

FAMILY AND CONSUMER SCIENCES

eCONNECTION

OHIO STATE UNIVERSITY EXTENSION

Cooperative Extension Celebrating 100 Years of Excellence

DECEMBER 21, 2015

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Senior Associate Dean **Ronald Hendrick** is now acting dean and vice president for agriculture administration for CFAES while Vice President **Bruce McPheron** serves as Ohio State's interim executive vice president and provost. Ron is expected to hold this position through June. [Read more](#)

**Ohio Bird Show Ban Rescinded**

As of December 17, the ban prohibiting bird shows in Ohio has been rescinded. This means Ohio can now have live poultry at county and independent fairs, the Ohio State Fair, and all other gatherings of birds for show or for sale, including auctions and swap meets. The press release lifting the ban is on the Ohio 4-H website poultry home page ohio4h.org/statewide-programs.

Conference Reimbursements

If you are submitting travel reimbursements for a 2015 conference, you may be eligible to receive up to \$300 annually for professional presentation support. Details are at cfaesfinance.osu.edu/travel/professional-presentation-support-form-extension, and the deadline is **January 15**.

Water First For Thirst Promotes Healthy Beverage Consumption

[Templates](#)

[Dining with Diabetes](#)

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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

Fight Holiday Stress by Going Tech-Free.
Constant cell phone buzzes and email alerts keep us in a perpetual fight-or-flight mode due to bursts of adrenaline. Not only is this exhausting, but it contributes to mounting stress levels, especially

According to Centers for Disease Control and Prevention, approximately 20% of children and teenagers in the U.S. are obese. One group at Ohio State is working to resolve this issue through a healthy consumption program called Water First for Thirst, part of a statewide campaign to educate Ohioans about why water should be the first beverage of choice. The program was recently broadened by engaging teens in a new 4-H Youth Development Healthy Living initiative. Read more: outreach.osu.edu/newslist-items/waterfirst.html

OSU CARES Grants Available

OSU CARES grants, up to \$25,000 each, are available to help you partner across Ohio State to enhance your community programs. Proposals are due February 3. Go to osucares.osu.edu for the RFP. For questions, contact **Karen Bruns** at bruns.1@osu.edu. To learn more, visit <https://oaa.osu.edu/ccgrants>

Aging In-Service

Consider attending the Healthy Relationships Aging In-Service workshop on February 15 at the 4-H Center. Featured presentations include Matter of Balance and Topics in Gerontology. It will also feature a round table discussion and training in aging smart and master of memory. The registration fee is \$15 and questions should go to **Kathy Green** (green.1405) or **Carmen Irving** (irving.31).

University Outreach and Engagement Recognition Awards Accepting Applications

The Offices of Outreach and Engagement, International Affairs, Service-Learning, Student Life and Undergraduate Education have joined together to recognize faculty, staff, students and community partners with the University Outreach and Engagement Recognition Awards program. Awards are given in the community engagement, international engagement, service-learning, staff, student, student group and community partner categories. A total of \$21,000 will be awarded. Applications are due February 16.

To submit an application: go.osu.edu/oeawards. Contact: 247-7795 or engage@osu.edu.

Professional Development Opportunity: "Leadership Ohio"

Are you interested in growing your leadership skills? FCS is seeking self-nominations from its team members (with at least two (2) years of

in women. What better time to turn your gadgets off than during a holiday get-together? Enjoy spending time with your family and friends without worry. -- Health.com

experience) to participate in the 2016 Leadership Ohio class. The mission of Leadership Ohio is to identify, educate, communicate, inspire and engage Ohio's current and emerging leaders for the wellbeing of the people of Ohio. Don't miss this great opportunity. Details are available at fcs.osu.edu

