

# THE EXTENSION CONNECTION

## Highlights from OSU Extension in Fairfield County

November 2022

### OFFICE UPDATES

#### Welcome!

In August, we welcomed our new 4-H Program Assistant, Haley Black. Haley grew up in Fairfield County and was an active member of the Fairfield County 4-H Program for 10 years, including Junior Fair Board and Junior Leaders. She graduated from Ohio University with a degree in Recreation Management, and minors in music and business. She and her husband enjoy birdwatching, playing board games, hiking, kayaking, and going to Farmer's Markets together as well as raising their Corgi puppy, Barrie.

Haley will be the primary contact for basic 4-H needs and all 4-H Online questions. She is looking forward to giving back to the community that helped her become the person she is.

Be sure to say hello next time you visit the Fairfield County Extension Office!



#### Fairfield Extension employee to be featured at State Extension Conference



Diane Sommers, SNAP Ed Program Assistant, was chosen as one of five 2022 "I am Extension" nominees by the Extension Keys Team. Nominations were solicited from Area Leaders and Assistant Directors for those people who live our Extension Key Values of trust, inclusion, care, adaptability, and efficiency. These Keys were established to help each employee understand the behaviors associated with our values and help us achieve our mission as an office and university. Diane connects people with resources and information, and she connects people with people. Diane is consistently authentic, compassionate and kind, no matter who she is speaking with. Diane is a unifier, always about the collective good and impact. Diane IS Extension.

A video of Diane and other nominees will be shown during the Extension Annual Conference in December.

[fairfield.osu.edu](http://fairfield.osu.edu)



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# FAMILY AND CONSUMER SCIENCES

## National Extension Presentation

Shannon Carter presented to colleagues at the National Extension Conference, Epsilon Sigma Phi, on “Getting from Languish to Flourish.” This session encouraged Extension professionals to recognize signs of languish, to reconnect with their life’s purpose, and to learn strategies to help get from languishing to flourishing.



## Fairfield County 4-H Fashion & Nutrition Board tour OSU

Seven members of the Fairfield County 4-H Fashion & Nutrition Board toured the Ohio



State University this summer. Members enjoyed a private tour of the historic costume collection in Campbell Hall, including the climate controlled storage facilities. 4-H youth also toured the Parker Food Science building and labs and made strawberry jam in their industrial kitchen. Tours like these enable youth to see universities classrooms, labs and facilities, as well as meet professionals and gain real-world insights into jobs and careers.

## SNAP-ED UPDATES

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM EDUCATION



- **Cooking Matters** – This summer SNAP-Ed offered their first Cooking Matters series. Cooking Matters is a 6-week program that consists of a 2-hour class each week. Participants learn about different nutrition topics including *MyPlate* dietary guidance, knife skills, measuring skills, the value of fruits and vegetables, food safety, reading nutrition labels, following recipes and menu planning. During the class, meals are prepared, and each participant takes home the ingredients for one of the recipes to make and share with their family. Lesson five is held at a grocery store, where participants tour the grocery store, learn about the different departments, unit pricing and how to save money and make healthy choices. Seven participants completed the program and received incentives. Jeannette Curtis with the Hunger Alliance and 211 helped to secure matching funds to make this program a success.
- SNAP Ed offered classes at five senior housing sites in the county were visited and participated in classes. During the classes we talked about nutrition topics with tips and topics for seniors, sampled healthy foods, and enjoyed fun activities.
- Fall nutrition series for youth are in progress at Gorsuch West Elementary, Tallmadge Elementary and Head Start programs.







