WTNS Radio OSU Extension Update for September 30, 2024
Healthy People. Healthy Finances. Healthy Relationships.

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

There are many things I enjoy in my work. I strive to educate people about practical topics. My goal is to empower others to make their own decisions that improve their lives and our community. The best part is that I am not alone. I have counterparts in Extension all over the country with this same passion. Once a year we get together to share lessons learned and inspire one another in our educational programming efforts.

Two weeks ago, I attended the annual session of the National Extension Association of Family and Consumer Sciences in Tucson, Arizona. Tucson is in the Sonoran Desert that stretches from Arizona down into Mexico. A desert is defined as an area that receives less than 10 inches of rain a year and evaporates more than 10 inches of rain per year. According to the Ohio Department of Natural Resources, the average precipitation in Ohio is about 38 inches a year.

But unlike our plants and wildlife here, the desert was made to thrive in high heat and low precipitation. The most recognizable element of this landscape is the saguaro cactus. This is the largest cactus in the United States and is usually the image that comes to mind when we picture the American southwest. It can take 10 years for a saguaro to reach 1 inch in height. It takes a human lifetime for a cactus to reach six and a half feet tall.

I hiked a couple of early mornings to watch the sun rise over the hills of the cacti forest. Being in the desert was a good reminder that life can thrive even in harsh conditions. We all experience desert times in our lives for a variety of reasons. Life circumstances bring us grief and difficulty, and sometimes we just feel weary.

Though our grass has been brown and seemed dead, it was only dormant. It revives as the rains this week have shown us. Nature reveals to us the design that God has for life to adapt and be sustained, even in challenging times.

Resiliency is our ability to bounce back from a setback or a challenge. The Mayo Clinic puts it this way. "Resilience won't make your problems go away. But resilience can help you see past

them, find ways to enjoy life, and better handle stress." Resilience does not mean you have to cope on your own, but that you are able to reach out to others for support.

You can build resilience through strong, healthy relationships, learning from the past, and taking care of yourself physically, mentally, and spiritually. I am grateful for the desert reminder that life can be beautiful amid difficult conditions.

And now let's see what else is new from OSU Extension. Preparing nutritious foods that taste good can be difficult at any time of the year. It is no wonder that the holidays present special challenges for individuals with diabetes. During the "Take Charge of Your Diabetes During the Holidays" program you will learn how to prepare favorite holiday foods that are both nutritious and delicious. The program will be Wednesday, November 6 from 5:30-7:30 PM at Coshocton Regional Medical Center. There is no cost for the program, but registration is required and is limited to 30 participants. Register by visiting coshocton.osu.edu or call OSU Extension for more details at 740-622-2265.

It is almost time for the drive it yourself Fall Foliage and Farm Tour on Saturday, October 19, and Sunday, October 20. This year's tour will highlight the north central section of Coshocton County and is organized by OSU Extension, Soil and Water Conservation District, and the USDA Farm Service Agency. Participants will have an up-close experience of a variety of agricultural enterprises along the route. Map pickup is at Coshocton County Fairgrounds on Saturday between 10:00 a.m. and 3:00 p.m. and Sunday, from 12:00 Noon until 3:00 p.m.

Also, as part of the Cooperative Extension Service, we here at OSU Extension are funded cooperatively through local, state and federal tax dollars. Forty percent of our funding comes through state and federal funds and 60% of the funding for our staff and programming is through a local tax levy here in Coshocton County. This levy first passed in 2010 and has been renewed twice. This levy is on the ballot for renewal in this fall's election. It is not a new tax. It costs the owner of a $100,000 property less than $1 per month. Be sure to tune into WTNS for Meet the Candidate Night on October 9 to learn more.

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. See you at the fair!