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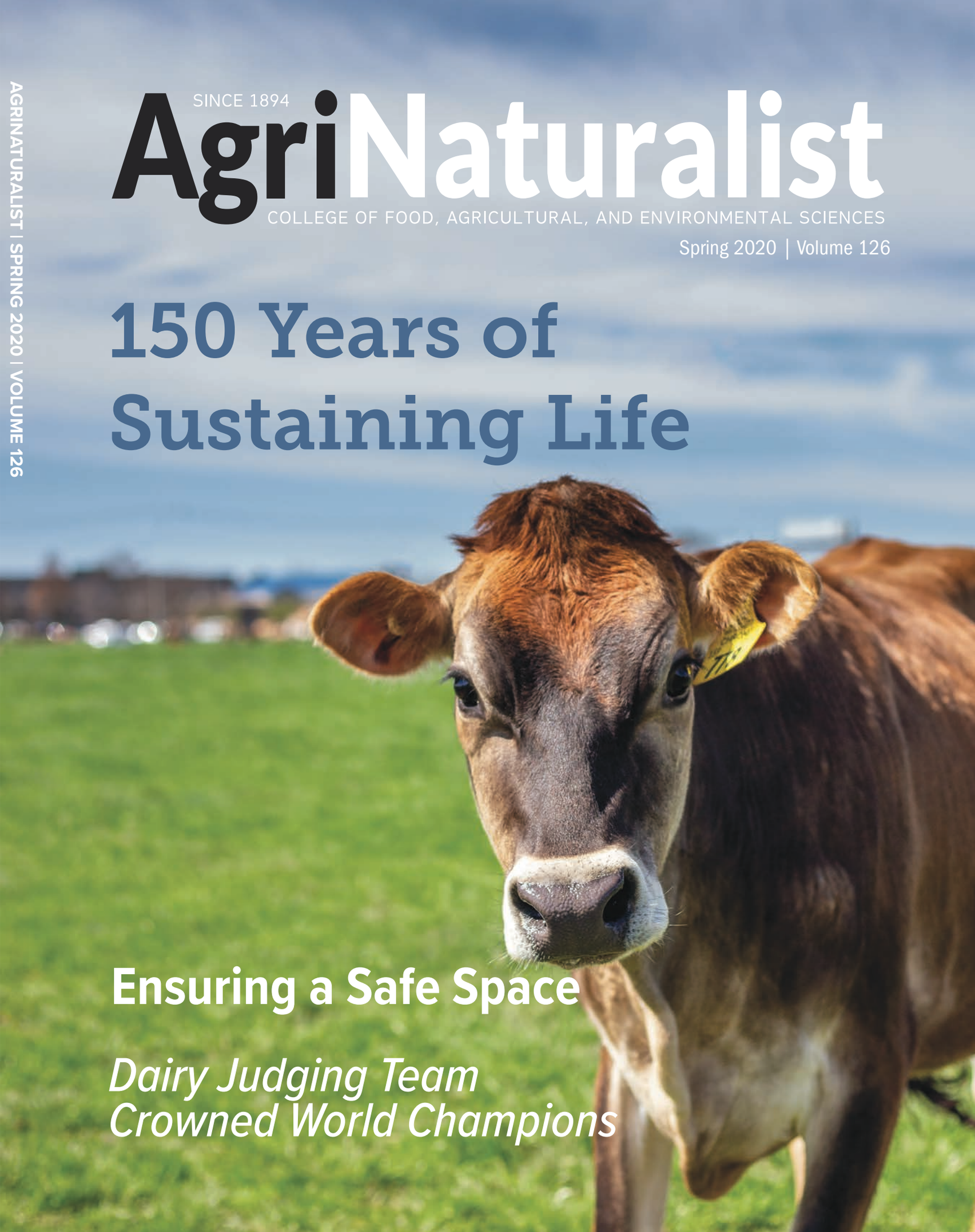
AgriNaturalist

COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

Spring 2020 | Volume 126

150 Years of Sustaining Life



Ensuring a Safe Space

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ON THE COVER

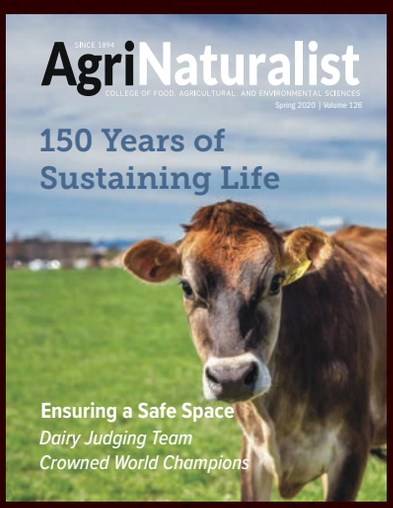
The staff wanted to mark our sesquicentennial edition with a cover that encompasses what our college stands for in celebrating its 150th year.

The cover photo was taken at Ohio State's Waterman Agriculture and Natural Resources Laboratory and represents our college's mission— we sustain life.

The Jersey heifer featured is part of the Waterman dairy herd. The farm milks 100 registered Jersey cows and raises approximetely 150 heifers on a pasture-based system. Students are an integral part of the dairy for daily operations including milking, feeding ,and calf care. The dairy offers teaching, outreach, and research opportunities in the heart of Columbus, Ohio.

Thank you to Josie Montoney for providing our cover photo for the 126th edition of the *AgriNaturalist!*

To learn more about Waterman Agriculture and Natural Resources Laboratory visit waterman.osu.edu

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Memorable Moments with Meredith

The *AgriNaturalist* staff finished their semester much different than originally anticipated. As we entered spring break, we had finalized our layouts and were ready to begin production week, where we would begin crafting the complete magazine. With the outbreak of COVID-19, the university announced the staff would be finishing their semester online, the campus buildings would be closed, and we were left questioning how we would distribute our magazine.

Not only did our staff rise to the challenge, we were left to be innovative in executing a plan to bring the magazine to life. This issue represents the resilience, dedication, and true passion our staff has for the College of Food, Agricultural, and Environmental Sciences, agriculture, and agricultural communication.

I want to thank Dr. Specht and Dr. Buck for their endless support throughout our virtual production process. To the other staff members: thank you for your determination and optimism to overcome challenges and believing in the success of our magazine. I am eager to see all we achieve in this next stage of our life.

We are so excited after months of hard work to share our stories celebrating the sesquicentennial of Ohio State, diversity, sustainability, food security, and the many successes of our students this year. Enjoy a publication chock-full of heart-warming features, hot topic issues, and a celebration of our students. Although the semester did not end as we once thought, these challenges have truly showed us how firm thy friendship, O-H-I-O.

Meredith Oglesby

AgriNaturalist is an official publication of The Ohio State University College of Food, Agricultural, and Environmental Sciences. Its purpose is to give practical journalism experience to students and provide faculty, staff and students with a source of information about college issues and current events.



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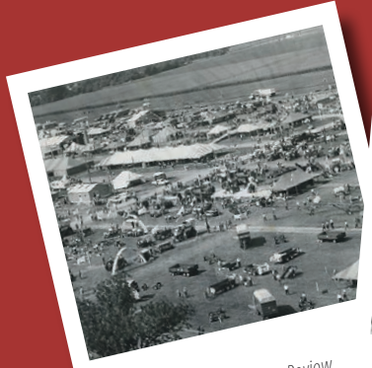


1972 Farm Science Review



1915 butter making in dairy science



1911 short line



1915 Ohio Field Homecoming Game



1911 Alpha Gamma Rho Carnival Float



1927 agriculture bus to west campus



University Hall 1873



1899 ice skating on mirror lake



1926 agricultural engineering class



1938 professor Coffey and animal husbandry class

150 Years of Time & Change

The Ohio State University and the College of Food Agricultural, and Environmental Sciences celebrates its sesquicentennial

By: Lea Kimley • South Charleston, OH

THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

150 1870 2020

When the Ohio Agricultural and Mechanical College opened its doors 150 years ago, there were only 24 students. Fast forward to today, and there are more than 66,000 students spread across five campuses. With over 100 departments, 15 colleges, and more than 200 majors, what we now know as The Ohio State University is proud to celebrate its sesquicentennial in 2020.

THE COLLEGE THAT STARTED IT ALL

As folks cross the bridge over the Olentangy River on Ohio State's Columbus campus, they find the College of Food, Agricultural, and Environmental Sciences (CFAES)—a cornerstone college of the university.

CFAES grew from the Morrill Land-Grant College Act of 1862. As a result, the college has made strong developments over the previous 150 years. CFAES is one college with three campuses: Columbus, Wooster, and statewide—including Extension offices in all 88 counties, as well as 11 research stations and field labs. The college embodies the three missions of research, teaching, and extension. Nevertheless, all entities focus on one purpose—we sustain life.

"[This is] the start of celebrating a remarkable 150 year history of our college and reflect on the plan for our next steps, which will carry us into the future," said Cathann Kress, vice president for agricultural administration and dean of CFAES, at the annual state of the college address in January. "That's a moment that deserves us to slow down and consider not only the legacy of work and its impact but also the people who have been part of our rich history."

The Ohio State University has seen many transformations throughout the years, yet the university still tries to honor its land-grant mission. The original Morrill Land-Grant College Act of 1862 is often perceived as a way to incorporate agriculture into the curriculum, but the founding concept was to provide educational access to the growing middle class.

ADVANCING ACCESS TO EDUCATION

"Over the years, we have continued to stay true to that mission of access to education," said Bruce McPheron, executive vice president and provost at The Ohio State University and former dean of CFAES. "The entire university is really involved in outreach. Everything we do we try to have that access component."

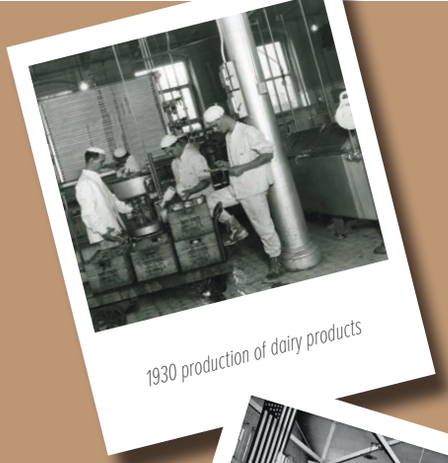
Problems people faced 150 years ago are different than the problems faced today. Kress pointed out CFAES was once a college focused primarily on production methods. Fast forward to today and the college still focuses on production but in a different light—through metabolomics, carbon sequestration, and ecosystem sustainability.

CFAES takes extra pride in the university celebrating 150 years. The Ohio State University, like land-grant universities across the nation, has been responsible for advancements in research and education since its founding. Many of these advancements blossomed from agriculture.

"We are the cornerstone college of Ohio State University," said Kress. "We are the cornerstone because we were part of the founding of the great university, and we believe that our work serves as both a foundation and catalyst for the future."



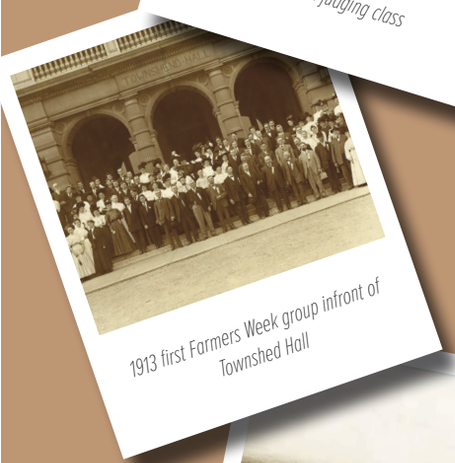
The Ohio Agricultural and Mechanical college original university seal. Photo by Lea Kimley.



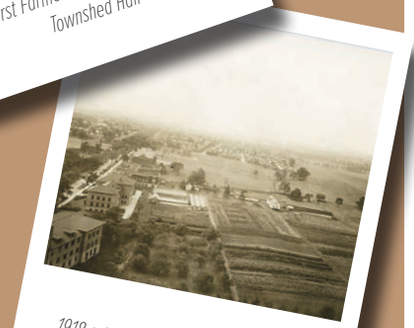
1930 production of dairy products



1909 livestock judging class



1913 first Farmers Week group infront of Townshed Hall



1918 ariel view of Ohio State farmland



1901 OSU vs Michigan football

Photos courtesy of Ohio State University Archives

"What we really need to do is blow out the candles and now talk about what we are going to do for the next 150 years."

CFAES' 150 CELEBRATION

As a result, CFAES has plans to celebrate and honor the university's sesquicentennial. Lora Vest, assistant director of strategic communications for the Office of the Vice President and Dean, is coordinating the sesquicentennial efforts for CFAES. According to Vest, the college will be participating in celebratory events already planned by the university, as well as hosting events and activities specifically for CFAES.

"Our thought is to not only celebrate the past, but to talk about our present and where we are going in the future," Vest stated.

The main event the university will hold is an open house in Thompson Library. The university has encouraged the different colleges to host open houses as well. Although, these events have been postponed to the fall semester due to the COVID-19 outbreak.

CFAES will hold their open house at Waterman Agricultural and Natural Resources Laboratory. The event will allow more people to get out and experience the uniquely educational piece of land, instead of just driving by it. The open house will feature different areas of CFAES and invite students, alumni, friends, and others from the university to learn more about what CFAES does. The open house will truly celebrate the rich history of the college.

The celebration, however, does not stop there. Videos will be released that will celebrate the past, present, and hopeful future of CFAES, as well as other social media campaigns. The college launched the "CFAES Buckeyes worldwide" campaign, encouraging those affiliated with the college to share a photo with a sesquicentennial banner. Sticking to the power of social media, CFAES hopes to connect college affiliates with the 150 actions to sustain life challenge—encouraging participants to sustain life near and far by giving back to their communities or starting a new effort in their personal life. This challenge can be done by posting the photo on social media with #CFAES150 and #CFAES150ActionstoSustainLife, then challenging a friend to do the same. Additionally, students are encouraged to keep an eye open for college-wide events to include a sesquicentennial theme in 2020.

"I love celebrating birthdays like this, but what we really need to do is blow out the candles and talk about what we are going to do for the next 150 years," McPheron said. "This is a jumping off point for us to say, 'Let's celebrate our accomplishments, but let's anticipate what we still have yet to achieve.'"

SESQUICENTENNIAL SCHOLARS TAKE THE SPOTLIGHT

In addition to celebrations, the university also introduced the Sesquicentennial Scholars program. This opportunity was launched to develop current students into future leaders, according to Ohio State News. The university is accomplishing this by offering leadership training in addition to the $2,500 scholarship rewarded to each scholar for up to six semesters of course work.

There were 13 CFAES students selected as Sesquicentennial Scholars. Mary Buehler, a fourth-year studying agribusiness and applied economics, was one of them. "The Sesquicentennial Scholars program is a way for the university to invest in current students and the future of The Ohio State University," Buehler said.

Not only does Buehler represent the college through the Sesquicentennial Scholars program, she is a part of the Student Planning and Engagement Committee (SPEC) that works in tandem with the Sesquicentennial planning committee. This committee will help plan and execute the CFAES events that will mark the college's 150 years of rich history.

As many look ahead to define what a 21st century land-grant university should look like, it is important to reflect on experiences of the past and dreams of the future for The Ohio State University. Whether as students, alumni, or friends, many have called the university home over the last 150 years. Buckeyes everywhere have a reason to celebrate the university's accomplishments thus far, with an equally bright future in the years ahead. The seasons pass, the years will roll, but time and change will surely show, how firm thy friendship—Ohio.



YOUR 8 STEP LEADERSHIP PATHWAY IN OHIO FARM BUREAU

8. AGRIPOWER is a leadership and advocacy development program. This intensive experience consists of seven multiday institutes. Program topics include public policy issues training plus industry tours and experiences.

7. YOUNG AG PROFESSIONALS (YAP) works to grow future leaders and to develop the next generation of leaders for Ohio agriculture. The YAP program is for members ages 18-35 who are full and part-time farmers and professionals in related ag industries and educational institutions.

6. SCHOLARSHIPS supported by the Ohio Farm Bureau Foundation are available to Ohio students pursuing degrees related to agriculture.

4. EXPLOREAG introduces high school students to various careers in science, engineering and technology in the food and fiber industry and engages them in actively pursuing career paths.

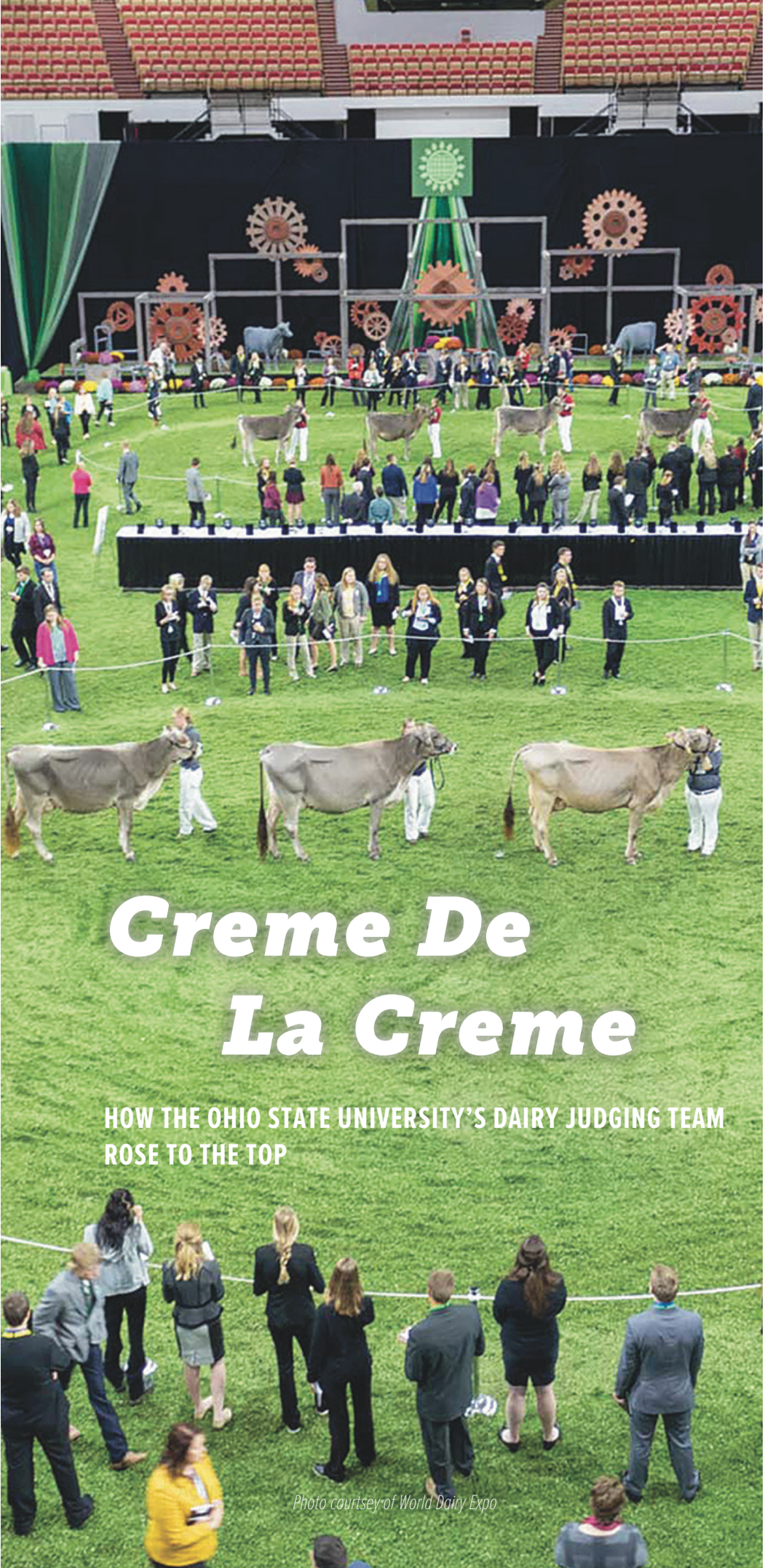
5. COLLEGIATE FARM BUREAU | Students who are interested in the food and agriculture industry can join Collegiate Farm Bureau at many universities.

2. OHIO YOUTH CAPITAL CHALLENGE is hosted in partnership with FFA, 4-H and Farm Bureau. Delegates participate in advocacy training and meet with Ohio legislators. They work in teams to develop a policy and prepare a public presentation for scholarship opportunities.

3. OHIO STATE JR. FAIR BOARD | The Junior Fair Board is made up of Ohio's best and brightest young leaders, hand-picked to contribute to the success of the Ohio State Fair each year.

1. OHIO LEADERSHIP CAMP | OFBF partners with Ohio FFA to offer Farm Bureau youth a great leadership experience at the Ohio Leadership Camp held at Camp Muskingum.

Visit OFB.AG/YOUTH-PATHWAYS for more information.



Creme De La Creme

HOW THE OHIO STATE UNIVERSITY'S DAIRY JUDGING TEAM ROSE TO THE TOP

Photo courtesy of World Dairy Expo

By: Emily Beal • Troy, OH

The Ohio State University's Dairy Judging Team set its hopes high for a blue-ribbon victory at The World Dairy Expo in Madison, Wisconsin, in September 2019. The competition was stiff. Colleges from around the country sent their very best to compete, with each team hoping to snag the title.

Ohio State's team—which is housed in the College of Food, Agricultural, and Environmental Sciences (CFAES) Department of Animal Sciences—had proven itself a force to be reckoned with, but no one knew if it would be able to capture the first-place prize. It had been 33 years since the CFAES Department of Animal Sciences had seen a win like this.

THE ANTICIPATION BUILDS

While the van trip might have been entertaining, once the team reached Madison, it was showtime. The members of the team were anxious.

"They had bottles of Tylenol in the rooms because they knew exactly how we would be feeling," team member Sarah Lehner said.

The day started at 6:30 a.m. with breakfast, and ended at 4:30 p.m.

Team members had to judge one class of dairy cattle at a time. Each class represented a specific breed, with four heifers, calves, or milk cows in the class itself.

The students looked at each cow's overall physical appearance. Did it have a good udder, a clean cut, a straight topline, and functional feet and legs?

The most stressful part of this process was the reasoning portion of the competition.

During the reasoning section, competitors gave detailed descriptions as to why they placed a class the way they did. This required the individuals to hone in, focus, and stand by their selections.

"Judging 12 classes and then going to give six sets of reasons requires a lot of brain power and definitely calls for a long day," team member Lauren Almasy explained.

The reasoning process made the team members' hearts beat a little faster. It filled their bodies with pent-up nerves and their brains with racing thoughts. After the reasoning portion of the contest, the teammates could all heave sighs of relief.

THE SAWDUST PLAYING FIELD

While dairy judging is not your typical extracurricular activity, the team and coach Bonnie Ayars worked long, diligent hours getting ready for their game—their contest.

"It's just like coaching any other sports team. We have a playing field; we have an arena. Ours is just made of sawdust, not turf," said Ayars, who is also a program specialist in the CFAES Department of Animal Sciences.

“It’s just like coaching any other sports team. We have a playing field; we have an arena. Ours is just made of sawdust, not turf.”

While the competition results were full of suspense, the team, in the end, was victorious, beating Pennsylvania State University’s team by a single point.

Finally, after the 33-year dry spell, the team brought home gold to the CFAES Department of Animal Sciences. With the victory, the team established themselves as the creme de la creme and rose to the top.

The team has four members: Almasy, a junior majoring in animal sciences; Lehner, a sophomore majoring in agribusiness and applied economics; Ian Lokai, a junior majoring in animal sciences; and Billy Smith, a senior majoring in animal sciences.

“On this team, all four were steeped in the dairy industry and had a real passion for it,” Ayars said.

Ayars herself is no stranger to the dairy industry. Coaching Ohio State’s Dairy Judging Team for the past 14 years, she has been a staple of its success. She and her husband, both dairy show judges, run their own dairy farm.

“It all came natural—my kids judged, I judged. There was no choice in the household, really,” Ayars said with a laugh.

The team members’ crazy schedule and weekend trips have allowed them to form special bonds with one another. Explaining cattle isn’t all they talk about; they share life experiences with each other as well.

“I can sincerely say my teammates are some of my best friends,” Almasy said.

Taking a van to contests hours away has been a primary force of this bond that’s been created. They’ve eaten together, stayed in hotels together, laughed together, and even shared secrets in the van.

“Let’s just say what happens in the van, stays in the van,” Smith explained with a smile on his face.

AN EXHILARATING OUTCOME

The Ohio State University’s Dairy Judging Team proved to be victorious by the skin of their teeth, beating the Penn State team by one exhilarating point.

When it came down to who would seize first and second place, all the team members could do was wait. Thoughts of winning the expo swirled in their heads, while thoughts of coming in second crept in, too. The team members were clinging to each other while anxiously waiting to hear those magical words: “In first place, Ohio State!”

After the agonizing wait, they hollered, Ohio State Dairy Judging Team: they hugged. Some cried.

While the team as well as Ayars attributes the endless hours of cattle-evaluation practice to their success, they also believe luck was on their side while standing on those green shavings.

“I always say, ‘Luck is what happens when skill runs out,’” Ayars said.

Before the team’s victory, the members struck a deal with Ayars—one she did not think she would have to come through on. As the team discussed the possibility of winning, they also began talking about Switzerland, the home of the Brown Swiss cattle breed.

“Well, one thing led to another, and soon enough Bonnie was telling us that if we won the expo, she would take us to Switzerland,” Smith said.

A deal is a deal, and on Nov. 26, 2019, the team headed to see those special Brown Swiss cows in Switzerland.

Watching the team talk about Ayars, it is clear to see that they look up to her and regard her as a mentor.

