Dear Friends,

Let me take a moment to introduce myself to you. I am Jami (Cavinee) Dellifield and I am your new Family and Consumer Science Extension Educator in Hardin County. I am a 1990 graduate of Riverdale High School, a 1994 graduate of Ohio Northern University, and a 2002 graduate of the Methodist Theological School in Ohio.

I married my husband, David, in December of 1995. He is the Director of McIntosh Center at Ohio Northern. We have two children, Nora (13) and Ian (12). We moved to Ada in 2003, after living in Nashville, TN, Sevierville, TN and Columbus, Ohio. Prior to accepting the position with OSU Extension, I was a youth and children’s pastor and a preschool teacher. I am also a licensed ZUMBA Instructor and a USASF certified coach for cheerleading and tumbling. Many of you may know of me through my parents (Gary and Penny Cavinee) or my grandparents (Jay and the late Eleanor McDougle and the late Howard and Marcelle Cavinee).

I am very happy to be serving Hardin County and cannot wait to work with you as we focus together on Healthy People, Healthy Relationships, and Healthy Finances. I know that together we can continue to make Hardin County a great place to live and grow.

Feel free to reach me via e-mail at dellifield.2@osu.edu or call me at the office 419-674-2297.

Sincerely,

Jami Dellifield
Time and Life Management: Choose Your Life Principles

What is the difference between right and wrong? How are you affected by success or failure in your life? How do you deal with the realities of life and the challenges of our quick-paced social, media and technology world? What Life Principles have you internalized and incorporated into your daily activities so that you have a better quality of life?

Life Principles are universal laws which are changeless and if they are at the center of your life, they will make the quality of your life much, much better. A moral rule or belief that helps you know what is right and wrong and that influences your actions is a Life Principle.

What are Life Principles?

What are the benefits from having Life Principles? They are numerous and unlimited and include some of the following: Flexibility; Trust; Love; Courage; Effectiveness; Positive Energy; Pride; Creativity; Self-esteem and Confidence.

What are the Life Principles you live by? It is important to reflect upon, appreciate and choose what is important to you and the life you want to live. It is even more important to choose Life Principles which support your beliefs of family, friends, work, home, spirituality, community, relationships, self-awareness, education, happiness and helping others.

What are some important Life Principles?
- Contribution
- Integrity
- Reciprocity
- Positive expectations.
- Being what you seek.
- Connectedness
- Love
- Self-Discipline.
- Moderation
- Patient Persistence.

What's one final thought about Life Principles?
Remember to choose your Life Principles before someone chooses them for you!

Written by: Janet Wasko Myers, Extension Educator, 4-H Youth Development, Ohio State University Extension, Clark County, myers.31@osu.edu
Reviewed by: Kathy Green, Extension Educator, Family and Consumer Sciences, Ohio State University Extension, Clark County, green.1405@osu.edu
Source:

Extension WebSites:
If you have access to a computer, I would like to encourage you to visit these Extension Websites:
hardin.osu.edu
fcs.osu.edu
livesmartohio.osu.edu
livehealthiosu.com
Crisis Mode

If you have ever spent any time in your life in a crisis situation, you know the feelings of stress, anxiety, panic and hopelessness that come with it. Crises come in many forms and can hit anyone at any point in his or her life. I spent a few weeks in crisis recently when my daughter was diagnosed with an auto-immune disease.

I saw my daughter’s health decline rapidly. Feelings of helplessness enveloped me and waves of anxiety flooded my body, rendering me paralyzed in thought and action. At times it was surreal. During that time, I remember thinking, “So this is what crisis feels like.”

One day I admitted to my kids that I was a ‘basket case.’ When they asked what that was I realized I couldn’t define it. So we looked it up: a basket case is “a person who is useless and unable to cope.” That brought a much-needed laugh from all of us. I have succumbed to being a basket case a few times, but also found ways to cope in the midst of crisis.

Through all of this, I clung to my mindfulness breathing exercises and relaxation response to keep panic at bay. I found help and support amongst faith, family and friends. When people offered to do anything, I wrote down their name so I could remember who to call on later. Crisis has a way of re-prioritizing your life; I learned to let some of the small things go. And when the day ahead was too overwhelming to face all at once, I just focused on the very next thing I had to do... and kept doing that all day long (or as long as I could), one task at a time.

