition, 56 members entered livestock projects and 13 members entered horse projects. Skillathons were completed by 84 members either in-person or virtually during the Ohio State Fair.





Extension: We are here for YOU!

OSU Extension engages people to strengthen their lives and communities through research-based educational programming....

4-H Youth Development is a non-formal educational, youth development program offered to individuals age 5 and in kindergarten to age 19. It is a community of young people across America who are learning leadership, citizenship, and life skills as they work in partnership with caring adult volunteers to empower them to reach their full potential.

OSU Extension Community Development professionals work with communities and neighborhoods to educate and engage by applying cutting-edge, science-based knowledge and innovations to improve and enhance local businesses and communities.

Family and Consumer Sciences programs strive to create Better Lives, Stronger Communities by improving nutrition and food safety, enhancing health and wellness and managing family budgets and financial resources.

SNAP-Ed (Supplemental Nutrition Assistance Education Program) is a free nutrition education and obesity prevention program serving low-income adults and youth. It is funded by the Food Nutrition Service branch of the USDA. The focus audience is individuals and families eligible for SNAP.

Agriculture and Natural Resources programs provide Ohioans with resources and educational programs that focus on profitable and sustainable agriculture, a clean environment and proper stewardship of Ohio's natural resources.

Master Gardener Volunteer Program provides intensive training in horticulture to interested Ohio residents, who then volunteer their time assisting with educational programs and activities.



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

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