Ohio Extension Professional Association 2015 Recognitions

JCEP/ESP Awards

Scholarships

- **Cindy Shuster**, \$500, Original Sewing and Quilt Expo in Cleveland
- **Chris Kindle**, \$200, Public Issues Leadership Workshop in Washington, DC
- **Jennifer Even**, \$500, NEAFCS conference in WV
- **Kristen Corry**, \$280, Action Leadership Retreat
- **Patrice Powers-Barker**, \$400, NEAFCS conference in WV
- **Tammy Jones**, \$240, NEAFCS conference in WV
- **Carmen Irving**, \$140, NEAFCS conference in WV

First Timer Scholarships (\$100)

- **Carmen Irving, Katie LaPlant, Cheryl Mickley, Melissa Welker**

Team Teaching Awards

- 1st Place: Water First for Thirst - **Theresa Ferrari, Carol Smathers, Shawna Hite**
- 2nd Place: Breakfast on the Farm - **Melissa Welker, Patrice Powers-Barker**
- 3rd Place: Camp Public Health - OSU Day - **Carol Smathers, Shawna Hite, Shari Gallup**
- Honorable Mention: 2014 Live Healthy Live Well In-Service - **Dan Remley, Michelle Treber, Lisa Barlage, Pat Brinkman, Cindy Shuster, Candace Heer, Beth Stefura, Cindy Bond, Donna Green, Liz Smith, Kathy Green, Kristen Corry, Joanna Rini, Susan Zies, Dr. Megan Amaya, Dr. Clay Marsh**

Creative Works Awards

Personal Column

- Honorable Mention: **Shawn Ochs** - Hancock County

Periodical Publication

- 1st Place: **Pat Holmes, Pat Bebo, Cheryl Graffagnino, Kathy**

Green, Carolyn Gunther, Irene Hatsu, Carmen Irving, Patrice Powers-Barker, Lisa Siciliano-Miller, Carol Smathers, Korrin Vanderhoff, Ana Claudia Zubieta, Shawna Hite

- Honorable Mention: **Donna Green** - Erie County

Computer Generated Presentations

- 3rd Place: **Polly Loy** - Belmont County

Educational Exhibits - Internally Produced

- 1st Place; Eric Barrett, Janice Hanna, **Beth Stefura, Joe Paloski, Robin Adams**, Lori Moff - Mahoning County
- 2nd Place: **Carol Smathers**, Theresa Ferrari, **Shawna Hite** - FCS

Promotional Package (team)

- 1st Place: **Michelle Treber, Lisa Barlage, Cheryl Spires, Kristen Corry, Pat Brinkman, Cindy Shuster, Jennifer Driesbach**, Sarah Chain

Bulletins and Monographics

- 2nd **Place: Patrice Powers-Barker**, Julie Fox, James Stiving, Mike Hogan, Stacy Haught, **Marilyn Rabe, Dan Remley**, Heather Neikirk, Brian Raison

Ohio NEAFCS 2015 Recipients

- [Continued Excellence Award](#) - **Kate Shumaker** and **Pat Holmes**
- [Distinguished Service Awards](#) - **Barbara Hennard** and **Jenny Even**
- [Healthy People Award](#) - **Michelle Treber**
- [Healthy Finance Award](#) - **Joanna Rini**
- [Healthy Relationships Award](#) - **Kathy Green**

FCS Healthy Team News

Healthy People Update

- **SAVE THE DATE:** Healthy People In-Service Days is April 19-20. April 19th will feature trainings in Live Healthy Live Well, Million Hearts, and Communication. April 20th will feature trainings in Dining with Diabetes, Food Preservation, and Program Evaluation. More details to come soon!

- Jean Hayden with the Ohio Department of Healthy will hold a presentation on the ServSafe program January 25th, at 10:30 am. She will explain the program's purpose and how to become a ServSafe Instructor. This will be part of the Food Safety meeting scheduled at the 4-H Center.
- In November, we implemented a new process for reviewing and posting blogs on LSO. This process is faster, simpler, and reduces errors. If you have not had a chance to learn the new process please watch our "How to Review Posts" power point: <https://go.osu.edu/LSOReviewPP>
- The Healthy Food Choices in Schools eXtension Co-op offers excellent resources for Educators working with schools to improve youth health and wellness or hosting health and wellness programs in schools. Visit the Co-op's website to learn more: articles.extension.org/healthy_food_choices_in_schools Like this Co-op on Facebook to remain informed of new resources for youth nutrition: <https://www.facebook.com/HealthyFoodChoicesinSchoolsCoP/?fref=ts>

In the News

Pat Bebo, interim FCS assistant director and community nutrition programs director, was quoted in [CFAES Chow Line](#): *Hungry for Answers* (December 14, 2015).