“Bonnie is very well respected by the industry and knows her cows. For her to coach a team to win, that says something,” Lokai said.

As for Ayars, she is confident that no matter where life might take these four individuals, they will have wild success.

But, that’s the thing about cream: It always rises to the top.



Championship photo courtesy of Bonnie Ayars.

CFAES Career Development Office

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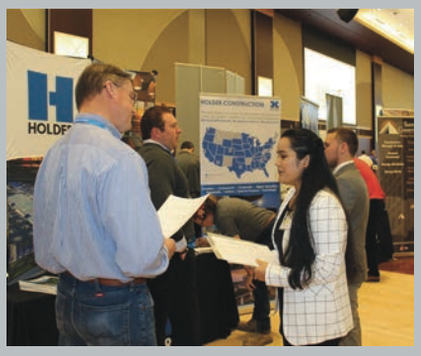

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to helping you learn the best ways to navigate Handshake and how to use it to your advantage. Contact the office to schedule a career advising appointment for more support at 614-292-6891.

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CFAES Career Development Office

The Ohio State University, College of Food, Agricultural, and Environmental Sciences, Career Development Office strives to provide quality career development resources and support to members of our community. Whether you are a student looking to find your future career or internship, or an employer or alumni looking to connect with students, we're here to help. We work with students, employers, alumni, faculty, and staff to provide the means for our students to transform into career-ready graduates. Our office offers students the chance to identify potential careers, have tailored one on one career advising appointments, participate in professional development events, and more.



We focus on meeting each student where they are, to ensure they are set up for career success. *Schedule you career advising appointment today for career development guidance by calling 614-292-6891 or visit cfaes.osu.edu/careers to get more information.*

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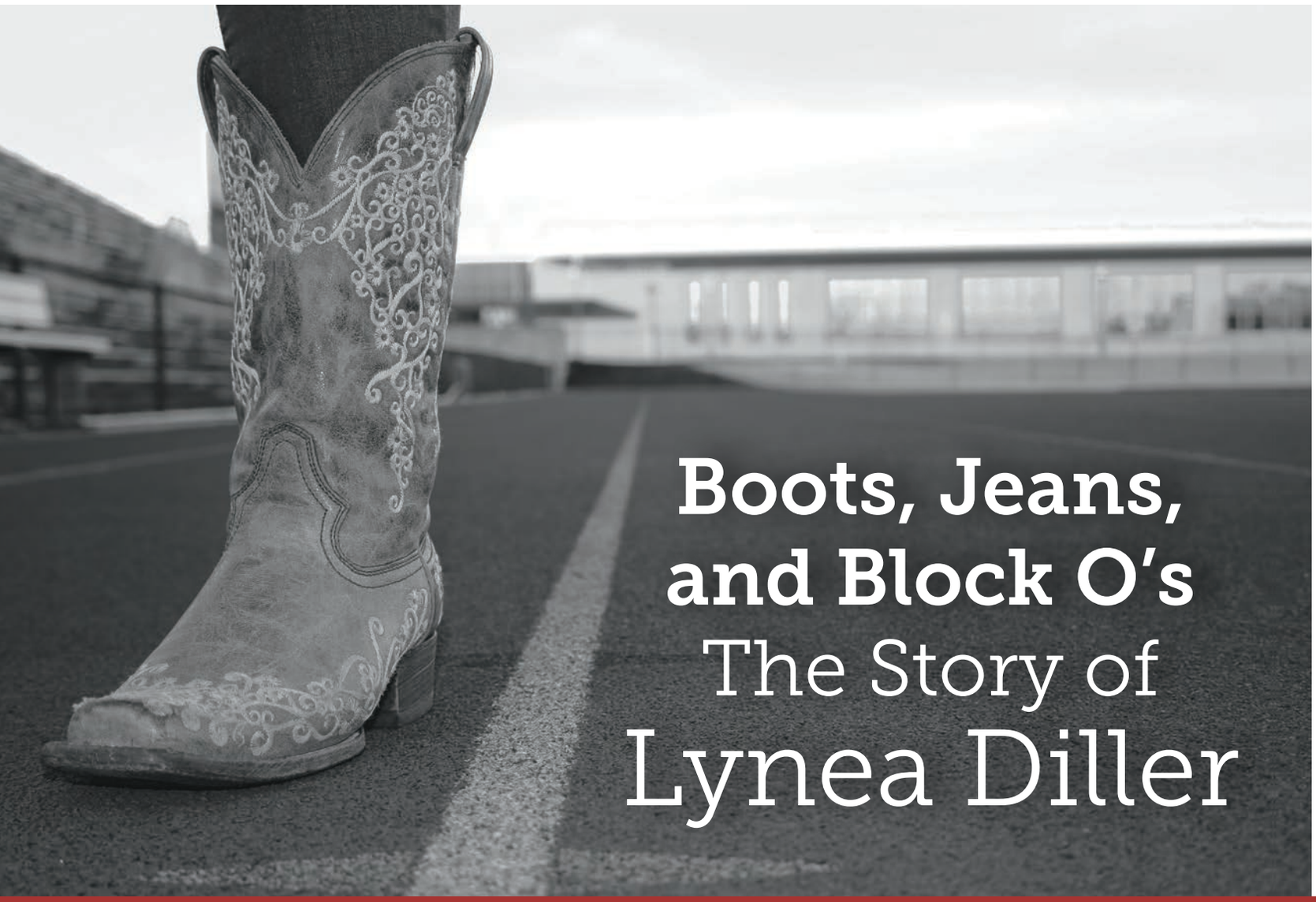


Boots, Jeans, and Block O's
The Story of Lynea Diller

Story & photos by:
Zachary Steiner • Creston, OH

When Lynea Diller walked into an Agricultural Systems Management Club meeting for the first time, she was asked, "What are you doing here? This is for ASM majors."

Although slightly taken aback, she simply responded, "I am an agricultural systems management major, and I belong here."

Diller is a fourth-year former student-athlete at The Ohio State University majoring in agricultural systems management (ASM). She was on the varsity track and field team until she had to medically retire last fall due to a back injury sustained while training.

Diller has a unique story to tell—a story of being the only agricultural major on her athletic team, and one of the few female ASM majors in the College of Food, Agricultural, and Environmental Sciences. She has withstood the test of time, and through all of the challenges she has faced, the Columbus Grove, Ohio, native believes she is exactly where she should be.

FINDING HER WAY

Diller always thought she wanted to major in something related to agriculture, but it wasn't until someone shared with her what ASM was that she knew it was the major for her.

"Coming in I said I would be agriculture undecided and take a few classes to see how I felt," Diller said. "I got into ASM and I fell in love with the program."

Things were not initially easy for Diller during her ASM journey at Ohio State. Being one of the only females in the classroom or in club meetings, Diller was left second guessing her abilities.

"At first, I was really intimidated by it. I never wanted to ask for help because being a female in a male-dominated field, I didn't want people to have to carry me along the way," Diller said.

Not only did she fear the thought of looking like she needed help, when Diller would speak up, she felt that her voice was often overlooked by her male counterparts.

"I always have it lingering in the back of my head that I am the only female," Diller said. "I don't want to answer some questions because I don't want to be wrong and look like I don't understand the material that we are discussing."

Her first year had gotten off to a rocky start. She was questioning which direction she wanted to go in her career, and what that path may look like.

At her lowest, Diller was able to muster up the confidence to reach out for help to Dewey Mann, Ph.D., who at the time was her ASM academic advisor and a lecturer in CFAES' Department of Food, Agricultural and Biological Engineering where the ASM major is housed.

Through this relationship, she began to feel a sense of assurance that she was right where she needed to be.

"Dewey Mann took me under his wing. There have been a lot of situations where I have gone to him and vented, most of them being because I am a female in agriculture and in ASM," Diller said.

The relationship between Diller and Mann developed over several advisor meetings and discussions about where Diller wanted to end up in her career.

Mann, who is now director of CFAES' Waterman Farm and Natural Resources Laboratory, credits Diller for her confidence as a student to reach out for help. "She has put herself out there in different experiences to help build her confidence," he said.



As Diller progressed through her undergraduate education, she began to feel more comfortable with where she was and that she belonged. She began to focus on her own life journey, and she believed in her purpose for being there.

"Now I think it is a blessing because I have gotten so close with people through asking for help and putting my pride away and asking how to better myself," Diller said.

I CAN DO THAT

Diller has begun to find her stride in her journey as an ASM major. Mann said that she has become more confident in herself and this is the same empowerment she has experienced in her competitive track and field career.

"When we put on one hat, we can have all the confidence in the world, but when we put on another, we can be completely vulnerable," Mann said. "I think she is in a much better place today than two years ago because she is starting to see that she can do this."

Confidence for Diller in her academic journey took time to develop, but ever since she was a young girl, she knew that she could be a successful track athlete.

Diller was heavily involved in sports growing up. The youngest daughter of Joy and Mark Diller, she has three older sisters. She vividly remembers the first time she saw her sister, Cora, pick up a discus.

"My second eldest sister, Cora, picked it up her junior year of high school and I remember thinking it was the coolest thing," Diller said. "It was sheer force and I am powerful; I can do that."

It was track that brought Diller to Ohio State in the first place. A high school state champion in the discus throw, she was recruited by nearly all Big Ten schools. Diller finally decided on Ohio State, where she threw both the shot put and discus, indoor and outdoor, for the Buckeyes.

It was on the track team where she stood out as being "the one."

Diller was one of the few agricultural majors on the women's track & field team. She found it amusing to be the one to show up to practice in her agricultural attire.

"I would always walk into the training room in my jeans and boots on and all my trainers would be like, "What are you wearing?" Diller said. "Usually I am in my athletic gear and they don't see me outside of that."

Whether it was on the track & field team or in the ASM classroom, Diller found the confidence to stand alone.

SOMETHING BIGGER THAN ME

Lindsay Calvert, the former director of leadership development at the American Farm Bureau Federation, has worked with women find their place in agriculture. She believes that challenges people face in agriculture can be different for certain people, but we must continue to show up and be heard.

"Keep showing up because the people who show up are the ones that get heard," Calvert said. "If you stop, then no one is going to hear you."

This is exactly what Diller has done. Transitioning from a small town to the city of Columbus was not easy, but she has the confidence to stand alone. Just like when she first learned of the discus, Diller constantly tells herself she belongs.

"It was sheer force and I am powerful; I can do that."

"It is a pride thing for me, coming from a really small town with less than 2,000 people and coming to a place with hundreds of thousands of people and being able to represent something bigger than myself," she said.

Diller plans to graduate and move on to work in an agricultural cooperative setting—directly utilizing her ASM degree she fought hard to receive. She has a knack for communicating with people and would enjoy a career involving something similar.

"I want to be in a position where people are reporting to me, but I can work hand in hand with them and be customer-based because I love talking to people," Diller said. "I feel that I am able to talk to different groups of people and bring them together in a sort of way."



Diller next to Jesse Owens Memorial Stadium



Ohio Dairy Farmers Utilize On-Farm Processing to Meet Consumer Demands

Story & photos by: Skylar Buell • Temperance, MI

Americans today have more options at the grocery story than ever before, and this is especially true in the dairy case. Between real, conventionally produced milk and the numerous plant-based alternatives available, consumers have more options than they know what to do with.

The increased selection of dairy and non-dairy beverages means that finding and promoting to a niche market plays a larger role in the dairy industry than ever before.

Several Ohio dairy farmers have taken it upon themselves to cut out the middleman and market the milk their cows produce themselves, avoiding both the big milk processing cooperatives and large chain stores completely.

YOUNG'S JERSEY DAIRY

Located about an hour west of Columbus in Yellow Springs, Ohio, is the popular agritourism stop Young's Jersey Dairy. What started out as a way to cut out the middleman and create a value-added product has turned into much, much more.

In 1958, the Young family began bottling the milk from their prize-winning Jerseys into glass bottles and stored it in a small refrigerator just inside the milk house. Using the honor system, customers were able to drive up to the barn, grab a gallon of milk from the refrigerator, leave 60 cents in exchange, and drive away.

By 1960, Young's had developed a steady following, and they capitalized on the growing market for farm fresh milk by opening their first dairy store on the farm.

It didn't take long for Young's to outgrow that store; so, they built another, and another.

And over the last 60 years, the farm has continued to grow and evolve.

"The key to agritourism and processing your own milk is to add to the farm a little piece at a time," said Dan Young, chief executive officer of Young's Jersey Dairy. "You can't jump into everything at once and expect to be successful right out to of the gate."

Today, the farm is home to a large dairy store, Udders & Putters mini-golf, nine-batting cages, a driving range, the Golden Jersey Inn, and much more.

While the dairy store and numerous attractions around the farm continue to grow and expand, some things have remained the same year after year.

When visitors to Young's venture into the barn between 4:30-5:30 p.m., they can watch the small herd of 40 Jersey cows being milked the same way they have been for years.

The cows are housed in a tie-stall stanchion barn and are milked right in their stalls using a portable bucket milker. Guests get to see the complete milking

procedure while also being able to interact with and ask questions to the employees who care for the cows.

Young's Jersey Dairy is visited by over a million people annually, and they keep coming back for more.

Specifically, they keep coming back for the popular fresh deep-fried cheddar cheese curds. Young's Jersey herd produces enough milk to make over 71,000 pounds of cheese annually, and 45,000 pounds of it goes toward deep-fried cheese curds.

"The dairy is more than just a farm, it's a destination place. People enjoy coming for the experience, the memories," said Young. "The dairy itself generates less than 2% of our total sales. The farm is a big part of the identity, the experience, and the education for our visitors."

"You can't jump into everything at once and expect to be successful right out of the gate."

HASTINGS DAIRY

Another local dairy farm trying their hand at on-farm processing is Hastings Dairy in Burton, Ohio.

Established in 2004 by Lad and Brenda Hastings, the 700-acre dairy farm is currently home to over 600 Holstein cows.

In 2011, the Hastings family sought to diversify their farm by incorporating agritourism. They started with "Milk from Cow to Bottle" farm tours and providing an event venue for parties and gatherings.

"Farm tours allow people to experience a real, operating dairy farm to see for themselves that dairy farmers treat animals well and put a great deal of thought into animal nutrition, housing, and care," said Brenda Hastings.

Hastings Dairy differentiated itself again in 2015 through the addition of a small on-farm creamery, Rowdy Cow Creamery. The creamery allows the Hastings family to process and bottle some of the milk produced by their herd of cows and market it to local stores and restaurants.

In 2018, Rowdy Cow Creamery began crafting Fromage Blanc cheese to expand their offerings to their local customers. Lake Effect Farmhouse cheese in six flavors and Claridon Hill Bloomy Rind cheese were added to the lineup in early 2019.

Today, Rowdy Cow Creamery products are available in over 30 stores and restaurants spreading across six counties. Customers can also purchase milk and cheese from the dairy itself everyday during daylight hours.

As the demand for, and variety of, products increased at Rowdy Cow Creamery, the time and energy needed to operate the creamery efficiently increased too.

In 2018, Hastings Dairy discontinued their farm tours, but visitors to the creamery are still able to get the on-farm experience.

"Our dairy facility is unique because it has a large meeting room area with a wall of windows that allow visitors to watch the cows milking," said Hastings. "There are also several displays that showcase how the cows are cared for, what they eat, where they live, and more."

WOODRUFF FARM

Only a few miles down the road from Young's Jersey Dairy, another Jersey farm is capitalizing on the raw product they produce.

While the Woodruff Farm may have the same breed and milk about the same number of cows as Young's Jersey Dairy, the similarities between the two dairies end there.

The Woodruff family has been involved in agriculture for several generations, going back over 100 years. It wasn't until 1988 that they decided to transition from milking Holsteins to milking Jersey cows.

Quickly following the breed transition was the addition of several semis, allowing the family to venture into livestock trucking and eventually the refrigerated trucking business.

Currently, Woodruff Enterprises has over 50 power units and 100 trailers delivering commodities across the United States. The full-service transportation provider also has a local warehouse allowing them to service all of their customers' needs.

Although the trucking business has been very successful for the Woodruff family over the years, the small herd of Jerseys has remained a permanent fixture back on the family farm. And because of this, the next generation in the Woodruff family is beginning their own business venture.

"When you get right down to it, the love for the farm is still there," said Levi Woodruff, the owner and operator of the family dairy farm and dairy production facility. "I want to bring all of our resources in the food system together and make them work. And not just for us, but for other small local farms too."

In 2016, the Woodruff family began processing the milk from their 20 Jersey cows in a small on-farm creamery. They quickly outgrew that setup and moved into a much larger processing facility, allowing them to create a wider range of products.

"One of the things you learn about quickly is all the different components milk has. We needed to expand on those and be able to offer some diversity to our products," said Woodruff.

Through Woodruff Enterprises, the family has had numerous opportunities to learn from both dairy farmers and processors about what it takes to start and efficiently run an on-farm creamery.

At the end of the day, the Woodruff family believes on-farm milk processing comes down to three main things:

1. You need to educate yourself and know what you are getting into.
2. Surround yourself with people who you trust and want to see you succeed. Don't just rely on salesmen to tell you what you 'really need.'
3. And, finally, know exactly what your end goal is, and make a plan that will get you there.

"Our end goal is that we want to be a stable, transparent outlet for local consumers," said Woodruff. "And while we don't want our herd to expand, we hope to increase the output of the creamery and help our community by sourcing milk from other small local farms."

These three dairy farms represent a small portion of the Ohio dairy industry, but they still give a great representation of ways the business can be diversified and personalized to meet consumer demands. Diversification has allowed these small operations to do more than just survive, rather it's allowed them to thrive and engage the next generation. Whether it's through niche products, expanding fringe enterprises, or just opening the farm to interact with consumers, all three have found innovative ways to make their products stand out in the dairy case.





Sights Set on Olympic Gold

By: Christina Gaerke • Russia, OH

Rhiann Travis strides into the range in a scarlet shooting suit, clutching her Walther LG 400 air rifle. Her face is expressionless as she approaches the firing line.

Travis slowly surveys the room as she readies herself, taking her time. Closing her eyes and taking a deep breath, she draws the firearm into position.

Eyes snapping open, she lines the target in her rifle's sight. Standing still as a statue, taking slow, measured breaths, her steely blue eyes remain trained on the target as she pulls the trigger.

There is no hint of a smile as she hits the center of the dime-sized target that is 10 meters away. The next shot is another bullseye. Travis reloads and prepares to shoot again.

A formidable opponent, Travis holds Ohio State's record for air rifle with a score of 598/600, an almost perfect match.

Photo of Rhiann Travis by Christina Gaerke



Photo of Rhiann Travis, courtesy of Ohio State Athletics

TRAVIS' STORY

Not only is Travis a student athlete, but she is also a fourth-year at The Ohio State University studying agricultural communication and equine sciences. Although, she plans to stay for another year to get a second minor in design.

Travis doesn't just shoot for Ohio State, she also competes on a national team. And she is aiming for the Olympics.

Travis's coach, Ryan Tanoue, explained, "Travis's record is not an easy thing to accomplish. In any given year, maybe two or three people are going to be shooting at that level in the entire county."

Travis was raised on a farm in Springton, Texas. Growing up, Travis was raised to go hunting with her father, Bryan. He would take her with him even when she was too small to shoot.

"It was one of my favorite things to do as a kid," Travis said. "I remember a couple of times when we went turkey hunting—he let me sit in the blind and let me call in the turkey that he got. And so, we used to joke that it's half my turkey because I called it in for him.

On Tuesdays, they had father-daughter nights. Bryan would take Travis to eat at Cici's Pizza, and then they would go to the shooting range together.

In the beginning stages of her riflery career, she shot a sporter rifle as a way to prepare for deer season.

"I've come this far, why not go all the way?"

However, Travis and her mother, Rori, discovered if they went the precision route Travis could get a college scholarship. They then decided to switch over.

In April of her eighth-grade year, she started her journey in air rifle.

Travis started on a lime-green Daisy pump shooting sporter rifle, but as she continued to improve, she needed a new gun.

Convincing her father to get Travis her first precision rifle was not an easy task. Afterward, Travis's coach joked with her father saying, "Hey, Bryan, how does it feel to drop all this money on an air rifle that won't even kill a squirrel?"

With a professional gun in her hands, Travis started to blow away her competition, and her talents did not go unnoticed. Soon colleges from all over the country began to contact her.

JOURNEY TO OHIO STATE

Travis and her parents traveled to competitions the summer after her sophomore year of high school, stopping at potential colleges along the way. While looking at schools, her high school coach encouraged her to visit Ohio State and talk to the head coach.

Originally, Ohio State was not at the top of Travis's list because of the size. Her high school class had 18 people, and it was the biggest in her school at the time.

When she got on campus, she found a coach that wanted to help her reach the Olympics and allowed her to compete at the national level, while also being in college matches.

After her visit, she put Ohio State back on the list, and never took it off.

A MENTAL GAME

Travis's home is full of awards and trophies, and her list of achievements is extensive.

Though she is talented, she works hard to be one of the best—practicing three to five hours a day. Like any other sport, shooting is mostly a mental game.

Her coach Tanoue said, "Her strongest trait, since day one, is a lack of fear of going out and competing."

Tanoue thinks that Travis's natural competitiveness, focus, and intensity allows her to perform well.

Travis explains that it's not hard to learn to shoot, but it is tough to do it consistently for 60 shots.

"Ideally, you have no emotions. You time it to your breathing and heartbeat. Every single thing can affect your shot and turn it shot from a ten to a nine or a nine to a seven or eight... even though it doesn't seem like it's a very big margin," Travis explained. "When you're shooting, any emotion, whether it be happiness, sadness, or irritation, changes your vitals. Your vision, heart rate, pulse, and breathing."

To compete, Travis enters into what she calls "robot mode." This happens by removing herself and losing emotion until after she is done shooting.

HER TEAM AND FUTURE GOALS

The rifle team has given Travis so many friendships, the ability to improve her skills, and free apparel during "Nike Christmas."

Travis and her teammates joke that they, "signed their souls away to the NCAA."

When the season starts, she is traveling almost every weekend. She sometimes entertains the thought of being a 'NARP'—a non-athletic regular person—but she is a loaded gun and has a lot of ammunition to keep going.

"Once I graduate, I would like to do the residency program at the training center in Colorado Springs. I would stay up there for a quad, which is a four-year cycle, or maybe two quads.

After that, I'm going to see what God has for me," said Travis. Her ultimate goal is gold in the Olympics.



Photo of Rhiann Travis, courtesy of Ohio State Athletics

The Triple Threat

A winning program for farmers, foodbanks, and Ohioans

By: Meredith Oglesby • Hillsboro, OH

Could you imagine walking into a grocery store and not recognizing a banana? Imagine wanting to buy lettuce, tomatoes, and apples, but buying fresh produce is too expensive. Imagine the only time a month you eat fresh food is when you visit the food pantry.

For nearly 1 in 7 Ohioans, this is not imagination—it is reality.

HUNGER IN OHIO

According to the latest data from the United States Department of Agriculture (USDA) Economic Research Center, the national food insecurity rate is 11.2%. Ohio surpasses the U.S. average at 13.2%.

Food insecurity, as defined by the USDA, includes households who have difficulty providing enough food due to a lack of resources at some point during the year.

In 2019, more than 1.6 million people were served by the food pantry network in Ohio. For the first time in nearly 30 years, 1 in 5 of these pantry clients were 60 years or older. Feeding America's recent College Hunger Landscape report also noted that 91% of Ohio's foodbanks serve food insecure college students.

The question remains: Why are Ohioans struggling to meet their needs and put food on the table?

"It has to do with the fact that our economy has not recovered, which could be because we were once a manufacturing-based economy. We have lots of jobs that are low-wage, part-time, or temporary," Lisa Hamler-Fugitt, executive director of the Ohio Association of Foodbanks, said.

Older adults live on limited incomes, and many provide for grandchildren as their adult children

Volunteer Clara Bradley at the All People's Fresh Market, which benefits from fresh produce provided by the Mid-Ohio Foodbank in Columbus, Ohio. Photo by Meredith Oglesby.

are struggling with addiction. Ohioans also face challenges with student loan debt, rising healthcare costs, expensive childcare, and lack of affordable housing. Others face disabilities, homelessness, or returning to civilian life as veterans.

To increase access to nutritious foods for everyone, the Ohio Association of Foodbanks, provides a unified voice for the 12 foodbanks and 3,600 member charities throughout the state.

The association has two core programs in place to provide consistent, wholesome meals to those in need.

These programs provide 1 in 4 emergency meals in the state of Ohio, funded through an earmark in the Ohio Department of Job and Family Services budget. In 2019 the Ohio Association of Foodbanks received $24 million for programming, a $5 million increase over the previous biennium.

"Our state-funded programs give us the ability to ensure we give pantry customers the dignity of foods that everyone needs and wants to eat, and their options aren't limited to lima beans and Spaghetti O's," Joree Novotny, director of external affairs for the Ohio Association of Foodbanks, said. "They have as many fresh foods as all of us want to see on our tables."

FROM FARMS TO FOODBANKS

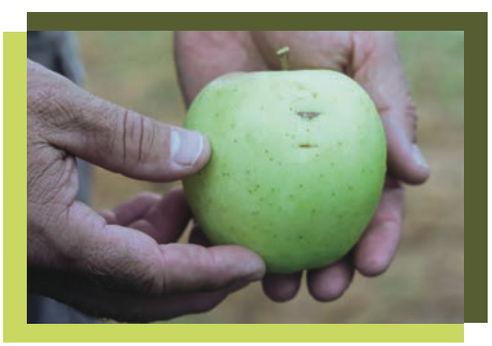
The Agricultural Clearance Program (ACP), started in 1999, directs surplus or unmarketable crops from approximately 100 Ohio growers to foodbanks.

