

**COSHOCTON COUNTY AGRICULTURE & NATURAL RESOURCES****April 28 Issue (Edition #92)**

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Get Your Victory Garden Seeds from Master Gardener Volunteers

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Hello Coshocton County! Planting season is off to a great stop. It is great to see how much progress has been made (and we are still in the month of April). Looks like we might get a shot of rain tonight and into tomorrow with more normal temperatures on the horizon. Make sure to check out the first two articles in today's newsletter for more on the weather ahead.

Today's newsletter also highlights feeding cattle—especially making sure to meet the needs of brood cows. Three articles from our specialists share insight.

A reminder the Master Gardeners are distributing Victory Garden Seed packets. If you would like one of the packets which contains radish, cucumber, and sunflower seeds, please stop in on Monday, Wednesday, or Friday from 8:00 a.m. to 5:00 p.m. to receive a packet. Thanks to the ODA for selecting us to help distribute these seeds.

Have a great week!

Sincerely,

***David L. Marrison***

Coshocton County OSU Extension ANR Educator



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

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## ***Weather Challenges Ahead***

By: Jim Noel

Source: <https://agcrops.osu.edu/newsletter/corn-newsletter/11-2021/challenges-ahead>

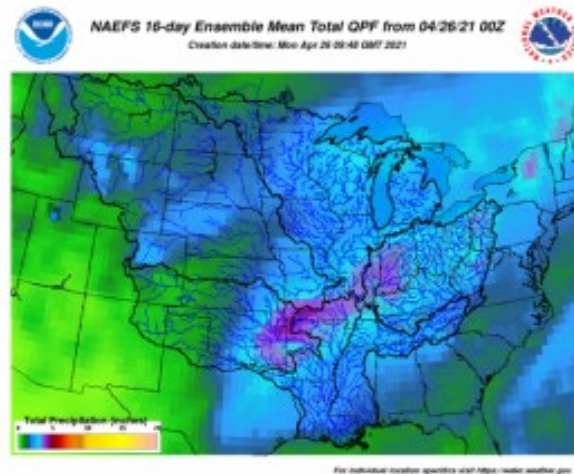
There are challenges ahead so we will break them into short-term and long-term.

### Short-term

The recent snow was a rare event for the amount that fell across Ohio. However, the minimum temperatures in the 20s and 30s was not that far off of normal for last freeze conditions for Ohio.

The strongest typhoon ever in the northern hemisphere occurred east of the Philippines last week and this energy will come across parts of North America over the next week. When that happens weather model performance often drops. Hence, if you see more bouncing around of forecasts the next 10-15 days that may be one reason why.

We have a big warm-up the first half of this week ahead of a strong storm that will move through Ohio the second half of the week with wind and rain. We could see anywhere from 0.50 inches to over 2 inches across Ohio later this week but placement is not certain and seems to favor central and southern Ohio with the highest amounts. Expect most places to see an inch or less given recent track record of events coming in lighter. Once the storm passes colder air will push in and some frost will be possible this weekend with lows in the 30s.



The rainfall the next 30-days is critical for the growing season as moderate drought over northern Ohio already has soil conditions in a shortage.

The latest drought monitor can be found here:

<https://droughtmonitor.unl.edu>

Also, some of the greatest evaporative demand in the country has been in parts of northern Ohio the last 30+ days and can be monitored as a leading indicator for drought development at this webpage via NOAA:

[https://psl.noaa.gov/eddi/realtime\\_maps/images/latest.trim.png](https://psl.noaa.gov/eddi/realtime_maps/images/latest.trim.png)

You can keep up on the Ohio River Forecast Center's Water Resources Outlooks at:

<https://www.weather.gov/ohrfc/WRO>

### Long-term

May appears will see periods of well above and below normal temperatures but will average out close to normal or just slightly above normal. Precipitation continues to trend at or below normal but models suggest a normal May for precipitation. If we get timely rains that will help soil conditions for summer. If we miss critical rains in May, this could lead to summer issues.

The latest rainfall outlook for the next 16-days is viewable in the attached image. Normal rainfall is nearing 2 inches for the next 16-days. We expect 1-3 inches for most areas.

For summer, most climate models indicate above normal temperatures and medium to high confidence of above normal temperatures during typical peak temperatures from mid-June to mid-August. We will need to monitor this. Confidence in summer rainfall is low. Most outlooks and models suggest not too far from normal rainfall but the reality is since 30-50% of summer rainfall comes from local soils, the next 30-days will be a big player in our summer rainfall outcome.