# FAIRFIELD COUNTY 4-H



## Older Youth Achievements

- 5 youth traveled to Washington D.C. in June to attend the Citizenship Washington Focus leadership trip.
- 3 youth traveled to FFA Camp Muskingum in June to attend Camp Canopy
- 6 youth traveled to 4-H Camp Ohio in June for Ohio 4-H Leadership Camp.
- 4 youth traveled to Kelleys Island 4-H Camp in July to attend Ohio 4-H Sea Camp.
- 2 youth traveled to Canter's Cave 4-H Camp to attend the Senior Shooting Sports Education Camp.
- 11 youth will be traveling to 4-H Camp Ohio in November to attend the Carving New Ideas Workshop.
- Adriana Rodriguez-Denner served as a teen leader for the Ohio 4-H Teen Leadership Council.
- Sofia Gugliemotto served as a State Fashion Board Member this year.
- Evelyn Hill & Adriana Rodriguez-Denner have been selected to serve as Ohio 4-H Health HEROES
- 6 youth will represent Ohio 4-H at the National 4-H Congress in Atlanta, Georgia November 25-29th as a result of being selected winners of the State Ohio 4-H Achievement Award in their respective project areas
  - Isabella Byrd (Health & Safety) Lillian Dennis (Sheep)
  - Sofia Gugliemotto (Clothing & Textiles) Henry Hoisington (Swine)
  - Cece Woods (Food & Nutrition) Alison Sponseller (Rabbits)



## Summer Projects

- 283 members completed 405 miscellaneous/still projects and participated in Summer Project Judging in mid-July. Additionally, 29 projects from 23 youth were judged during late summer judging.
- 198 youth and their families were invited to attend *Summerfest* held at Ohio University - Lancaster on Saturday, August 13th in recognition of their summer project judging accomplishments .



## Ohio State Fair

- 117 livestock were entered by Fairfield County 4-H/FFA youth for the 2022 Ohio State Fair.
- 126 projects from 104 youth were selected to compete at the Ohio State Fair Non-Livestock Project Judging. Members received 8 clock trophies and 20 Outstanding of the Day awards.

## Skillathon

- 150 volunteers facilitated 627 hands-on Skillathon stations which allowed 4-H and FFA members to demonstrate what they have learned about their animal(s).



## Fairfield County Fair

- 18 members graduated from the Cloverbud program and will be Project members next year.
- 4023 projects from youth in 4-H and FFA were entered at the fair.

## Livestock Projects Focused on Meat Quality and Performance

Fairfield County youth who take market livestock projects have the opportunity to produce an animal that is targeted towards meat quality, consumer acceptance of the resulting product and efficient performance of the animal in the Muscle Quality and Performance contests, – MQP or carcass contests for short. Youth raising market hogs (barrows), lambs, goats and cattle each have the opportunity to participate with their respective specie of interest. In 2022, a total of **94** youth completed these contests. While the barrows, lambs and goats are harvested locally at Bay Packing for carcass evaluation, we presently are unable to process the beef cattle due to the challenges of harvesting and marketing such a volume of meat. Thus, ultrasound is used to evaluate the beef carcass.

By evaluating the meat qualities of these projects and focusing beyond the appearance of the animal, MQP programs are the most comprehensive and educational programs we are able to offer our young livestock producers. This project takes the concepts of the Quality Assurance lessons we teach during club work to the next level. Most of the youth involved in these carcass merit programs will never raise another pig, lamb, goat or beef animal after their 4-H and FFA careers are over. Yet, the experience gained participating in an MQP project beginning at selection and weigh-in, and continuing until the conclusion in the meat cooler offers youth, parents, grandparents and club advisors alike a knowledge base to become informed consumers for a lifetime.



## The Fairfield County Fair Scarecrow Contest

In cooperation with the Fairfield County Senior Fairboard, Visit Fairfield County and the Fairfield County Master Gardeners scarecrows were created to welcome visitors to the Fairfield County Fairgrounds in 2022. 4-H clubs were challenged to create scarecrows representing their club or highlight some of their 4-H projects. Sixteen total scarecrows were displayed from local FFA Chapters and 4-H clubs. The Qualtrics survey created for voting captured nearly 80 emails plus gave us the knowledge that our county fair visitors/respondents voting were from 5 Ohio counties with one respondent as far away as Plymouth County, Iowa. The winner of the 2022 “First-Ever” Fairfield County Fair scarecrow Contest was “Helga...The Poultry Barn Scarecrow.”