The fresh food allocated through the program benefits farmers, foodbanks, and Ohioans alike.

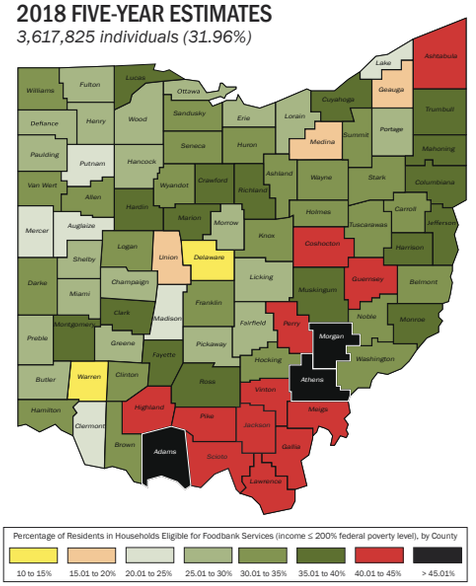
For Andy Lynd, co-owner of Lynd Fruit Farm in Pataskala, Ohio, the ACP provides an outlet for quality produce that traditional wholesale channels, such as Kroger and Meijer, won't buy.

"They will not accept certain apples due to cosmetic flaws that do not impact the quality at all," Lynd said. "The next market opportunity is cider, and that's a 95% reduction in value. So, the question is: What do we do with the good fruit we can't get rid of?"

Hamler-Fuggitt shared the ACP provides farmers with a revenue source, allowing them to make the investment to harvest, pack, and ship these products.



Andy Lynd with a cosmetically flawed apple, an example of produce the ACP uses to provide to foodbanks. Photo by Meredith Oglesby.



Percentages of residents in Ohio counties eligible for foodbank services. Graphic courtesy of Ohio Association of Foodbanks.

"They know where their food is going, and they will be paid on time," Hamler-Fugitt said. "They will get those [apples] to our foodbanks, and we will promptly pay the farmers, so it's also good business on their part."

With Ohio's number one industry being agriculture, it is critical these farmers are supported.

"Farmers know the value of not only feeding their hungry friends and neighbors but feeding the state and feeding the world," Hamler-Fugitt said.

Farmers are willing to invest in this program because of their underlying passion to feed the world.

"We work with a farmer who specifically grows extra vegetables for the foodbanks and regardless of what the market it is doing he will still match our price," Erin Wright, director of the Ohio ACP and partner relations said.

FOODBANKS TO OHIOANS

The food being donated by this program is sometimes even fresher than produce in the grocery stores.

"We can do 24 hours field to consumer in some cases," Wright said.

The produce arrives to consumers in two ways, Wright explained. Through the first way, farmers say what they have available, and Wright will call the foodbanks to ask what they want and set up a delivery.

The second way is through direct distribution—Wright calls the farm, and they will load a truck with product and take it directly to a distribution site where clients are waiting.

Prices for grocery store food items will continue to increase up to 1.5% in 2020, according to the USDA Economic Research Center. The ACP allows low income individuals an outlet to receive fresh food for their families through these challenges.

"It gives them a sense of pride knowing they have fresh produce at home," Chuck Moore, executive director for Food Pantry Network of Licking County said. "Sometimes it is demoralizing for a family to know they cannot afford it. Having fresh products available makes everything a little bit better."

"It is to the benefit of all of us whether you are hungry or not to make sure you have a strong, thriving, and vibrant agriculture system."

SUPPORT FOR EVERYONE

This program combats challenges many Ohioans face—from in the field to food on the table.

"It's really an example of a win-win-win program for policy, strategy, and partnerships," Hamler-Fugitt said.

And for the first time in 15 years, a portion of the budget increase will support replacing and expanding network capacity to store donated produce. In fiscal year 2020, 116 refrigerators, 93 freezers, and dozens of other items—like pallet jacks, insulated blankets, shelving, and more—will be donated to safely store produce and extend the shelf life of fresh protein.

"We need market clearing programs like this to be able to hedge against uncertainty—not only in economic climate or in environmental climate, in all climates," Hamler-Fugitt said. "It is to the benefit of all of us, whether you are hungry or not, to make sure you have a strong, thriving, and vibrant agriculture system."

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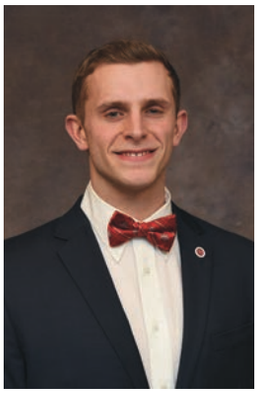

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Animal Sciences
Mentor, Ohio



EMILIA SGAMBATI
Animal Sciences
Farmington Hills, Michigan



HAILEY SNYDER
Animal Sciences
Boardman, Ohio



MARLEE STOLLAR
Agricultural Communication
Marietta, Ohio



CALLIA TELLEZ
Environmental Policy and Decision Making-International Policy and Law
Dayton, Ohio



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ROSE VAGEDES
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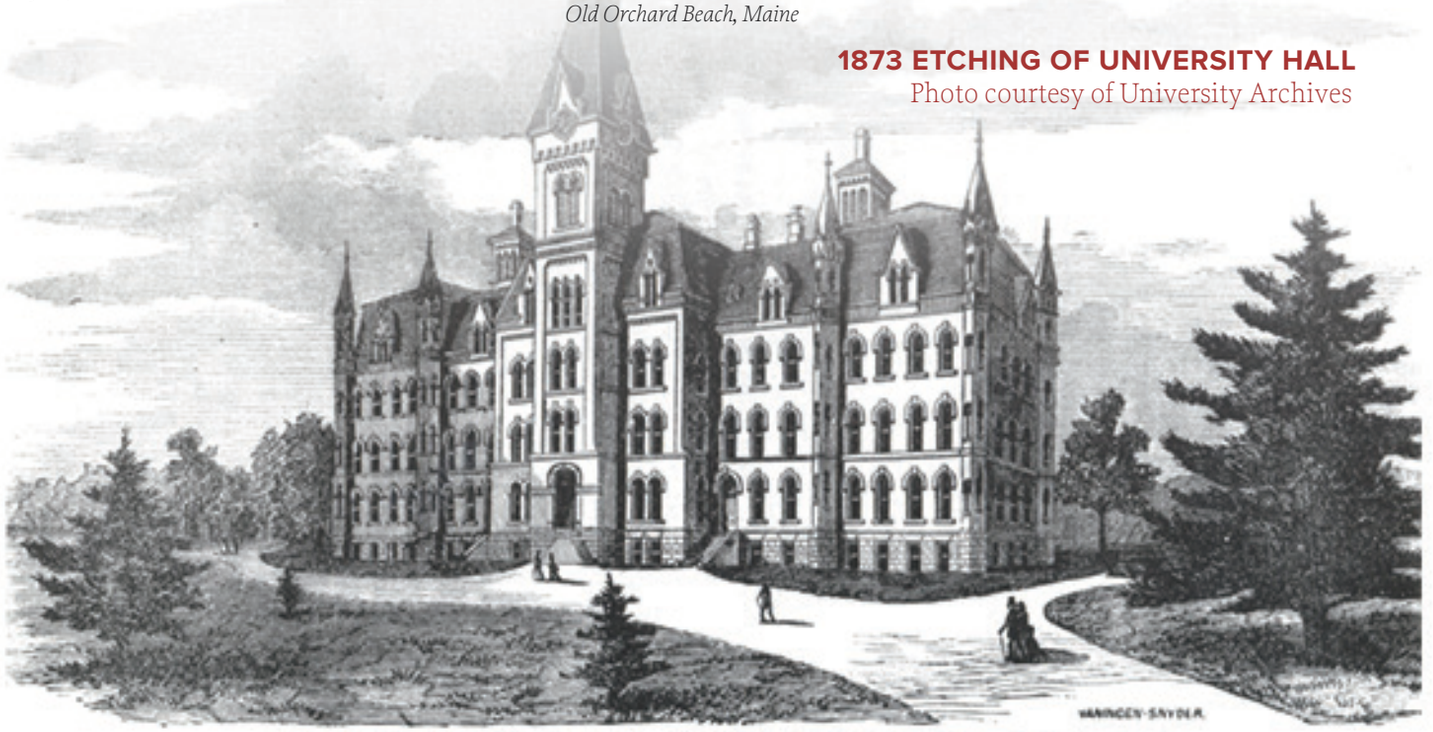
Coldwater, Ohio



AMBER ZEHRINGER
Food Business Management
Greenville, Ohio

1873 ETCHING OF UNIVERSITY HALL
Photo courtesy of University Archives



OHIO AGRICULTURAL AND MECHANICAL COLLEGE.

AFTER THE CLINIC CLOSES

The unsettling truth behind the hardships of working in veterinary medicine

Story & photos by:
Hanna Fosbrink • New Vienna, OH



What started off as a typical spring day in April quickly turned tragic as customers began arriving to Hosket Veterinary Service for their appointments. Instead of being greeted by Charles Scott Hosket's generous face, they were greeted by police cars parked outside the office.

All the commotion was unnerving because in the small town of Yellow Springs, Ohio, awful things rarely happen. Their concern led them to investigate further, and they were devastated by what they learned—Hosket had taken his own life.

Hosket was 65 years old when he made the decision to end his life in the office of his home veterinary clinic in April 2018.

Unfortunately, he is not the only veterinarian who has made this unthinkable choice. It is a growing epidemic.

STARTLING STATISTICS

The American Veterinary Medical Association (AVMA) states 1 in 6 veterinarians have considered suicide.

A study done by the Center for Disease Control (CDC), Prevalence of Risk Factors for Suicide Among Veterinarians, says that 14.4% of males and 19.1% of females who are veterinarians have considered suicide since they graduated veterinary school.

These percentages are three times higher than other professions.

"I will be paying off my student loans even after my kids graduate college."

Why is this? A few reasons AVMA listed as top indicators of resulting suicides are high debt to income ratios, backlash from customers about care or prices, and working too many hours with not enough of a personal life.

Emily Wilson, a veterinary assistant for four years at Champion Vet Clinic in Mechanicsburg, Ohio, is aware of the crisis.

"I have actually talked with my boss about it before. The statistics don't surprise me at all from what I see daily in the office. A big problem is people thinking vets make more than they actually do," Wilson said.

Wilson chuckles when she adds, "Customers openly get frustrated with the prices because it's not like humans who have insurance. We get this a lot since we are in a small town where people are pretty frugal."

NO GETTING RICH QUICK

The fuss about pricing has an unintended effect on veterinarians. Especially because they have to pay their employees, student loans, clinic bills, buy vaccines, equipment, and so much more before they can even pay themselves.

Before receiving a license to practice veterinary medicine, veterinarians have already made a huge commitment with the loans they took out just to receive an education.

The average amount of money borrowed from a student in veterinary school is $143,111, according to Charlotte Hansen, a statistical analyst in the AVMA Veterinary Economics Division. This has increased from the 2013 number of $133,086 per person.

And with the average yearly income for a veterinarian being $93,8300, according the Bureau of Labor Statistics, the debt to income ratio is high at 2.26-to-1 for veterinarians in the United States.

"I will be paying off my student loans even after my kids graduate college," says Dr. Sharon Heisler, an Ohio State University alumnus who has been practicing veterinary medicine since 2013.

A MENTAL HEALTH CRUSADE

Heisler works at Champion Vet Clinic, which is smaller and does not tend to do emergency calls. After college, Heisler did emergency veterinary work for two years but couldn't handle it.

"I did surgery work, but for my own mental health I stopped because I became an insomniac," she said.

Although Heisler tried to get away from the stress of emergency vet work, the late-night calls still seem to come.

"I have actually thought about disconnecting my phone and getting a new number. They call whenever—Christmas Eve, Christmas, all of it. They're not even paying customers," she sighed.

Heisler does not give her personal number out to customers even if they ask, but says, "With social media, random people can contact you in the middle of a Sunday afternoon when I am spending time with my family and ask questions. Sometimes it can be people I know or strangers."

Clients will often reach out for help, but then get upset when they are expected to pay, or if they are not happy with the price.

"When you try to charge people for your knowledge, they get offended," said Heisler. She stressed this is often demeaning to veterinarians because they worked hard to earn their knowledge.

COMPETITION OUTSIDE THE CLINIC

Along with clients wanting opinions at little to no cost, they are now wanting to purchase their medications and vaccinations from online pharmacies rather than from the vet that diagnosed their pet. This makes it even harder for veterinarians to make a profit.

"The online pharmacies are selling things for cheaper than we can buy ourselves and those medicines are where we make a lot of our money," Heisler said.

Heisler often must fill prescriptions for clients choosing to buy medication from online companies, but these companies do not disclose where the medication is coming from—potentially endangering pets.

GRIEF, ANGER, LOVE

More important than money, is the health of the animals they work hard to help. And when a veterinarian loses one, they are devastated.

A study done at the University of Michigan, Grieving Pet Death: Normative, Gender, and Attachment Issues, found 87% of pet owners experience a symptom of grief when their animal passes, 35% still experience grief after six months, and 22% still experience grief one year after their pet is gone.



Dr. Heisler organizing medicines and vaccines at Champion Pet Vet in Delaware, Ohio.

Now imagine experiencing the loss of an animal daily as part of your profession. Heisler stressed it is just as hard on them and said, "We get into vet care because we want to help animals and in our heart of hearts we are good people."

On top of constantly encountering death, veterinarians must deal with angry clients. Heisler said, "It gets to me, trying to be everything to everyone—I get mad."

Heisler tells the story of a client who wanted her to break laws and became angry when she refused to. Heisler told her, "Well, it's just your dog and my job that I'm trying to protect," before the client stomped out of the clinic.

Even with the hardships, Heisler certainly has a love and passion for her work like most veterinarians do.

"People think we are out to get rich quick, but that is not the case at all. We are not the bad guy. We really do have your animal's best interest at heart, and I always treat your animals like I would my own," she concluded.

WHO'S OUT THERE TO HELP?

The AVMA and the Ohio Veterinary Medical Association offer resources and support for veterinarians who are struggling. They provide materials with advice on everything from self-care, work and life balance, stress management, and much more.

Although these are great resources, one may never know what another is going through. Kindness, understanding, and a respect for the profession can go a long way while visiting those who treat and care for our beloved pets.

So, ask your veterinarian about their day, support their clinic and advice, think twice about sending that Sunday text, and hope that next time your pet needs care, you'll be greeted by a generous face.

"People think we are out to get rich quick, but that is not the case at all. We are not the bad guy."

AN INTENTIONAL LEADER

CFAES Student Selected to Lead the National FFA Organization

By: Zach Parrott • Mansfield, OH

It was a cold, windy day on October 31, 2019. It was one of the windiest days Indianapolis, Indiana had that month. The streets, hotels, and restaurants were filled with excited teens from across the nation seemingly oblivious to the weather. They all wore blue corduroy jackets—a good indication that the National FFA Convention was in town.

At the 92 annual convention, over 70,000 FFA members, advisors, and parents were registered to attend. Most members came to explore the city, learn from the inspirational sessions, and browse through the enormous trade and shopping exposition. However, for 44 hopeful members, it was the time they had been preparing for and looking forward to for months—national officer elections.

For one member in particular, today would turn out to be one of the most memorable days of his life. Ohio's Koleson McCoy sat with the other 43 national officer contenders in his blue jacket, shaking in his polished shoes. Even with the sound of his own deafening heartbeat, he's silent and focused. McCoy tried to remember a speech he wrote just in case he was named an officer.

"I spent so much time preparing that I told myself to have high hopes, but to not have any expectations," the 19-year-old McCoy from Clark County Ohio said.

When the nomination ceremony began, the butterflies in his stomach turned too wasps. The room was silent and the soon-to-be president elect was the last office that was called. George Class-Peters Junior who served as the Chair of the Nominating Committee belted "Ohio, Koleson McCoy."

And just like that, the Clark County native was the new national president of the organization. "When I heard Ohio called for national president, I felt like I physically could not stand and I actually tripped on my way up to the stage," McCoy said with a smile.

Once on the stage, he stood with five other members from around the nation who will make up his national officer team.

"I was just so shocked. I looked at all the others who had been elected to national office, and it was just very humbling and very exciting," McCoy said.



Koleson McCoy, 2020-2021 National FFA President. Photo courtesy of Ohio's Country Journal.

He also had audience support from some very important people. McCoy's family, including his younger brother, Lansen, and his older sister Makellyn–was at the convention watching as well. "Hearing your son's name called for national office, only one word comes to mind—blessed," said Holly McCoy, Koleson's mother. "To be given this opportunity and for us as a family to witness this moment... We are very excited to watch him lead over this next year."

RIGOROUS ELECTIONS

The national officer selection process is long and rigorous. The candidates go through two phases a week before national convention starts. In phase one, the candidates start off with personal introductions to explain who they are and why they want to become a national officer.

Each person then sits for one-on-one interviews with the nine nominating committee members. These are scenario-based interview questions like: Tell me a time when you did this, tell me a time when you were challenged, and tell me one of your greatest struggles. These interviews allow candidates to build rapport with the committee members. The final step in phase one is a written test and an extemporaneous speech.

"Doing the challenges isn't stressful—it's the down time in between each room and the waiting that stresses you out. You always think could I have said more, did I say the right words? However, what's nice about the process is that you're not really running against the 43 other candidates, but you're running with them," McCoy said.

The second phase gauges your competencies about FFA, your competencies related to communication skills, your ability to work on a team, and many more other skills and tests.

FINDING FFA

A surprising fact about the national FFA president is that although he grew up near cornfields, he did not have an agricultural background. In the eighth grade he was going to attend Clark County High School, but they did not have any programs in agriculture.

In a stroke of luck, the Global Impact STEM Academy opened in downtown Springfield and he loved the welcoming environment. It wasn't until the agriscience teacher shared that he was starting an FFA program that McCoy decided to join, becoming part of the second STEM Academy class to join FFA.

He became so infatuated with FFA that he quit sports his freshman year and focused his efforts on an organization he had previously never heard of. He was hooked when he competed in his first Career Development Event, the job interview contest.

"I think I just fell in love with it. I'm a strong believer that the FFA can be whatever you need it to be," he said, reminiscing about his early years. "If you need a family, the FFA can be that family. If you need friends, they can provide friends. If you need a mentor, a teacher, a career path, it can provide that for you."

McCoy soon noticed all of his favorite classes in high school were agriscience-related and started to realize the FFA was what he wanted to be a part of.

"My eyes were opened up to the whole world. And I think I just fell in love with the people first and then industry kind of followed after that. I think people in agriculture are just a different breed," he said.

A YEAR OF SERVICE

After graduating in 2017 from the STEM Academy, McCoy enrolled in The Ohio State University, majoring in agribusiness and applied economics. McCoy, a sophomore will be required to take time off from Ohio State so he can focus on his duties as a president.

As FFA's national president, he will be traveling extensively throughout the country and speaking before many groups. His goals for the coming year are simple. "I just want to serve people. So whatever facet that looks like as long as I can walk away from my year and say that I poured into others what I intended to, and I stayed true to who I was, I'm content," he said.

After completing his reign as president, McCoy will return to his studies at Ohio State. He hopes to get a job with the Ohio Farm Bureau in the future.

McCoy is only the third Ohioan to hold the youth organization's top leadership position. In 1933-34, Bobby Jones from Radnor in Delaware County, Ohio, served as National FFA president. Mark Sanborn, from the Grand Valley Chapter in Orwell, Ohio, held the top position in 1978-79.

As National FFA president, McCoy has achieved the highest leadership position a FFA member can accomplish. He also joins a long line of Ohioans who have served as national officers. In fact, the Buckeye state has had 34 national officers, more than any other state—a testament to the type of leaders Ohio FFA continues to produce.



The 2018-2019 Ohio FFA State Officer Team. Koleson McCoy served as the State Secretary (2017-2018) and President (2018-2019) before being elected as the National FFA President. Photo courtesy of Koleson McCoy.





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Ohio State student filling up their reusable water bottle.

11 Years to Save the Earth: 11 Ways to Become a Sustainable College Student

Story & photo by: Eva Scott • Grand Rapids, OH

"Through little changes, we can all achieve some form of sustainability,"

SCIENTISTS SAY WE ONLY HAVE 11 YEARS TO SAVE THE PLANET.

For a problem that is so big and holds such high urgency, we as college students wonder what difference one person can even make. The answer is a big difference. In fact, it is our generation that will head the weight of saving the Earth.

"Through little changes, we can all achieve some form of sustainability," said Jane Peuser, a fourth-year environmental policy major at The Ohio State University. "All people, especially students, should work to make some of these changes because we can't afford not to be."

With a tight budget, little time, and a need for convenience, it can not only be intimidating but also expensive and inconvenient to make changes in our lives to be more sustainable. But it may be easier than you think.

The year 2020 marks the 50th anniversary of Earth Day. A day dedicated to educating people on the environment, climate change, and sustainability. But unlike years before—in 2020, the clock is ticking, and we need to make some changes. This is the year to become a sustainable college student.

Consider this your official guide to being environmentally friendly and sustainable. Eleven tips to help you become more sustainable in your everyday life—for college students, by college students.

RECYCLING 101: WHAT IS RECYCLABLE?



PLASTIC
- ✓ Plastic Bottles
- ✓ Detergent Containers
- ✓ Frozen Food Trays
- ✓ Milk Jugs



METAL
- ✓ Aluminum Cans
- ✓ Steel Cans



PAPER
- ✓ Notebook Paper
- ✓ Cardboard
- ✓ Newspaper



GLASS
- ✓ Jars
- ✓ Bottles
- ✓ All Glass



FOOD
- ✗ Food contaminates recycling

1. DITCH THE SINGLE-USE WATER BOTTLE

Every year, Americans buy nearly 50 billion single-use plastic water bottles. By replacing your single use plastic water bottles with one reusable water bottle, you will cut out 150-200 single-use plastic water bottles from landfills, oceans, and rivers every year.

You don't have to spend $45 on a brand-name water bottle to check this off of your list. Any reusable water bottle can make a difference on your environmental footprint and your wallet.

"A reusable water bottle is a good first step. It's not only environmentally friendly, but it will save you money. Buying reusable products have a benefit to the individual, not just the planet," said Peuser.

2. REDUCE, REUSE & LEARN HOW TO RECYCLE

"The number one thing any student can do to be more sustainable is to learn how to recycle correctly," said Matt Griffin, program coordinator at Ohio State's Sustainability Institute. "A lot of students don't realize there are specific plastics and materials that can and can't be recycled."

Griffin explained that if it's plastic and not shaped like a bottle, it's probably not recyclable in Columbus, Ohio. Depending on what waste management service you use, may dictate what items you are able to recycle.

Next time you go to recycle something on campus, pay attention to guides on the bins to make sure you're not contaminating the load with non-recyclable trash. When the recycling is contaminated, it goes to the landfill.

3. SAY GOODBYE TO YOUR PAPER NOTEBOOKS

Nearly everything at The Ohio State University is digital. Don't be afraid to ditch the paper notebooks and start using the technology we already use every day.

Instead of buying 5+ notebooks a semester, utilize applications like Notability, OneNote, and Quizlet on your devices. Most are free of cost, take up zero extra space in your backpack, and can even be accessed on more than one of your devices.

4. PICK UP SOME REUSABLE SHOPPING BAGS

The plastic shopping bags we get from the grocery store not only add up, but they're nearly impossible to recycle.

Instead of bagging with the single-use plastic bags, pick up one or two reusable shopping bags the next time you head to the store. They're inexpensive and will last an eternity compared to plastic grocery bags.

And you will never have your groceries bust through the bottom of your grocery bags on your way home again.

5. UNPLUG

This might be the easiest tip, and it's free. You might even decrease your electric bill.

Pull your chargers and plugs out of the walls when you're not using them. Why use power when you don't need to?

Many electronics can't turn off when you stop using them. Simply unplugging them can help save energy.

Not to mention being plugged in beyond the point of maximum charge can even lessen the battery health of some of your devices.

6. CHECK YOUR SETTINGS

Today, many of the devices that we use offer power saving modes and settings.

Check your laptop and phone settings and make sure all of your power saving modes are activated.

Not only will this save power, but you might also avoid that late-night library breakdown when your phone dies and your charger is at home.

7. BE THRIFTY

There is no doubt that it can be tempting to go buy the newest hot piece for your wardrobe. However, opting for thrift shopping can actually lessen your environmental footprint significantly.

The majority of our clothing is "fast fashion," which is cheaply produced in developing countries. The quality is low, and it's not sustainably or humanely. By thrifting, you can purchase vintage and newer clothes, so you can still keep up with current trends.

8. HOP ON THE BUS

Ohio State's bus service, CABS, has made large strides to offer more sustainable public transportation options to students. For example, CABS switched to Compressed Natural Gas (CNG) for a more sustainable fuel option.

Alyssa Gilliland, a fourth-year environmental sciences major at The Ohio State University, recommends taking the buses because it will eliminate congestion and carbon emissions.

CABS and COTA buses are free for Ohio State students to use, and they're almost always running.

9. SAVE THE TURTLES – BUY REUSABLE STRAWS & CUPS

Over half a million straws are used around the world every day. These single-use straws go straight to our landfills, ecosystems, and oceans and take hundreds of years to break down.

Lucky for us, it has become trendy to utilize reusable straws. Whether they're silicone, aluminum, or stainless steel, having reusable straws handy—and using them instead of single-use plastic straws—does make a difference.

But if you buy reusable straws, make sure you don't stop there. Buy reusable cups that you can reuse at coffee shops and other places as well.

"What is the point of using a reusable straw when you're using it in a single use plastic cup?" said Peuser.