# CFAES Ag Weather System 2021 Near Surface Air and Soil Temperature Moisture

By: Aaron Wilson & Greg Labarge

Source: <https://agcrops.osu.edu/newsletter/corn-newsletter/11-2021/cfaes-ag-weather-system-2021-near-surface-air-and-soil>

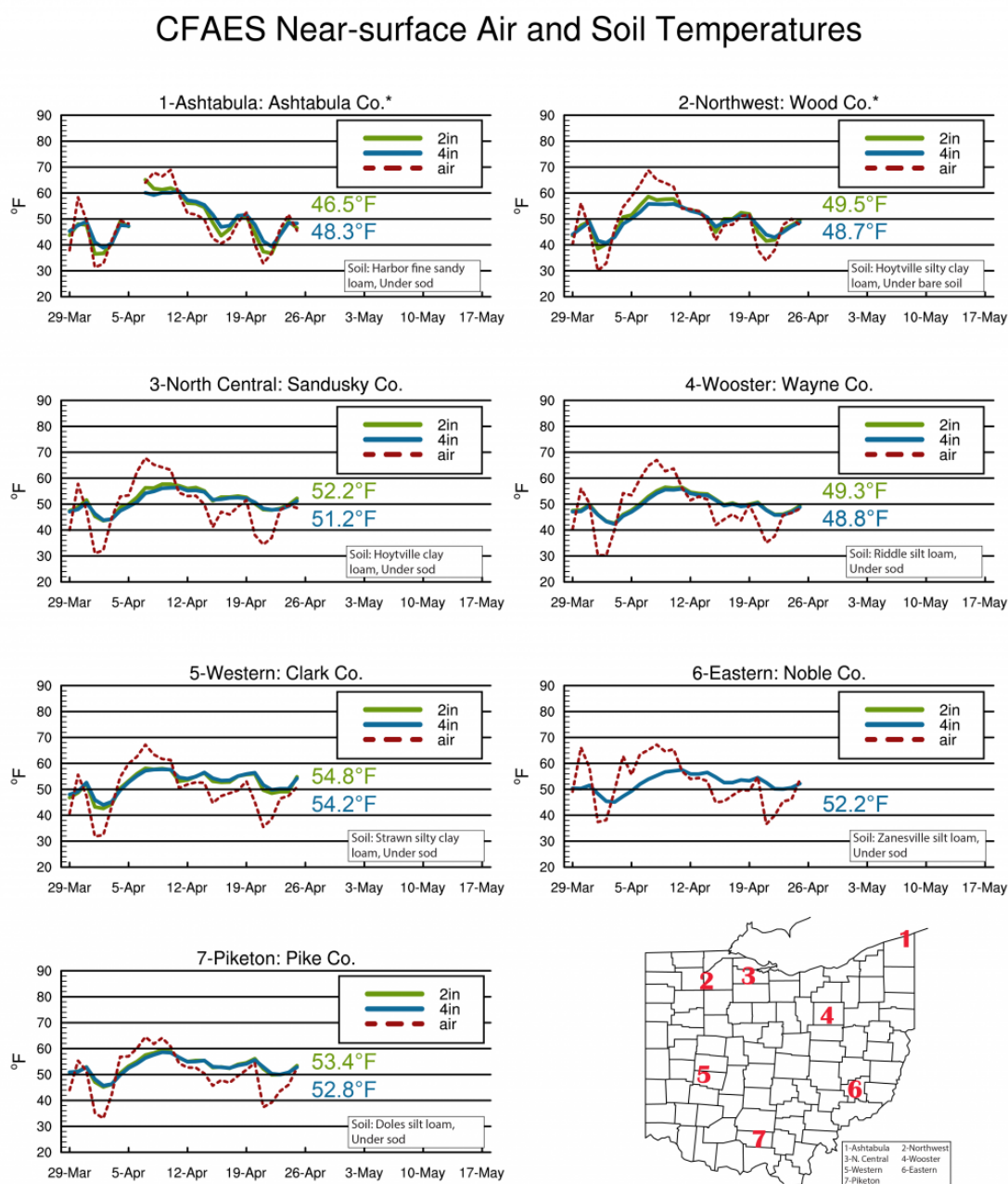


Figure 1: Daily average air temperature (dashed red), two-inch (green) and four-inch (blue) soil temperatures for spring 2021. Current daily average soil temperatures are noted for each location. Soil type and location of measurements (under sod or bare soil) are provided in the lower right corner of each panel. A map of all locations is in the bottom right. Data provided by The College of Food, Agricultural, and Environmental Sciences (CFAES) Agricultural Research Stations located throughout the state. All sites are reported on Figure 1 as a daily average.

