



Sunflower field owned by Toby and Emily Kramer

Sunflowers

Besides being beautiful to look at, they are fascinating little specimens of nature, and allow us to see first hand how plants are not the static beings we think them to be. These special flowers actually face the sun as it rises and follow it across the sky until it sets. The facing of the sun is mostly observed in young flower heads and generally stops once the flower starts to bloom. What researchers have observed during a study; when the sun starts moving from east to west, the east side of the stem grows more rapidly than the west side. Due to the unequal growth on either side, the flower tends to bend in the direction of the sun. Similarly, when the sun finally sets, the growth on the west side of the stem is greater than the east. As a result, the stems bends east or in the direction where the sun would rise again the next morning. A mature sunflower behaves differently. As the overall growth of the plant slows down gradually, the day-to-day rhythm ensures that the plant reacts more strongly to sunlight early in the morning than the afternoon or evening. This is why a mature sunflower doesn't move with the sun throughout the day; rather, it just faces east. Researchers experimented with tying the stem of the plant to a solid support so they couldn't move according to the sun's position. In some cases, they turned the sunflower plants away from the sun. As a result, researchers observed that those plants had reduced biomass and less leaf area than the plants that were left undisturbed. The response to light was also tested under artificial lighting. According to an article published, the plants could track the movement and return at night when the artificial day was close to a 24 hour cycle.

GIVE THANKS
 FAMILY • FRIENDS • GRATITUDE

Open House News

With the virus situation, instead of having our traditional Annual Meeting our office had to switch to an Open House that we held jointly with Farm Bureau. I would like to give a big THANK YOU to both boards for helping serve our wonderful producers who drove or walked thru for the free meal and voting. Voting had a new process and learning curve this year, so our office is required to hold a new election which now closes on Oct 30th. For more information, please call our office. Results will be posted within a few days of the 30th, on our social media.

Thanks to all who attended and hope to see you next year, at our normal annual meeting!

HELP THE MONARCH
BUTTERFLY

Common Milkweed is the sole host plant for Monarch butterflies. This particular plant is lacking on the landscape and has a direct effect on Monarch populations. **Our office is collecting milkweed pods till the end of October.** It is best to pick them when they are dry, gray or brown in color. If the seam pops with gentle pressure, they can be picked. Collect the pods in paper sacks/bags. Harvesting pods from milkweed plants do not have any effect on the population of the established milkweed areas.





American's top 10 "LITTLE JOYS"

- Seeing a loved one after being apart for a while
- Sleeping in freshly made bed
- Feeling the sun on my face
- Getting something for free
- Having time to myself
- Hugging a loved one
- Finding money I didn't know I had
- First sip of coffee in the morning
- The clean feeling after a shower
- Receiving an "I've been thinking of you" type text

Do you think these have anything to do with being stuck at home for months due to the virus?



H2Ohio is a state funded program that focuses specifically on Reducing Phosphorus runoff into Lake Erie. **** UPDATE:** 123 Producers in Auglaize County have signed up to participate in practices available through the H2Ohio program. Here are some stats!

50,296 Acres totaling \$2.25 million dollars for year 2021.

Each producer signed up must have a nutrient management plan in place in order to participate in the program. Of those producers:

- 63 signed up for the VRT phosphorus application
- 27 for subsurface phosphorus placement
- 30 to apply chicken litter
- 57 to apply any other type of manure
- 75 to grow a small grain for harvest
- 19 signed up to plant perennial forages
- 93 producers opted to plant an overwintering cover crop
- 2 selected to install drainage water structures.

These producers are committed to ensuring safe and clean water for all Ohioans.

STRESS: We all have it, whether we like to admit it or not. Perhaps you notice that some people struggle or hide it more than others; depending on what the factor is. Sometimes you might wonder how others can go on in spite of the stress load they carry. According to research, individuals vary in their capacity to tolerate stress. Prolonged exertion and fatigue that would be only mildly stressful to one person may prove very difficult for someone else. Emergencies, delays or other problems especially on the farm may be a stumbling block for one who feels inadequate. While part of a persons *stress tolerance* is inborn, a crucial part depends on the quality of coping skills practiced. Learning to cope successfully with a stressor once makes it easier the next time.

