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OHIO STATE UNIVERSITY EXTENSION

# COSHOCTON COUNTY AGRICULTURE & NATURAL RESOURCES

## May 26 Issue (Edition #96)




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Hello Coshocton County! Wow for the last 12 days of weather. A lot of great hay has been made and it has been an incredible stretch for corn and soybean planting. Now for some (gentle) rain showers. It appears maybe later today we will get some rain as the cold front moves through.

Lots of good stuff in today's newsletter including details on a Shepherds walk next Tuesday evening and on the upcoming Beef Quality Assurance Re-certifications. We have planned 4 BQA sessions for June and July and will continue to offer them throughout the remainder of the year as we have over 150 producers needing to renew their certification by the close of the year.

As we end the month of May, I am thankful for the many men and women who gave the ultimate sacrifice for our freedom. I hope you pause and give thanks to these patriots this weekend. Have a blessed and safe Memorial Day.

Sincerely,

*David L. Marrison*

Coshocton County OSU Extension ANR Educator

THE OHIO STATE UNIVERSITY
COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

## *Millcreek Shepherds Pasture Walk Planned for June 1*

The Millcreek Shepherds Pasture walk will be held on Tuesday, June 1 at the Lee and Phyllis Debnar farm located at 50280 Township Road 69, Millersburg, Ohio (Coshocton County). Speakers for this event will include Clif Little, Guernsey OSU Extension; David Marrison, Coshocton OSU Extension; Ryan Medley & Zach Wallace, Coshocton SWCD; and Josh Britton, NRCS. Directional signs will be posted and reservations are not required. For more information contact Leroy Hershberger at 740-610-6092 or Don Brown at 330-897-4320.

## *Local Beef Quality Assurance Recertification Trainings Planned*

Coshocton County Extension will be hosting a series of Beef Quality Assurance re-certification trainings to allow beef and dairy producers to re-new their beef quality assurance certification. In total, 165 producers will need to obtain re-certification before the end of 2021. To help producers, obtain their certification, the Coshocton County Extension office will be offering both in-person and Zoom virtual sessions throughout the remainder of the year. Pre-registration is required for each session as space is limited. There is no fee to attend. Upcoming events include:

**June/July In-Person Re-Certification Sessions**

**Wednesday, June 30 or**
**Monday, July 12**
7:00 to 8:30 p.m.
Coshocton County Services Building
Room 145, 724 South 7th Street.
Call 740-622-2265 to pre-register
No registration fee


**June/July Zoom Re-Certification Sessions**

**Monday, June 21 or**
**Monday, July 19**
7:00 to 8:30 p.m.
Via Zoom
Pre-registration is required at
go.osu.edu/bqa-cosh

Additional trainings will be offered throughout 2021. Online certification and recertification is also available anytime at https://www.bqa.org/beef-quality-assurance-certification/online-certifications.

## *The Weather Roller Coaster*

Jim Noel
Source: https://agcrops.osu.edu/newsletter/corn-newsletter/15-2021/roller-coaster-ready

The climate has been on a wild roller coaster. After a cool early May, late May was really warm bringing temperatures for May to near normal. Rainfall has also been on a roller coaster.

For June we expect the roller coaster to continue with the trend being your friend. Confidence is not high in the outlooks as our models have struggled a little. The soil moisture you have in the ground is a great predictor (30-50% of the total weight) of your potential outcome for rainfall in the summer. Dry areas tend to stay drier

and wet areas tend to stay wetter.

The June outlook calls for slightly warmer than normal temperatures (with some big swings still). It may start off a little cooler before turning warmer than normal again. Rainfall favors not far from normal north and wetter than normal far south. Confidence is low in the northwest area of the state where it could also end a bit drier as storms keep missing that area.

The summer outlook keeps that pattern going into August with warmer than average (but not real extreme) and rainfall favoring above especially in the far eastern areas. The northwest area is very uncertain as it could go toward the dry or wet side.

