

WTNS Radio OSU Extension Update for November 8, 2021
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about DIY projects and as always, look at some upcoming programs from OSU Extension.

Fixing things has always brought me self-satisfaction. I'm not sure what it is at the heart of that. Maybe it is the money saved by not having to purchase a new item. Or maybe it is the challenge of learning something new. Or taking the time to understand something that I had previously taken for granted.

Last week our microwave started acting strange. It would continue to run with the door open. So I went straight to YouTube. Sure enough, I found a couple of videos about this exact problem right away. A man with a strong Boston accent walked me through the whole diagnostic process in 5 minutes.

I was able to make a temporary fix until a new switch arrived at the end of the week. I will admit that I was proud of my accomplishment. My husband called me a regular Rosie Riveter. Well now, I don't know about that, but it was a good reminder for me that there are plenty of small do-it-yourself (DIY) projects that we could be doing around our homes.

North Carolina State University Extension has several resources for home energy conservation DIY projects. You may have been holding out turning on the heat, but surely acquiesced last week. There are several things we could check out in our homes to prevent wasting energy dollars. Two to get you started are to check for air leaks and to clean your dryer vent.

Check for Air Leaks : The potential energy savings from reducing air leaks in a home range from 5 to 30 percent per year. This will save you money, and your home will likely feel more comfortable after sealing leaks.

Here are some of the main culprits for air leaks: electrical outlets, switch plates, window frames, attic hatches, baseboards, kitchen cabinets, weather stripping around doors, duct disconnects in the attic, caulking and weather stripping with gaps or cracks, and general holes or cracks in all kinds of places where they should not be.

There are several methods to see if air can flow through the places mentioned. One is to look for cobwebs. Did you know that spiders purposely put their webs where there is air movement? You can hold a feather or lightweight piece of string in front of the areas to see if they move. Another suggestion is to walk around your house when it is dark and shine a flashlight on places that are likely to have air leaks. Have someone on the inside record where they see light entering through gaps. Anywhere you feel or see air, cracks, or gaps, use caulking or weather stripping to fill and seal them.

Clean Your Dryer Vent: You may already have the excellent habit of cleaning the dryer's lint screen after each use. But do you also clean the exhaust vent regularly? Doing this annually saves you money by decreasing the time it takes for clothes to dry and reduces dryer wear and tear.

Before you start, unplug your dryer and shut off the gas if you have a gas dryer. Pull your dryer away from the wall so the vent is accessible. Use a vacuum or your hands to remove as much lint as possible from the wall vent as well as the vent that goes from the dryer to the wall. If there is a large buildup of lint in the dryer-to-wall vent, it can be removed completely and either taken outside and cleaned with a dryer vent brush or replaced. You can find more steps from the NC State Extension Home Energy Conservation website.

Does the holiday season stress you out instead of making you smile? Do you feel like you don't have time to spend doing the important things? Join Ohio State University Extension for the "Play Your Way Through the Holidays" 6-week email wellness challenge to learn more about these and other wellness topics. The email challenge connects participants with tips, research, and resources to help you navigate life so you can spend time doing things that are truly important to you. Sign up for this free program on our website, coshocton.osu.edu.

Also 2022 dates have been set for several programs including Dining with Diabetes, ServSafe Manager and Person-in Charge trainings, as well as Food Preservation programs like making pickles and canning tomatoes. Check these out at our website coshocton.osu.edu.

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!