10. WASTE NOT, WANT NOT: FOOD EDITION

Roughly one-third of food bought for consumption in the U.S. ends up in the trash and then generates methane in landfills.

"Students can easily avoid food waste by shopping smarter at the store and only buying what they need," Gilliland said.

Ohio States Undergraduate Student Government also offers programs like curbside composting for off-campus students.

11. VOTE, VOTE, VOTE

As college students and young adults, it is our generation that will head the weight of saving the Earth.

Implementing changes in your life to become more sustainable is so important to fighting climate change, but above everything, we have to vote for the issues that need addressed.

Unlike generations before us, this crisis isn't several generations away. The time to be sustainable is here and now. The time to vote for elected officials who will create policies that prioritize the earth is now. Your vote is your voice.

Every small step towards being more sustainable can make a difference. Whether you start with one change or do all 11, these steps are a great place to start.

The Sustainability Institute at Ohio State

Celebrates the 50th Anniversary of Earth Day

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For more information regarding these clubs contact,
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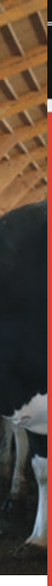
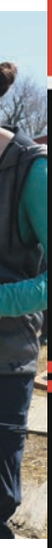
American Dairy Association MIDEAST





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Dorothy Pelanda: A Life-Long "Agvocate"

Story & photos by: Kamala Sweeney • Canal Winchester, OH

When you enter Dorothy Pelanda's office, one of the first things you notice is the photograph on the back wall. It shows the Ohio Board of Agriculture in the early 1900s and in that photo is someone particularly close to her heart. Pelanda's ancestor, Gideon Liggett, who served on the Ohio Board of Agriculture—the present-day ODA. Over 100 years later, Pelanda represents Ohio in a similar, but in a different capacity.

"It really makes me proud to carry on the Liggett legacy here in agriculture. I think he would be proud, too, that the Liggett's are still a force in Ohio's agriculture. He, from what I know, was a really humble person and I think his advice to me would be, 'just keep your head down and work hard,'" Pelanda said with a smile on her face.

"To come full fruition and come in on the first day that I was here and see his picture there is really, really something," said Pelanda.

Being the first of anything is not an easy task, especially when you're in a traditionally male-dominated field like agriculture. Dorothy Pelanda knows this firsthand as she was sworn in as Ohio's first female Director of Agriculture by Gov. Mike DeWine on Jan. 10, 2019.

MADAM DIRECTOR

"The greatest honor is that he [Governor DeWine] thinks I am the most qualified person for this position, without regard to any other factors. He is a governor with the most diverse cabinet in Ohio's history," Pelanda said."I am proud to be part of this cabinet and proud to serve Governor DeWine in this capacity,"

"Not often do we see females in high-up positions like this one, and when they do reach these positions, there is much talk about them," said Josie Montoney, president of Collegiate Farm Bureau at The Ohio State University.

"I think it was met with a lack of fanfare, which is almost a good thing. It's like no one really questioned the fact that it was a female in that position, so I think that says a lot about the condition that our state is in right now," said Montoney. "In our legislature, we have a ton of females in office right now, especially centered here out of Columbus."

It was natural for Pelanda to have an impact on agriculture in what she does as the director, not just because she is a woman. Her connection to Ohio agriculture is strong as she is still living on the Union County farm where she grew up.

CULTIVATING CONNECTIONS

According to the new director, her goal is to have her department be "innovative, professional, and operate with integrity with regard to all of our connections with the public."

Relationships have always been important to Pelanda. As a lawyer

representing farmers and working as a legislator in the Ohio House of Representatives, Pelanda's experience in politics has assisted her in her first year as the director of the ODA.

"My mother referred to it as 'nurturing your garden of friendships,' but it's really true. Working hard to reach out, reach across the line and to find out why a legislator is here, visit them in their district to find out the unique aspects of it," said Pelanda. "Building on those positive relationships that I have with the members of the legislature helps me to understand... I think the most rewarding part of any job that I've ever had is the relationships that I have created with the people I worked with," she finished.

It is always important to have great relationships and even more so after the challenging planting season of 2019. Pelanda, alongside others, worried about the future of our state. She sang the praises of Gov. DeWine who wrote to Sonny Perdue, the U.S. Secretary of Agriculture, calling for him to declare Ohio a disaster zone after heavy rains delayed planting this year.

"I think the way the governor approached our secretary was exactly the right way, and certainly we saw some success in that 54 out of our 88 counties have been declared disasters. That, in turn, allows farmers in those counties and surrounding areas to apply for various benefits. We all acknowledge that won't make them whole, but it's a step toward the right thing for them," said Pelanda.

Montoney agreed the power of these relationships were important this year.

"That was a really neat thing, to see that our Governor was really reflecting the needs of those rural Ohioans, despite the fact that we have a lot of big cities in our state," said Montoney. "The fact that he prioritizes that just as much as some of the other issues says a lot."

When asked how having an agricultural background helped to prepare her for the role of director of the ODA Pelanda said, "I think about growing up on the farm and the issues my mom, dad, brothers, and sisters dealt with every day—things such as water quality, the issues surrounding our farm and farm products, invasive plant species, and wildlife management. Those are the very things that now, as the director of this department, I get to look at from a whole different lens. It's really exciting."



Pelanda poses next to a photograph of the Ohio Board of Agriculture that includes her ancestor, Gideon Liggettt.



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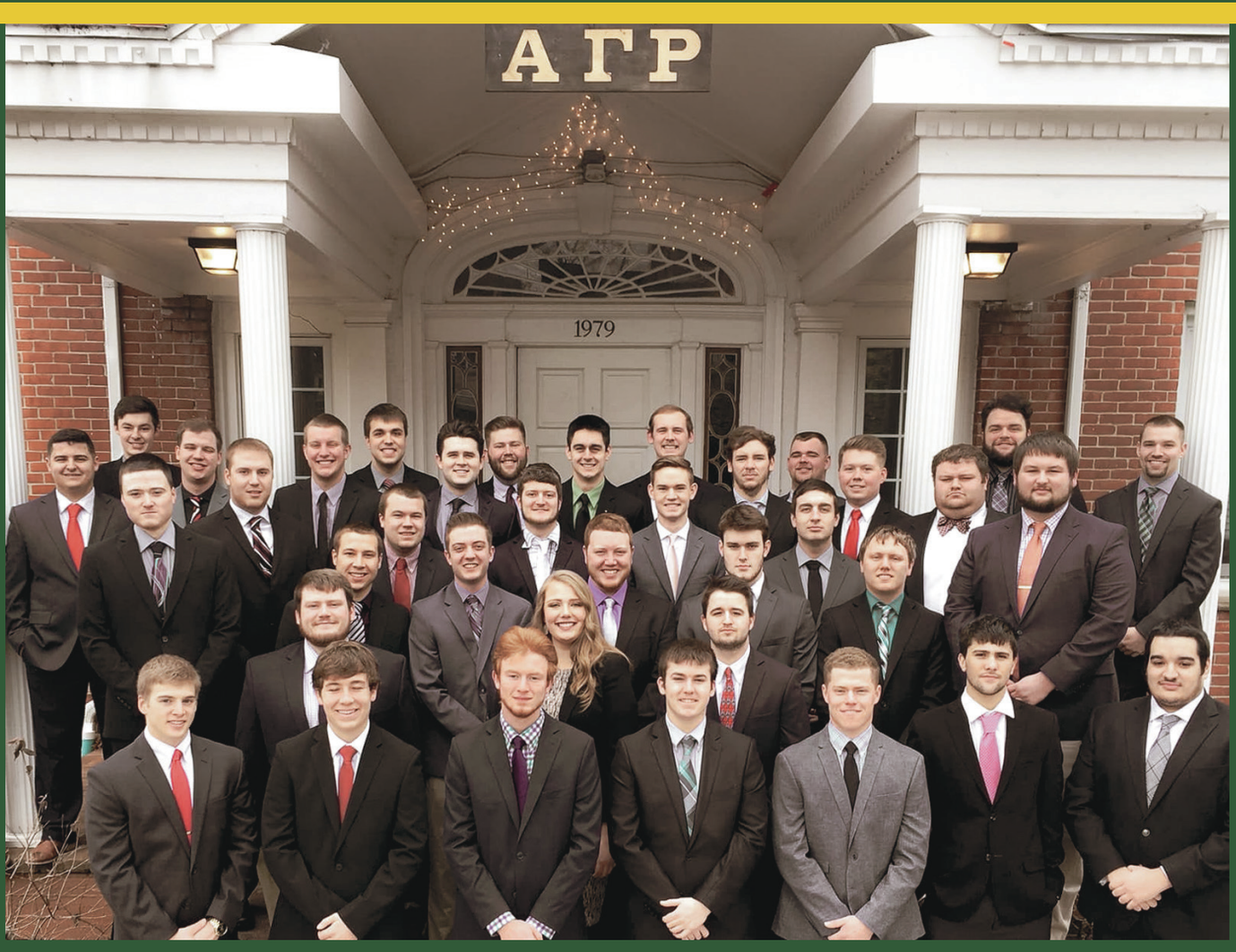

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CREATING A SAFE SPACE *FOR ALL* IN CFAES

By: Marlee Stollar • Marietta, OH



Cultivating Change member (Colby Gregg), advisor (Leo Taylor), treasurer (Trent Baldwin), and president (Gage Smith). Photo by Marlee Stollar.

As a third-year transition student, Gage Smith knew something critical was missing in The Ohio State University's College of Food, Agricultural, and Environmental Sciences (CFAES). He was looking to be engaged in a student organization but noticed there was no specific student organization for the LGBTQ+ community in the college. As a member of the community himself, he sought to make a change.

Smith found others who felt similarly, and they created a chapter of The Cultivating Change Foundation at Ohio State. This national nonprofit organization values and elevates LGBTQ+ agriculturists through advocacy, education, and community.

STARTING THE CLUB

The chapter at Ohio State began in the fall of 2019 with a focus on providing a safe and inclusive space for LGBTQ+ students and allies.

Although, discussions about creating the student organization began in the fall of 2018. Smith, Cultivating Change president and now a fifth-year student studying community leadership, played a major role in developing the club.

"I am the type of person who likes to be creating change," said Smith.

Due to the hard work of CFAES students, faculty, and staff, the organization's first meeting took place on Sept. 19, 2019. Cultivating Change now meets every other Wednesday from 4-5 p.m. in Agricultural Administration Building, room 250A.

Two key CFAES personnel—Leo Taylor, program director for the CFAES Office of Diversity, Equity, and Inclusion and Cultivating Change staff advisor, and Jonathan Jacobs, assistant professor in plant pathology and Cultivating Change faculty advisor—worked closely with students to establish the organization.

"I think Cultivating Change has the potential to provide significant support and valuable programming to not only students, but also LGBTQ+ faculty and staff," Taylor said.

The club is already providing this support by being present at the Agricultural Technical Institute (ATI) on the Wooster, Ohio campus of CFAES. Through Zoom video conferencing, meetings can occur simultaneously in both Wooster and Columbus.

To make the club one cohesive unit, Nathan Nordstedt, Cultivating Change vice president and a graduate student in horticulture and crop sciences, serves as the primary leader in Wooster. Jacqueline Belanger, Cultivating Change Wooster advisor and licensed psychologist at ATI, and Kristina Boone, Ohio State ATI Director, also play a major role in sustaining the Wooster contingent.

"We want to bridge the gap and allow students to know they're still a part of one college, even though we are two campuses," said Smith. "I think being in Cultivating Change will allow students to find their people and to integrate into campus life here in Columbus more quickly because they're already a part of a larger community."

THE IMPACT

Students are already seeing the difference this organization can make.

"One thing I love about Cultivating Change is their dynamic of acceptance and love," said Bayley Myers, Cultivating Change member and a second-year student studying biochemical sciences at ATI.

As a resident advisor, Myers is grateful to be an advocate for the club. "I think we can do great things and open a lot of minds with Cultivating Change," said Myers.

And Cultivating Change plans to do just that through helping CFAES to better understand the agricultural LGBTQ+ community.

Cultivating Change, with the support of the CFAES Office of Diversity, Equity, and Inclusion, has already begun working toward this goal by leading educational programs.

In fall 2019, the student organization co-hosted the "Queer 101: An Introduction to LGBTQ+ Identities" event and would like to continue offering similar programming.

"Being out as LGBTQ, and hosting these events, is very courageous and will provide hope for students who are struggling with their own identities," said Taylor.

Members have already shared their appreciation to learn from these events, as well as meetings.

"I find the club very interesting and eye-opening to problems I didn't think about before entering," said Cultivating Change member Sarah Gabel, a fourth-year student studying environment, economy, development, and sustainability.

SAFE ZONE TRAININGS

Aside from workshops and meetings, the organization plans to create a safe space through assisting in implementing a version of Safe Zone training.

The CFAES Office of Diversity, Equity, and Inclusion plans to eventually lead or coordinate a similar training for the CFAES community, and Cultivating Change would like to play a role in this endeavor.

Safe Zone training at Ohio State is now offered by the Multicultural Center and focuses on supporting diverse individuals and communities with minoritized sexual and/or gender identities.

The training typically involves trainees receiving signage that indicates their completion of the training.

"If you see signage that says this person was trained, it shows, okay, I can relate to this person. So that signage is something we want to see in the future," said Smith.

INCREASING VISIBILITY

The organization also plans to increase visibility and community for LGBTQ+ individuals in CFAES by joining forces with other student organizations.

"We belong and should have an equal space at the table to have conversations, whether they're facing the Dairy Club, Meat Science Club, or Agricultural Communicators of Tomorrow (ACT) because we offer a unique perspective," said Smith.

And to take action toward this goal, Cultivating Change and ACT planned to host a panel discussion focusing on diversity in food, agricultural, and environmental sciences on March 25. However, the event was canceled due to the COVID-19 outbreak.

Next year, the two organizations will try again to facilitate this important panel.

"In the future, we look forward to creating a safe space in CFAES for intentional conversations about diversity with ACT," said Smith.

MODIFYING THE CULTURE

While networking with student organizations is important, a member of Cultivating Change shared another vital avenue to creating a safe space in CFAES.

"We need to look at the culture of our college and make tweaks within our daily lives to make the culture obviously inclusive," said Cultivating Change member Colby Gregg, a Ph.D. student in the Department of Agricultural Communication, Education, and Leadership.

Gregg said while safe zone stickers and trainings are important—he would like to see clear change. He mentioned the importance of including pronouns and shutting down negative comments about the community.

CHANGE IS COMING

As advisor, Taylor shared his admiration for members of Cultivating Change and their steps in the right direction.

"I'm really proud of the progress the students have made in such a short period of time. Moving forward, hopefully we can recruit more students," said Taylor.

"I think a lot of times we may hide the diversity that exists within us because we'd like to fit into the traditional agricultural cookie cutter image."

Smith shared similar thoughts and emphasized the change he sees coming.

"All you can do is just keep moving forward. You can't let that resistance stop you. And I think that we're poised at a perfect opportunity here in CFAES to start conversations and programming," said Smith.

Tracy Kitchel, associate dean for faculty and staff affairs, said intentional action and change can help to make the difference in CFAES.

"Hoping for change is important, but if we are going to be sitting at the table and simply hope for change—nothing will change," said Kitchel.

Kitchel continued this analogy to emphasize how the college can move forward.

"If we want different people at our table, we are going to have to move, shift, and make room. Once they are at the table, to include them, we are going to have to think about conversations and actions," said Kitchel.

"That all rests with change. Change isn't easy for anyone—our college will have some unique challenges to address."

Kitchel believes Cultivating Change will play a role in this change.

"I am excited about there being a space where there is clear representation for our LGBTQ+ students and the allies that support them," said Kitchel.

LGBTQ+ VOICES IN AG

Not only does CFAES need to focus on inclusion, but so does the industry as a whole. Smith said some agricultural companies are pioneering a path to embrace diversity in the agricultural field.

In July 2018, Land O' Lakes appointed Beth Ford as their CEO. Ford, who was one of the only openly gay Fortune 500 CEOs at the time, served as inspiration for students in Cultivating Change and around the country.

"Land O' Lakes with Beth Ford as their CEO is giant. Her visibility really shows that youth or younger people in their career like myself can get to that place," said Smith. "We can be the CEO of an agricultural conglomerate. It may be more difficult, but we do have that opportunity."

Smith said a focus on diversity is vital to him when looking at companies he may work for after graduation.

"For myself, that is something I look for in a future employer. Is it a space where I can exist? Can I be my most authentic self? That is challenging because not only do I have to find a job, but also have to find a job where people respect my existence," said Smith

ENSURING A SAFE SPACE

Members of Cultivating Change believe more can and should be done to make everyone comfortable in all spaces of the agricultural industry—whether it is a company or a college within a university, such as CFAES.

"I think a lot of times we may hide the diversity that exists within us because we'd like to fit into the traditional agricultural cookie cutter image," said Smith. "But agriculture is diverse and represents such a large group of people that come from all backgrounds and all identities."



Cultivating Change and Gay for Good, Columbus, volunteering at Kaleidoscope Youth Center. Photo courtesy of Gage Smith.



PEACE OF MIND:

A CURRENT OHIO STATE STUDENT RECEIVES A GIFT OF A LIFETIME

Photo courtesy of Folds of Honor

By: Makayla Petersen
Powell, OH

As the flight landed, the pilot announced the airplane was carrying the remains of Corporal Brock Bucklin on board and asked all passengers to respectfully remain seated while his casket deboarded.

"Sadly, over half the passengers disregarded the pilot's request and deboarded," said Lieutenant Colonel, Dan Rooney

From the plane, Rooney watched as Corporal Bucklin's twin brother walked somberly alongside the flag-covered casket to meet his family. Other family members included the deceased Corporal's young son, Jacob.



Lt. Col. Dan Rooney
Photo courtesy of Folds of Honor

"Honor their sacrifice. Educate their legacy."

Rooney ached as he thought of his own wife and little girls.

After that moment, he decided he had to do something. Not only did he want to pay tribute to American service members and their families, but he also wished to remind civilians it is their duty to honor those who preserve the freedom most take for granted.

Rooney decided he would spend his life helping change the future of America's grieving spouses and children.

F.O.H. FOUNDATION

In 2007, he formed the Folds of Honor Foundation. This 501(c)(3) nonprofit organization is dedicated to providing educational scholarships to families of these heroic Americans.

The Folds of Honor aims to provide scholarships to spouses and children of America's fallen and disabled service members. Of the more than 1 million dependents adversely affected by military deployments, nearly 9 out of 10 do not qualify for federal scholarship assistance.

The organization's motto reads, "Honor their sacrifice. Educate their legacy."

In 2019, the Folds of Honor Central Ohio Chapter was formed with Scott Alexander as its founder and president. Alexander formerly golfed on the Professional Golfers' Association (PGA) tour which, is how he met Rooney in the early 2000s.

As the years went by, Alexander knew he wanted to give back to the community. "One day the phone rang, asking me to create a chapter in central Ohio and to be the president of the chapter—I couldn't say no," said Alexander.

The Central Ohio Folds of Honor chapter is one of 21 in the nation. "Each chapter focuses on holding charity events, which provides scholarships to local military families," said Alexander.

The Folds of Honor organization offers two types of scholarship programs. The first being the Children's Fund Scholarship, which



Scott Alexander
Photo by Makayla Petersen

serves kindergarten through 12th grade students. The second scholarship, the Higher Education Scholarship serves those seeking a first bachelor's degree or a certification at a post-secondary institution.

"A family can apply for these scholarships every year or semester to help with their education," said Alexander.

A STUDENT'S SUCCESS

For Elizabeth Whetstone, a first-year at The Ohio State University studying molecular genetics with premedical studies, Folds of Honor has changed her life forever.

"Folds of Honor has shown my family and I that their connection with the Armed Forces is strong and lasts a lifetime," she said. "Folds of Honor has given me the opportunity to do what my parents joined the military to do—find a better life full of doors waiting to be opened."

"Folds of Honor means honoring my parents, especially my mom."

Whetstone's mother is a former Air Force Security Policeman, Law Enforcement Specialist who served in the Gulf War (1990-1991), Operation Desert Storm (1990-1991), and Operation Desert Shield (2006). She is also the youngest of three children.

At Ohio State, Whetstone is the founder and president of the Women's Team Handball Club. She is also involved with Operation Smile and the International Affairs Scholars Program.

While going to school and being part of many organizations, Whetstone is still always thinking about her family. She has several role models that all share the same type of qualities: passion, determination, trustworthiness, and hard-working.

"My mom, dad, and both of my sisters are my role models. I am constantly asking myself,- "'What would they do in my situation?'"- said Whetstone. Each of her family members has or is currently serving in the United States Air Force.

She explained that they are honest with her about every decision she makes.

"As I've grown up, I've watched each of them make something out of nothing, believe when there was little to believe in, and support those they loved to the best of their abilities. I aspire to continue their legacy, especially my mom's, of helping the community around me and being a friend to all," she said.

After Whetstone graduates, she plans to attend medical school to become a surgeon or attend graduate school for a master's degree in molecular genetics.

Without Folds of Honor's financial support, Whetstone's dream of becoming a doctor would not be possible.

"Folds of Honor means honoring my parents, especially my mom, for the sacrifices they made to protect the freedom of all Americans. It means showing support to the soldiers and families that are grieving a loss or disablement of a service member," said Whetstone. Moreover, she hopes people will take this to heart next time they are in the presence of a service member.

FUELING THE FOUNDATION

The organization has many generous donors, but the one who has made the most impact is the Honor Circle, who donated approximately $1 million in the first 10 years of Folds of Honor.

Honor Circle donors include Jimmie Johns, Budweiser, PGA of America, FOX Sports, Coca-Cola, U.S. Golf Association, Quick Trip, Southwest, Bushnell, Schnuck Markets, Inc., Lift a Life Foundation, and the Rite Aid Foundation.

Since its inception in 2007, Folds of Honor has awarded approximately 20,000 scholarships nationwide. Each scholarship can be valued up to $5,000. In 2018-19, nearly 4,000 scholarships were awarded to military families, providing nearly $20 million in educational support.

Since the Central Ohio chapter started, 109 mourning Ohio military families have found peace due to Folds of Honor's support. Even more families could be helped if more funds were raised and donated.

FUTURE PLANS

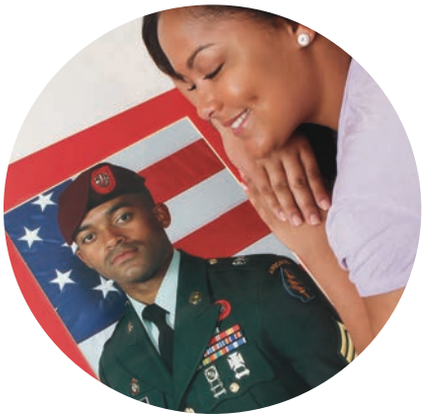
For the Central Ohio chapter, the goal for next year is to "not be able to say no," said Alexander. Within the past year, the chapter has had to turn down requests for scholarships due to the few donations here in Ohio. They plan to create a junior board that will help spread the word of Folds of Honor's purpose to help more families here in Ohio.

The Central Ohio chapter encourages everyone to learn more about Folds of Honor and to help local families find peace and to "Honor Their Sacrifice. Educate Their Legacy."

If you or someone you may know are looking to apply this scholarship for an upcoming semester, contact Ben Carigan a College of Food, Agriculture, and Environmental Sciences counselor and military veteran for more information.



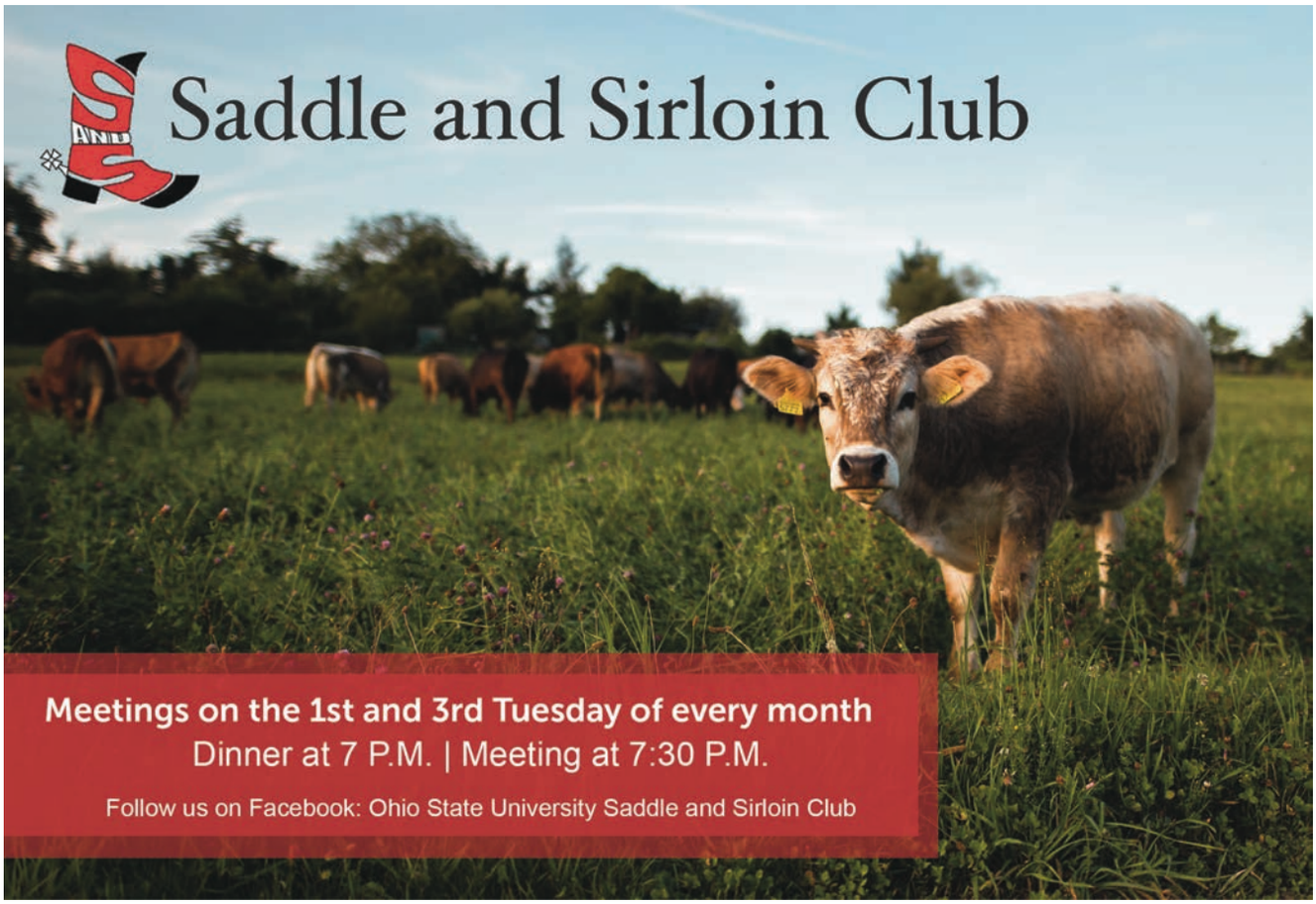
20,000 scholarships have been awarded since 2007.



