WTNS Radio OSU Extension Update for January 6, 2025
Healthy People. Healthy Finances. Healthy Relationships.

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

The wall next to my desk is plastered in calendar pages labeled 2025. But before I fill the squares with plans, I need to pause and reflect on this past year. It is an essential practice for me. It reminds me of what is most important and helps to shrink my striving.

Because I am a lifelong learner, I relish the opportunity each week to explore a new topic with you. These issues help us to live healthy lives with our finances, our relationships, and our physical, mental, and spiritual health. This year we've talked about organizing family photos, bird watching, skin cancer awareness, the solar eclipse, air fryers, benefits of eating fish, and lessons I learned in Saskatchewan. The three topics I most remember are benefits and concerns of vaccinations, food safety of raw milk, and freeze-drying fundamentals.

For a dozen years now, my tradition has been to choose "one word" on which to focus the next year. This year my word came quite quickly and was solidified a few weeks ago as I visited a winery with our Ohio State University viticulture specialist. The winery owner showed us some grape vines that were not very productive last summer. Maria examined the tangled branches, then grabbed two in her hands. "These two," she said. "These are the only two branches you need for next year. Cut all the rest back and it will do great next season."

Experts recommend that grape growers prune 90% of the wood produced in the previous season. It seems counterintuitive if we want highly fruitful, healthy plants. But when we cut a branch it produces a chemical response that triggers the plant to develop new foliage and branching.

As I examine my life, my branches need pruning. Over time I have practiced more addition than subtraction. More indulgence than denial. This takes a lot of forms, but I've narrowed it to three main categories I will focus on: material things, service activities, and my thoughts.

My word for 2025 is prune. I want to intentionally prune the things and attitudes that prevent me from bearing fruit. I know this will mean saying no and saying good-bye to some good things.

Maybe for a season, maybe forever. But it is a necessary step of obedience for a more thoughtful, intentional, joy-filled life. Less really is more.

My branch must connect to true life. Jesus said, “I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.”

And now let’s see what else is new from OSU Extension.

The ServSafe® Manager Food Safety Training course will be offered on Tuesdays in March, the 4th, 11th, and 18th, from 9 AM until 4 PM with the proctored exam Tuesday, March 25 at 9 AM The ServSafe® Manager series will be held at the Coshocton County Services Building. Registration information is now available at coshocton.osu.edu.

The ServSafe® Manager training meets Ohio Department of Health requirements by providing in-depth food safety and safe food handling education for owners, managers, and operators within the food service industry. This training enhances understanding of major food safety principles. Those successfully completing the course and passing the exam will receive the designation of Manager in Food Protection Certification.

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