Fall harvest season continues the trend of warmer than normal but again not real extreme deviations. Rainfall will be driven by how the tropical season shapes up. If the return flow from the Gulf of Mexico and Atlantic track is over us it would be wetter this autumn but if the moisture track is to our east then it will create a downward motion with drier than normal conditions. We will update this as summer progresses.

The 16 day rainfall outlook can be found here:https://www.weather.gov/images/ohrfc/dynamic/NAEFS16.apcp.mean.total.png

Typically we receive around 2 inches over a 16-day period currently.

## *Hay in May is a Big Deal*

By: Christine Gelley, Agriculture and Natural Resources Educator, Noble County OSU Extension
Source: https://u.osu.edu/beef/2021/05/26/hay-in-may-is-a-big-deal/

Hay season is officially underway!  In the years since I began working in Noble County there have been two years where conditions were right for making dry hay in May- 2020 and 2021. The smell of mowed hay drying in the warm sun and the sight of fresh round bales peppering fields this past week gave me a boost of much needed optimism. For people concerned with the quality of hay, this is exciting stuff.

Hay making requires a balance between nutritional value and when yield is maximized.

Making hay in May is worthy of celebration because the most influential factor on forage quality is plant maturity. As grasses and legumes emerge from the soil in springtime, energy is allocated to leaf production. This is the vegetative stage of growth. The leaves are the most nutritious part of forage crops for livestock to consume either by grazing or as stored feed. It is ideal to harvest forages before they bloom. In legumes, the ideal stage for harvest is “early bud” and for grasses the ideal stage is “early boot”. Both stages describe the time in which the balance between nutritional value and yield is maximized before the flower fully emerges.

As temperatures heat up and time passes, plants progress from the vegetative phase to the reproductive phase of growth. In this window of time, the plants are allocating energy to the production of a flower. After flowering, energy is allocated to seed fill. While the focus is shifted to reproduction, leaves and stems become less nutritious and accumulate fiber. The increase of fiber in the stems and leaves helps support the flower and seed head as the plants become heavier.

As fiber increases, the forage becomes more difficult for animals to fully digest. Animals eat less because it takes longer for food to pass through their digestive tract. The greater the amount of fiber in the forage, the lower the nutritional value for livestock, thus the more they must eat to maintain weight. When the rate of consumption cannot adequately supply nutrients to the animal, weight gain stalls and production ability of the

animal decreases.

In simple terms, if the weather allows, harvest should be accomplished before grasses and legumes begin producing seed. Having good weather in May gives the hay maker the opportunity to achieve a timely first harvest and improves the odds of getting good results in subsequent cuttings in the same hay season. While there are numerous other factors that go into the production of high-quality hay, having good weather on your side is critical for success. Producers must also pay attention to soil fertility, drying time, and hay storage to maximize both quality and quantity.

Making hay in May means we are off to a great start of hay season.
Please be safe out in the field and avoid rushing through tasks. Yes, hay harvest is a task that requires you to time your work for best success, but nothing is more important than worker safety. Take your time to maintain your machinery, your stamina, and your focus.  Best wishes to all for a productive and happy summer ahead!

## *Hay Barn Fires are a Real Hazard*

By: Jason Hartschuh, OSU Extension Educator
Source: https://agcrops.osu.edu/newsletter/corn-newsletter/15-2021/hay-barn-fires-are-real-hazard

Hay fires are caused when bacteria in wet hay create so much heat that the hay spontaneously combusts in the presence of oxygen. At over 20% moisture mesophilic bacteria release heat-causing temperature to rise between 130°F to 140ºF with temperature staying high for up to 40 days. As temperatures rise, thermophilic bacteria can take off in your hay and raise temperature into the fire danger zone of over 175°F.

Assessing Your Risk

If hay was baled between 15-20% moisture and acid preservatives were used, there is still potential for a hay fire but not as great as on non-treated hay. A moisture tester on your baler can help you know how moisture varies across your field and when to use hay preservative. Without a moisture tester, if you occassionally find darker green damp spots or humidity is high, be sure to monitor for heating. Most propionic acid-based products are effective at inhibiting bacteria growth in hay up to 25% moisture, with variable effectiveness at 25-30% moisture, if applied at the correct rates.

