

NEWSLETTER

NOBLE COUNTY AGRICULTURE AND NATURAL RESOURCES

MAY | 2016

*"The world's favorite season is the spring.
All things seem possible in May."
- Edwin Way Teale*

Connecting with the Community

**Bob Evans Ag Fundraiser
Flyer.....Page 2**

**Staying Safe This
Spring.....Pages 3-5**

Hay Day Page 6

**Thanks to our
Sponsors.....Page 7**

**Events &
Reminders.....Page 8**

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April was full of opportunities to connect with the community of Noble County. Here are some snapshots from activities that have taken place since our last newsletter:



Top Left: Twenty participants from Noble and surrounding counties attended A-I School at the Eastern Agricultural Research Station from April 26-28th.

Top Right: The Brookfield Homemakers Club met on April 28th where our ANR Educator spoke and joined in a delightful lunch.

Bottom Left: On April 30th the Noble County Cattlemen's Association Spring Classic Show drew exhibitors and audience members of all ages.

Bottom Right: The residents of Summit Acres had the opportunity to participate in a free hanging basket workshop on May 4th put on by OSU Extension through the sponsorship of Midway Greenhouse, True Value Hardware, and Food Center Emporium.

Bob Evans®
COMMUNITY
FUNDRAISER

Dine to make a difference

Ohio Farm Bureau
& Friends Days

May 16 and 17, 2016 | All Day
(dine in, carryout and catering* orders)

**Catering orders must be placed by May 9.*

Bob Evans will donate 15% of sales to



when you present this flyer**
at your local Bob Evans (Ohio only).

#BE4AG

***Printed flyer must be presented at time of checkout.*
Electronic flyers will not be accepted.

#8111

Staying Safe this Spring

Dear Readers,

As we fully progress into spring and with summer just around the corner, take a moment to think about safety while working and playing outside.

Sincerely,

Christine Gelley

Noble County OSU Extension

Agriculture and Natural Resources Educator

Lawn Mower Safety

With the welcome of spring comes lush green grass in lawns across America. So, 'tis the season to fire up the lawn mower. For some, mowing the lawn is a necessary chore and for others, a welcomed excuse to spend time outside. For all parties it is a task that requires keen awareness and good judgement.

If you have never accidentally struck a stick, rock, or toy left out on the lawn with your mower, count yourself in the minority. Even if you meticulously scout your lawn for hazards before you mow, you can't be sure that they've been eliminated. An item struck by a mower blade can be flung out the shoot before you even knew you hit it, which can cause damage to your home or worse, an unsuspecting bystander. Accidents with mowers can happen in a split second and sadly, they are not a rare occurrence.

Did you know that 20,000 people each year are injured in lawn mower accidents and an average of 75 people are killed? The United States Amputee-Coalition reports that 800 children are run over by lawn mowers annually and 600 of them require limb amputations. These accidents are 100% preventable. Follow safety guidelines and keep your family from being included in these statistics.

Follow these general precautions before fueling and starting your lawn equipment:

- Become familiar with proper equipment operation including starting, stopping, and engaging blades and drive before starting.
- Inspect the unit and attachments for signs of wear and damage.
- Make sure belts, shafts and connections are properly tensioned or tightened.
- Verify shields and guards are in place and safety features are not overridden.
- Only refuel the engine when it is cool.
- Never smoke when working around fuel sources.
- Place equipment in neutral and disengage blades before starting, if possible.
- Never operate equipment in a closed building as this can lead to carbon monoxide poisoning.



Follow these general precautions when operating any power mower:

- Remove all litter and debris from the area to be mowed: Rocks, roadside debris and other objects can be deadly when thrown by a mower blade.
- Only operate the unit on stable ground or footing to avoid potential slips and falls.
- Only operate self-propelled mowers and riding mowers at safe travel speeds.
- Do not disable safety features such as auto-clutches and shut off switches, or secure levers and switches in the “on” position to simulate operator presence.
- Do not leave the unit running unattended.
- Keep hands and feet away from mowing deck, blades and moving parts.
- Be aware of bystanders, keep children and pets indoors, and if other bystanders are nearby, allow at least 50 feet of safe distance between them and the mower.
- Do not operate the equipment when fatigued or under the influence of drugs or alcohol.
- Only operate equipment with adequate visibility and light.

For mowing on slopes:

- Small walk-behind mowers: Mow across slopes to avoid potential for slipping and having feet go under mower deck.
- Riding mowers: Mow up or down slopes to avoid potential for overturns.

