

FAMILY AND CONSUMER SCIENCES

eCONNECTION

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CFAES Extension

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By December 1, all Ohio State employees making \$47,476 or less per year in base salary will be eligible to receive overtime pay when working more than 40 hours in a week, except for those excluded by the statute. Affected employees will move from monthly pay to biweekly pay and will use eTimesheet, the university's online timekeeping system, for hourly (non-exempt) employees. Employees will be contacted directly if their status is changing from salaried to hourly.

The U.S. Department of Labor updated its federal regulations regarding the Fair Labor Standards Act (FLSA). OHR and CFAES HR are working closely together to ensure the university is in compliance with the new/revised regulations. All affected employees will receive email notification by the end of September. [Read more...](#)

Farm Science Review

The 54th annual [Farm Science Review](#) is September 20-22 at the Molly Caren Agricultural Center in London. Stop by the CFAES VIP Alumni Tent anytime between 8 a.m. to 4 p.m. for a sweet treat and a place to sit down and interact with alumni, staff and students. Also enter for a chance to win a pair of tickets to the October 1 homecoming football game against Rutgers. The event features hundreds of exhibits and presentations.

CFAES Brand Templates

Dining with Diabetes

EFNEP

EHE

Extension

Extension Calendar

eXtension

Grants and Contracts

Live Smart Ohio

Ohio 4-H Center

Outreach and Engagement

Policy and Procedures

Real Money. Real World.

SNAP-Ed

Successful Co-Parenting

Universal Design

CONTACT US

eCONNECTION accepts news and events relevant to FCS. Publication dates are the second/third Wednesday of each month. The news submission deadline is the Monday before publication date. [Submit Info](#)

TIP OF THE DAY

Don't go on a "Diet."

Diets are notoriously ineffective, and rarely work well in the long term. In fact, "dieting" is one of the strongest predictors for future weight gain. Instead of going on a diet, try adopting a healthier lifestyle. Focus on nourishing your body, instead of depriving it. Weight loss should follow as a natural side effect of better food choices and improved metabolic health. --

authoritynutrition.com

FCS All Programs Conference

During the 2016 FCS All Programs Conference, October 26-27, OSUHP employees can get a free flu shot if you sign up for the vaccination by October 7 at <https://linktohealth.osu.edu> using appointment code EXT2016. Biometric health screenings will be available from 8 a.m. to noon, and donations for the OSU Star House will be accepted during the conference. OSU Star House details are available at <https://starhouse.ehe.osu.edu/about-us>. The conference is October 26-27 at the Crowne Plaza, Dublin. The theme is *Foundation - Balance - Trust*. Conference details are posted at fcs.osu.edu.

CFAES Homecoming Weekend

You're invited to join CFAES colleagues during Homecoming Weekend, September 30-October 2, for tailgating fun and more. Details at advancement.cfaes.ohio-state.edu

Connect and Collaborate Grants Deadline October 3

FCS and OSU Extension employees and teams are strongly encouraged to apply for Connect and Collaborate Grants. The deadline is October 3 and grant proposals must support program planning, program implementation or program expansion. If you want to discuss your proposal ideas, join the team for a conference call this Friday (September 23) from 10 to 11 a.m. **Conference call number: 877-820-7831 Access Code 890250**

Details at oaa.osu.edu/ccgrants. For questions, contact **Ken Martin** <martin.1540> or **Karen Bruns** <bruns.1>. An OSUE FAQ is on the FCS Professional site at fcs.osu.edu/intranet

OHteens4Health "Health Summit by Youth, for Youth"

Join us on November 12 for an interactive and informative look at issues affecting teens in Ohio during the OHteens4Health summit. The health summit targets youth ages 9-19 and adults who work with them. Presentation topics include sleep advocacy, positive relationships, mental health, foods that heal, inspiring physical activities, cyber-safety, driving safety and more. OHteens4Health is November 12 from 10 a.m. to 3:30 p.m. at the Nationwide and Ohio Farm Bureau 4-H Center. For details, visit fcs.osu.edu/events/oh teens4health or contact **Amy**



At-Risk Online Training for Assisting At-Risk Students

Student Life, UCAT, and Undergraduate Education have teamed up to offer At-Risk, an online simulation designed to help faculty and staff identify and approach students in mental distress and, if necessary, refer them to a counseling center. By completing this simulation, participants feel more comfortable and better prepared to help these at-risk students get the assistance they need. In this highly interactive simulation, participants have the opportunity to engage in simulated conversations with up to five virtual students. Details at ucat.osu.edu/at-risk

Congressman Tim Ryan Discusses Mindfulness with Students

Mahoning County Educator **Beth Stefura** recently coordinated a visit by U.S. Rep. Tim Ryan, northeast Ohio's 13th district, to Rayen Early College Middle School, to meet with students regarding mindfulness. Over the hour-long session, Ryan talked about stress and the different ways to alleviate it. He also directed the students through breathing techniques and thought processes they can use when they feel anxiety and stress. The event was sponsored by Ohio State University Extension, Family and Consumer Sciences, and was partially funded through the Ignite Grant. [Read more...](#)



Camcorder Available

FCS now has a [Canon VIXIA HF R400](#) Camcorders that can be borrowed for work-related projects. Contact **Marcy Payne-Lavigne** (payne-lavigne.1) to make arrangements.

FCS Healthy Team News

Healthy People Update

- **NOTE LSO TRAINING DATE CHANGE:** The 2016 Live Smart Ohio Training date has been changed to November 16 in order to avoid scheduling conflicts. This training will be held in the 4-H Center Media Center at Ohio State. We will be covering important updates to changes in LSO

scheduling and posting in 2017, signing up for our 2017 posts, and learning new strategies for successful social media!