Temperature Assessment

| Temperature (°F/ °C) | Action |
|---|---|
| 125°/51.6° | No Action needed |
| 150°/65.6° | Hay is entering the danger zone, check temperatures twice per day. Disassemble haystacks moving bales outside to allow air circulation to cool the hay. |
| 160°/71.1° | Hay has reached the danger zone. Carefully check hay temperature every few hours. Disassemble stacked hay to promote air circulation to cool hay be very careful of even hotter spots. Have a tank of water present while unstacking. |
| 175-190°/79.4-87.8° | Hot spots or fire pockets are likely. Alert fire service to the possible hay fire incident. Close barns to minimize air movement around the hay. With the assistance of fire service, remove hot hay. Be aware that bales may burst into flames, keep tractors wet so the tractor does not catch fire. |
| 200°+/93.3°+ | Fire is present with in the haystack near the temperature probe. With the assistance of fire service, remove hot hay. If possible, inject water into the hot spot to cool hay before moving. Most likely a fire will occur, keep tractors wet and fire hose lines charged in the barn and along the route of where bales will be stacked. |

Monitoring the Haystack

There are a couple options available to monitor hay temperature. One of these is high technology, like the cables that can be used to monitor temperature in stored grain. There are a couple companies that produce cables that would be placed between bales in a stack or monitoring probes that are placed in bales and use radio frequency to transmit signal.

If you believe that you maybe at risk for hay heating, monitoring temperature is critical. It should be done daily until temperatures stabilize in the safe zone or reach 150°F when monitoring needs increased too twice daily. This can be done with technology or manual temperature probes. When monitoring hay temperature, be very cautious, hot hay can burn within the stack and cause cavities underneath that you can fall into. Use planks to spread out your weight while walking on the stack and have a harness system attached to the ceiling in case you fall into a burned-out cavity. Also work in pairs with someone on the ground within voice range to assist you if you find yourself in a bad situation. Temperature monitoring should continue for possibly six weeks until values stabilize in the safe zone.

Temperature monitoring depends on the stack size but should be taken close to the center of the stack. In larger stacks ideally this is 8 feet down in the stack. This can be done by purchasing a long probe thermometer or building your own. Building your own can be done with a 3/8-3/4 piece of pipe or electrical conduit cut into a closed point. The pipe size will depend on the thermometer probe size you will put in the pipe. A larger pipe can be used and a thermometer on a string lowered into the pipe. Drill 3/16-inch holes in the bottom four feet of the pipe. Leave the thermometer in the stack for about 10 minutes to get an accurate reading. A less accurate method is to leave a pipe in the stack all day, and if a section is too hot to hold in your hand when removed you are at risk for fire. Or even better use an infrared thermometer to measure the temperature of the pipe. Any time temperatures are above 175ºF hay should not be removed from the barn until the local fire department is present, you are at risk for fire. Once the fire department is present hay should be carefully removed from the barn with charged fire hoses ready if spontaneous combustion occurs. Have a safe a well drying hay season this year!

## *The History of the Development of the Large Round Bales*

Source: https://u.osu.edu/beef/2021/05/26/the-history-of-the-development-of-the-large-round-bale/

In 1964, R.W Van Keuren, an Ohio State University professor of agronomy and OARDC forage researcher, initiated a study on pasture for beef cows and calves at OARDC's Southern Branch near Ripley and Southeastern Branch near Carpenter, in cooperation with Ohio State's Department of Animal Science and the OARDC outlying Branches. Several years later the studies were expanded to OARDC's Eastern Ohio Resource Development Center at Belle Valley. The hill lands of this region appeared to be a good area for beef cow-calf production. Although initially low in pH and phosphorus and low to medium in potash, the soils generally responded well to fertilization and had good forage yield potential.