Protect Your Skin before Fun in the Sun

From the time I could understand words to the time I left home it was drilled into my head to wear sunscreen. My mother would constantly say things like this as I was headed out the door somewhere: “Did you put on sunscreen?” “Do you have a hat?” “I know it’s hot, but you should wear long sleeves.” What would I say? “Yes mom. I know.”

You see, my mother was a stickler about protecting my skin because she was diagnosed with melanoma when she was 30. She knew the worry and pain associated with being told she had skin cancer and she didn’t want that to happen to me. Moms will be moms right? Well, over the years her words really sunk in and would echo in my head, especially when I look in the mirror and find little freckles on my cheeks, forehead, and ears that weren’t there last year. Now that I am a mother, I find her words coming out of my mouth. “Make sure you put sunscreen on Beth.” “Does she have a hat?” “Make sure you put the umbrella up on her stroller.”

I am not a doctor. I have no association with healthcare or skin products. I am an agriculturalist. That is what keeps me alert about the dangers of sun exposure. Many of us spend our time working outside in the middle of the day when the sun is most intense. Sometimes it is unavoidable. Sometimes we can’t follow all the doctor’s recommendations for sun safety, but we should try our best. Why? Because skin cancer is the most common type of cancer there is and it can be prevented.

Check out this information published by OSU Extension from Dr. S. Dee Jepsen, Associate Professor and State Safety Leader, Agricultural Safety and Health, Food, Agricultural and Biological Engineering and Jeffery Suchy, Graduate Student and Lecturer, Food, Agricultural and Biological Engineering about sun exposure and protecting your skin:

Sun Exposure (Protect Your Skin)

Gardeners work long hours, often outside in the sun during peak exposure hours. Repeated exposure to the sun can cause skin damage and certain cancers. Skin damage can include dark spots, irregular pigmentation and wrinkles. Long-term exposure and repeated damage can lead to melanoma, a dangerous form of skin cancer. Damage typically occurs through progressive exposure over several years. Limiting exposure, dressing appropriately and applying sunscreen can reduce the chances of skin damage and disease.

Gardeners should take greater precautions against sun exposure if they:

- Have a history of skin cancers.
- Have a lot of freckles or moles.
- Burn easily or have a fair complexion.
- Have blonde or red hair.
- Have blue, green or gray eyes.

A common misconception is that people with darker complexions are not at risk for skin cancers because they do not easily sunburn. While it is true that people with darker complexions are more naturally protected (melanin blocks UV rays) from damage than those with lighter complexions, everyone can experience skin damage from prolonged exposure. Prolonged exposure and repeated damage can lead to certain forms of skin cancer and, if left unchecked, can be deadly.

Facts About UV Rays

Although they affect the skin in different ways, both UVA and UVB rays have been linked to skin cancer.

Watching for Skin Cancer

Check any skin spot that spontaneously bleeds, changes color, or changes size. For anyone working outside in the sun, it is important to check the skin on a regular basis for visible signs of skin cancer. Look for these physical signs:

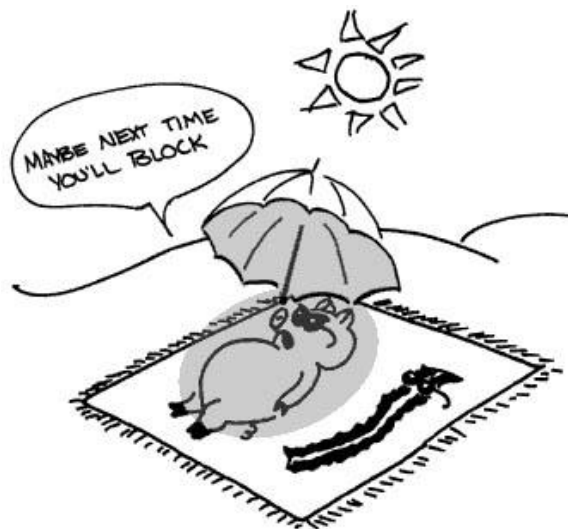
- Asymmetrical spots.
- Irregular borders.
- Color variations.
- Diameters bigger than the end of a pencil eraser.

For answers to questions about the possibility of skin cancer, consult a doctor.