There are currently 1.2 million military children of active duty members worldwide.



Photo Credits:
Top right: Elizabeth Whetstone in her handball uniform. Photo courtesy of Elizabeth Whetstone.
Middle right: Nazeraeh Montrond with her Father. Photo courtesy F.O.H.
Bottom right: Escoe Family, photo courtesy F.O.H.



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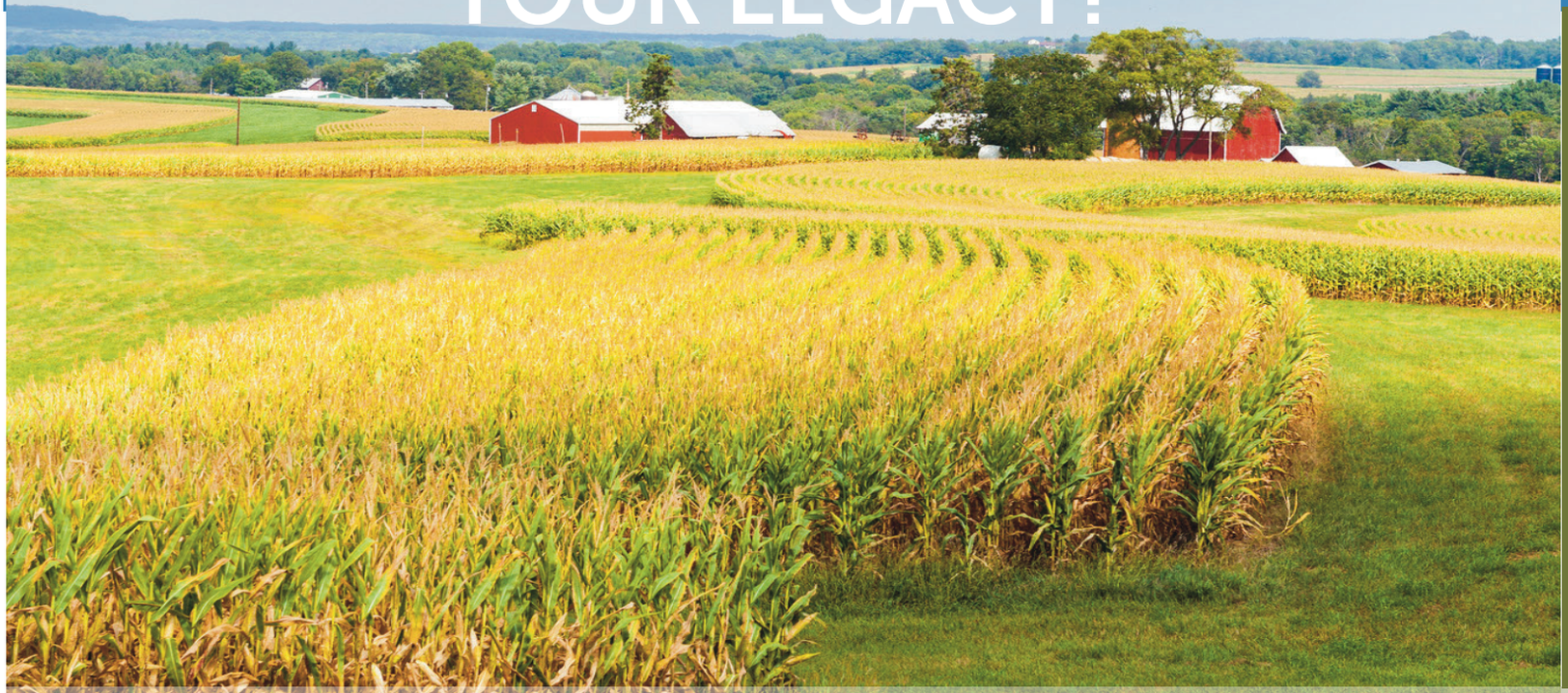

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Common Sense and Community
Sustainability in Craft Brewing

By: Erin Gaerke • Russia, OH

It has many names: cold one. Brewskie. Liquid bread. Beer. It's no secret that Americans love their beer.

The golden beverage has long been considered a part of the country's legacy and has founded some of the nation's most iconic brands, such as Budweiser and Pabst Brewing Company.

For residents of the buckeye state, it should come as no surprise that Ohio is particularly fond of its beer. In 2018, it was ranked fourth in the nation for craft beer production and home to over 300 craft breweries.

Recently, the industry has seen impressive growth. Of the 46 breweries in Columbus, over half have been founded in the last five years.

ENVIRONMENTAL CHALLENGES

The success of craft brewing is a victory for beer lovers—but it comes at an environmental cost.

According to Vincent Valentino, a College of Food, Agricultural, and Environmental Sciences (CFAES) alumnus and sustainability manager at Columbus-based Land-Grant Brewing Company, the brewing process requires large amounts of energy, agricultural ingredients, packaging material, water, and labor.

For many operations, using these resources is not only bad for the environment, but it is bad for business as well.

Waste generated by beer production must be disposed of, and sometimes treated, for a hefty fee. Poor resource management can quickly add up and affect a company's bottom line.

In addition, many of today's young consumers prefer to patron eco-friendly establishments. By failing to incorporate sustainability into their plans, a brewing company may not just be adding costs—they may also be losing revenue.

According to Valentino, the largest opportunities for brewery sustainability lie in lessening the life cycle environmental impact, increasing energy efficiency, reducing the carbon footprint, improving water stewardship, and deepening community partnerships.

CREATIVE SUSTAINABILITY

To address these issues, many breweries are developing programs to make their operations more environmentally friendly.

However, according to Kevin Ely, owner and brewmaster of Wooly Pig Farm Brewery in Coshocton County, sustainability looks different for each operation.



Photo by Erin Gaerke

Ely, having managed small and large brewery sustainability programs before opening his own brewery, noted how a brewery's size and environment can affect its sustainability.

"We live in Amish country," Ely said. "Most of our neighbors are farmers, and they're pretty practical people. When you're a midsize or small farmer, you must be efficient. You have to find ways to minimize waste and minimize work."

Similarly, Ely had to be creative to implement solutions to make the Wooly Pig Farm Brewery as sustainable as possible.

One such solution was to divert the heat produced from brewing to other parts of the building via a fan in the wall. This simple fix not only reduced the brewery's carbon footprint, but lowered heat expenses as well.

He also installed a small heat exchanger (originally intended for swimming pools) to collect leftover solution from the brewing tank cleaning process. This exchanger allows the brewery to reuse the cleaning solution, reduce energy usage, and minimize chemical and water waste.

All brewing by-products—spent grain and hops, a sweet liquid called "wort," and customers' leftover beer—are fed to the beloved mangalitsa pigs, the brewery's curly-haired namesake.

The business even created a system to drain all beer from drip trays into buckets to feed their prized swine. Don't worry, it is safe for the pigs to consume the beverage in moderation.

According to Ely, the pigs enjoy receiving a small treat of beer at the end of the day.

"Our solutions are not as sexy as solar panels, but they're right for us," said Ely. "They require heavy lifting and hard work, but we feel it's important to be good stewards of our little piece of land. It's nothing flashy, but it's the right thing to do."

STRATEGIC INVESTMENTS AND COMMUNITY PARTNERSHIPS

Even for bigger breweries with more resources to back sustainability efforts, it's often the simple solutions that make a huge difference. Solutions as simple as managing utilities.

"By its nature, proper utilities management is a real win/win," said Land-Grant Brewing's Valentino. "Using less energy not only decreases our emissions, but by making our facilities more energy efficient, we're realizing some long-term cost savings."

The brewery has spent considerable capital investments to support their energy and carbon reduction efforts, such as installing energy meters on machinery. These meters provide real-time energy usage data and an energy-efficient white roof to decrease heating and cooling needs.

According to Valentino, sustainability decisions require long-term thinking and recognizing environmental priorities—not all efforts can be completed at once.

"It's a balance," Valentino said. "A balance between efforts that are environmentally friendly and will save the brewery money, as well as between things that will cost us money and will be environmentally friendly."

As part of a waste-reduction effort, Land-Grant Brewing partnered with CFAES' 261-acre Waterman Agricultural and Natural Resources Laboratory to find a home for spent wheat, spent yeast, and trub (leftover hops and protein).



Vincent Valentino, sustainability manager, Land Grant Brewing. Photo by Erin Gaerke.

"Our solutions are not as sexy as solar panels, but they're right for us."

Located just off Lane Avenue, the Waterman facility put these by-products to use.

Anna Biggs, program coordinator and horticulture outreach specialist at Waterman, explained the partnership not only benefits Land-Grant, but also provides the farm with free organic nitrogen. The nitrogen will help further research at some of the farm's experimental plots.

"It's a really good mutual partnership," Biggs said. "They are able to drop off their spent yeast free of charge, and we get another source of organic nitrogen."

According to Biggs, the spent yeast is used in the agronomic and horticultural research plots. There researchers study how much of the spent yeast's nitrogen is retained in the soil and how it compares to other sources of nitrogen.

In addition, the spent yeast is used as fertilizer for sunflowers and vegetables grown for participants of the Hope Garden research studies led by Colleen Spees. These biobehavioral intervention trials aim to improve dietary patterns for adults and pediatric cancer paitents as well as low-income, low-acess families.

The garden aims to connect youth and their families to the land to promote improved dietary patterns and encourage adventurous eating.

Since 2017, Land-Grant Brewing has delivered over 20,000 gallons of spent yeast and trub to Waterman Farm for research plots and the Hope Gardens. They have also delivered thousands of pounds of spent grain to a cattle farm in Hilliard, Ohio.



Kevin Ely, brewmaster, Wooly Pig Farm Brewery, Photo courtesy of Wooly Pig Farm Brewery.

"We're able to take an industrial organic waste and use it for a really great cause," Valentino said. "It's something that we at Land-Grant are really proud of."

THE IMPORTANCE OF COMMUNITY

Although Wooly Pig Farm and Land-Grant Brewing Company's sustainability paths look different, they both recognize a critical part of their sustainability efforts—their communities.

For Wooly Pig Farm Brewing Company, the dedication to community is personal.

"We believe in investing in our community because they invest in us," Ely said. "We source as much as we can locally and serve as a meeting place for local businesses and community members. Our patrons are our neighbors, so we're always looking for ways to help the community grow and connect."

Valentino also attested to the importance of community for Land-Grant Brewing Company.

"We are more than a brick-and-mortar building that makes beer—we are a part of the Columbus community," Valentino said. "Part of what makes our brewery so beloved is that it's a place for groups, businesses, and initiatives to meet. A place to organize and get your message out. A place to build community over a few good beers."

THE FUTURE OF SUSTAINABLE CRAFT BEER

In the future, both Wooly Pig Farm Brewery and Land-Grant Brewing Company plan to increase investments in solutions such as solar energy. However, common-sense solutions such as minimizing waste and responsible management of resources will continue to be the foundation of their sustainability efforts.

As Ely pointed out, "you can make sustainability hard, but you don't have to."

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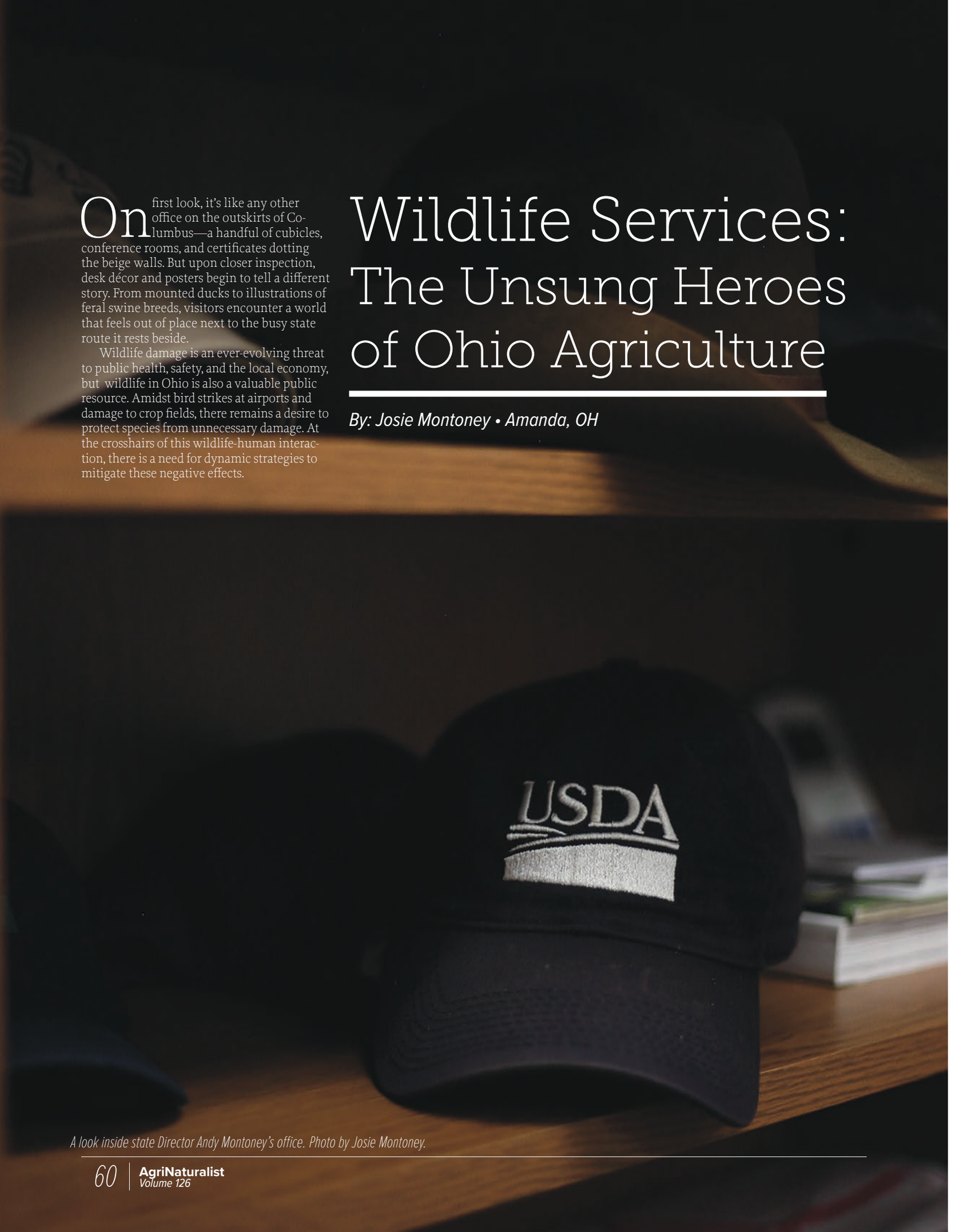
Wildlife Services: The Unsung Heroes of Ohio Agriculture

By: Josie Montoney • Amanda, OH

On first look, it's like any other office on the outskirts of Columbus—a handful of cubicles, conference rooms, and certificates dotting the beige walls. But upon closer inspection, desk décor and posters begin to tell a different story. From mounted ducks to illustrations of feral swine breeds, visitors encounter a world that feels out of place next to the busy state route it rests beside.

Wildlife damage is an ever-evolving threat to public health, safety, and the local economy, but wildlife in Ohio is also a valuable public resource. Amidst bird strikes at airports and damage to crop fields, there remains a desire to protect species from unnecessary damage. At the crosshairs of this wildlife-human interaction, there is a need for dynamic strategies to mitigate these negative effects.



A look inside state Director Andy Montoney's office. Photo by Josie Montoney.

It is within this need that the United States Department of Agriculture's (USDA) Division of Wildlife Services steps up to be a leader in developing robust and informed strategies. The over 100-year-old agency specializes in providing those strategies and specialized education to help mitigate interactions between wildlife and humans.

AG INTERSECTION

Within the world of agriculture, Wildlife Services plays an integral, but often under-utilized, role in providing farmers and ranchers with the expertise to handle wildlife damage.

"More than anything, I wish Ohio farmers knew about the services we can provide them," said Andrew Montoney, state director of Wildlife Services in Ohio. "Buying a nuisance wildlife permit for problems on the farm is a great way to temporarily treat damage issues; however, you need to develop a strategy to really solve the root of the problem. That's where my guys come in.".

Tommy Butler, a wildlife biologist, mirrored the sentiment as he began to express how much he desired for agriculturalists to reach out. "I wish they would call us more," Butler said.

Being a small federal agency, Wildlife Services is unable to market its services, which makes it hard to reach out to the producers who would undoubtedly benefit from all that they have to offer.

With a staff ranging from specialists in disease management to experts in controlling wildlife interactions in airports, it comes as no surprise the programs they have to offer in Ohio cover a wide breadth of areas.

As agriculturalists worry about trade, commodity prices, and weather conditions, the agency is posed to provide information, resources, and advice so producers can assure their products aren't destroyed by wildlife before they even hit the market. When crops like corn can be completely decimated by feral swine in just one night, it takes a preemptive management plan to assure the viability of a farmers livelihood.

By using a variety of tools, tactics, and techniques depending on the site and species they are targeting, Wildlife Services is able to use their expertise to develop a management plan tailored to an issue that the general public may not have the resources to conduct.

ISSUES IN OHIO

For Ohio agriculturalists, Wildlife Services may be the unsung heroes of many operations.

"[The] feral swine program is one of our biggest programs, and it has the potential to affect agriculture more than anything else we have because of the disease issues with feral swine and the damage to crops," said Butler.

With feral swine causing an estimated $800 million in damage across the U.S. each year, Wildlife Services is taking a proactive approach to remove emerging populations in the Buckeye state.

"I feel that we are going to be able to eliminate feral swine in Ohio," said Montoney."We have a really good feeling on where they are, how many there are, and what it's going to take to actually eliminate them."

This is good news for producers, many of whom do not realize they have damage from feral swine until it's time for harvest. "Feral swine will damage crops in the middle of the field, which a lot of farmers won't realize until it's too late," said Montoney.

The agency's work to help the farmers in Ohio doesn't stop at crops—working on damage from black vultures is another area Wildlife Services is able to help agriculturalists.

"We have black vulture predation here in Ohio with calves and lambs out on pasture," said Butler. While they typically dine on already deceased food sources, known as carrion, they have also been known to attack young livestock.

With the occurrence of black vultures attacks increasing by over 350%, the incident rate between producers and these birds has increased as well. Using dispersion tactics that temporarily scare birds away, Wildlife Services is able to deter these vultures from producer's land during their most vulnerable seasons.

LOOKING FORWARD

However, these programs can only be effective if they are actually used.

Wildlife Services is able to provide years of knowledge and expertise. They know the regulations and these animals better than anyone. They offer services for every type of wildlife interaction and can go beyond what producers can do on their own.

Despite success in programs, such as halting the spread of rabies westward through an aerial vaccine drop, the agency still encounters pushback. And as the years pass, new challenges inevitably occur and Wildlife Services focuses more on tackling these issues than they do celebrating their accomplishments.

But if there is one group who understands the necessity of this work, it's agriculturalists.

Life on the farm is filled with inevitabilities—interacting with local wildlife on rarely-restricted land borders is just one of those uncertainties.

However, when these interactions negatively impact the agricultural livelihood of farmers across the state Wildlife Services is equipped with the knowledge, skills, and tools to protect the industry and its land.

"More than anything, I wish Ohio farmers knew about the services we can provide them."



Example of damage to crop fields by feral swine in Southern Ohio. Photo courtesy of USDA Wildlife Services.

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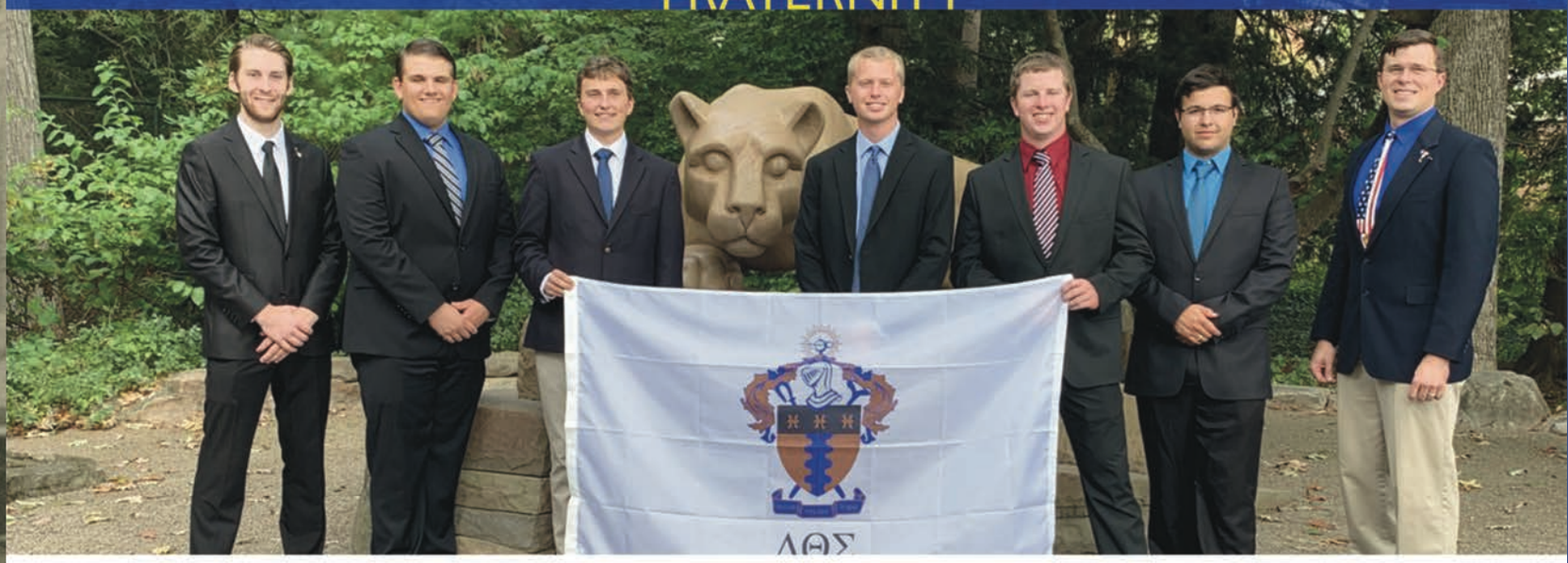

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From CFAES to the Nation's Capitol

By: Kalyn Swihart • Perrysburg, OH

United State Capitol Building. Photo by Kalyn Swihart.

The stereotype of an agricultural degree often conjures images of a corn field in October dotted with combines. For some Ohio State University College of Food, Agricultural, and Environmental Sciences (CFAES) alumni, however, the reality is very different.

As some of them walk into work, they are not greeted by farm machinery—instead it is the marble floors and winding staircases of the Russell Senate Office Building. Outside, the landscape is marked by some of the most iconic buildings in the United States. These alumni work in Washington D.C., also known as the District of Columbia.

MINDI BROOKHART, U.S. SEN. JOHN HOEVEN

Mindi Brookhart, a 2017 agricultural communication alumna from Auglaize County, never planned to move to the nation's capital. In college, she might have guessed she would pursue agricultural broadcasting—instead she finds herself on Capitol Hill as North Dakota Sen. John Hoeven's deputy press secretary.

Her journey started when she was emailed an opportunity to intern with the U.S. Senate Agriculture Committee a month before her graduation. She took it because "I liked the idea of using something I already knew I loved—agriculture—and pairing it with something I really didn't know much about—politics," she said. Once in Washington, she immediately began hunting for a permanent job.

"I was at a reception and crossed paths with this girl whose name tag also said 'agriculture committee,' and it turned out she worked on the House side and was also from Ohio State," Brookhart said.

The fellow Buckeye mentioned they were looking for a junior communications staffer, but they were already interviewing for the role. Brookhart thought she missed her chance. However, it ended up not working out for the other candidates. Three interviews later, she found herself as a full-time staffer for the House Committee on Agriculture.

After the 2018 Farm Bill was signed into law and the Republicans lost their majority in the House, it was time for a new transition—this is when Brookhart found her home in Hoeven's office as the Deputy Press Secretary.