Because wintering represents two-thirds of the beef cow feed costs, the pasture studies were expanded to include year-round grazing. This all-season system included wintering the cows on small round bales left in the field and on the accumulated summer and fall regrowth. The bales were made with an Allis-Chalmers

Charlie Boyles, manager, EOARDC, and a Hawkbilt large untied bale, 1973 (left picture)

An AC Rotobaler in the foreground and an Econ Fodder Roller in the background, Southern Branch (right picture)

Rotobaler. The bales weighed about 40 to 50 pounds and kept well when left in the field where dropped. The herds were gazed during the summer pasture season on orchardgrass or bluegrass, with tall fescue used for the wintering portion.. The early studies were with grasses fertilized with nitrogen. Later OARDC History Series studies were with grass-legume mixtures. The year-round herds were initially compared with other herds pastured on orchardgrass or bluegrass during the summer and wintered in the barn and drylot with hay. The cattle on the year-round system maintained satisfactory weights, calf birth weights were similar to calves from the barn-wintered cows, and overall herd health was excellent. In addition, labor for feeding was markedly reduced, no bedding was required, and the costs and problems of manure disposal were eliminated. Details on the early findings as well as management of the forages and livestock are discussed in several of the publications listed.

C. F. Parker, a professor of animal science with Ohio State, became interested in researching the use of the year-round forage system for sheep. Wintering ewe flocks on field-saved bales and standing forage regrowth had never been done before. In 1966, a cooperative sheep project with Van Keuren was initiated at the OARDC Sheep Unit in Wooster and at the Eastern Ohio Resource Development Center. With the sheep studies, the first hay crop was removed as hay or silage. The second growth was baled and left in the field to be used with the fall regrowth. This provided forages with somewhat higher quality than with the two harvests used with the beef cow system. Both orchard grass and tall fescue were used for the wintering program, and the nutritional quality and protein were shown to be adequate for mature pregnant ewes. The ewes remained on this forage until four to five weeks prior to lambing, when they were removed to barn or dry lot during the lambing period. Tall fescue was found to be a good grass for wintering because it held its quality well both in the bale and as standing regrowth, as well as providing a good sod. During the winter period, its quality and palatability were very adequate for the ewes.

The Ohio researchers can be credited for introducing the concept of the large round bale to the United States and for conducting the first research on the bale in this country. This introduction and subsequent research, together with development by farm equipment companies, led to the large round balers that are now in common use. The large round hay baler has revolutionized the harvesting, handling, storage, and feeding of hay. This technology has spread throughout the United States and the world. It has been the major development in haying during the past several decades.  If you would like to read the entire 18 page publication, it can be accessed at:
https://kb.osu.edu/bitstream/handle/1811/24226/round_bales.pdf?sequence=1&isAllowed=y

## *Ohio Corn, Soybean and Wheat Enterprise Budgets – Projected Returns for 2021*

Barry Ward, OSU Extension
Source: https://agcrops.osu.edu/newsletter/corn-newsletter/15-2021/ohio-corn-soybean-and-wheat-enterprise-budgets-projected-returns

What a difference a year makes! The crop margin outlook for this year is decidedly different from where we were last year at this time. Factors affecting both supply and demand have driven commodity crop prices much higher over the last 12 months and the result is a positive margin outlook for 2021 commodity crops. In spite of higher fertilizer, fuel and insurance costs among others, there is a good profit outlook for 2021.

Fuel costs have increased as the state of the overall economy has improved over the last months and fertilizer prices have increased fairly dramatically as a number of factors have impacted costs in manufacturing, and overall supply and demand for nitrogen, phosphorous and potassium fertilizers.

Each year producers tend to purchase inputs over a period of several months leading up to planting for a variety of reasons. Some farmers look to spread risk by pricing fertilizer over several months, some purchase inputs early to take advantage of early buying discounts while many will pre-pay for certain inputs to manage income taxes. On-farm fuel and fertilizer storage tend to give producers more flexibility in spreading their purchases over a longer period to take advantage of possible lower prices. This large input purchase window may have paid dividends this year especially if producers priced fertilizer prior to big price increases.

Production costs for Ohio field crops are forecast to be higher than last year with higher fertilizer prices leading the way. Variable costs for corn in Ohio for 2021 are projected to range from $405 to $488 per acre depending on land productivity. The trend line corn yield (177.9 bpa) scenario included in the corn enterprise budget shows an increase in variable costs of 9.5%.