## Stock the Trailer Food Drive Challenge sponsored by Farm Credit

Fairfield County Junior Leaders completed the weighing of the food donations on 10/17/2022 using the official Fairfield County Fair scales. A total of 6,726 lbs. of canned food and bottled water, earning the county 4th place, was collected with the support of the community including the Fairfield County Commissioners, Fairfield County Antique Tractor Club, and Fairfield County Cattlemen’s Association, just to name a few. In addition, numerous 4-H Clubs and FFA Chapters donated in the Fairfield County Fair Challenge. The Fairfield County Senior Fairboard voted to give back the \$500 participation fee in \$100 increments to those clubs donating the most food, hoping to assist with end of the year recognitions. Items were donated to seven different pantries across Fairfield County including: Foundation Dinners, Lancaster Vineyard Church Food Pantry, St. Vincent DePaul, Saint Mark Emerald Food Pantry, Maywood Community Outreach, Lancaster Fairfield Community Action, and the Salvation Army.





## MASTER GARDENER VOLUNTEERS

### Master Gardeners Win Community Service Project of the Year

Congratulations to the Fairfield County Master Gardener Volunteers for recently being awarded the Master Gardener Community Service Award for the “In the News” Blog. Ohio State University Extension MGVA Awards are given to those counties who exemplify excellence in their work with the MGVA program. “THE NEWS in Fairfield County” blog site was started as means of informing and empowering community members to become engaged in the OSU programming efforts and activities of the Fairfield County Extension Office. But THE NEWS blog has become so much more. It serves as the foundation for sharing local news columns offering timely information on what to do in the lawn, garden, insects, soil conditions and more. In addition, video recordings and YouTube recordings with 4-H Youth, Master Gardeners and other community partners are shared for distribution on THE NEWS blog.

OSU Extension in Fairfield County also has weekly news columns in both the *Lancaster Eagle Gazette* and the *Towne Crier*. In addition, we have a local radio show on WLRY 88.9FM The Saturday Morning Farm Page. The creation of “THE NEWS in Fairfield County” blog has increased our reach of information we could create and share. If you are interested in subscribing to the “THE NEWS in Fairfield County” blog site, simply follow this link <https://u.osu.edu/thenews/> and click on the subscribe button. It is a free blog site that is maintained by staff at OSU Extension in Fairfield County. Be sure to check it out!

## AG & NATURAL RESOURCES



### That's a wrap!

The 2022 Fairfield County Local Farms Tour series concluded with a tour of **Ochs Fruit Farm** where 58 participants learned about the business and toured the orchard. The five free on-farm educational programs in the **Local Foods Farm Tour** series took place May–September and attracted 176 participants in total.

### Adult Mental Health First Aid

Working in agriculture is often an all-consuming profession, and mental health frequently gets put on the backburner. To better support farmers, Carrie Brown, ANR Extension Educator, co-instructed an Adult Mental Health First Aid course targeted towards agencies in the county who work closely with farmers including SWCD, NRCS and the Auditor's office. The course provided insights into mental health, understanding of signs to watch for and ways to handle tough conversations.



### Spotted Lanternfly

Carrie Brown, ANR Extension Educator, traveled to Pittsburgh, PA as part of the OSU Spotted Lanternfly (SLF) Study Tour. SLF is an incoming invasive insect that poses a threat to agricultural specialty crops such as grapevines and orchards. By visiting with members of Penn State Extension and seeing an infestation firsthand, she is now better equipped to prepare Fairfield County for its debut.

## Agriculture and Natural Resources

Carrie Brown, Educator  
Stan Smith, Program Assistant  
Connie Smith, Program Assistant

## 4-H Youth Development

Leslie Cooksey, Educator  
Aubry Fowler, Educator  
Haley Black, Program Assistant

## Family and Consumer Sciences

Shannon Carter, Educator  
Diane Sommers, SNAP Ed Program Assistant  
Kacie Fund, SNAP Ed Program Assistant

## Office Support

Eileen Gundelfinger, Fiscal Office Associate  
Stacy Hicks, Office Associate

# *— We Sustain Life —*

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.



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COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

**OSU Extension Fairfield County**  
**831 College Avenue, Suite D**  
**Lancaster, OH 43130**  
**Phone: 740-653-5419 Fax: 740-687-7010**  
**[fairfield.osu.edu](http://fairfield.osu.edu)**

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