

THE EXTENSION CONNECTION

Highlights from OSU Extension in Fairfield County

January 2021



4-H Year End Review



While 2020 looked different, the 4-H program continued to adapt and plan throughout the year. Meetings and trainings transitioned to virtual formats. Plans were adjusted to keep members and volunteers safe including during the Fairfield County Junior Fair. In the end, it remained a successful year for our members, please read on to learn more about their achievements.

Quality Assurance is an integral part of animal care and helps each member better understand how to properly care for his/her animals. Five countywide Quality Assurance Clinics were offered in addition to 36 clinics hosted by 4-H Clubs and FFA chapters to ensure our members understand how to care for their animals and why it is important. Members also completed this program through the Beef Quality Assurance Program and the Youth for the Quality Care of Animals online course. Overall, 598 4-H and FFA youth completed Quality Assurance Education in 2020.



In addition to Quality Assurance education, each member exhibiting a livestock project completed a Skillathon this year. Skillathons offer the opportunity for youth to demonstrate the knowledge they have gained by completing a skills test at the county or state level. Species included were: Dairy Cattle, Dogs, Alpacas/Llamas, Beef/Dairy Beef Feeder,

Swine, Sheep, Rabbit, Poultry, Horse and Goats. Due to restrictions, Skillathons were held virtually this year. A total of 881 Skillathons were completed by Fairfield County 4-H and FFA members.



Although the 2020 Fairfield County Fair Junior Fair was adjusted to keep everyone safe, it was successful and rewarding. During the fair, 1292 4-H and FFA projects were judged. Chuck Miller, Fairfield County Junior Fair Director, provided a summary of projects exhibited at the fair this year:

- Alpaca: over 41 contests and classes
- Beef: 159 entries including beef and market
- Dairy feeder/breeding: 77 animals
- Goats: 148 market, 16 dairy, 36 pygmy
- Lambs: 139 market and breeding animals
- Poultry: 151 exhibits including market/fancy chickens, turkeys and ducks
- Rabbits: 366 total projects including market, breeding
- Swine: 278 market hogs
- 2-day horse show
- 51 Cake, Pie and Candy judging interviews scheduled.
- 37 Companion Animal judging interviews scheduled





4-H Year End Review



In addition to these projects, the 4-H program was able to recognize nine Outstanding 4-H'ers. These members, all high schools seniors, had to meet a eligibility criteria to be considered for this recognition. The 2020 Outstanding 4-H'ers were: Derek Burns, Anna Fusek, Triston Hill, Ethan Kaper, Jordyn Nevers, Sydney Sharp, Emma Stephens, Caden Sweeney and Lauren Young. New royalty were also crowned during the Junior Fair Queen's Contest. The royalty court includes: Hannah Henry, 2020 Junior Fair Queen; Kaylee Sharp, First Attendant; and Caroline Mason, Second Attendant.

The Fairfield County Fair concluded with another successful livestock sale including the sale of 55 pens of Market Chickens, 94 market lambs, 100 market goats, 210 market hogs, 64 market steers/heifers, 178 pens of market rabbits, 37 market turkeys, 20 market ducks, 6 dairy beef feeders, 1 dairy goat product basket, and 4 dairy cattle product baskets. These numbers do not reflect actual numbers of animals that were exhibited, only those sold. The 2020 Livestock Sale was a great example of community support that benefited local 4-H and FFA exhibitors in Fairfield County.





Fairfield County 4-H



Advisor Drive-Thru

The Fairfield County 4-H Junior Leaders work hard all year long to organize the Advisor Banquet. In order to accommodate ALL advisors & follow COVID-19 safety guidelines, we hosted an Advisor Recognition Drive Thru on November 21, 2020 at the Ag Center! We are fortunate to have 224 adult volunteers in the Fairfield County 4-H Program with service years from 1-59. Even though it rained for most of the drive thru event, the Advisors and Junior Leaders made the most of it with songs, dancing, smiles and words of encouragement!



And 2021 begins...

Junior Leaders

The Fairfield County Junior Leaders are a group of teens ages 13 & up from across the county who work together to promote 4-H, develop leadership skills, and conduct community service projects. They are currently working on a bottle cap project where they will collect 1,000 lbs of plastic caps to be made into benches that will be placed around the county. The next step to their project will be raising \$2,500 in funds to pay for the benches and finish out the project.

The Fairfield County 4-H Program is looking forward to a new 4-H year, and our first two clubs have already started meeting. The Tractor Maintenance & Small Engines 4-H Club focuses on hands-on education about small engines components, tractor parts, and overall tractor safety. This group has about 25 members who will meet from January – March. The Fairfield County 4-H Shooting Sports Club has over 90 members who learn about the safe use of firearms. These youth meet within small groups to learn the basics and safety of each discipline. In Fairfield County we offer Archery, Shotgun and Rifle and learn at local ranges within the county.

SNAP-ED UPDATES

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION

The SNAP-Ed Program Assistants have been busy adapting to a new way of teaching, read on to see what they have accomplished.