Variable costs for 2021 Ohio soybeans are projected to range from $227 to $253 per acre. Variable costs for trend-line soybeans (55.3 bpa) are expected to increase 12.8% in 2021 compared to 2020.

Wheat variable expenses for 2021 are projected to range from $173 to $207 per acre. The trend line wheat yield (70.6 bpa) scenario included in the wheat enterprise budget shows an increase in variable costs of 5.8%.

Returns will likely be positive for most producers depending on price movement throughout the rest of the year. Grain prices used as assumptions in the 2021 crop enterprise budgets are $5.00/bushel for corn, $13.20/bushel for soybeans and $6.30/bushel for wheat. Projected returns above variable costs (contribution margin) range from $307 to $579 per acre for corn and $357 to $623 per acre for soybeans. Projected returns above variable costs for wheat range from $182 to $327 per acre.

Return to Land is a measure calculated to assist in land rental and purchase decision making. The measure is calculated by starting with total receipts or revenue from the crop and subtracting all expenses except the land expense. Returns to Land for Ohio corn (Total receipts minus total costs except land cost) are projected to range from $135 to $389 per acre in 2021 depending on land production capabilities. Returns to land for Ohio soybeans are expected to range from $233 to $484 per acre depending on land production capabilities. Returns to land for wheat (not including straw or double-crop returns) are projected to range from $93 per acre to $229 per acre.

Total costs projected for trend line corn production in Ohio are estimated to be $824 per acre. This includes all variable costs as well as fixed costs (or overhead if you prefer) including machinery, labor, management and land costs. Fixed machinery costs of $78 per acre include depreciation, interest, insurance and housing. A land charge of $195 per acre is based on data from the Western Ohio Cropland Values and Cash Rents Survey Summary. Labor and management costs combined are calculated at $83 per acre. Details of budget assumptions and numbers can be found in footnotes included in each budget.

Total costs projected for trend line soybean production in Ohio are estimated to be $565 per acre. (Fixed machinery costs: $62 per acre, land charge: $195 per acre, labor and management costs combined: $55 per acre.)

Total costs projected for trend line wheat production in Ohio are estimated to be $479 per acre. (Fixed machinery costs: $36 per acre, land charge: $195 per acre, labor and management costs combined: $45 per acre.)

Data used to compile these enterprise budgets includes research, surveys, market data, economic modeling, calculations and experience of authors.

Current budget analyses indicates very favorable returns for all three primary commodity crops but crop price change and harvest yields may change this outcome. These projections are based on OSU Extension Ohio Crop Enterprise Budgets. Newly updated Enterprise Budgets for 2021 have been completed and posted to the Farm Office website: https://farmoffice.osu.edu/farm-mgt-tools/farm-budgets

## *Side-Dressing Manure into Corn*

By Glen Arnold, OSU Extension
Source: https://agcrops.osu.edu/newsletter/corn-newsletter/15-2021/side-dressing-manure-corn

With great planting conditions last week. Corn fields are emerging across the state. For livestock producers, especially pork producers, the application of manure to corn can make better use of the available manure nutrients. Incorporating manure into growing corn can boost crop yields, reduce nutrient losses, and give livestock producers or commercial manure applicators another window of time to apply manure to farm fields.

It is important to know the nutrient content of manure if a livestock producer is counting on using the nutrients to replace commercial fertilizer. Various swine integrators use different feeding rations so a recent manure analysis it important.

Numerous livestock producers have adapted manure tankers for side-dressing corn into emerged corn by modifying rims and wheels for traveling down corn rows. Even with the soil compaction concern, corn yields from side-dressing with manure are similar to side-dressing with commercial fertilizer. Using a manure tanker also allows the corn to be taller, providing a wide window for manure application.

Other livestock producers are using drag hose systems to apply manure. The drag hose travels across the corn, flattening it in the process. Livestock producers using this process have found that manure outyields their commercial fertilizer treatments by more than 12 bushels per acre.