Although, job hunting was not the only transition that Brookhart had to deal with. "I feel that this city is where I was called to be, but hands down—the season of loneliness—nobody prepares you for that," she said. "You have to be vulnerable and start from scratch. You have to recognize what an actual friendship is and what is just a networking opportunity, who genuinely cared about me, and who just wanted my business card."

It took her about a year to feel fully confident in her new home, but Brookhart does not want that to discourage students who have similar interests. She said, "If you are a student from a rural area, and you have an interest, just do it."

JOE SHULTZ, SENATE COMMITTEE ON AGRICULTURE

For Joe Schultz, a 2003 agribusiness and applied economics graduate, the decision to go into agricultural policy was easy, but getting there was not straightforward.

"When I started, I thought political science would be more interesting to me, but instead it was learning the policy insights from really good economists," said Shultz. To him, policy gives insights to solve problems and politics is the tool to get there. For the Logan County native, the policy was more exciting.

While at Ohio State, he knew he was passionate about agricultural and food policy, but he did not know what that would entail after leaving Columbus.

"I had no idea what I wanted to do, and in some ways, I didn't know these jobs existed. I had a vague idea there were people who went to D.C. and worked on policy issues, but I did not know what it meant to work for Congress," Shultz said.

"Someone described it as a grown-up college campus..."

He described it as a step-by-step process that did not happen right away. After graduate school, Shultz knew the place he needed to work in was Washington.

"I moved to D.C. without a job, lived on a buddy's couch, and couldn't figure anything out, so I had to move back home for a month," he said. "It was depressing after not finding a job in the big city."

Once he moved home, Shultz received a call from a small nonprofit that would hire him. It was his big break. He called it luck.

He moved back to Washington in 2005, right before the 2007 Farm Bill. In 2006, Sen. Sherrod Brown was elected from Ohio. Shultz was asked to join his team to work on agricultural policy. This was huge—as Brown was on the agriculture committee and it was a Farm Bill year.

In 2011, Michigan Sen. Debbie Stabenow became chair of the Senate Committee on Agriculture and asked Shultz to join her team as an economist. A few years later, he moved up to the Minority Staff Director. "My job is both an opportunity and responsibility. I think as long as this opportunity is around, I am going to stick around," he said.

Even with a big job in the big city, Shultz often goes back home to maintain the perspective of farming families. He claimed he would not be as good at his job without going home at least once a season.

ELLEN ZIMMERMAN, AMERICAN SEED TRADE ASSOCIATION

What brought Ellen Zimmerman, a 2014 agricultural communication alumna from Wyandot County, to Washington was love. Not necessarily love for the city, but love for her then-fiancé and for membership-based agricultural organizations.

"The reason I moved was because my now-husband and I were long distance for four years and decided we should at least live in the same zip code when we got married," Zimmerman said.

Despite each having a job they loved, they decided the best route would be to choose a new city altogether. Washington became their choice as it had the most opportunities for their careers. "His degree is in public affairs and I wanted to do association management and membership work. D.C. is the hub of associations—it is incredible how many associations are here," she explained.

Zimmerman moved in early March 2018 to get a head start before their late April wedding. "I couch surfed for eight weeks, worked at a new job and moved every two weeks with a suitcase with seven professional outfits, a couple casual outfits, some workout clothes, and two pajamas," she said.

While moving to a city and couch surfing sounds stressful, Zimmerman loved the experience because she could explore different neighborhoods before committing to a lease. Instead, her biggest challenge was suddenly being far from her family and community in Ohio.

To cope, she regularly visits Ohio. She also gets out of the city frequently as her job (as the Director if Internal Communications and Member Engagement with the American Seed Trade Association) requires her to travel about 70% of the time. "I think I have as many selfies in fields now as I did when I worked in Ohio," she said.

Her excitement to regularly return to rural America does not mean she dislikes the city. The fast pace and her commutes on the metro are some of her favorite aspects. Zimmerman describes Washington as similar to Ohio State's campus. "Someone described it as a grown-up college campus, which is so true. There is an event you could go to every single night. I love that I have a core group of friends that I run into at those," she said. Those friends are what make the experience for Zimmerman. For survival, she said a newbie to Washington needs to have a few people to lean on.

While each alumnus loves their job and loves Washington D.C., none of them know quite where this journey will lead. They may return to Ohio or stay in "The District." All that remains certain is that CFAES—and the agricultural industry—are well represented in the nation's capital.



Mindi Brookhart
Photo courtesy of Mindi Brookhart



Joe Shultz
Photo courtesy of the American Sugar Alliance



Ellen Zimmerman
Photo by Kalyn Swihart

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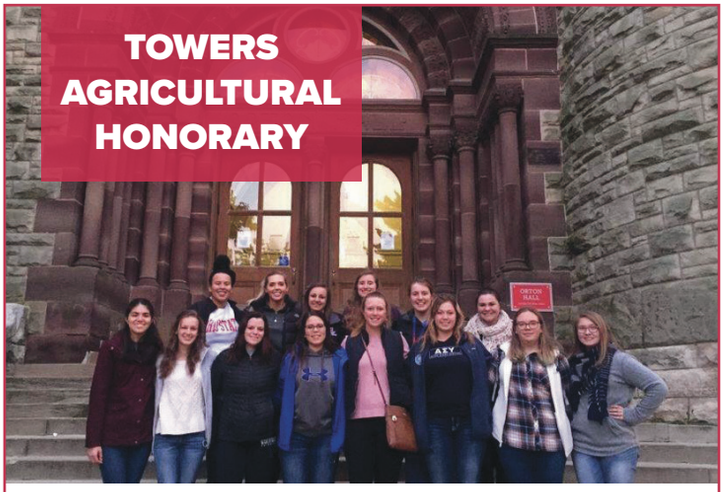

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A Hidden Gem of Ohio
The Little Brown Jug

Story & photo by: Madelynn Skillings
South Charleston, OH



Horses ready for take off behind the starting gate truck.

It is the third Thursday in September. Delaware, Ohio's downtown is eerily quiet. The storefront windows on Main Street are decorated with prancing horses, little brown jugs, Ferris wheels, and fair food. There is barely a soul in sight. They have gone to the races.

A few miles away, the sound of hoofbeats fills the air—you can feel them through the ground. A trumpet blows, signaling the horses and driver to make their mark. The starting gate truck gains speed as it rolls out its wings. The crowd roars with excitement in the grandstands.

In Delaware, Ohio, this is the moment people have been waiting for all year. The Little Brown Jug harness race is underway.

THE YEAR'S BIGGEST RACE

The Little Brown Jug, a hidden Ohio gem, has been a mainstay in Delaware since 1946. Each year, the race brings a crowd of 40,000-80,000 people into the small town all in one day.

This harness race is for three-year-old standardbred pacers. Harness racing is a form of horse racing in which the horses race at a specific gait—either a trot or a pace. They pull a two-wheeled cart, called a sulky, that is driven by one driver. Pacing horses are faster and less likely to break stride than trotters.

Each year, the Little Brown Jug is hosted by the Delaware County Agricultural Society during the Delaware County Fair. Five days of harness racing culminate with the Jug on the final day, always the third Thursday after Labor Day.

The fans love it—each year thousands flock to the fairgrounds to see the 20-race card, making it by far the highest well-attended harness race of the year in the United States.

Some of today's top equine athletes compete on the famed Delaware half-mile track.

In fact, in 2019 standardbred colt Southwind Ozzi emerged as the The Little Brown Jug winner with a $248,000 payday.

HISTORY OF THE JUG

The Delaware Agricultural Society voted to move the Delaware County Fair in 1937. It was moved from nearby Powell to a northern tract of land at the edge of Delaware, just up State Route 23.

With convincing from the Grand Circuit, a harness racing organization who had plans to host a harness racing championship in Delaware, the Agricultural Society voted to build a harness racing track.

Two years after the vote, a half-mile track was built by R.K McNamara, a local contractor. While there was racing in 1944 and 1945, the first official Little Brown Jug was run in 1946, and it has been in Delaware ever since.

> *"It is a tradition in our family to go to The Jug."*

The name 'Little Brown Jug' came from a newspaper naming contest won by Major Lanning Parsons.

The first purse for the Little Brown Jug was $35,358, and the race was won by Ensign Hanover, a standardbred whose bloodline is still prevalent in harness racing to this day. By comparison, the purse for the 2019 Little Brown Jug totaled $640,000.

Much like the thoroughbred racing industry, the harness racing industry with standardbreds is extremely competitive, but the purses of the races are much lower.

Thomas Thomson, marketing manager of the Little Brown Jug for the past three years, said, "We work hard every year to get as many sponsors for the Jug as possible. We are working to get the purse up to $1 million."

Over time, the Little Brown Jug has become one of the most prominent stake races on the pacing racing circuit. In 1956, the Jug became one of the legs for the Triple Crown of pacing. It is the last leg, after the Cane Pace at Yonkers Raceway in New York and the Messenger Stakes at Roosevelt Raceway in Westbury, New York.

Standardbred horses eligible to race in the Little Brown Jug train all summer long. They are even able to train on the Little Brown Jug track itself. The Delaware Agricultural Society also allows owners to board their horses throughout the summer and train on the track on the fairgrounds. Spectators are allowed watch and view the horses year-round.

"Having a racetrack as your office is an experience of a lifetime," Thomson said. "And having the ability to bring thousands of people to Delaware, Ohio, for a week of racing is amazing."

THE TRADITION

For local residents, the race is a cherished ritual. Sara Reed, a 12-year 4-H member, fair food lover, and harness racing fan, said, "It is tradition in our family to go to The Jug. We show our fair animals at the beginning of the week, then fuel up on fair food the day of The Jug. Every year, my uncle from Texas travels here to watch me show my animals, then watch The Jug at the end of the fair week."

With dedicated fans, it is no surprise how successful this race has been and will be.

The Little Brown Jug and the harness racing industry is truly one of Ohio's hidden secrets. Not many Ohioans know about the historic half-mile racetrack, just up State Route 23, that draws an excited and energized crowd each September.

The Little Brown Jug may not be the richest race for pacers (yet), but the prestige of being the Little Brown Jug champion is priceless.



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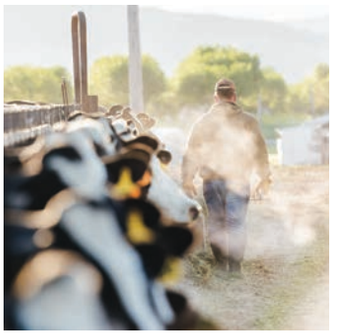











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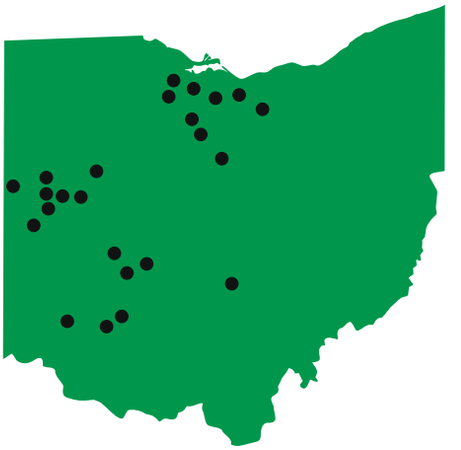

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Sold Out

McFadden Tree Farm

Story & photos by: Abby Myers
Strasburg, OH

As Doug McFadden stands upon his 1,500-tree stocked Christmas tree farm, he can hear the laughter of his grandchildren running between the pines.

A family tradition since 1986 has been put to a standstill. During the 2019 holiday season, the McFadden family tree farm did not sell a single tree.

It is often hard to look 10 years down the road, and it is even harder for tree farmers. What many people do not realize is that once a pine tree seed is put into the ground, it takes up to 10 years to harvest.

McFadden's dream of owning his own tree farm was made true and is now being paused. He spent years before 1986 preparing for the start of the farm. The time commitment is only one part of the many issues the McFadden family is facing for their business.

THE IDEAL TREE

The McFadden Christmas Tree Farm in Bolivar, Ohio, welcomes around 500 customers each holiday season.

McFadden selected the tree farming business simply because he wanted to grow his own trees—rather than going to another family farm to purchase one.

The tree farm offers multiple kinds of trees including blue spruce, Norway spruce, Canaan fir, white pine, Scotch fir, and Douglas fir. The Canaan fir is the most popular, with 250 trees being sold per season—and as a bonus it smells like fresh oranges.

McFadden, 63, explained customers come out looking for the "ideal" Christmas tree for their own home. Normally, the ideal tree size for customers is around 8 feet tall, but these trees can grow up to 16 feet tall.

When a customer can't get their ideal tree, they typically buy the next best thing they can visualize bringing home.

MARKETING THE TREES

The McFadden family's goal is to sell everyone a tree who wants to purchase one. Facebook has been an important marketing tool—it has boosted sales in the last few years for the farm. This success has led the McFadden Tree Farm to run out of trees to sell in 2019 for the first time in 30 years.

The McFadden farm is not the only tree farm facing low inventory issues. In fact, when a tree farm runs out of trees, customers will go to the nearest farm, causing this depletion to be an ongoing cycle.

HARD WORK & FAMILY TIME

The tree growing process is a year-round commitment for Christmas tree farmers. Trees need to be fertilized, moved, sheared, and shaped throughout the year. In addition, some are even dug up and sold as balled trees for planting in the landscape.

"It's a lot of work, and you have to really enjoy doing it," said McFadden. "I would love one day for my grandkids to take over. The trees I planted recently won't be ready to sell until I am 73."

McFadden has three grandchildren who love the farm as much as he does.

Kate Smith, daughter of McFadden, is thankful for the work ethic the farm teaches her children.

"Our middle child is an outside-loving, hardworking child who says he wants to be a farmer. I am really excited that while we live in town now, my children get to experience the same things I did growing up," said Smith.

McFadden, his wife, two children, grandchildren, son-in-law, and two loyal employees are all actively involved on the farm.

His children, although located an hour away from the farm, stay involved from home and during the season to help on the farm.

UNTIL NEXT SEASON

Ed Rufener, an employee of 28 years, understands McFadden's decision to close the farm this season. "It's not a bad idea. I hate the farm not being open, but it's all about supply and demand," he said.

Rufener explained that Christmas is a happy time at the farm, and the most important part of the job is helping people out.

There are a lot of local tree farms facing permanent closures due to a supply shortage, and this is something the McFaddens are trying to avoid.

Smith agrees that satisfying customers comes first. "We love seeing the customers each year and have heard the stories about how it's a tradition to come to our farm. We hate the thought of disappointing anyone," said Smith.



Rows of fresh grown pine trees at McFadden Family Tree Farm.

"We love seeing the customers each year and have heard the stories about how it's a tradition to come to our farm. We hate the thought of disappointing anyone."



A celebration banner is placed on the farm barn.

At the same time, Smith said above all else, the goal of the farm is to provide a quality experience and perfect tree to their customers.

"Because our demand has gone up, and the supply takes a long time to grow, it was a difficult decision that had to be made," Smith said. "After considering a few different options, we determined just letting our trees grow was the best choice we could make this year."

The season off, during 2019, created spare time to explore new opportunities for the McFadden Tree Farm. Smith explained they are always looking to make the experience better through new ideas, which are being developed and will be shared next season.

"Our family rarely gets to participate in parties, shows, and markets. This past year we were excited to be able to take advantage of what other seasonal places have to offer," said Smith.

Although trees weren't sold, there is one thing that won't change at the McFadden Tree Farm.

Local families can still breathe in the strong smell of pine and enjoy the company of others as they laugh and smile—while using the trees as the perfect backdrop for their family photos.



This sign is displayed in the gift shop window at the farm.



Human Animal Interactions in Italy 2019

Candles and Apple Butter

A recipe for success for the McMullen brothers

Story & photo by: Bonnie Welsh • Bucyrus, OH

In the town of Bucyrus, Ohio, a small northern city in Crawford County, there are two local businesses with rich history. These establishments are owned by the McMullen brothers, Jason and Justin.

In 2003, the brothers first went into business when they founded Crossroads Original Designs. Jason serves as president and co-owner. Justin is vice president and co-owner.

Crossroads is a family-owned and operated manufacturer of scented candles, reed diffusers, room sprays, framed art, and home decor accessories.

BUILDING THEIR BUSINESS

In 2013, the McMullen brothers bought Cooper's Mill to expand their business.

David and Miriam Cooper started Cooper's Mill in 1969 as a place to share their fresh fruits and vegetables. However, with time, it grew into a market and a factory.

While the Coopers did many great things with their business, it was time for them to step out of the company in 2013 to retire.

The McMullens stepped right in and started selling the Cooper's high-quality, homemade jams, jellies, and apple butter.

What makes this apple butter different from any other brand?

To make the product the highest quality, Cooper's Mill apple butter is slowly cooked in a 50-gallon copper kettle over a wood fire.

Eventually, the Coopers also initiated factory tours. Local students and residents could see Cooper's Mill's jam and apple butter creation process.

Keeping the business's history alive was significant for the McMullen brothers when they moved to Cooper's Mill.

Jason McMullen said, "We want to build on the foundation that David and Miriam built for us."

> *"We want to stay local with our products."*

To attain this goal, the brothers kept the recipes that have been used for generations intact.

However, the brothers have tried creating different products than the Coopers, such as BBQ and grilling sauces. They work to maintain a local flavor.

"We try to get most, if not all, of our products locally," McMullen said.

Cooper's Mill sells both wholesale and retail. The main places they sell to are farm markets and U-pick farms. You can also find Cooper's Mill products nationwide, but the majority of their sales come from east of the Mississippi River.

"We get a new customer base by going to trade shows throughout the year on a national scale," McMullen said.

GETTING ACQUAINTED

When the McMullen's first purchased Cooper's Mill, the first two years were spent getting comfortable with the business.

"We needed time to get to know the food industry," said Jason McMullen.

For the past ten years, the brothers had been running a wholesale candle company. They needed time to get acquainted with this new side of their business.

Now the brothers are about seven years into owning Cooper's Mill and Market. Cooper's Mill and Crossroads candles are starting to use shared marketing and advertisements. When they go to trade shows and conferences, they now bring both product lines—instead of going to different trade shows.

When creating advertisements, they will put both companies in the same ad, side by side.

"We want to educate the general public that these brands have shared ownership," Justin McMullen said.

THE BROTHER'S FUTURE

In the next two years, Jason McMullen would love to see "new products."

"We want to stay local with our products and keep them Ohio made," said McMullen.

He wants to sell products that cannot be found at one-stop stores, such as Walmart or Kroger. For example, they offer homemade fudge and donuts every day. The brothers still want to provide those things, but they also want new ideas. Jason McMullen thinks about selling crafts that are made locally and possibly selling craft beers and wine in the future.

EMPOWERING EMPLOYEES

Justin McMullen takes pride in his family's businesses and the way they manage their staff.

Staff is crucial to the future of the McMullen's operation.

To him, working with employees is all about leadership, so they will want to stay and help to sell the product that you have worked hard to create. With his employees, Justin has done just that.

When asked about his leadership style, he took a minute to think before answering.

Finally, McMullen said, "I am a servant leader; I want to serve my employees and empower them. I want to build a relationship with my employees and customers—show them that we are all working for a common goal."



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Service Dogs in Ohio: Buckeye K9

Story & photo by: Maria Stavridis • Columbus, OH



Lori Morrell graduated with a degree in business management, but throughout her life had always wanted to work with animals. A career without them simply wasn't an option to her.

So in 2006, Morrell and her husband started Buckeye K9 with the goal of becoming an accredited professional dog training facility. And now, it offers boarding, grooming, private training lessons, and service dog consultations.

Buckeye K9 gained significant popularity and growth following the television premier of Morrell's second business, Priority 1 Canine, on ABC's Shark Tank in 2014. Morrell appeared on the famous show alongside her husband, Wade, to present their idea of training and selling personalized home security dogs. Although the Priority 1 Canine business is much different than Buckeye K9 in the services that it offers, Morrell said the publicity alone helped boost the business tremendously.

Since 2014, Buckeye K9 has trained, certified, and sold over 50 service dogs to people. Services these dogs provide can range from early seizure detection to mobility assistance. These helpers can also be life changing to individuals with all types of disabilities, from severe depression to mobility issues. The independence that comes with one of the trained dogs is priceless, and according to Morrell, that is the best part of her job.

"It brings tears of joy to my eyes when I'm able to give someone something like that. I am just so proud I can contribute to helping make a difference in someone's life," Morrell said.

Some of these dogs are emotional support animals, some are trained to retrieve items for wheelchair bound handlers, and some are medical lifesavers.

"These dogs give so much and never ask for anything in return," Morrell said. "Something as simple as being able to retrieve a medication bottle or sensing low blood sugar can be the difference between letting a person live in the comfort of their own home or having to consider facilities or caregivers. They give people their independence, and really, their lives back."








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CFAES *Diversity Deep Dive*

Story & photos by: Emma Newell • Pickerington, OH

Diversity is like a jelly fish, according to Lanier Holt, assistant professor in The Ohio State University's School of Communication and researcher of media and race. While it's not a hunter, it is still one of the most dangerous animals in the sea. Once you cross the line, you are stung. If there isn't diversity within a university, then they are bound to be hurt by the tentacles of singularity.

To the College of Food, Agricultural, and Environmental Sciences (CFAES), the jellyfish of diversity is one that has proven difficult.

ADMINISTRATIVE CHANGES IMPACT PROGRAMMING

Since January 2019, CFAES has not had an assistant dean and director of diversity, equity, and inclusion. This position has roles that span from data collection, to program management, to minority outreach efforts.

The search began in November 2019, according to Tracy Kitchel, associate dean for faculty and staff affairs. This position is anticipated to be filled by July 1, 2020.

Kitchel reports the hiring of the new assistant dean and director of diversity, equity, and inclusion was delayed intentionally due to his predecessor's retirement, which coincided with the departure of former director of diversity, equity, and inclusion, Kathy Lechman. This choice was made so the new associate dean could be a part of the selection process.

Funding for this unit has since been saved in order to build a physical presence for the Office of Diversity, Equity, and Inclusion on the second floor of Agricultural Administration. It will comprise three offices.

After Lechman moved into another position outside of the college, Leo Taylor, program director, was hired in a part-time role that has since evolved into a full-time appointment. Alicia Baca has also been hired as a part-time program assistant. Neither of them serves as an interim director.

Taylor and Baca were appointed to create and host programming opportunities for faculty, staff, graduate, and undergraduate students. Workshops offered by the office address issues such as implicit bias, power and privilege, sex, gender, and gender identity.

These workshops are offered on a rotating basis once a month at the Columbus and Wooster campuses of Ohio State.

"Our programming is geared toward educating people about how bias is pervasive and feeds into systems of oppression that affect marginalized populations," said Taylor.

However, workshop turn out has been low, with approximately six to 10 participants at each event. Taylor hypothesized that people within the college are not knowledgeable that the Office of Diversity, Equity, and Inclusion exists.

He also expressed concern that the office was understaffed while Lechman was in her role. She was the only person to work in this unit during her time as the director.

"There is a lack of diversity in our college. It is something that we need to address," Taylor said.

IS THE CFAES STUDENT BODY DIVERSE?

As of Fall 2019, 12.6% of CFAES undergraduate students on the Columbus campus are identified as a minority. Comparatively, 21% of the entire undergraduate student body on main campus is a minority.

Nearly 70% of minority students in CFAES major in animal sciences or are enrolled in the School of Environment and Natural Resources.

"Historically, people study animal science if they are pre-veterinary. The School of Environment and Natural Resources tends to be one of the more diverse departments because it has a less conservative history," Lechman said.



13% MINORITY, 87% WHITE
44% MALE, 56% FEMALE

This collage represents the sex and minority (people of color for visual purposes) population of the current CFAES undergraduate student body.

Pamela Thomas, who works with diversity, equity, and inclusion and student success within the college, shared that CFAES has not specifically recruited minority students in the past due to connecting to desired populations through traditional recruitment efforts.

However, she acknowledges that, "[CFAES is] fighting an uphill battle because if you look at underrepresented groups, [racial minority] populations have or have had in the past, a derogatory or negative association with agricultural sciences."

If a minority student decides to become a CFAES Buckeye, they have the opportunity to join a club within the college called Multicultural Students in Agriculture, Natural Resources, and Related Sciences (MANRRS). MANRRS creates a space where people from underrepresented groups are able to come together to support one another, learn, and grow. Thomas shared that this helps to retain students.

There are various other groups, clubs, and resources available throughout the University as a whole. Various resources are available for specific minority groups throughout campus, based on individual identified needs and challenges.

HOW DO FACULTY COMPARE?

In terms of diversity of faculty within the college, in 2016, 17% were racial minorities and 32% were women. Lechman identified the lack of women in higher-level positions as a definite concern.

James L. Moore III, vice provost for diversity and inclusion and chief diversity officer for Ohio State, shared we need to keep diversity and inclusion at the forefront. He said, "If diversity is an afterthought or is not given the necessary attention and resources, colleges will not make adequate progress."

According to Moore, "We are a very siloed institution, unfortunately. The silos make it difficult for the university to adequately leverage its human and financial resources to make a collective impact in the diversity and inclusion space." Deans of the various colleges have a lot of autonomy and range to decide what to mandate.