The University of Florida’s Counseling and Wellness Center offers these tips to cope with a crisis in a positive way:

1. Explore and clarify your feelings. You’re likely experiencing a myriad of feelings. It helps to identify them and know that those feelings are normal.
2. Identify and take control of your thoughts. Sometimes without our conscious awareness, our irrational thoughts spiral downward out of control. Rein your thoughts in and direct them toward helpful problem solving.
3. Get support. Communicate your thoughts and feelings about the problem to someone you trust. This will help you to feel less overwhelmed and lonely. You might also gain some perspective and clarity on what to do next.

Everyone responds differently in a crisis depending on the situation, supports and coping skills. I learned a few things I hope I remember next time crisis hits. And I hope my daughter picks up on the positive ways to cope with a crisis. As she heals from the symptoms of her disease, she is learning to cope with anxiety and pain. Our whole family is growing stronger through this experience. From now on, I won’t use the phrase ‘crisis mode’ lightly.

“The Survivor’s Guide to Winter”

Live Healthy, Live Well is a team of Ohio State University Extension Educators in Family and Consumer Sciences who encourage improved health through research based information.

Live Healthy Live Well lessons educate consumers on nutrition, fitness and other wellness issues, increasing awareness and adoption of healthy lifestyle behaviors, and ultimately reducing health care costs.

Who? Any adult wanting to live a healthy life with support from Ohio State University Extension.

What? E-mail Challenges
Where? In the convenience of your own home, office, or pocket
How? Go to or Click On and register: http://go.osu.edu/SGWHardin
Why? We work better together. Supporting one another in living a healthy lifestyle is a smart and fun thing to do.

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WRITTEN BY: Shannon Carter, Extension Educator, Family & Consumer Sciences, Ohio State University Extension, Fairfield County.
REVIEWED BY: Christine Kendle, Extension Educator, Family & Consumer Sciences, Ohio State University Extension, Tuscarawas County.
We are proud to announce that Hardin County is home to the SPARK Lab! If you have not been to the office lately, stop by and take a look! OSU Extension Educators are beginning to get involved in the Maker Community. Mark Light, 4-H Educator in Hardin County, received an eXtension innovation grant to create a maker space within the Hardin County OSU Extension office. Dubbed the Spark Lab, this project will instill that inspiration or “spark” youth and adults need to learn, discover, and grow in a creative environment. It will be an overall center of innovation framed through the educational lens of a land grant university system. It will further have the potential to transform the Extension office beyond the traditional use into an innovative space by bringing entrepreneurship, university education opportunities, and technology and maker space together in a dynamic and still to be explored relationship. The Spark Lab will create a physical space model that can be reproduced by Extension nationwide.

How can you partner with the SPARK Lab? In addition to the amazing technology that we already have in the SPARK Lab, we want to continue to have options available for the people of Hardin County. In the Family and Consumer Sciences area, we are planning to add sewing machines, sewing items and kitchen items to the SPARK lab for individuals to utilize for learning. If you have items you would be willing to donate, please contact me and I will let you know if it is something we can use.

Tis the Season!

Seems early to be making a list and checking it twice but my mailbox is full of catalogs to entice me to buy early and buy often. It is easy to buy online but do take an extra minute or two to be certain your shopping is secure. The Federal Trade Commission offers these tips from their website, consumer.ftc.gov.

Get the details. Know who you are dealing with as anyone can set up shop online at any time. Confirm a physical address for the location you are purchasing from and a phone number in case you have problems. If you get a ‘pop-up’ from the site asking for personal or financial information while you are browsing, don’t reply or follow the link. Legitimate companies don’t operate this way.

Check out the terms of the deal, like refund policies and delivery dates. Find out if you can return the item for a full refund if you are not satisfied. Many sites offer tracking options, so you can see exactly where your purchase is and estimate when you will get it.

Create passwords to protect yourself. Be creative when you establish a password and avoid using your telephone number, your birthdate or a portion of your social security number. Always use a combination of letters, numbers and symbols.

Pay by credit card. If you pay by credit card, your transaction will be protected by the Fair Credit Billing Act. Under this law, you can dispute some charges and temporarily withhold payment while they are being investigated. In the event that someone uses your credit card without your permission, your liability generally is limited to the first $50 in charges. When you begin the payment process online, look for the indicator that the site is secure, like a URL that begins ‘https’ (the s stands for secure).

Keep records of your online transactions including the receipt, the emails you send to and receive from the seller. Read your credit card statements as you receive them and don’t send any of your financial information like credit card numbers, checking account numbers or your social security number by email. Email is not secure.

Do report problems with companies online. Contact the Federal Trade Commission or the Ohio State Attorney General’s office or the Better Business Bureau to file a complaint.