A very unusual late season snowfall and three nights near or below freezing led to a significant drop in daily average soil temperatures by mid-week last week (Fig. 1). Most locations fell below 50°F with our northeast site in Ashtabula County dropping below 40°F. Temperatures recovered some throughout the weekend, as



two- and four-inch soil temperatures are now at or slightly cooler than this time last week, running in the upper 40s to low 50s. This week will feature a significant warm up for the first half of the week, with maximum air temperatures reaching the upper 70s to low 80s for much of Ohio on Tuesday. Slightly cooler temperatures will occur for Wednesday and Thursday with rain expected, then chillier air temperatures, in the 50s and 60s, along with some morning patchy frost are possible for the weekend

A solid swath of 3-6" of snow fell with last week's storm along with some light to moderate rain on Saturday. Still, much of the state fell short of typical weekly averages for this time of year. Figure 2 (left) shows that precipitation was generally 0.50" or less across most of the state. Overall, Ohio remains dry, especially across our northern counties, even to depths of 40 cm (Fig. 2-right). The [U.S. Drought Monitor](#) currently shows approximately 46% of the state is at least abnormally dry, with 22% in Moderate Drought conditions.

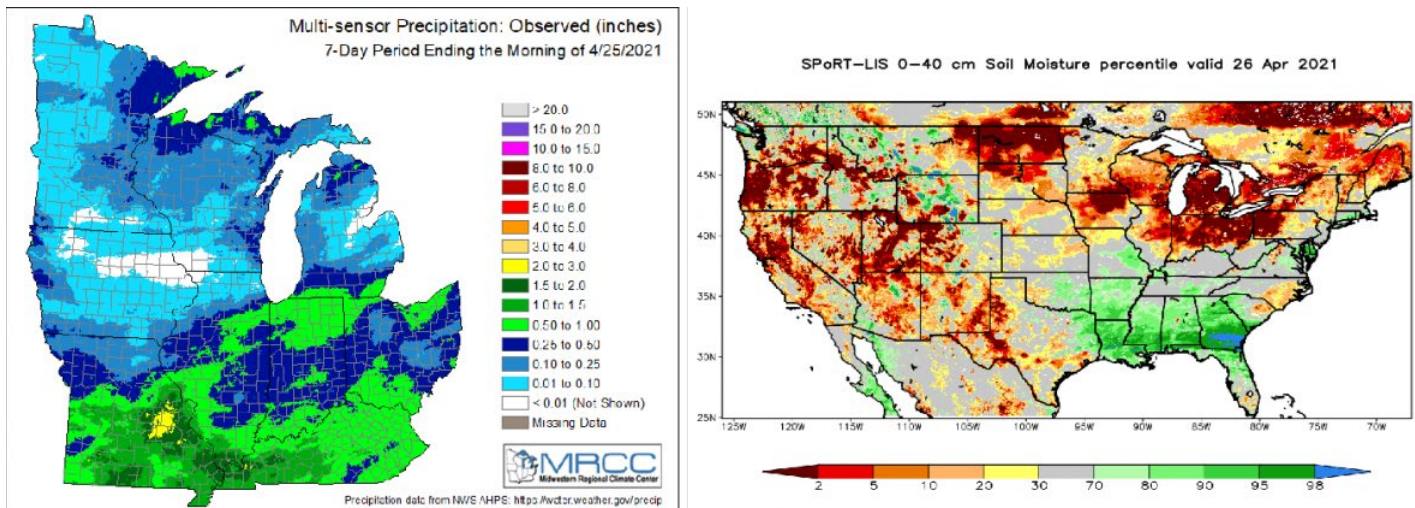


Figure 2: (Left) Precipitation estimates for the last 7 days ending on 4/25/2021. Figure provided by the Midwestern Regional Climate Center (<https://www.mrcc.illinois.edu>). (Right) 0-40 cm Soil Moisture Percentile as of 4/26/2021 according to NASA's SPoRT-LIS (<https://weather.msfc.nasa.gov/sport/modeling/lis.html>). For more complete weather records for CFAES research stations, including temperature, precipitation, growing degree days, and other useful weather observations, please visit <https://www.oardc.ohio-state.edu/weather1/>.

## ***Federal Bills Target Carbon Reduction Practices on Farms and Forests***

By: Peggy Kirk Hall, Associate Professor, Agricultural & Resource Law Thursday, April 22nd, 2021

Source: <https://farmoffice.osu.edu/blog/thu-04222021-625pm/federal-bills-target-carbon-reduction-practices-farms-and-forests>

President Biden announced a major goal this week--for the U.S. to reduce greenhouse gas emissions by half over the next decade as compared to 2005 levels. Agriculture will play a key role in that reduction by "deploying cutting-edge tools to make the soil of our heartland the next frontier in carbon innovation," according to President Biden. Several bills introduced in Congress recently could help agriculture fulfill that key role. The proposals offer incentives and assistance for farmers, ranchers, and forest owners to engage in carbon sequestration practices.