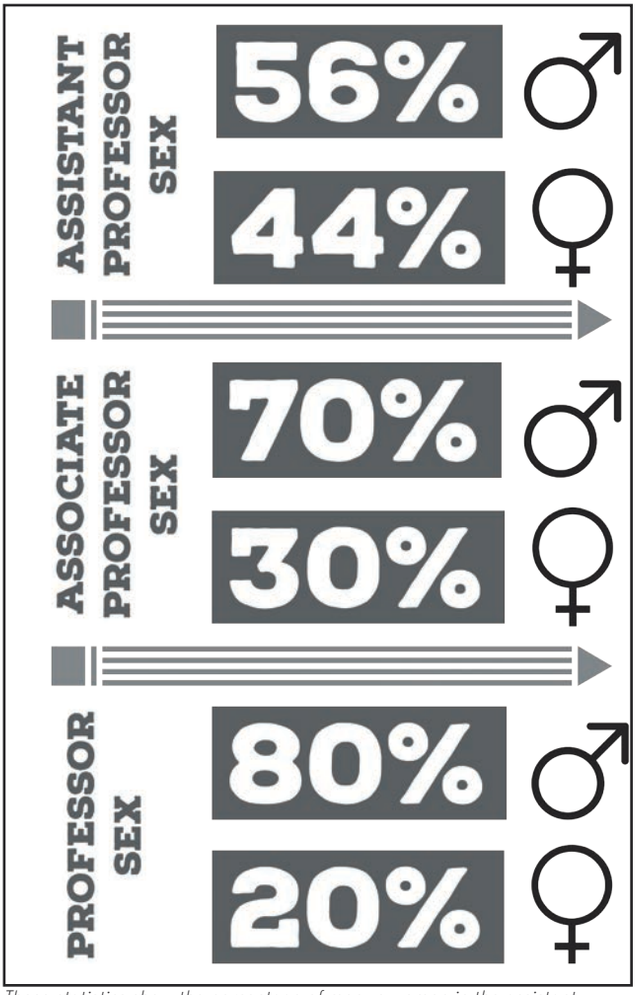
According to Kitchel, "We have work to do. There are opportunities for us to continue to grow."

One method to improve these statistics in faculty and staff positions was mandatory "Inclusive Excellence Training" for search committee members. However, this training was suspended following Lechman's departure, much to her concern. Trainings had been scheduled and instructors were identified to continue this program.

Kitchel expressed that during the interim, human resources policies and practices will address any issues that arise. He encouraged individuals to attend the workshops by the CFAES Office of Diversity, Equity, and, Inclusion. There are various other workshops available though other colleges on campus.

Additionally, a diversity advocate is selected to serve on each selection committee. They are charged with being aware of and identifying any intentional or unintentional biases. This person is not trained, but identified as someone passionate about diversity, equity, and inclusion.

"There is a lack of diversity in our college. It is something that we need to address."



These statistics show the percentage of men vs women in the assistant professor, associate professor, and professor roles.

Kitchel also has the ability to review the search committee's efforts and findings to ensure that due diligence was taken to recruit a diverse pool of candidates.

"Sometimes during the interview processes, certain biases keep people out of jobs," Thomas said. "I do see an upward shift [in the number of women and minorities]...[But,] our faculty is not representative of the diverse populations we want to include."

Lechman cautioned that while training is important, "... [it] does not change the culture."

TURNING WORDS INTO ACTION?

Ohio State is committed to taking affirmative action that follows federal and state laws. This is done by means of recruitment, hiring, and advancement of disadvantaged populations throughout the university; including qualified minorities, women, those with disabilities, and covered veterans.

The university is also an equal opportunity employer. This ensures all qualified applicants will receive consideration from the selection committee without discrimination.

However, the law of affirmative action only states that one must make "good faith efforts." This is a term that is not quantifiable or explicitly outlined.

The college and Ohio State Extension are also held accountable through Civil Rights Reviews due to receiving funds from the United States Department of Agriculture (USDA). In 2019, a review was completed, but reports have not yet been made public. The last review took place in 2005.

Jacqueline Wilkins, interim director of Ohio State Extension, shared items the USDA had outlined as areas of concern to be addressed over a six month period. These action plans and steps were fully implemented in late December 2019.

These include providing additional resources in the forms of staff training and conferences, creating committees that ensure programs are reaching out to diverse populations, teaching about discrimination complaint procedures, developing a clear and joint diversity plan between the two land grant universities in Ohio— The Ohio State University and Central State University, streamlining data collection procedures, planning internal civil rights reviews, ensuring access to translators for limited English proficiency individuals, and work to strengthen the relationship between Central State and Ohio State.

In 2017, Lechman and Thomas created a 25-page, "Strategic Plan for Equity and Inclusion." However, Lechman shared, "It was submitted, but [we] never heard anything about moving it forward." According to Kitchel, this plan was shared with Dean Cathann Kress shortly after she took her new role in the collage. The document was never publicly revisited.

Despite the college's historical struggle with diversity and inclusion, Lechman assured that during her 17 years with CFAES, no one acted against civil rights laws or failed to adhere to federal equal opportunity employment practices.

Moore expressed that diversity and inclusion is not only a moral imperative, but also an economic one. With that being said, is CFAES continually being stung by the jellyfish of singularity?

Asian Carp

A silent wave of destruction

By: Jon Stepp • Carroll, OH

It's a calm spring night in Sandusky, Ohio. The leaves are still.

Sea Breeze Charter captain John Kristof is at the dock waiting for the sunrise. There is work needs done on his rig before another group of fishermen visit him for his expertise on finding Lake Erie Walleye. All of this may seem typical, but there may be bigger issues just under the surface.

"As a charter captain I am terrified of what lies ahead of this great lake," said Kristof. The fourth-year animal science major at The Ohio State University knows there could be a new invasive species entering Lake Erie, which is bound to cause problems.

THE COST

The Ohio Department of Natural Resources recently found the DNA of Asian carp in Lake Erie and the rivers and streams attached. "If Asian carp become prevalent in Lake Erie, they could cost the fishing and tourism industries millions—similar to what the Kentucky Lake region has experienced," said Patrick Henry, a fourth-year natural resources management major and president of The Ohio State Bass Fishing team.

"In the 15 Kentucky counties surrounding Kentucky Lake, tourism has been down 35–40%, which is nearly $180 million per year. It will do similar damage to the towns surrounding Lake Erie," said Bassmaster Elite Series professional angler Mark Menendez.

Menendez is from Paducah Kentucky and lives on Kentucky Lake. Since he has witnessed Asian carp's negative impact on his hometown and fishery, he has been fighting to aquire funding to research Asian carp. In 2019, the United States House of Representatives and the Senate approved a $25.2 million grant to study these fish. The bill also funds a new system that will potentially keep fish from going through locks and migrating to other lakes.

STARTING TO FIGHT BACK

The Bio-acoustical fish fence System (BAFF) is now being installed on the Barkley Lake Dam in Kentucky. Before the lock is opened, the system will send sound waves through the water and deter the fish from that area. This will keep the spread of these fish down, in hopes of causing a decline in the rapid overpopulation.

"I can tell you, mother nature has her own way of dealing with invasive species."

Fish find food by using sound waves as a guide. Sound bounces off the bones on the outside of the their bodies so they can locate where it is generated from. The BAFF system emits a high frequency sound that they avoid.

This system will be easier to install and use on a river system since the flow of water can be stopped and centralized, but in Lake Erie there are no boundaries and there will be no way to stop the colonization of Asian carp.

THEIR ORGIN

Asian carp started their infestation in Kentucky in the 1970s. Since then, their offspring have spread across the eastern United States. In fact, they have been found in any waterway that connects to the Mississippi River. Lake Erie is next in line for their destruction. It is imminent and unstoppable. Wildlife officials must now prepare to fight them at all costs.

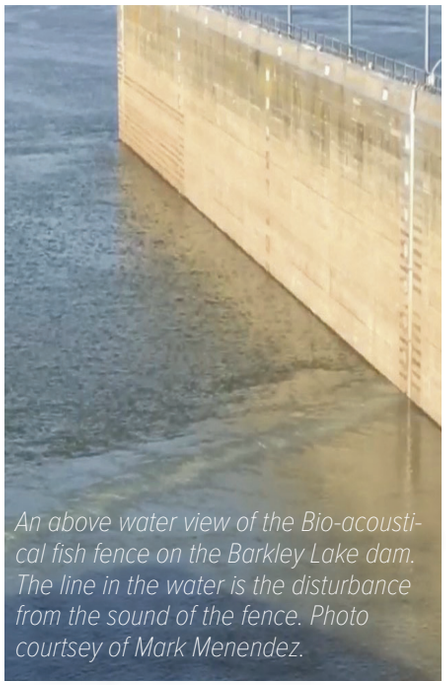
Asian carp feed on grass and plankton in the water, which is the same forage most other baitfish utilize. Since carp can reproduce up to four times per year, the number of times they will spawn is based on the abundance of food, which means they are prolific breeders.

"At first I thought the fish would have a hard time reproducing because the bottom of the rivers are mud, and most fish need hard bottoms to make beds in. Asian carp eggs are semi-buoyant, meaning they will float above the bottom so the eggs will have a better success rate," said Menendez

Once fertilized, these eggs can float downstream and hatch without their mother's care. In a few short months, Asian carp fry are able to reproduce for themselves. Asian carp can't be stopped from spreading completely—their



The 2019 Inland Fish Ohio Day at Cowan Lake State Park. Photo courtesy of the Ohio Department of Natural Resources' flickr page.



An above water view of the Bio-acoustical fish fence on the Barkley Lake dam. The line in the water is the disturbance from the sound of the fence. Photo courtsey of Mark Menendez.

eggs will continue to float downstream and hatch. However, precautionary acts will reduce the spread of the fish immensely.

These fish have been able to succeed in the Cumberland River and Tennessee River because of the consistent current the river supplies. "Asian carp need about 15–25 miles of current to feed. We originally thought they would need over 100 miles of current to sustain a large population—that has definitely been proven otherwise," said Menendez. Even though Lake Erie is not a river system and does not have a continuous one direction current, it still can supply enough of a current to sustain them. In fact, wind on Lake Erie creates a current, which pushes around plankton and other microorganisms Asian carp feed on.

"Even though the fishing has been down on Kentucky Lake, carp not entirely to blame—there are other aspects involved," said Menendez.

"In reality it has been three years of bad spawns for species like bass and other game fish. Those springs had very unpredictable weather and it hurt the fish, which is the main reason the bass numbers are down," said Menendez.

In Menendez's opinion, social media has played a big role on the negative outlook the fishing world has on this lake.

"The Asian carp play a smaller role in the problems at Kentucky Lake than what people may think and see," said Menendez.

VIEWS AND USES FOR CARP

Commercial fishermen have started netting and harvesting Asian carp in high numbers for several reasons. "Truckloads of these fish have been shipped to places like Maine to be used as crab and lobster bait. Also, these fish are being advertised in restaurants as silver fin or Kentucky Lake grouper, because people in America will not eat a fish labeled as carp," said Menendez.

"I can tell you mother nature has her own way of dealing with invasive species. I have been a professional angler for 29 years and have seen lots of invasive species come into our lakes," said Menendez. "For example, gobies and zebra mussels in Lake Erie were supposed to hurt the lake, but the gobies have helped add a source of food for the game fish and zebra mussels helped to filter the water and make it a better habitat for our fish."

Soon, Asian carp will infiltrate Lake Erie in mass quantities. Only time will tell if mother nature can handle these fish accordingly. This will be a whole new fight, considering the spawning rates of these fish and the mass amount of food they will consume.

It will likely take a few years to see the growth potential in a lake with no set current direction. However, from what evidence shows they will have no problem thriving in this environment. In a few years, we may see these fish in the mouth of the Detroit River, headed to Lake Michigan or at the mouth of the St. Lawrence on the other side of Lake Ontario. There is no stopping them now, they are coming and coming quickly.

Facts about Asian Carp:

- Bighead and silver carp are often referred to as Asian carp, but they are two distinct species.
- Bighead carp often feed on zooplankton and grow larger. While Silver carp jump and have a larger selection of food.
- Silver carp make up around 70% of the Asian carp population.
- Heavily populated Asian carp areas have a steady decline in natural baitfish, such as gizzard shad.
- Any waters connected to the Ohio River—and that drain into the Mississippi— are in danger of being infested with Asian carp.
- As of March 2020, Asian carp have been sighted in southern Lake Michigan.



All-Natural Sustainability

By: Rhiann Travis • Springtown, TX

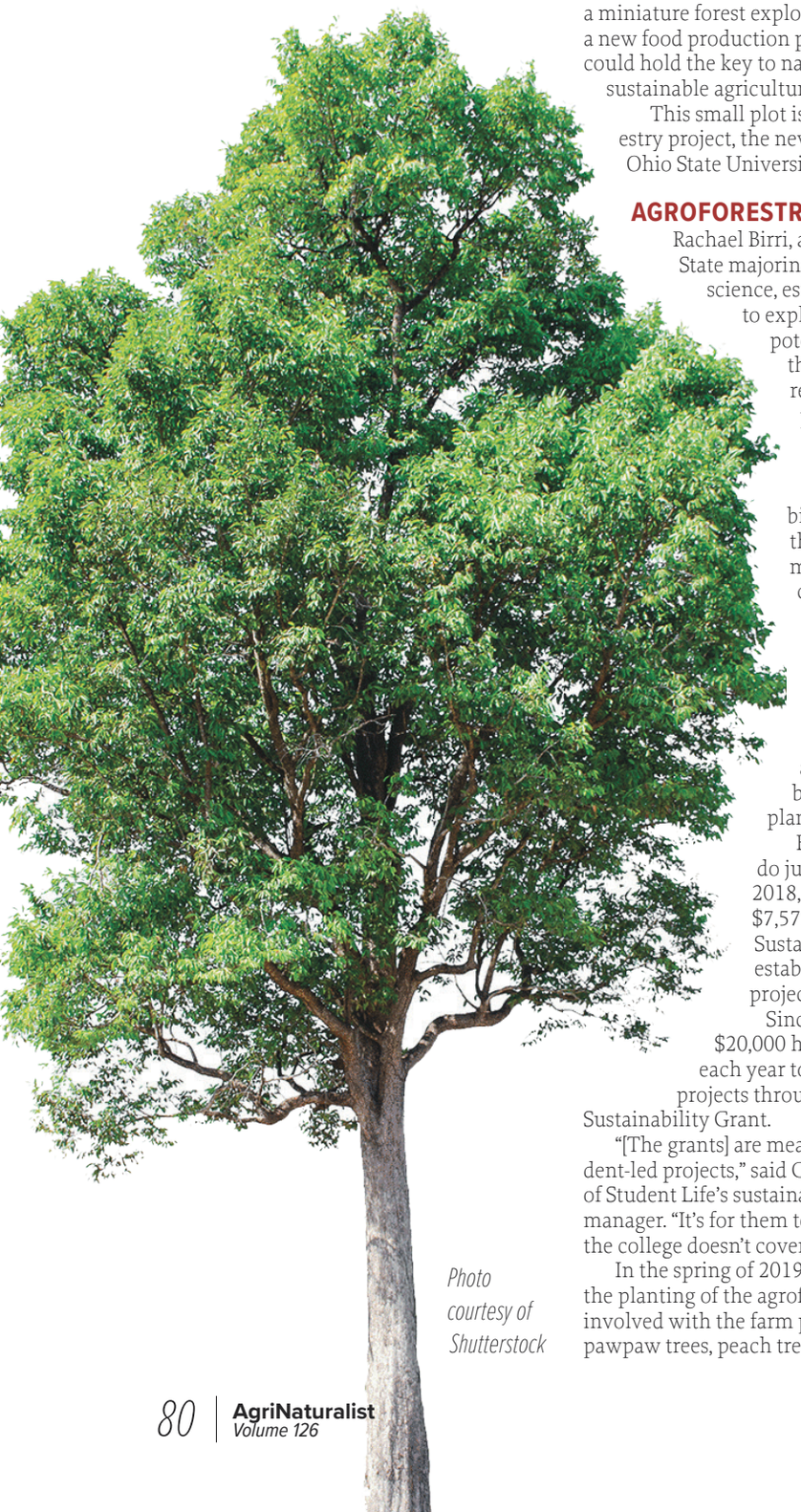


Photo courtesy of Shutterstock

On a small patch of land at the Waterman Agricultural and Natural Resources Laboratory, a miniature forest explores the potential of a new food production practice—one that could hold the key to naturally sustainable agriculture.

This small plot is home to the agroforestry project, the newest addition to The Ohio State University Student Farm.

AGROFORESTRY PROJECT

Rachael Birri, a fourth-year at Ohio State majoring in environmental science, established this project to explore the agroforestry's potential to maximize the use of natural resources in food production.

Agroforestry is a land management system. It relies on biological interactions that occur when multiple species of crops—or crops and livestock—are produced in the same space. The goal of this practice is to improve the resource sustainability of agriculture by mimicking the way plants grow naturally.

Birri's project aims to do just that. In December 2018, Birri was awarded $7,575 from the Coca-Cola Sustainability Grant to establish her agroforestry project at the Student Farm. Since 2011, a total of $20,000 has been awarded each year to four or five student projects through the Coca-Cola Sustainability Grant.

"[The grants] are meant to be for student-led projects," said Carlos Lugo, the Office of Student Life's sustainability program manager. "It's for them to explore areas that the college doesn't cover."

In the spring of 2019, this grant funded the planting of the agroforestry plot. Students involved with the farm planted strawberries, pawpaw trees, peach trees, cherry trees, peanut plants, elderberry, crimson clover, and much more. Birri took charge of this process, designing the plot to mimic natural ecosystems.

"One of my favorite things was the planning process," said Birri. "I really loved drawing up designs, especially since we didn't want to totally restrict ourselves to the regular row setup, because it was supposed to be more forest-like."

The variety and type of species selected for the agroforestry project was intentional to build a system that is polyculture and permaculture.

POLYCULTURE VS. PERMACULTURE

Polyculture systems grow multiple species of crops in the same area, utilizing plant relationships to improve natural disease resilience and weed management.

Permaculture systems use perennials, species that only need to be planted once and continue to produce each year. This type of system minimizes the tillage practices often seen in crop production.

"We operate under an agroecology mindset, where more diversity equals better resilience to different things," said Christopher Ratcliff, the faculty advisor for the Student Farm.

Agroforestry is a field that has been drawing more interest, in terms of food production, because it differs so much from traditional field crops. But this difference may not be a bad thing.

A move to agroforestry offers a potential answer to some of these problems. With perennial species, farmers only have to plant once—meaning less money spent on seed, less labor required for planting, and no need for tilling.

The diversity produced by planting multiple species together provides natural weed management, fertilization, and disease resilience. As a result, farmers are able to use less fertilizer and weed control products, reducing the amount of chemicals needed in food production.

The promise of a naturally sustainable food production system has many people pointing to agroforestry as the solution, especially for issues with carbon sequestration and climate change.

"I think the benefits could be wide," said Ratcliff. "I think that agriculture is at the heart of the solution to those problems...[but] there's still a lot of research to be done on exactly what the effects can be."

However, implementing this practice on a greater scale may be easier said than done. Cultivating this system takes time, and many of the crops won't produce in the first year. It's a very costly endeavor—one that many farmers likely would not be willing or able to risk.

"A lot of farmers have their backs against the wall economically," said Ratcliff. "So, if someone asks them to try something new that's a large upfront investment, but doesn't have a lot of immediate payback, I think that's hard."

This transition presents another roadblock. A different practice requires a different skillset and operation process, which takes time to learn.

"It takes a different set of tools and skills for pest management, harvest, planting, and all those things. I think that kind of transition can be hard," said Ratcliff.

Ultimately, this project aims to provide experience with agroforestry to those involved with the Ohio State Student Farm. Although the focus is currently on getting the project started, Ratcliff hopes that formal research will be conducted in the future to explore the potential that agroforestry holds.

"It's easy to sit here and talk about all the benefits of agroforestry," said Ratcliff, "but until you try it, you can't really speak from personal experience."

FOOD NOT BOMBS

While the benefits of research may be on the horizon, the food grown through this program is making a difference today. Although some of it goes to the employees working at the Student Farm, they can only eat so much.

Produce from the farm is distributed to various food pantries around Columbus, Ohio to provide people with fresh, organically grown food. Some of it is sold throughout the year at on-campus markets, and some of it is sold at various farmers markets.

"Agriculture is at the heart of the solution."

There are also plots designated specifically for donations. The Student Farm works with the Columbus chapter of Food Not Bombs, which serves as a food pantry without restrictions on who can come and how much food people can take.

Food Not Bombs started in 1980, and now has chapters all over the world. The group recovers food that would be discarded and then shares it as a way of protesting war and poverty.

"People are allowed to take whatever they want," said Birri. "If you want to take a whole crate of onions, you can take a whole crate of onions. And sometimes people do."

Much of the food provided by Food Not Bombs is salvaged from grocery stores, so the fresh produce donated from the Student Farm is a welcome change.

"It's pretty cool to be able to donate to [Food Not Bombs], and to be able to have more fresh produce present there," said Birri.

Donating to Food Not Bombs gives students at the farm a chance to see people benefitting from their research.

Only time will tell if people across the country will also be able relish the food provided to them through this kind of all-natural sustainability.



Students are responsible for everything from planting to weeding at the Student Farm. Photo courtesy of CFAES.

The multi-purpose, solid-steel backbone of the farm.



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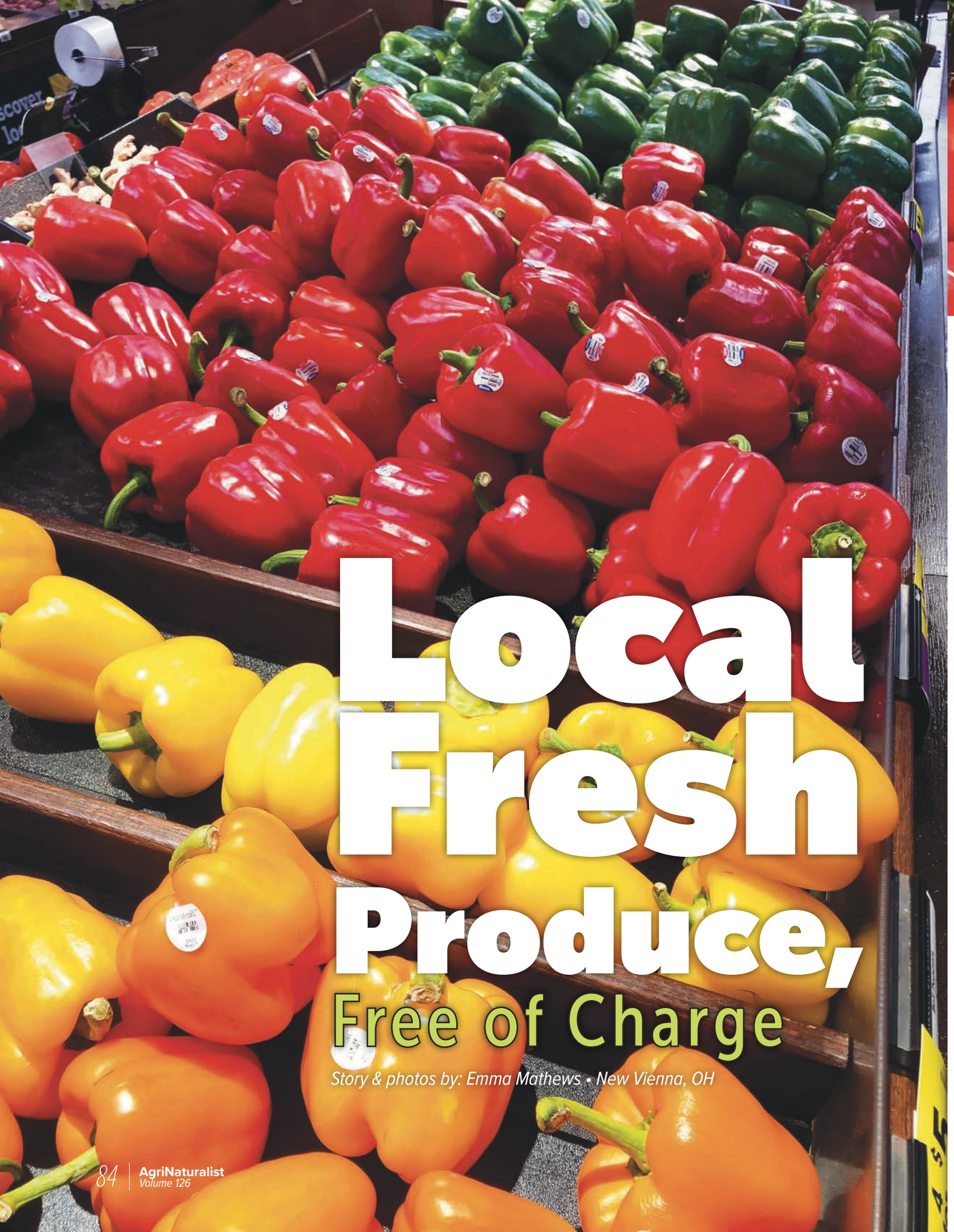

Local Fresh Produce, Free of Charge

Story & photos by: Emma Mathews • New Vienna, OH



Fresh produce is available to members of the market daily. Variety of produce options varies day to day.



All People's Fresh Market Storefront

"Members are allowed to shop once a day, each day that we are open. It allows them to have access to fresh produce daily."

Times can be hard and nutritious foods may not always be at the top of people's priority lists. On the south side of Columbus, nearly one-third of the citizens are considered food insecure-meaning they don't have access to affordable foods that are also nutritious. Many are hungry and skipping meals. New initiatives, however, are working to change that.

What used to be a liquor drive-thru on Parsons Avenue is now a bright, colorful, inviting, open space. All People's Fresh Market opened in 2018—making fresh and local produce available to those struggling to make ends meet.

STUDYING FOOD INSECURITY

In 2018, students in social work classes at The Ohio State University conducted a study, "A Tale of Two Food Environments: Differences in Food Availability and Food Shopping Behaviors Between Food Insecure and Food Secure Households." The study comprised a survey of 663 households: 214 food insecure and 449 food secure. The survey asked questions regarding access to nutritious foods. Twenty-six percent of those surveyed stated that they were not happy with their access to healthy foods, and 27% said that they struggled to find fresh vegetables and fruits at their local supermarket.