In order to minimize the risk of skin damage or cancer, follow these basic recommendations:

- Stay in the shade and avoid sun exposure between 10 am and 3 pm.
- Schedule outdoor work for early mornings or later in the afternoon.
- When operating a mower or other unprotected vehicle, consider adding a shade canopy to the driver's seat.
- Put up a collapsible tent if working outside in one location for an extended period of time.
- If possible, perform equipment repairs and maintenance in a workshop rather than outside.

To conclude this article inspired by my mother, Mom you are right. Thanks for annoying me about sun safety. I will pass on the legacy to my daughter too. I hope you readers will do the same. Remember to love your life and love your body. It's hard to have one without the other.



OHIO AGRICULTURAL RESEARCH AND DEVELOPMENT CENTER

OHIO STATE UNIVERSITY EXTENSION

SOUTHEASTERN OHIO HAY DAY



THURSDAY, JUNE 23 • 4:00 – 8:30 P.M.

Eastern Agricultural Research Station
16870 Township Road 126 (Bond Ridge Road)
Caldwell, OH 43724 (near Belle Valley)

Program

The 2016 Southeastern Ohio Hay Day offers demonstrations of hay harvesting equipment, equipment exhibitors, and education displays and presentations. Mowing, tedding, raking, and baling hay will be discussed with bale wrapping highlighted. Plan now to attend.

Speakers

To be announced

Admission

Free and open to the public

Registration

Please register at the rear of the gray and red barn

For more information

Christine Gelley

740-732-5681

gelley.2@osu.edu

www.oardc.ohio-state.edu/branches/branchinfo.asp?id=8

REGISTRATION INFORMATION. To reserve a free meal please fill out the form and mail to Christine Gelley, Noble County Extension Office, 46049 Marietta Road, Suite 2., Caldwell, OH 43724 or call 740-732-5681.

Name(s): _____

Address: _____

Number attending: _____

oardc.osu.edu | extension.osu.edu



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information: go.osu.edu/cfaesdiversity.

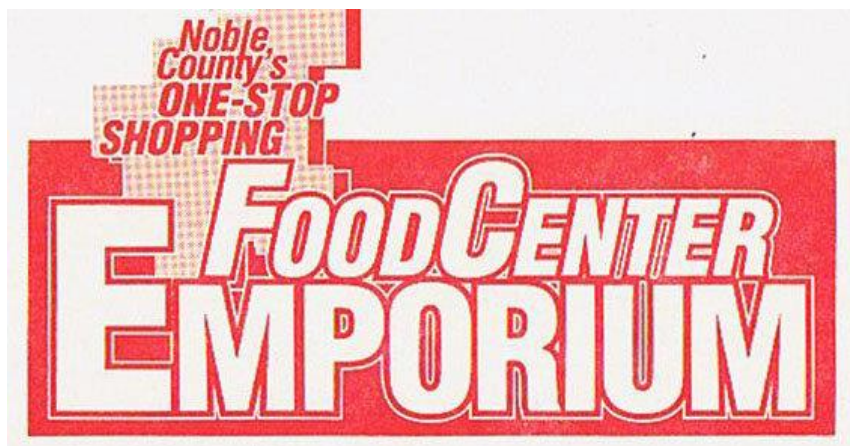
We wish to recognize the following local businesses for sponsoring our 2016 Hanging Basket Workshop at Summit Acres:

Thank You!

True Value[®]
START RIGHT. START HERE.SM

**Hayes True Value
Hardware & Rental**
401 Main St.
Caldwell, OH
1-800-700-4880

Midway Greenhouse
46450 Marietta Road Caldwell, OH 43724
(740) 732-4640



**Food Center
Emporium**
110 Olive St.
Caldwell, OH
(740) 732-4646

Master Gardener Volunteer Recruitment Night

Come join us rain or shine to learn more about the Noble County Master Gardener Volunteers and how you can join in the fun. The event will include interactive presentations, refreshments, and a chance for Q & A with our current volunteers.

Sunday, June 12th
6:30-8:00pm

Noble County
OSU Extension Office
46049 Marietta Rd
Suite 2
Caldwell, OH 43724
(740) 732-5681



MAY REMINDERS

- May 13th is Poppy Day on the Caldwell Square.
- Did you know? SNAP benefits can be used to purchase fruit and vegetable seeds and plants!
- Like the OSU Noble County Extension Office on Facebook to see more updates and information!
- Check out Christine's ANR blog at u.osu.edu/gelley.2 and the Buckeye Hills ANR blog at <http://u.osu.edu/bhanr/>.