Here's a summary of the bills that are receiving the most attention.

**Growing Climate Solutions Act, S. 1251.** The Senate Agriculture, Nutrition and Forestry Committee passed S. 1251 today. The bipartisan proposal led by sponsors Sen. Mike Braun (R-IN), Sen. Debbie Stabenow (D-MI), Sen.



Lindsey Graham (R-SC) and Sen. Sheldon Whitehouse (D-RI) already has the backing of over half of the Senate as co-sponsors, including Ohio's Sen. Sherrod Brown. The bill has come up in prior sessions of Congress without success, but the sponsors significantly reworked the bill and reintroduced it this week. The new version includes these provisions:

- Requires the USDA to conduct an initial assessment of the domestic market for carbon credits, to include assessing market actors, market demand, estimated credits in process, supply and demand of offsets, barriers to entry, monitoring and measurement technologies, barriers for small, beginning and socially disadvantaged operators, among other factors.
- Creates a Greenhouse Gas Technical Assistance Provider and Third-Party Verifier Certification Program to ensure that technical service assistance providers who work with farmers to establish and sell carbon credits have sufficient expertise, including agricultural and forestry knowledge. Certified parties are to act in good faith to provide realistic estimates of costs and revenues and to help farmers, ranchers and forester receive "fair distribution of revenues" derived from carbon credit sales.
- Establishes an online website providing information for farmers, ranchers and foresters interested in participating in carbon markets.
- Creates an advisory council that would oversee the certification program. At least 16 of the committee's 25 members must be farmers, ranchers, or private forest owners.
- Charges the USDA with producing a report to Congress identifying barriers to market entry, challenges raised by farmers and forest owners, market performance, and suggesting additional ways to encourage voluntary participation in carbon sequestration practices.
- Authorizes up to \$9.1 million in USDA funding for the program, including \$4.1 million immediately and an additional \$1 million per year for the next five years.
- Rep. Don Bacon (R-NE) and Rep. Abigail Spanberger (D-VA) will soon introduce companion legislation in the House of Representatives.

**Rural Forest Markets Act, [S. 1107](#).** A second proposal in Congress aims to remove barriers for small-scale private forest landowners and help them benefit from carbon markets and other climate solution markets. Senators Stabenow and Braun are also sponsors of this bill, along with Sen. Angus King (I-Maine) and Sen. Shelley Moore Capito (R-WV). The bill echoes previous similar legislative attempts and includes these provisions:

- Directs the USDA to create a Rural Forest Market Investment Program to guarantee up to \$150 million to finance eligible projects for rural private forest landowners to participate in an "innovative market for forest carbon or other products."
- States that eligible projects will be those developed by private entities or nonprofits to aggregate sustainable practices by rural private forest landowners for sales in a carbon or environmental market, using approved methodologies.
- Requires that eligible tree planting projects may take place only on historically forested lands using native species and be planted at ecologically appropriate densities without causing negative impacts to biodiversity or the environment.

The interest in carbon reduction practices and monetizing carbon sequestration at the federal level doesn't end with these two proposals—there are several more that may gain interest. While not addressing private landowners, another Senate proposal focuses on public land reforestation. The "Repairing Existing Public Land by Adding Necessary Trees Act" ([REPLANT Act](#)), with Ohio's Sen. Rob Portman as a sponsor, proposes increased funding in the Reforestation Trust Fund for replanting 1.2 billion trees over the next ten years on public land in need of reforestation. The USDA is weighing in on the issue as well, and has recently announced plans to target carbon reduction through existing programs such as the Conservation Reserve Program. And just after passing the Growing Climate Solutions Act today, the Senate Agriculture, Nutrition, and Forestry Committee held a hearing on "Farmers and Foresters: Opportunities to Lead in Tackling Climate Change" featuring testimony from several farmers and groups. Readers may get a sense of what more is to come by viewing the hearing on the committee's website at <https://www.agriculture.senate.gov/hearings/farmers-and-foresters-opportunities-to-lead-in-tackling-climate-change>

## Feed Your Cows and Your Forage

By: [Garth Ruff](#), Beef Cattle Field Specialist, OSU Extension (originally published in [The Ohio Cattleman](#))

Source: <https://u.osu.edu/beef/2021/04/28/feed-your-cows-and-your-forage/>

“The highest energy demand of the cow arrives approximately 60 days post calving.”

Spring has arrived, a successful Ohio Beef Expo is in the rear view, and for many Ohio beef producers, there are calves on the ground. This is a critical time in the beef and forage production cycle for many producers, especially those with spring calving herds.

As we come into the forage growing season and wrap up much of the cold weather hay feeding, now is an important time to consider nutrition, not only for the cow herd but for our forage crops as well.