- ◇ Created 160 recorded youth lessons that impacted 26 classes of students in Kindergarten through 5th grade.
- ◇ Reached 97 adults with live Zoom classes at Head Start Parents, Pearl House and Integrated Services for Behavioral Health and recorded adult lessons at WIC.
- ◇ Collaborated with program assistants state-wide to assist with lesson presentations within each of the counties.
- ◇ Assisted with the recruitment of SNAP eligible participants for a study by Building Capacity for Obesity Prevention, BCOP, to provide more impactful information and resources for our county.
- ◇ Provided 315 Commodity Food Newsletters each month.
- ◇ Participated in state SNAP-Ed curriculum review to research a new curriculum to use for the SNAP-Ed youth programs.
- ◇ Wrote the PSE initiative to increase student physical activity in elementary schools.
- ◇ Working with the CHiP (Community Health Improvement Program) and CHA (Community Health Assessment) programs.
- ◇ Recording radio interviews about nutrition related topics to reach our target SNAP-Ed audience.
- ◇ Collaborating on state material creation work groups to provide picture resources and children's literature to be used in future classes.



Family and Consumer Sciences

OSU Extension Mental Health and Wellness programs...

Even before the arrival of COVID-19, stress had already been identified as a major health problem for Americans.

Not only do we need to care for health and wellness when there is illness, but we also need to practice preventive care

to stay well physically, mentally, and emotionally. Multiple series on *Mindful Wellness* were offered during the fall 2020 with Mindful Wellness statewide team members. Programs on introduction to mindfulness and *Beating the Winter Blues* were offered by Extension Educator Shannon Carter to a variety of audiences in the county, state and nation. 1135 adults participated

in one of 12 programs addressing mindfulness or mental wellness. Pre/post surveys indicate

participants increased in both knowledge (90%) and behavior change (80%).

Live Healthy Live Well educates Ohioans on nutrition, physical activity and wellness issues. Utilizing social media, email wellness challenges, and lunch and learn lessons they strive to increase awareness and encourage adoption of healthy lifestyle behaviors. Two Wellness Email Challenges (6 Weeks long) were developed, offered, and evaluated. 138 adults participated in two email challenges. Spring Email



Challenge- 91% reported they learned new information as a result of participating in the challenge with 88% reported using the new information they learned. From Fall Email Challenge 89% learned new information and 87% reported using the new information they learned.

Manage Your Money Email Challenge –

Manage Your Money Six Week Email Challenge was offered with 130 adults participating in the challenge with educational messages on financial goal setting, record keeping, budget development, credit use, savings and net worth.



As a result of participating in the email challenge:

- One-third of participants increased their knowledge about fixed expenses and variable expenses.
- Three-fourths of participants learned difference between open-end and closed-end credit and how to calculate my net worth.
- Over half of participants learned what a Home Equity Line of Credit (HELOC) is.

After a three month follow-up survey:

- 100% of respondents reported discussing money matters more often with co-spenders
- Half of respondents use written goals to guide my financial decisions
- 100% of respondents had learned how much debt they had and can find financial records quickly.
- 80% of participants had set aside money for occasional expenses!

Ag & Natural Resources

The Saturday Morning Farm Page

In collaboration with 88.9FM WLRY radio station, the Ag and Natural Resources staff completed over 200 interviews highlighting 4-H youth, local businesses, and community events via phone interviews for the Saturday Morning Farm Page in 2020. With eight local sponsors, the Saturday Morning Farm Page features ag outlooks and markets, OSU Climate Specialist Aaron Wilson, the OSU Extension update and at least 3 local special interest stories from 6 am until 8 am each Saturday morning. The radio station boasts a listenership of 10,000 listeners weekly.

2020 Friend of Extension

OSU Extension recognized the Ohio Farm Service Agency as one of its 2020 Friend of Extension award recipients. This recognition is well deserved and a model of what partnership across agencies can accomplish. Over the last two years, Ohio FSA, through local offices, has managed and maintained multiple programs that support Ohio's Agricultural Industry. We at OSU are better able to serve our stakeholders because of the solid partnership and communication channels built with Ohio FSA in Fairfield County and throughout Ohio.

Master Gardener Program

Master Gardener Efforts in 2020

Even during a pandemic, the Fairfield County Master Gardeners kept learning. The 50 active Master Gardener Volunteers participated in over 195 hours of continuing education classes offered via Zoom by the Ohio State University Master Gardener Program. When the gardeners were permitted to work "in the garden," they gave back over 760 hours at the Ag Center, the fairgrounds' Broad Street entrance, Wagnall's Library and Youth Education Project and the Master Gardener newsletter "Thru the Vine."

young parents did not realize young children could help with the gardening chores like planting seeds and they were more willing to eat produce that they helped raise.



AHA! Children's Garden is State MGTV Project of the Year



Ten Master Gardeners Volunteers donated over 215 hours to the AHA! Project in the initial year of the

vegetable and pollinator garden effort. The impact was measured by the comments given to the AHA! Children's Museum by 120 parents about the techniques they learned and how easy it was to include children in the gardening experience. Most





Fairfield County Extension Staff

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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