Some families mentioned they do not shop at supermarkets, but they shop at the store closest to their home—sometimes being a corner store, convenience store, or gas station. All of these locations are alternatives that typically do not offer fresh produce or very many nutritious food options.

The students also found a correlation between food insecurity and mental health, finding that individuals who are food insecure often struggle with mental health issues such as stress, depression, and anxiety

EDUCATION IS KEY

The market is open Tuesday through Friday from 11 a.m. to 5 p.m. and Saturday from 9 a.m. to 1 p.m. to provide ample opportunity for everyone to come and shop when they have time.

Erin West, the healthy eating and living director for All People's Fresh Market, said, "The mission of the market is to build community by sharing healthy, fresh food and bring people together to engage in healthy living activities ranging from cooking classes to exercise sessions."

Membership is open to anyone and free of charge, as long as you meet the requirements based on household size and annual income. To become a member, just stop by the All People's Fresh Market during normal business hours and you can shop the same day.

The market doesn't only offer produce, they also offer fresh bread, meat, and dairy products on some days. According to West, most of the food is donated by the Mid-Ohio Foodbank, and produce is made available by local farms, community gardens, and even local grocery stores or supermarkets.

CUSTOMERS TO FRIENDS

Katey Demint has worked at the market, as the market manager, since it opened. She loves getting to interact with customers and helping them make better nutritional choices.

"I take the time to get to know them. They aren't just my customers, but they are truly my friends. We, as a staff, all share one goal: to continue to improve the community that we love," said Demint.

A small staff works at the market, and they are always looking for new volunteer groups or individuals who want to help out.

"We work closely with local churches, student organizations, and other volunteer groups. We also have a great relationship with the Municipal Court. On days they aren't doing alley clean-ups or if we are short on help we ask for a couple of community service volunteers," Demint said.

Donations needed include produce, dairy, grains, meat and especially bags. Yes, bags.

Whether they are plastic, paper, or reusable, the market is always looking for bags for customers to pack their groceries in. The market goes through an average of 900 bags a day.

Volunteers can schedule days and times to volunteer by calling (614) 445-7342 x41. Donations can be made by dropping them off at the All People's Fresh Market during their normal business hours.



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Photos courtesy of the North Market

Public Markets

Hidden gems of big cities

By: Chris Young • London, OH

When Columbus consumers take their weekly grocery shopping trip, they will most likely visit the nearest chain grocery store. But why should they go to those stores when there are so many other shopping options? For example, the hidden gems of larger cities—public markets.

Public markets are becoming a trend in grocery shopping and beyond, yet few people actually know their benefits.

"FRESH, LOCAL, AUTHENTIC"

Many consumers want their groceries to be fresh, local, and authentic.

"In produce you cannot source everything the consumer wants locally grown, and that is not the grocery store model. That's what makes public markets unique," said Peggy Outcalt, director of operations at the North Market.

Outcalt has worked as the director of operations in Columbus, Ohio for 19 years. She emphasized that "fresh, local, and authentic" is the exact mission of the North Market.

When Outcalt began working at the North Market, she quickly realized the difference of produce compared to a large-scale grocery store.

"Once I started working at North Market, I stopped doing my food and produce shopping at large grocery stores," said Outcalt.

"It may not be the cheapest option, but the difference in quality is unmatchable. I will never go back."

EXPANDING THESE MARKETS

Public markets have been evolving for the past 50 years. Today's model is nowhere close to a grocery store, which is what makes them so popular. A public market's mission is to help middle-class citizens start their own businesses, as well as give them opportunities to grow.

Although most people would not think about it, public markets have a large impact on the local economy. For example, North Market has 30 merchants inside and thousands of people visiting the market each day.

These businesses and visitors contribute a large sum of money that is put into the downtown area's economy.

And all of Ohio can reap economic benefits with public markets becoming more popular in Ohio. In fact, there are now three large scale markets in the state: North Market in Columbus, West Side Market in Cleveland, and Findlay Market in Cincinnati.

Currently, North Market is also expanding—due to the growing interest in public markets. There will be a second location opening in the Bridge Park area of Dublin in summer of 2020.

The Bridge Park location will have approximately 15 merchants for consumers to purchase fresh, prepared, and specialty foods.

"It's extremely important that we continue to expand the North Market," said Jillian Woltz, a six-year member of the North Market staff and the current farmers' market manager.

BUILDING RELATIONSHIPS

Recent trends are showing more people are interested in knowing how their food is made—and in witnessing it happen themselves.

"With an increase in consumers wanting to know the source of their food, as well as a need for vendors and farmers to find new customers to support them, it's a huge win for us to be able to bring these two groups together in Dublin," said Woltz.

"I believe the expansion of public markets is incredible. It shows the general public is starting to care more about supporting their neighbors, local business, and local foods," said Maggie Hovermale, a former North Market employee and current fourth-year student studying agriscience education at The Ohio State University.

By explaining their small businesses or their products to customers face-to-face, merchants can build relationships with every day. Merchants want to give customers exactly what they are looking for, which is the highest quality of food or produce available.

For the North Market and many other public markets, most protein and produce are locally sourced. This fact makes it easy for merchants to have strong relationships with their suppliers. Because farmers know their crops better than anyone else, the merchants are be able to assist customers in finding their perfect produce or meat with the information gleaned from suppliers.

FARMERS MARKETS DOWNTOWN

North Market and several other public markets also hold seasonal farmers markets, which allow consumers to have direct contact with the farmers they are purchasing goods from.

"I think vendor-customer relationships are what often times keep vendors afloat," said Woltz.

Woltz said, "When it comes to farmers specifically, consumers like developing relationships with the people growing their food and vice versa."

These relationships may be as simple as sharing recipes or could involve the farmer calling a customer to let them know they will have an abundance of a consumer-desired product.

Many people may not be fully aware of the countless positive aspects public markets bring to big cities. However, anytime that you visit one, you can always count on a sense of community that makes you feel at home. Why not go shopping with a neighbor?

"The general public is starting to care more about supporting their neighbors, local business, and local foods."




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wine. OhiO find it here.™
6th
largest wine producer
9th
largest grape producer
1.37 million
wine-related tourists
5.93 million
gallons produced
$1.3
billion annually
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Walking during sunset. Photo courtesy of Adobe Stock

By: Jessica Miller • Columbia Station, OH

The Best Therapist has Fur and Four Legs

She's as graceful as a gazelle and as intelligent as they come. She's also a lover, a protector, a herder, a mother, and a friend. But Harlow's most important job of all is serving as a psychiatric service animal. The only thing the three-year-old Australian cattle dog loves more than spending time with her owner, Madison Frutchey, is being in the great outdoors and hanging out with her horse pal, Duley. This canine has had a tremendous impact on Frutchey, who suffers from generalized anxiety disorder (GAD), which means that just getting through the day can produce extreme anxiety.

UNDERSTANDING GAD

The Anxiety and Depression Association of America defines GAD as "persistent and excessive worrying about a number of different things." The organization explains that those with GAD may anticipate disaster and be overly concerned about money, health, family, work, or other issues.

These individuals may worry excessively about events or expect the worst even when there is no apparent reason for concern. Those diagnosed with GAD cannot stop worrying when their anxiety hits. When they experience this feeling, they are typically aware it is their anxiety.

However, they also feel as if it's beyond their control. Some people can have difficulty carrying out the simplest daily activities when their anxiety is too severe. "When my anxiety level gets too high, sometimes my symptoms can be as extreme as severe stomach pains or headaches," Frutchey said. However, GAD doesn't affect every individual the same—there is a wide range of symptoms. Some who have this disorder can function with minimal distraction. "I've noticed that when I am in public places or large crowds my anxiety is more present. My heart races and my head aches. I can't calm myself down no matter how hard I try. It's almost like a wave," Frutchey said.

QUALIFICATIONS

Psychiatric service dogs are not limited to any specific breed and can be in-home companions as well. While patients may choose their own breed for training, some breeds are better as service animals than others. The health, temper, and intelligence level should be considered before determining the dog's suitability for training. Applying for a psychiatric service dog involves acquiring a, recommendation from a medical doctor or licensed mental health professional, as well meeting specific qualifications.

Frutchey said, "As soon as the doctor recommended that a service dog might be in

"I can't imagine what I would do without her...I never get tired of looking at Harlow's face."

my best interest, I was on Craigslist looking at puppies. I've always adored Australian cattle dogs and since they are an extremely intelligent breed, they make for great service dogs." Frutchey adopted Harlow her service dog in March of 2015. "I fell in love the moment I met her," Frutchey said.

TRAINING

Harlow was six months old when she found her home with Frutchey. In the following months, Harlow started her training at Healing Companions, in Oberlin, Ohio. Jane Miller, founder of Healing Companions, said, "You must meet several criteria to be eligible for a service dog. You must have a physical disability, debilitating illness, or disorder for a service animal to be suggested. Owners must be able to participate in the dog's training process, command independently and care for a service dog."

The program at Healing Companions is a two-step training method. "The first step is basic obedience training, and the second step consists of the specialty training," Miller said. "There are weekly training sessions with a professional trainer and hands-on experience for the owner which allows them to participate in the training process." Harlow was specifically trained to mitigate Frutchey's anxiety symptoms.

To help Frutchey, she does certain actions. For example, when she senses Frutchey is anxious she does a room search. "When I am by myself, I have a fear of intruders, especially being in Columbus, Ohio. All the public safety emails we get make me nervous. Knowing Harlow will alert me if there is an incident really puts my mind at ease." she said.

Harlow is also trained to acknowledge and interrupt when Frutchey is experiencing a panic attack. "Dogs can do wonders for people who suffer from various anxiety related conditions," Miller said. "When she senses that Frutchey is in distress, Harlow sits on Frutchey's lap or feet and licks her hands or nuzzles her nose in her neck."

"The feeling of her soft fur and heartbeat is enough for me to snap out of it," Frutchey said. Furthermore, balance assistance was also part of Harlow's training. When Frutchey has extreme symptoms, she is prescribed medication that sometimes affects her balance and ability to walk. Harlow is trained to walk beside Frutchey so she can rest her hand.

POST TRAINING

Although Harlow is a service dog, she does not wear a vest. It's not that Frutchey doesn't want to show off Harlow's talent, but she feels it draws unwanted attention to her. "People are attracted to dogs whether they're a service animal or not. It's a rule that people shouldn't touch a service dog because they are working, but Harlow is people-friendly. She's not easily distracted especially when it comes to me. So, I would rather not tell the world about my anxiety," said Frutchey.

Harlow has had an undeniable positive effect on Frutchey's life. Her friends and family have noticed a great difference in her personality.

Her brother, Sam Frutchey said, "Maddy is much more social since Harlow has been in the picture. Before she had no desire to go out or even study at a café, but now that she has Harlow. It's like she wants to show her off!"

Hedi Frutchey, Frutchey's mother said, "Those two have been inseparable since day one. I didn't know if I was fond of the idea of a service dog. We have 2 dogs already and the thought of another set of dirty dog paws was not appealing to me. But after the training and seeing the impact Harlow has had on my daughter's well-being, it's well worth the muddy footprints. Plus, how can your resist her sweet face?"

ADVENTURES

The past three years Harlow has traveled almost everywhere with Frutchey. "Our first road trip was to Montana for my internship. It took us a day and a half, but we finally made it." Frutchey said.

Harlow and Frutchey spent three months interning at a horse ranch, which was isolating. Their days consisted of working, eating, and sleeping. Any sort of civilization was two hours away, even the nearest grocery store.

"This was a learning experience for the both of us. Being so alone and so far away from my family caused me to be extremely anxious at times. I don't think I would have been able to complete my internship had Harlow not been with me." Frutchey said. Since then, Harlow and Frutchey have been to six states—Colorado, South Dakota, Illinois, Tennessee, North Carolina, and Pennsylvania.

They are also planning a trip to California over Christmas break. While traveling, Harlow is essential to Frutchey. Their trip to Colorado was their first experience in an airport together. "Before Harlow, I would have panic attacks and extreme anxiety when flying —I couldn't stop catastrophizing," said Frutchey. "Harlow was able to sense my anxiety and was able to comfort me the entire flight."

While their first plane ride was a success, Harlow prefers to travel by car. They have road tripped to all other destinations. "Harlow loves to be my shotgun rider. She keeps herself entertained by hanging her head out the passenger side window and biting at the passing cars," said Frutchey. "She thinks it's fun."

BENEFITS OF FURRY FRIENDS

Animals like Harlow provide real help for individuals suffering with a multitude of health issues. "There is a certain kind of comfort you feel when an animal is always with you," Frutchey said.

Many do not realize what service animals can do for those with physical disability or debilitating illness. They are more than just pets—they are lifesavers. Dogs have the ability to be trained to do a vast variety of tasks, depending on the individual needs. Animals, or any pets are a great distraction and can reduce stress anxiety, depression, and ease loneliness. Also, how can someone overthink when they have a furry friend to play with? These pets also give you an ear to talk to without receiving a response, which can be therapeutic to some.

The impact Harlow has had on Frutchey's life shows the benefits a service animal can offer. "I can't imagine what I would do without her," Frutchey said. "I never get tired of looking at Harlow's face."

Harlow and Maddy. Photo by Jessica Miller





Grace Wilburn and a newborn lamb.

Warm and Woolly

The sheep and wool industry in the Midwest

Story & photos by: Kathaleen Kuhn • Minford, OH

If the sight of a lamb frolicking through a field does not warm your heart, wrapping up in a cozy wool blanket certainly will. For many people, sheep provide yummy chops, warm wool, and more.

Often when thinking of wool and sheep production, mountains and shepherds with long canes come to mind.

Although, in the United States, the sheep and wool industry is much more modernized and has continued to thrive. People have been harnessing sheep for their meat and warm wool for over 9,000 years. Today sheep farmers are still as important as ever.

According to the Ohio Sheep Improvement Association, Ohio ranks as No. 13 nationally in sheep production and has an estimated annual economic impact of $25 million. Additionally, Ohio is currently the largest wool-producing state east of the Mississippi River.

A SHEEP FAMILY

Grace Wilburn, an Ohio 4-H and FFA member, has been raising sheep with her family since she was eight years old.

"It has truly became a family affair. Lambing season can be a hectic and stressful but it's my favorite time of the year and brings us all together." commented Wilburn as she rubbed a ewe's head through the gate.

It was actually Grace's older sister, Keeley, who go the family started in the sheep business. When asked about why she got started in sheep Keeley simply said that she has always been fascinated by them as long as she can remember.

"I have learned so much from my sheep; they've taught me responsibility and shown me my true passion for working with livestock," Keeley said.

Keeley has continued her passion as she is currently studying small ruminants at The Ohio State University, and after graduation she hopes to continue to be an advocate for the lamb and wool industry.



A young lamb on a sheep farm in Ohio.

VERSATILE FIBER

There are many misconceptions surrounding the harvesting of sheep's wool. Some believe that shearing the sheep causes the sheep pain, but in reality, the sheep find it relieving to get their yearly "haircuts" to help them stay clean and better regulate their body temperature.

Each year one sheep can produce up to 30 pounds of wool. Processers are then able to take the wool and turn it into a quality, versatile, and durable fabric that is naturally flame resistant.

Not only is wool soft and cozy, but it is also sustainable, environmentally friendly, biodegradable, and reusable. All these things make wool perfect for material for everything from a soft baby's blanket to a durable work coat. Wool-based fabrics are also about six times stronger than cotton or silk-based fabrics.

SUPPORTING THE INDUSTRY

Meighan Stevens, 28, is undoubtedly someone who appreciates sheep and all they have to offer. Stevens grew up on her family's beef farm in southern Ohio, but when she turned eight and was able to show animals in 4-H, she decided lambs were more her style.

Combining all her work with sheep and wool in 4-H, Stevens was crowned the 2009 Ohio Lamb and Wool Queen. She then spent the next year traveling Ohio as an ambassador for the industry and working alongside industry professionals to promote and educate the public.

Even after her reign, she has continued to advocate for the sheep and wool industry through working with The Ohio Sheep Improvement Association.

The Ohio Sheep Improvement Association promotes the industry through various programs and events throughout the state. Stevens' personal favorite is the Ohio Make It With Wool contest, which challenges the best seamstresses and tailors to create custom clothing articles made of at least 60% wool fabric.

Another favorite for many people in the Ohio sheep industry is the Guys and Gals Sheep Lead contest held at the Ohio State Fair. During the show, exhibitors proudly walk sheep all while they are dressed in their woolen best. The lamb and wool industry strives to better educate the public and showcase their industry through events such as these.

MULTIPLE PURPOSE LIVESTOCK

Sheep can be utilized for more than their wonderful wool, their valuable meat is eaten worldwide. Lamb meat is rich in high-quality protein, vitamins, and minerals, and can be an excellent component of a healthy diet. Sheep meat has gotten a bad rap for being tough and gamey, but just as with all meat if it is cooked and seasoned correctly it can be a delicious, nutritious meal.



A hampshire cross ewe pauses from eating for a picture.

"It's hard to describe the taste, it's a little like beef but definitely yummy! I think everyone should try lamb at least once," Grace said.

In addition to their meat and wool, sheep's milk is also harvested and used to make specialty cheeses and more.

Whether you like to chow down on a roasted lamb chop, curl up with a good book under a warm wool blanket or simply just enjoy seeing sheep graze on a hill side during your drive through the county, sheep offer so many benefits to farmers and consumers alike.

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The Department of Animal Sciences





Through time and change, the Department of Animal Sciences has continued to strive to be at the forefront of educating those in the animal industries. This department offers graduate and undergraduate courses in Animal Biosciences, Animal Industries, and Veterinary Technology and Meat Sciences. Many of our graduates have gone on to education in graduate, medical, and veterinary school, and more. Career opportunities for our graduates include pharmaceutical sales, geneticist, animal trainer, laboratory animal manager, USDA meat inspector, product developer, biomedical researcher, and many more. For more information regarding the Department of Animal Sciences, contact Mariette Benage at benage.1@osu.edu.

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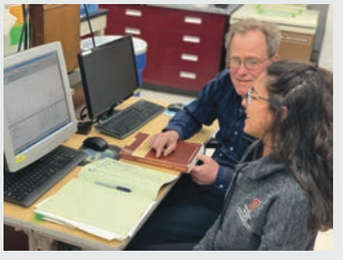







Farm Fresh at the Market

Outdoor Farmer's Market Opens on Saturday, April 25th



There are many good reasons to visit the Farmer's Market at Caesar Creek this season, so we'd like to share a few of our favorites:

Support local farmers and producers Purchasing local products from the farmers themselves saves the cost of middleman distributors.

Help save the environment When you make a purchase at the farmer's market, you are lessening your carbon footprint because the waste associated with packaging and shipping produce is diminished when buying directly from the producer.

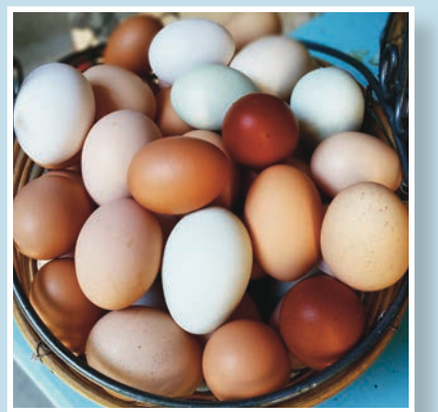
Purchase fresher produce Fruits and vegetables at the farmer's market is as fresh as it gets with items harvested specifically for market days.

Get outside with your family Many people suffer from a lack of vitamin D, so spend time outdoors with your family by walking around and exploring the farmer's market.

Find unique & quirky items Local vendors who make jewelry and other fun gift items are invited to attend our farmer's market. If you are looking for the perfect homemade gift or simply want something nice for yourself, Caesar Creek is a great place to hunt for new treasures.



FREE Booth Space for Farmers Market Vendors



Discover the spice of life: variety Who knew that there were more colors of eggs than just white and brown? You will also see a rainbow of produce that are colors you didn't even know were possible.

Connect with the community Meet new people and interact with local vendors who you can purchase from in the future.

Know your food source You learn exactly where the food you are buying comes from and who is growing it when you shop at the farmer's market.

Try something new From trying a new food to simply visiting the market for the first time...time is always worth spending when you are having fun and broadening your horizons.

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The Elephant in the Room

How COVID-19 impacted the production of the AgriNaturalist

Story & photo by: Lea Kimley • Design Editor

March 16, 2020, was an odd day to be a Buckeye. It was supposed to be the first day back from spring break and was deemed the beginning of production week for the AgriNaturalist staff. Instead, the day was full of people returning to campus only to pack up and move back to their hometown for the remainder of the academic year. All in the United States were encouraged to practice social distancing. We were only allowed to come in contact with those we lived with and, in public places, were mandated to stay at least six feet apart. The COVID-19 pandemic shook the lives of students across the nation. When we left for spring break the week before, we had no idea we would be saying goodbye to life as we knew it in Columbus.

The AgriNaturalist design team met on campus and, for once, had no trouble finding a parking spot. The halls were bare, and classrooms were empty—not at all how production week was supposed to look. The rest of the leadership team joined the meeting via video conference to determine how we would still create the magazine to display the countless hours of work that the 27 agricultural communication students put into writing stories, selling advertisements, and designing layouts. These were stories students had been working on since August 2019.

When following the COVID-19 pandemic in the media, it seemed as if new restrictions were released every hour to slow the spread of the virus.

The Ohio State University was no exception to the rule. By the next day, the buildings were shut down—leaving us with no shared workspace, all schools were closed, sporting events were canceled, and employees were sent home. So, I checked out a computer from the ACEL Mac Lab. Now I am designing the magazine from my bedroom and constant emails are being exchanged with staff members to make the 126th edition of the AgriNaturalist the best one yet, while still practicing social distancing.

With the majority of our class consisting of graduating seniors, we are extra heartbroken that we walked out of our last undergraduate class without even knowing it. This is a time period that will be talked about in history classes for generations to come. While the spring class of 2020 will miss out on a lot of "lasts," we will still leave our footprint on The Ohio State University College of Food, Agricultural, and Environmental Sciences with our edition of the *AgriNaturalist.*

"We are all in this together doing our very best to keep our students and community safe while continuing to support their academic progress."
- President Michael Drake

Students and parents lined up to move out of the dorm two months early.

Corona Time:

Top Social Distancing Activities

By: Marlee Stollar • Associate Editor



Photo courtesy of Lilly Rum on Unsplash

Let's face it, this semester took an unexpected turn. Now many of us have more time than usual on our hands—due to social distancing recommendations from the COVID-19 outbreak. The question is—what can you do while cooped up inside? Don't just stare out your window, we have some fun suggestions to keep you busy.

1 **Take advantage of streaming services:** This one is a given, where would we be today without Netflix, Hulu, and Disney Plus? Stay entertained by starting a new, binge-worthy TV show. For addictive shows on Hulu, we recommend *Reprisal*, *Bones*, *Four Weddings and a Funeral*, or *Brooklyn Nine-Nine*. Looking for something new and not quite as intense? Try *Love is Blind* on Netflix for a *Bachelor*-type reality TV show. With movies, most of you probably know that Disney Plus is the place to go. From the oldies to *Frozen 2*, there is something there for everyone. However, be sure to check out the *Mandalorian* series for a great plot and of course, Baby Yoda. And don't forget the classics like *Hannah Montana*, *Wizards of Waverly Place*, or *The Proud Family*!

2 **Read or listen to a podcast:** Reading for fun can be both peaceful and enjoyable. Learn about something new or read an addictive novel to pass the time. Need some ideas? Consider re-reading the *Harry Potter* series or starting the *A Dog's Purpose* series. What are our favorites that aren't in a series? Check out *The Help*, *Where the Crawdads Sing*, *10% Happier*, or *The Handmaid's Tale*. Don't want to commit to an entire book? Consider listening to a podcast. We suggest *Crime Junkie*, *TED Radio Hour*, *Getting Curious with Jonathan Van Ness*, or *Get Booked*. Not sure where to start and want options? Check out all NPR podcasts for variety—from news to pop culture, they have it all.

3 **Embrace your creative side:** While all of these activities are entertaining, this one may be the most relaxing. Do you have some paints or art supplies at home? If you do, put them to use by painting your pet or perhaps your favorite place. Feeling more creative? Check out Pinterest for some ideas on what to paint. From quotes to cute pictures, that app has it all.

If you're feeling a different creative outlet, consider photography. Dust off your camera (or grab your iPhone) and take some photos of your surroundings. From detailed photos to portraits, the possibilities are endless.

Combine both of these activities by framing the photos you take! Check out Pinterest for photo frame ideas and inspiration as well.

4 **Try a new recipe:** We know, cooking is hard! But it can be fun to make something new—either alone or with a buddy. Whether you want to try a recipe from Google or a family favorite, cooking or baking is a great way to fill some time. We recommend recipes from scratch, you have all of the ingredients (and time)—and let's face it—they always taste better!

5 **FaceTime a friend or family member:** This may be obvious, but it's important to keep in contact with others, especially if you are home alone. Make some time every few days to connect with your favorite people! Bored with just FaceTiming your friends and not doing activities together? Consider watching your favorite show through FaceTime. You can simultaneously binge and comment on the next dramatic scene in your Netflix series.

6 **Go outside:** Why not take some time to get some fresh air? Take a walk down your street, go for a remote hike, or take a quick jog to stay both healthy and clearheaded. Don't want to aimlessly walk around? This would be the prime time to listen to one of our recommended podcasts! Why not binge true crime while getting some exercise and sunlight?

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