The highest energy demand of the cow is during peak lactation, approximately 60 days post calving. During this time in the production cycle, we also are asking that cow to return to estrous and be rebred in a timely manner. To maintain a 365-day calving interval, we have roughly 85 days between calving and getting that female rebred in which we need to supply high quality forage, either in the form of lush, growing pasture, or stored forages.



If unable to graze due to soil conditions, feed higher quality, 2nd or 3rd cutting hay or supplementing energy via corn silage or whole shelled corn. The need for supplemental energy will depend in part on the cow's body condition at calving and milk production. When making genetic selections, milk production should be matched to available feed resources.

Providing high quality feed is even more important when we think about first calf heifers who in addition to lactation, have additional requirements for growth and development. The challenge of getting two-year-old females rebred is only further complicated when forage quality is poor during the stage of the production cycle between calving and breeding.

Underfeeding females during this time will impact two calf crops, the calf that is currently suckling and potentially the next crop, if rebreeding and conception is delayed.

Now is also a good time to consider the nutrient requirements of our hayfields and pastures. More often than ideal, forage fertility is often neglected. Maintaining optimum forage fertility will improve yields and feed quality compared to nutrient deficient forage crops.

Performing soil tests on a regular basis, at minimum every three years are key to maintaining forage fertility. Soil test either in the fall or spring but be consistent in when you do it. In many cases especially in eastern/southern Ohio where we tend to have more acidic soils, correcting pH is a good place to start. When soils are acidic, below a pH of 6 mineral availability to plants is often reduced. A spring or fall lime application can help rectify low pH issues.



Each ton of hay harvested takes with it about 13 lbs of P<sub>2</sub>O<sub>5</sub> and 50 lbs of K<sub>2</sub>O

Other nutrients to consider are phosphorus and potassium. Phosphorus can be applied either before or after a first cutting hay crop, or in the fall. Potassium is similar, although potassium applications should not exceed 300 pounds per acre per year. The goal with these two nutrients to build and maintain fertility levels.



Nitrogen can also be used to increase yield and quality of forage crops that are predominantly grass. Nitrogen applications should be minimal early in the spring and in stands with a greater percentage of legumes, alfalfa or clover.

Forage fertility can have significant impacts on forage yield and quality. For the coming growing season OSU Extension has developed a series of forage fertility trial protocols, designed to be implemented on livestock and forage farms across Ohio. If interested in conducting a forage fertility trial, or improving forage quality on your farm, let me know at [ruff.72@osu.edu](mailto:ruff.72@osu.edu) or contact your local OSU Extension educator.

## ***Matching Nutrient Intake to the Production Cycle of Beef Cows***

By: [Allen Gahler](#), Extension Educator for Agriculture and Natural Resources, OSU Extension-Sandusky County (originally published in [The Ohio Cattleman](#))

Source: <https://u.osu.edu/beef/2021/04/28/matching-nutrient-intake-to-the-production-cycle-of-beef-cows/>

Could we reduce our total feed needs by more correctly matching the breeding season to our feed resources?

Whether you are jumping into or preparing for breeding season, or you calve in the fall and have recently turned out mid gestation cows, you certainly have had a lower feed bill on your mind as the winter feeding period comes to an end. That lower feed bill is usually a welcome beginning to a new growing season, and the worry of making it through another winter is replaced by the worry of making the right breeding decisions and weaning off a profitable calf crop. But perhaps we could alleviate some of those other worries by focusing more on the timing of the breeding season as it relates to what we are feeding them, rather than which bull matches better with each group of cows and which bull is truly heifer safe.



What I am talking about is stepping back and taking a good hard look at when we calve and comparing it to the quality of our available feed at any given time during the year. Because we live in Ohio and have a defined growing season, that also defines our period of using stored feeds, at least to an extent. So, if we are not all capable of being year-round grazers, we owe it to our pocketbooks to be year-round managers.

A cow's nutritional requirements change 4 times throughout the year, and for easy reference, let's define those 4 times as period 1, 2, 3, and 4. We will leave the traditional calendar out of it for now, and call the 82-day period from calving to breeding our period 1. This is when the cow's nutritional demands are at their peak, and when we must be utilizing the best feed available to maximize milk production and calf growth, maintain body condition of the cow, shorten the anestrus period, and make a 365-day calving cycle more likely. The next 123 days that we will call period 2, occur from breeding to weaning, and this time frame coincides with a declining plan of nutritional demand. If she remains in good body condition, and is confirmed pregnant, she is entering a window of maintenance, and as the calf consumes more feed on its own, her body's focus on lactation requires less energy and protein than in period 1.