Like this:
WRITTEN BY: Nancy Stehulak, M.Ed and Educator, Henry County
REVIEWED BY: Kathy Michelich, Educator
5 Questions
Parents Should Ask Their School

Whether, your child is planning to attend college, receive technical training or join the military, find out how their school can help. College is still a good investment– over their lifetime workers with a bachelor’s degree earn over one million dollars more than those with only a high school degree. If students do not plan on earning a four year degree, they still need to be thinking about what skills they have and which ones they will need to develop. In 2012, 60% of students who concentrated their studies in Career-Tech continued their education after graduation.

There are 5 questions parents of high school students need to know the answer to:

- What kind of Career-Technical (CTE) programs are available? Career-Tech courses are available in every school district. Students can earn credit that leads to an associate or bachelor’s degree or a postsecondary certificate. Career-tech programs include the fields of Family and Consumer Sciences, Agricultural and Environmental Systems, Finance, Manufacturing and everything in between.

- Does the school offer programs for job shadowing, volunteering, mentoring or internships? Time spent in the field is a valuable learning experience that allows youth to consider whether or not a job is a good fit and develop critical workforce skills. A summer or semester practicing on-the-job skills, or even a day observing, can provide a wealth of information to youth. Any mentorship or shadowing experience results in a contact that is helpful with college field placements and summer jobs. Having the person’s card is gold.

- Where can I get help filling out the FAFSA (Federal Application for Federal Student Aid)? Students and their parents are increasingly turning to grants and scholarships to pay for college. On average, this type of free money now pays for 30% of college costs.

- Who can my child ask for feedback about their college application? Essays are a large part of college entrance applications and require a great deal of editing and revisions. Ask someone who knows your child’s strengths and can offer suggestions.

- Could a portion of my child’s tuition be paid for before graduating high school? Situations where students receive college credit for classes taught by a high school teacher or through distance learning (dual enrollment) are increasingly more common. There is no cost for the students to participate when enrolled in a public college or university—costs are shared between the institution and student’s high school. This is now referred to as “College Credit Plus.”
Is Your Cell Phone Clean?

What is one of the dirtiest items in your purse or pocket besides money? Probably, your cell phone. Stop for a minute and think about where and when you used your cell phone. We carry them everywhere, rushing to answer or check a text message with dirty hands. We take it into the bathroom, kitchen and everywhere else. If you have children you have probably given them your phone to distract them as you shop or drive the car.

One study found cell phones to be 18 times dirtier than toilet handles. Another study found that 82% of cell phones tested positive for bacteria contamination and 16% had E.coli.

So, how do we clean our phones?

- Check the directions in your owner's manual for any specific cleaning instructions.
- Power down the phone to help protect it as you clean.
- You can wipe the screen clean with a microfiber cloth daily. This will help remove the dirt your hands left on the phone.
- Use disposable cleaning electronic screens' wipe but don't use a regular cleaning wipe on your phone. If you don't have an electronic screen wipe use a soft cloth dampened with water. To get the dirt out of the small corners and nooks use a cotton swab.
- Dirt and grime can accumulate around the edges of your protective cover. Take the cover off weekly and use a disinfecting wipe on the inside and outside of the case. Let it dry thoroughly before putting it back on your phone.
- Wash your hands before using your phone which will prevent germs and dirt from getting on your phone.
- Keep food and drink away from your phone.
- Avoid using your phone in the bathroom. Droplets from flushing the toilet can land on your phone.

While you are cleaning try cleaning your computer and television remote too. You can use a cleaning wipe on your keyboard or a cloth sprayed with an all-purpose cleaner. Don’t spray directly onto your keyboard or laptop. An air duster can help remove things stuck in your keyboard. For the monitor just use a dry or dampened with clean water microfiber cloth to wipe away the dust and dirt.

To avoid ruining the special coatings on some screens, never use any products containing harsh chemicals, like ammonia.

FCS Family Feature

OHIO STATE UNIVERSITY EXTENSION, HARDIN CO.
I can almost smell the celery and onions sautéing as they await grandma’s stuffing recipe… Mmmmmm… Have you also been thinking about your Thanksgiving meal, either what you will prepare or what you will eat? Food is an important part of most holiday traditions and memories, especially Thanksgiving. This year, maybe there is a way to take your traditional favorites and lighten them up a bit. Here are some great tips from USDA’s ChooseMyPlate.gov:

- **Tweek the Sweet** – How about serving fruit as a colorful healthy option for dessert? Try a crustless pumpkin pie.
- **Cheers to Good Health** – The best low calorie drink ever is water! You can add a special “twist” with a slice of lemon or lime or raspberries. Another alternative is seltzer water with a little 100% fruit juice for flavor.
- **Bake Healthier** – Did you know you can substitute unsweetened applesauce or any fruit puree for the butter in recipes? Try replacing butter with ½ fruit puree and ½ canola oil to reduce the saturated fat and increase the fiber.
- **Spice it up** – Use spices like cinnamon and nutmeg and you can reduce the amount of sugar in a sweet recipe. Use more herbs and less salt in savory dishes.
- **Brighten your meal** – Let the rainbow of colors found in vegetables and fruit brighten the buffet table, fill (at least ½) your plate with high quality nutrition and fiber and even help you control your weight and blood pressure.
- **Skim the fat** – Use evaporated skim milk instead of heavy cream in all your holiday baking.

