WTNS Radio OSU Extension Update for August 19, 2024
Healthy People. Healthy Finances. Healthy Relationships.

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

I heard an inspiring story on the radio last week. The city of Copenhagen, Denmark launched a unique campaign about a month ago called "CopenPay." They are encouraging tourists to practice environmentally friendly activities like picking up litter or traveling by bike around the city.

That encouragement might not sound novel, but the rewards system is unique. Visitors can receive perks like discounted tickets for attractions or free lunches or coffee. As I listened to the story, I could hear the reporter kayaking around a small lake looking for any litter she might be able to pick up. She mentioned that everything was very clean as many people were taking these trash hunts to heart.

It was interesting that the idea was born out of a situation in many European countries where citizens are protesting and calling for reduced tourism. It's a tricky situation. Many economies rely heavily on tourism dollars, but tourists can leave a country in worse shape than they found it by littering, relying solely on motorized transportation, and in general not being good stewards of properties.

It is hard for me to wrap my head around this. As a kid, I often heard the 4-H motto repeated in my household and when we went other places. "To make the best better." Always leave a place either the same or better than you found it, never in worse condition. Good stewardship is probably one of the fundamental lessons I learned from my parents in my younger years.

As a child in 4-H, one of our club offices was the Litter Leader. I remember regularly participating in clean up days of parks and roadways and other valued locations in our community. In my young mind, littering was ranked right alongside smoking and being disrespectful to your parents.

EPA data estimates that as of 2018, the US produced 292 million tons of municipal solid waste (MSW), or an average of 4.9 pounds per person per day. According to Development Aid, China

is the largest generator of MSW. However, when you consider the population of China, they drop down the list considerably. We in the US top the list as producing the most waste per person per day in the world.

Can you be doing better with this? I think it starts well before the action of throwing an item in the trash. It starts at the consumer point. Do you need to buy all the things you buy that will result in eventually throwing it all or part away? Packaging, promotional items, excessive gifts for children and grandchildren. I encourage you to make one decision this week that will ultimately reduce the waste you are throwing away.

And now let's see what else is new from OSU Extension. Mark your calendar for a "Tick Talk" program on September 5. That's t-i-c-k t-a-l-k. Confirmed cases of Lyme Disease continue to rise in Coshocton County, and black-legged deer tick populations are also increasing. The program will be held Thursday, September 5 at 6:00 p.m. at the Coshocton County Community Room, 637 Chestnut Street, with featured speaker, Tim McDermott, DVM and Assistant Professor with OSU Extension. This program is a joint effort between Coshocton Public Health District and OSU Extension.

Also, I will be at the Coshocton Farmers Market this Saturday, August 24 from 8:30-10:30 AM, Get your food preservation questions answered and pick up the latest recipes and information about safe practices. I will have resources about canning, freezing, dehydrating, fermenting, freeze drying, and more.

I will also have equipment to provide free pressure canner dial gauge testing. (Pressure canner gauges should be tested for accuracy each year. Over time as the canner lid is handled, bumped, and used, the calibration of a dial gauge can become inaccurate. Only the canner lid is needed for testing. Canners using weighted gauges do not require calibration.)

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 or visit our website at coshocton.osu.edu. Make it a healthy day!