To use a drag hose, the field must be firm enough to support the hose. Spring tilled fields that were worked deeply are generally too soft to support the hose unless there were compacted by heavy rainfall. No-till and other systems where the field was not deeply tilled in the spring generally work well. The other limit to the use of a drag hose is the maturity of the corn. Drag hose damage is minimal until the corn gets beyond the V4 stage.

A YouTube video created from 2021 Conservation Tillage and Technology virtual Conference on side-dressing corn with liquid manure can be found here:
https://www.youtube.com/watch?v=S0nhw3GG6Q8&t=14s

## *Ag Extension Talk – Normal is No Longer Normal*

By David Marrison
Originally written for The Beacon Newspaper, May 27 edition

Hello Coshocton County! The month of May started out cold and wet but the weather over the last half of the month has been picture perfect for farmers and gardeners across the region. It has been great to see how many acres of corn and soybeans were planted over the past 12 days and to see some incredible first cutting hay being made.

The beautiful stretch of weather was a breath of fresh air for all of us. I know that many were getting concerned early in the month. However, I know many of our farmers would echo the words of my dad who said to be patient and be prepared because good weather will come. And when it does, make hay while the sun shines. And when the rains return, then you rest.

As we transition out of the coronavirus pandemic, we will still need to work on our patience as the ripple effects of labor and supply chain shortages may be with us for quite some time. Recently we have been hearing news reports of shortages of everything from fuel and lumber to chicken, chlorine, and semiconductors. And fast food establishments are having to ration ketchup packets due to a shortage in ketchup.

We are also feeling this pinch in agriculture. As I have visited with farmers and local ag dealers they are indicating tight supplies of herbicides, fertilizer, equipment, machinery parts, and fence posts. A pinch on plastic supplies is also causing shortages in drainage tile, bale wrap, and other plastic-based materials. And when you can find these products, there is usually some sticker shock. I found this to be the case when I ordered fertilizer for our hay fields a few weeks ago—it was almost double in price from a year ago.

Recently, I brainstormed with my colleagues Chris Zoller and Mike Estadt on tips for managing when normal is not normal. Here is some food for thought from our discussion.

First, having sound business practices and structure are the foundation for businesses to fall back on when facing internal and external disruptions. Hold family meetings to discuss finances and to review your mission statement, business goals, and operating procedures. Post pandemic is also a great time to conduct a SWOT Analysis reviewing the strengths, weaknesses, opportunities, and threats related to your business.

Second, work toward being a low-cost producer by knowing your cost of production. The recent higher prices for corn and soybeans can be a temptation to not be as detailed in tracking expenses or critically analyzing purchases. Make sure to track and monitor both variable and fixed expenses. Our homes and businesses have also been infused with supplemental income through federal stimulus or pandemic relief programs. Our caution is to not bank on future ad hoc government payments, personally or for your farm. Mid-year is a great time to review the budgets you made at the beginning of the year and how they are faring as we reach the mid-part of the year. Make sure to check out our recently updated OSU crop budgets at: https://farmoffice.osu.edu/farm-mgt-tools/farm-budgets.

Third, develop contingency plans and emergency preparedness plans for overcoming disruptions which could impact your family and business. Do you wait to the last minute to purchase items for repair? If so, your patience may be tested by our current supply chain issues. How will work get done if employees get sick or if you can't find employees? How will you overcome future slow-downs in the supply chain? What is your plan B when you can't get equipment parts or supplies like bale wrap or twine that you need? What happens if crops or livestock cannot be received by their end market?

So how will you manage, when normal is not normal? As you ponder your future normal know that we at OSU Extension are here to help you with your farm business planning. Just give me a call at 740-622-2265 or drop an email to marrison.2@osu.edu

To close, I offer the following quote from Kristin Armstrong who stated "Times of transition are strenuous, but I love them. They are an opportunity to purge, rethink priorities, and be intentional about new habits. We can make our new normal any way we want." Have a good and safe day

## *Are We Overscheduling Summer for our Kids?*

By: Emily Marrison, Extension Educator, Family and Consumer Sciences
Originally written for the Coshocton Tribune, May 23, 2021

The last day of school is upon us. Summertime! What memories do you have of time spent as a child during June, July, and August? I'm sure more than a few will pipe up with baling hay or tending the garden and canning vegetables. But I do hope that you have some freedom memories as well, like riding your bike, swimming, spending time in the woods, or other outside pleasures.