- **Save the Date:** On October 20 at 10 a.m., the fall, In-person Healthy People team meeting will be held at the 4-H Center on Ohio State campus. Registration for the Team Meeting is set for September 19.
- ***The Food Preservation Team is requesting that you keep a log of food preservation questions you receive this fall.*** Note any questions that are frequently asked and bring the log to the FCS Conference in October. *The Food Preservation Team will use this list of questions to create an FAQ sheet that all Educators can use to answer common food preservation questions across the state.*
- **OSU Extension is now working with Training Achievement Program (TAP) to offer an online food safety course which community members can take to become certified in Manager Level (Level II) Food Safety Training.** To proctor exams for this course, you must register with the Ohio Department of Health. You can download the proctor application registration form here: https://go.osu.edu/TAP_Materials. For information on becoming a TAP exam proctor, contact **Kate Shumaker** (shumaker.68) or **Shawna Hite** (hite.143).
- **A newly updated *Dining with Diabetes, Beyond the Kitchen* online course is now available for Educators to promote in their counties.** This online diabetes education program teaches participants diabetes management skills; as well as how to make smart choices when planning meals, eating out, or grocery shopping. To view the online course, visit go.osu.edu/DWD_BTK. Promotional materials for the program are available on the FCS Professional's page at go.osu.edu/Prof_DWD. To access these items, you must be signed in on the professional's site.

Healthy Finances Update

- Contact **Amanda Woods** (woods.485) for details regarding Healthy Finances.

In the News

Presentations

Susan Zies, Wood County extension educator, presented *Participatory research in health communication: Challenges for*

measuring outcomes, at the International Association for Media and Communication Research (IAMCR) conference on July 28 in Leicester, United Kingdom. She teamed with Nancy Muturi, Tanda Kidd, Koushik Adhikari, Erika Lindshield (Kansas State University) and Kendra Kattelmann (South Dakota State University).



Susan Zies (left), Nancy Muturi and Tazrin Khan (KSU).

She also presented *Looking Through the Lens of Health Communication: Self-efficacy for Food Choice and Healthy Eating in Preventing Adolescent Obesity*, during IAMCR on July 30. Team members included Nancy Muturi, Tandalayo Kidd, Tazrin Khan, Erika Lindshield (Kansas State University), Kendra Kattelmann (South Dakota State University) and Koushik Adhikari (University of Georgia).

Publications

Carolyn Gunther, state specialist for community nutrition education, was quoted in [CFAES Chow Line: Restrictive Diet Can Help Ease Intestinal Issues](#) (September 16, 2016).

Irene Hatsu, state specialist for food security, was quoted in [CFAES Chow Line: The Scoop on Fresh, Homegrown Tomatoes](#) (September 2, 2016).

Sanja Ilic, state specialist for food safety, was quoted in [CFAES Chow Line: Keep Safety in Mind When Packing Lunches](#) (August 2016).

Dan Remley, field specialist for family nutrition and wellness, was quoted in [CFAES Chow Line: What will Happen When Fiber is No Longer Fiber](#) (September 9, 2016).

Personnel Comings and Goings

Recent hires. **Charles Artino**, SNAP-Ed program assistant, Lucas County; **Victoria Birk**, SNAP-Ed program assistant, Wayne County; **Erika Lee**, SNAP-Ed program assistant, Paulding County; **Nadia Pokrzywa**, SNAP-Ed program assistant, Richland County.

Recent FCS Fact Sheet Publications

Calcium, ohioline.osu.edu/factsheet/hyg-5506

Help Young Children Through Stressful Times,

ohioline.osu.edu/factsheet/flm-fs-8-99-r07

Preserving Food With Less Sodium,

ohioline.osu.edu/factsheet/hyg-5358

Preserving Food With Less Sugar,

ohioline.osu.edu/factsheet/hyg-5359

Making Fermented Dill Pickles, ohioline.osu.edu/factsheet/HYG-5342

Fiber Fills You Up, Fills your Wallet, and Fuels Your Health,

ohioline.osu.edu/factsheet/hyg-5583

Preserving Herbs: Freezing and Drying,

ohioline.osu.edu/factsheet/hyg-5360

Human Trafficking, ohioline.osu.edu/factsheet/hyg-5900

Understanding Genetically Modified Foods,

ohioline.osu.edu/factsheet/HYG-5058

All Things Sweet, ohioline.osu.edu/factsheet/hyg-5584

Binge Eating, ohioline.osu.edu/factsheet/ed-1004

Upcoming Events

Farm Science Review

- September 20-22, London, OH. Details: fsr.osu.edu

CFAES Homecoming Weekend

- September 30 to October 2, 4-H Center, Columbus. Details: advancement.cfaes.ohio-state.edu

Healthy People In-Service

- October 20, 10 a.m. to 3:30 p.m., 4-H Center, Columbus

FCS All Program Conference

- October 26-27, Crowne Plaza Hotel, Dublin. Details: fcs.osu.edu

Cooking Matters Training

- November 14-15, Mid-Ohio Foodbank. Details: brandenburg.51

LSO Training

- November 16, Live Smart Ohio blog author training, will be held 9:30 a.m. to 4:30 p.m. in the Media Room of the 4-H Center, Columbus

All Extension Annual Conference

- December 6-7, Ohio Union. Details go.osu.edu/2016EAC



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