Period 3 then runs for 110 days and lasts from weaning into the beginning of the 3rd trimester. With no milk production, and the calf growing inside her at only a moderate rate, this is the lowest nutritional phase of the year, and a time when we can utilize our poorest quality feedstuffs, assuming the cow is in good body condition. If she is not, it is a time when we can easily increase body condition with slightly better feeds or supplements. That brings us to period 4 – the last 50 days of gestation. This period coincides with the most vigorous growth of the fetus in the womb, and a steadily increasing plane of nutrition to meet the calf's needs and to begin preparing for lactation. If we do not begin changing over to higher quality feeds soon enough in this period, we often sacrifice calf vigor, quality of colostrum, and early milk production.

Once we see these four periods defined and understand what the nutritional demands are during each one,

then we can lay our current cow productivity calendar on top of these periods and the forage growth calendar to see if we are timing things properly to maximize production and ultimately, our bottom line. Probably the best way to do that is to look at our calving window and think about what feeds we have available at that time. If we truly want our best quality feeds available during period 1, that period should probably not start until around April 1, when pastures green up, and we can allow the cow to harvest her own high-quality feed. Period 2 then occurs from mid-June through October when the pastures are not as lush and productive, but still nutritionally sufficient for the moderate demands during breeding season. We then meet period 3 and the lowest needs of the cow as pastures go dormant and we can move to stockpiled fescue, corn fodder, or our lowest quality hay that has potentially been stored outside since June, absorbing summer rains, and losing quality rapidly. If we were able to store 2nd and 3rd cutting hay inside or get into a case of supplementing with grain products, those feeds can now be utilized during period 4, which falls during late winter when we likely have cows in a location that makes feeding easier.

Some might argue the viability of breeding during summer's hottest times, and still others without readily available high-quality pastures might argue a better window for high quality feeds occurs in the fall. This makes a fall calving herd (September-October) a good scenario, especially for those with abundant hay supplies, or those that can graze crop fields or pastures that have been inter-seeded with annual forages. If we are storing round bales outside, this would allow us to first utilize the highest quality ones that were made most recently, and gradually mix in lower quality 2nd and 1st cutting as the winter progresses. If pasture availability is low or turnout does not happen until mid-May such as in Northern Ohio, our lowest demand period 3 matches with this time of year, and we hit period 4 not long after we are finally able to get to pasture, and new 1st cutting if needed.

You might be wondering, what about those seedstock herds that feel the need to calve in January and February to maximize calf size at weaning, bull age at sale time, and the availability of bred replacements for the commercial market? Well, this is where that word management comes in. It takes careful management to properly store and utilize the necessary feed resources for a program like this to work and remain profitable, forcing the manager to weigh potential income from breeding stock sales vs. the potential added feed costs by not being able to properly align the 4 periods of cow nutritional requirements with mother nature's seasons and the availability of traditional feeds in Ohio.

As with anything in the agriculture industry, it will take proper planning, a sharp pencil, and a sharper mind, but there are always ways to improve your efficiency and your bottom line, we just may need to think outside the box, or in this case, outside the calendar.

### ***Energy Requirements for Angus Beef Cattle Through Her Production Cycle***

By: Kirsten Nickles, Graduate Research Associate and Anthony J. Parker, Associate Chair and Associate Professor. Department of Animal Sciences, Ohio State University.

Source: <https://u.osu.edu/beef/2021/04/28/the-energy-requirements-for-an-angus-beef-cow-throughout-her-annual-production-cycle/>

The nutritional requirements for beef cows change daily throughout their annual production cycle. The frequent change in requirements is caused by varying stages of production and environmental factors that affect the cow's behavior and energy use. To give an example, a spring calving beef cow gestating throughout winter will have energy requirements for maintenance and gestation, and there may be further requirements for cold stress if winter climatic conditions place the cow outside her zone of thermal comfort. To appreciate how great the total net energy cost of a beef cow can be we have included the net energy requirements in Mcal/day throughout the annual production cycle of a mature 1200 lb Angus cow with a peak milk yield (PMY) of 18 pounds (Figure 1). We included the requirements for maintenance, lactation, and gestation and assume this all occurs without any cold or heat stress on the cow. It is noteworthy to consider that thermal stress can elevate the requirement for maintenance substantially.



Many beef cattle producers would agree that the nutritional requirements of the cow are greatest when peak milk yield is achieved. During this time, the cow is expected to lactate and achieve peak milk by 40-50 days after calving, undergo uterine involution (the structural and functional regression of the uterus back to an adequate size and status capable of supporting a new pregnancy), return to estrous, and finally become pregnant. Peak milk yield is approximately 18 lbs/day for an Angus cow, 20 lbs/day for Charolais, 15 lbs/day for Hereford, and 26 lbs/day for a Simmental cow.