I am trying my best to get the right focus early this summer. My first tendency is to create plans and then strategically schedule, schedule, schedule. How can we squeeze in this trip before that trip and still get 4-H projects done? How can I make sure they are reading regularly and contributing to household chores? When will sports practices be, and which camps should they attend?

Then, in the midst of this sea of questions, float images of my own childhood memories. Many of them are of the spontaneity of summer. I remember the year that Mom and I checked out over a dozen Shirley Temple movies from the library to watch throughout the summer. Just because we could. Cannonball competitions at the Warsaw Pool while Whitney Huston blasted over the speakers. Swinging on the big tree swing at our family shelter by the river.

I want that for my children. In these transition years from child to adult, they are not little adults, they are adolescents. Play is so important that it has been recognized by the United Nations Commission on Human Rights as "the right of every child." The American Academy of Pediatrics says that play, or free time in the case of older children and youth, is essential to the cognitive, physical, social, and emotional well-being of children and youth.

Michigan State University Extension recommends five rules to support authentic play experiences. There were a few takeaways I want to remember this summer. The first is to let them be bored. In a world dominated by the instant gratification of hand-held electronic games and videos on-demand, it is not uncommon to hear "I'm bored" as soon as the television or video games are turned off. As parents, we should let our children be bored. It is not our job to entertain them and provide things for them to do constantly. They will create their own play. Complex play takes time to develop. It involves rules, conversation, negotiation, and organization on their part, not ours. Resist the temptation to give children something to do. You might be surprised how involved and complex their play becomes when adults don't interfere.

Another consideration is that taking risks is OK. The movements associated with risky play such as climbing, swinging, rolling, hanging, and sliding are more than just fun, they are essential for children's motor development, balance, coordination, and body awareness. Some kids will attempt these feats naturally, while some may need a little more encouragement to try. Allow children to struggle, succeed, and fail. When adults refrain from helping children, they can figure out what they can safely accomplish on their own, increasing their self-confidence, perseverance, and resilience.

In our home this summer, we will still have expected times to go to bed and rise and shine. There will also be expectations for barn chores, house chores, and yard chores. But, I hope my kids will be pleasantly surprised that their "rules making mama" expects them to play and explore in their own way – technology free – each and every day.

Today I'll leave you with this quote from Mr. Rogers: "Play gives children a chance to practice what they are learning."

## *One Question Could Save Someone's Life*

by: Bridget Britton, Extension Field Specialist, Behavioral Health
Source: https://agsafety.osu.edu/newsletter/ag-safety-stat/safety-through-seasons-2021/one-question-could-save-someone%E2%80%99s-life


The month of May helps us to be aware that warm weather is inching toward Ohio, it is also Mental Health Awareness month. May is a time to help us gain awareness and understanding of persons with mental or behavioral health problems or difficulties. Mental health professionals, such as counselors, are trained and educated to help those struggling with mental or behavioral health challenges. However, did you know that even if you are not a trained professional this may be helpful to those silently struggling? Read on to learn more about a training anyone in the community can take to gain knowledge on how to help those struggling in a potential mental health crisis.

Each person can take training and learn to use a strategy known as QPR (Question, Persuade, Refer). Ever heard of QPR? Here is a parallel comparing QPR to Cardiopulmonary resuscitation or CPR. CPR is an emergency action non-medical professionals use to help save the lives of people in cardiac arrest until professional help arrives. While QPR is an intervention strategy that non-mental health professionals use to help someone in an immediate mental health crisis. QPR is a training of a three-step intervention approach. CPR does not certify you as an EMT, as QPR does not certify you as a mental health professional. But QPR may help you deter someone experiencing a mental health crisis such as suicide.