Carolyn Gunther, state specialist for community nutrition education, was quoted in [CFAES Chow Line](#): *With Kids, Emphasize Whole Fruit Over Juice* (December 4, 2015)

Irene Hatsu, state specialist for food security, was quoted in [CFAES Chow Line](#): *7 Ways to Make Food Donations Count* (November 24, 2015).

Sanja Ilic, state specialist for food safety, was quoted in [SELF](#) and [Health Medicine Network](#): *Does Rinsing Fruit Before You Eat It Actually Do Anything?* (December 8, 2015).

Dan Remley, field specialist for food, nutrition and wellness, was quoted in [CFAES Chow Line](#): *Be Aware of How Much Processed Meat You Eat* (December 18, 2015).

Kathy Green, Clark County Educator, was quoted in the [Springfield News -Sun](#): *Southeastern Students to get a Taste of 'Real Money, Real World'* (December 10, 2015).

Katie LaPlant, Healthy Finances program specialist, was quoted in [The News-Messenger](#): *'Real Money, Real World' Teaches Kids Money Management* (December 10, 2015).

Amanda Woods, Healthy Finances program specialist, was quoted in [CFAES Family Fundamentals](#): *Be Smart About Holiday Spending This Season* (November 18, 2015).

Carol Smathers, field specialist for youth nutrition and wellness, was quoted in [CFAES Chow Line](#): *Make Water Festive for Holiday Gatherings* (December 11, 2015).

Personnel

New hires. **Tim Crossman**, SNAP-Ed program assistant, Butler County; **Joyce Riley**, SNAP-Ed program assistant, Licking County; **Erin Trempe**, EFNEP program assistant, Clark County.

Retirement

EFNEP Program Specialist **Pat Riederer** (state office) is retiring December 31.

Awards and Recognition



Nancy Stehulak, Henry County Educator, was elected treasurer of the National Extension Association of Family and Consumer Sciences. This national board position initiated during the 2015 NEAFCS conference. It's a two-year position with culmination at the 2017 national meeting in Nebraska.

Pat Brinkman, Fayette County Educator, received the Marilyn Spiegel Excellence in Extension Family and Consumer Sciences Award and the state ESP Mid-Career Award. She was a part of the team that received first place honors for the following categories: Promotion Package, Blog and Social Networking Medium; and third place for Project Book.



Pat Holmes, Montgomery County Educator, is the awards co-chair for the February 17-19 Tri-State Diversity Conference, *A Healthy Perspective on Diversity - Progress, Partnerships and Possibilities*. For conference details, visit ces.ca.uky.edu/tristatediversityconference or call

Peggy Ehlers at 812-427-3152.

Video Spotlight

Pam Bennett, CFAES Horticulture Educator, master gardener volunteer coordinator, provides tips on how to buy and care for a poinsettia so that it will last throughout the holiday season. View this [video](#) or search for others at youtube.com

Upcoming Events

- **FCS in-service training sessions:**
 - February 2 - Sun Safety, details TBD
 - February 15 - Aging, 9 a.m. to 4 p.m. at 4-H Center Gehres Room
 - April 19-20 - Healthy People, details TBD
- **EHE's Office of Diversity and Inclusion Lecture**
 - February 3, 5 p.m. - Professor Crystal Laura, Chicago State University, "Teaching for Love, Toward Justice, with Joy: A Meditation on Intimate Educational Work" talk at Ramseyer Hall College Commons (#260). RSVP: https://osu.az1.qualtrics.com/SE/?SID=SV_dm76oEWzxibVICp



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