At the cow's greatest net energy requirement, beef producers must provide sufficient energy as forage or concentrates to allow the cow to achieve her peak milk yield and re-breed by 80-90 days after calving. Meeting the cow's energy requirements ensures that the cow maintains a 365 day calving interval and maximizes calf growth up to weaning. Providing your best quality and quantity of forage during the spring months helps to meet the energy requirements for the cow's peak milk yield. Failure to meet the energy requirement

in early to peak lactation will cause the cow to utilize her body tissues for energy and other nutrients. A decrease in one body condition score (scale 1-9) is the equivalent of losing approximately 80 lbs (35 kg) of body weight for an Angus cow, and current recommendations are that the cow should not lose more than 1 condition score from parturition to peak milk yield. The cow can be assisted by providing her with supplemental grain if the forage available is poor in nutrients and energy, or the quantity of pasture available is limiting.

The cow's energy requirements will gradually decrease as lactation progresses. Breeding cows at 80-90 days after calving places further energy requirements on her in that the cow has to maintain a pregnancy and grow a fetus. Although the nutrient requirements for early pregnancy are barely above maintenance, the cow continues to produce milk for the calf at her side. A cow with a 365 day calving interval will never have her net energy requirements fall to maintenance alone because of the overlap from the net energy requirement for gestation and lactation. The weaning and dry-off period for a spring calving cow occurs in late summer/early fall. A beef cow will have her least nutrient requirements of the year when she ceases lactation, and her calf is weaned.

At the end of gestation, beef cows experience their second greatest requirements for energy. It is during this time that many producers underestimate the energy requirements of their cows. During the last 90 days of gestation, cows experience an exponential increase in net energy and protein requirements for fetal growth and must also prepare for lactation and parturition. These processes require large amounts of energy, and in spring calving herds this stage of production commonly coincides with poor forage quality and environmental stressors such as cold temperatures and more recently, muddy conditions. Research has been completed at The Ohio State University by our research group to determine the impacts of muddy conditions on the energy requirements of beef cows during late gestation. We observed that cows housed in muddy conditions for the last trimester of gestation had an estimated increase in energy requirements of 3.9 Mcal Net Energy/day, which is equivalent to approximately 40% of the daily energy requirements for maintenance of a mature 1200 pound cow. Using average net energy values for feedstuffs from the NRC (2016), this 3.9 Mcal net energy/day

**The Energy Requirements (Mcal/day) for an Angus Beef Cow Throughout Her Annual Production Cycle**

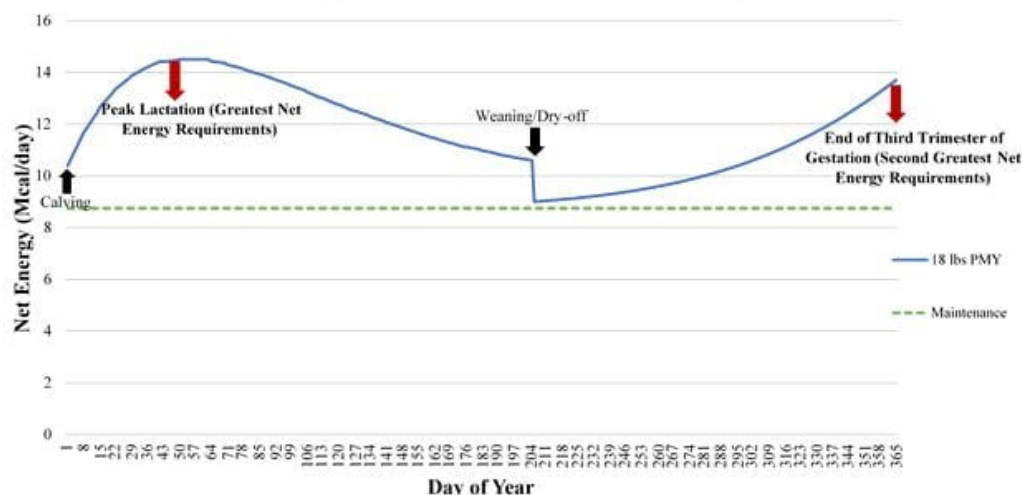


Figure 1. The energy requirements (Mcal/day) for an Angus beef cow throughout her annual production cycle.

would be equivalent to supplementing cows with either approximately 2.5 lbs/day of whole shelled corn, 2.3 lbs/day of corn gluten meal, or 2 lbs/day of wet DDGS.

For spring calving cows, two areas for beef producers to focus on with respect to energy requirements of the cow are at the peak of lactation and in the last 90 days of gestation. The last 90 days of gestation aligns with late winter when cows do not have adequate forage to graze and are often provided hay that likely does not allow the cow to meet maintenance plus gestational energy requirements and the extra energy required to deal with cold stress and muddy conditions.