Let's start with the Q-Question:
Questioning (Q) is the most difficult part to work through in the training. How to ask the question in a variety of ways "are you thinking about dying?" is taught during this section of the training

If a person says yes to the Q-Question, then we go to the P-Persuade:
During the training, you learn the basics of talking to a person in crisis by ways to P-Persuade them to a variety of tactics for help.
Sharing how much they are loved and cared for by either you or someone (if they are strangers to you) is a valuable skill taught during QPR.

Then you the R-Refer:
The final step is Refer or R. Many times the person will need professional help in some way, shape, or form. Sometimes that will be the immediate 911 phone call. Other times helping make an appointment with a licensed mental health professional.

Interested in learning more about QPR or attending the training yourself? You can join us virtually on July 17th at 10:30 am. Participants must be over the age of 18 to become certified. Email Bridget Britton at britton.191@osu.edu to sign up for the training. Seats are limited. You never know when this training on one question could save someone's life. This column is provided by the OSU Extension Agricultural Safety and Health Team, https://agsafety.osu.edu/.

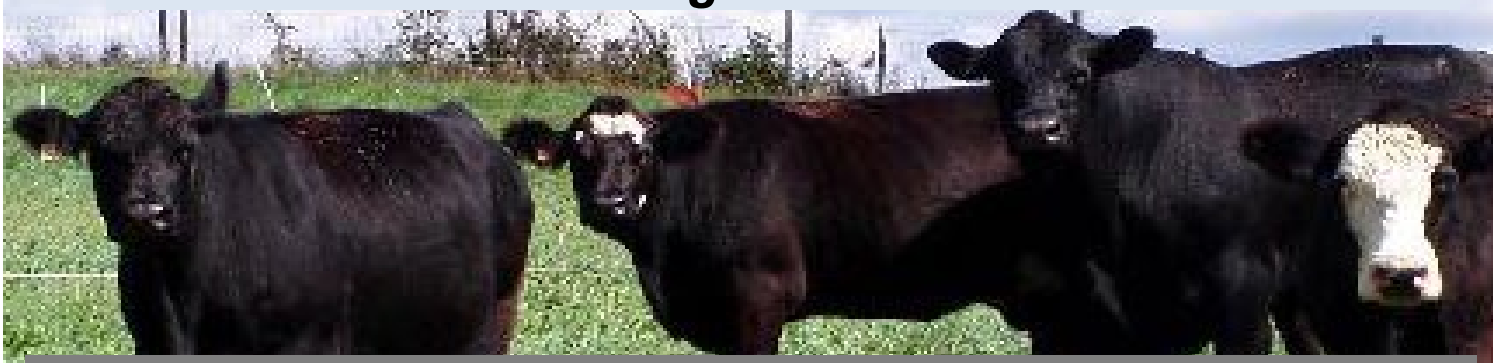
**"Memorial Day is all about celebrating the lives of the men and women who paid the ultimate sacrifice in service to our country. The United States is made great because of their heroism. Their lives are remembered, honored, and celebrated by all of us, including the friends, family, and fellow service members who knew them best."**
***Jan Schakowsky***

CFAES

OHIO STATE UNIVERSITY EXTENSION

# BEEF QUALITY ASSURANCE

***Re-certification Trainings for Livestock Producers***



## In-Person

**June 30 or July 12**
**Coshocton County Services Building**
**7:00 to 8:30 p.m.**
**724 South 7th Street - Room 145**
**Coshocton, OH 43812**
**Seating is limited, so please RSVP**
**Register by calling: 740-622-2265**

## Zoom

**June 21 or July 19**
**Via Zoom**
**7:00 to 8:30 p.m.**
**Register at: go.osu.edu/bqa-cosh**

Coshocton County will be hosting a series of Beef Quality Assurance re-certification programs to allow beef and dairy producers to re-certify their beef quality assurance. Both in-person and Zoom virtual sessions will be held throughout the rest of the year. Pre-registration is required for each session as space is limited. Producers may take also complete the training online (at any time) at bqa.org.

THE OHIO STATE UNIVERSITY
COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

**COSHOCTON COUNTY EXTENSION**