- **Swap the grains** – Add a little whole grain to your buffet. When I make bread in my breadmaker, I usually use half white flour and half whole wheat flour. You can sneak whole wheat flour into other recipes as well.
- **Go easy on the gravy** – Think “drizzle” instead of “drown”. You can also try putting a few tablespoons on the side of your plate and dipping your turkey into the gravy.
- **Enjoy leftovers** – Leave some for later! Be creative in how you use leftovers… turkey in wraps or soups and veggies in omelets. It’s fine to continue enjoying your leftovers up to five days after the holiday, then freeze for later use.
- **Focus on family and fun** – After your meal, go for a walk, toss a ball around, MOVE a little. Just standing up (as opposed to sitting) allows your digestive system to work a little better.
- **Give to others** – What better way to celebrate our abundance than by sharing it with those who have less? I have a friend that would make an extra Thanksgiving feast and deliver one to a shelter. That was a favorite memory and part of the holiday every year for her son.

Maybe I’ll sauté those celery and onions in a little olive oil instead of butter and use some extra sage and less salt. How will you make your holiday healthy this year?

Written by: Shannon Carter, Extension Educator, Family and Consumer Sciences, Ohio State University Extension, Fairfield County
Reviewed by: Kathryn Dodrill, Extension Educator, Family and Consumer Sciences, Ohio State University Extension, Washington County
If you are the one preparing the food, remember the four basic food safety rules: Clean, Separate, Cook, Chill. By following these four simple rules, you can help prevent the spread of harmful bacteria which could make your family ill and make your holidays less than jolly!

- **Clean.** Begin by washing your hands for 20 seconds with soap and warm water before and after handling food. Be sure that countertops, cutting boards and utensils are clean by washing with hot soapy water. Rinse fruits and vegetables that are not being cooked under cool running water.
- **Separate.** Help prevent cross contamination by keeping raw meat, poultry and seafood away from ready to eat foods in your shopping cart and your refrigerator. Use one cutting board for these raw foods and another for salads and ready to eat food.
- **Cook.** Use a food thermometer to tell if a food is cooked to a safe temperature – just going by color is not sufficient. Always bring sauces, soups, etc to a rolling boil when reheating. If using a microwave oven, cover, stir and rotate the food to ensure even cooking.
- **Chill.** Remember the “danger zone” where bacteria can grow rapidly, 40° – 140°F. Keep the refrigerator below 40°F, use an appliance thermometer to check the temperature. Thaw meat, poultry and seafood in the refrigerator, not on the counter. After the meal, chill leftover foods within 2 hours and put food into shallow containers to allow for quick cooling.

If you are participating in a pot-luck lunch at work or school, there are some things to keep in mind for food safety. The most important rule to follow is to keep hot foods hot and cold foods cold! Avoid the “danger zone”! It is often a good idea to appoint one person to make sure that foods are being kept at a safe temperature.

Foods that are to be served hot should be kept above 140°F.
Cold foods should be kept below 40°F.
Make sure that the surfaces where food will be served are clean.
Do not allow food to sit out for over 2 hours.
Any food that has not been kept at a safe temperature should be discarded after 2 hours.

So enjoy the holidays and the events that accompany them while keeping yourself, your family, friends and co-workers safe from food borne illness.

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**Holiday Party Food Safety Reminders**

As we enter the holiday season, we are often participating in pot-luck celebrations at work and dinners with family and friends. What are some steps we can take to help avoid food borne illnesses at these happy occasions?

- **Clean.** Begin by washing your hands for 20 seconds with soap and warm water before and after handling food. Be sure that countertops, cutting boards and utensils are clean by washing with hot soapy water. Rinse fruits and vegetables that are not being cooked under cool running water.
- **Separate.** Help prevent cross contamination by keeping raw meat, poultry and seafood away from ready to eat foods in your shopping cart and your refrigerator. Use one cutting board for these raw foods and another for salads and ready to eat food.
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