In our previous research, mature cows exposed to muddy conditions during the last trimester of gestation lost approximately 1 body condition score. Cows housed in mud began the trial at a BCS of 5 and ended at a BCS of 4 at calving. These mature cows were able to mobilize their own body tissues to meet the nutritional deficit and still provide for fetal growth as we did not observe any differences in calf birth weight. While a loss of 1 BCS during late gestation did not affect calf birth weight in our research, it is crucial to avoid weight losses during this stage of production that result in body condition scores of 4 or less at calving (BCS 1-9 scale). Cows with reduced body weight and body condition scores (< 4.5) can have decreased colostrum quality, longer postpartum intervals, increased days to conception, and decreased pregnancy rates (Corah et al., 1975; Soca et al., 2013; Selk et al., 1988; Perry et al., 1991). With currently rising feed and commodity costs, it is important to carefully consider the energy requirements of your cow herd and the different supplementation options if your cows are going to be housed in muddy conditions during the last trimester of gestation.

## ***Increasing Efficiencies to Make a Great Impact***

By: Emily Marrison, Extension Educator, Family and Consumer Sciences

I love reading books out loud to my children. At ages 11 and 13, it is still their favorite way to end the evening. Our current book series has lots of adventure. In one recent scene a child was kept in the dark in a small box unable to move for two days. I could barely read it. I felt myself getting antsy and pretty much in agony for this kid in a made-up story. My son told me I read too many self-help books and not enough books about war and POW's. Truth.

I read a book this week called "The Daily Edge" by David Horsager about increasing efficiencies to make a greater impact. I have learned a lot of lessons working primarily from home over the past year. One thing that is as crystal clear is that when it comes to poor time management, I have no one to blame but myself. I think I have been looking for ways to better manage and maximize my time my entire life.

I took note of several of Horsager's ideas to share with you today.

**90-Day Challenge:** If you want to change something, focusing on it for 90 days is a sweet spot for forming a habit. Research suggests 21 days is not long enough. The 90-Day Challenge that changed Horsager's life was to not complain for 90 days straight. Not about food, not about the weather, not about people, nothing. I know this is a weak area for me, so I am accepting the challenge to improve my attitude.

**SEEDS First:** Horsager says, "Seeds grow best when the soil is cultivated, watered and fertilized. People grow the most when they are ready physically, mentally, and spiritually." To be our best we need to focus on the SEEDS.

- S = Sleep (Aim for 7-9 hours per night)
- E = Exercise (Be active 3-5 days a week)
- E = Eat Right (Eat four vegetables each day)
- D = Drink Water (Stay hydrated)
- S = Source (When we look to God for direction and give him our gratitude, we find strength, energy, and focus to accomplish our tasks.)

**Wake Up:** Many of the most effective people are early risers. Conquer the snooze button by either moving your alarm further from your bed or turn the volume to an obnoxious level. Avoid screens as much as possible before going to bed.

**Go Ready:** This one hit me hard in light of working from home. Am I showing up to work ready? Horsager

challenges his readers to be true. You are paid to work and deliver results. Have the integrity to come to work ready to deliver.

**Power-Hour:** A great way to keep at what is most important is to have one quiet hour every day when you work most efficiently. For many of us that is in the morning, but for a few that will be the afternoon. This is not time for meetings, emails, or phone calls. It is time to concentrate on the things most important to long-term success.

**Mind Mapping:** For years I have implemented a “brain download” any time I feel like I have too many to do’s and other thoughts racing in my mind. Once I get them written on paper, my mind is clear and can process more creatively and efficiently. A mind map adds one more dimension by showing relationships and connections between thoughts.

I look forward to trying some of these over the next few months. But above all, my priority is no complaining. I think it could change my life more than anything else. Today I’ll leave you with this quote from Winston Churchill: “However beautiful the strategy, you should occasionally look at the results.”

### ***Get Your Victory Garden Seeds from Master Gardener Volunteers***

The Ohio Department of Agriculture (ODA) and OSU Extension Offices are kicking off the second year of the Victory Gardens Program. OSU Extension and the Coshocton County Master Gardener Volunteers have 300 seed samples for the Coshocton County Community. Each packet contains radishes, cucumbers and sunflowers. The Master Gardeners have been distributing the seed packets across the county and we still have a few remaining packets which can be picked up at the Coshocton County Extension office:

OSU Extension-Coshocton Co. Extension Office

Monday, Wednesday, and Friday

8:00 to 5:00 p.m.

724 South 7th Street, Room 110 in Coshocton, Ohio.



***“If you don’t design your own life plan, chances are you’ll fall into someone else’s plan. And guess what they have planned for you? Not much.”***

***Jim Rohn***