Successful stress managers know how to accept stressors out of their control – the weather, stock market fluctuations - and how to effectively manage stresses within their control such as neck tension, temper flare-up or record keeping. Attitudes, perceptions and meanings that people assign to events determine a large part of their stress level. A person has to perceive a situation as stressful or threatening in order to experience stress. Example: if you hear your dog barking in the middle of the night because you suspect a vandal vs a skunk in your yard, you will experience more stress thinking it is a vandal.

Stress can be defined as energy in a blocked or chaotic state. Seek to develop calm, free flowing energy that promotes harmony and balance to your body and soul. To relax and manage stress during peak farming seasons - like planting and harvesting seasons—takes discipline and daily practice at controlling events, attitudes and responses. Following are some techniques you might find helpful in managing stress! (Continued on page 4)

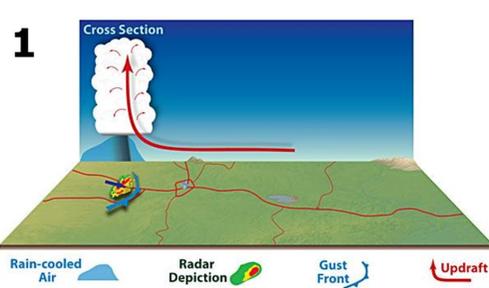


DERECHO STORMS . . . what are they?

With the hot, and most of the time, humid weather conditions that come with summer in the Ohio Valley the threat of a somewhat rare type of severe thunderstorm event also looms. The event is known as a **derecho**.

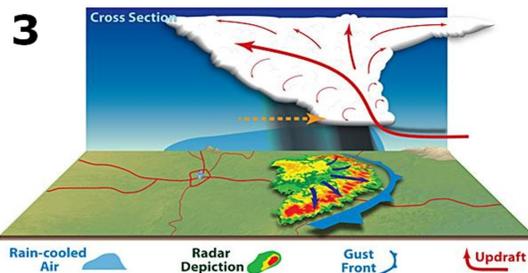
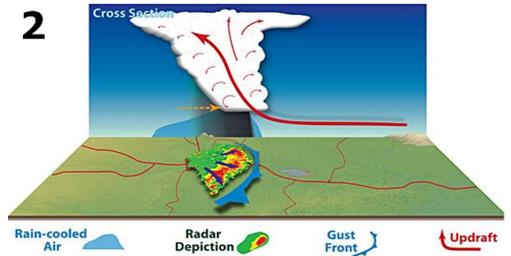


A derecho (pronounced similar to "deh-REY-cho") is a widespread, long-lived wind storm that is associated with a band of rapidly moving showers or thunderstorms. Although a derecho can produce destruction similar to the strength of tornadoes, the damage typically is directed in one direction along a relatively straight swath. As a result, the term "straight-line wind damage" sometimes is used to describe derecho damage. By definition, if the wind damage swath extends more than 240 miles and includes wind gusts of at least 58 mph or greater along most of its length, then the event may be classified as a derecho.



Derecho development is necessarily tied to the formation of bow echoes. A bow echo usually arises from a cluster of thunderstorms, but also may evolve from a single strong storm. Bow echoes most frequently occur when atmospheric winds are relatively strong and unidirectional (i.e., they vary little in direction with height but increase in speed). As the rain-cooled downdraft of a thunderstorm reaches the earth's surface, it spreads horizontally, most rapidly in the direction of the mean atmospheric flow. As the cool, dense air spreads outward, it forces the lighter, warm and moist air surrounding the storm up along the leading edge of the outflow, or gust front. Gust fronts often are marked by a band of ominous, low clouds known as "arcus."

The rain produced by the newer storms reinforces the cold pool, strengthening the inflow of air from the back side of the developing storm complex and encouraging the downward transport of higher momentum winds from aloft. These processes can enable the system to attain a nearly steady-state condition. This increases the longevity and strength of the entire system and is what allows the storm to travel such a large area over a short amount of time. At this point, the convective system typically exhibits a pronounced bow shape on radar.



As the thunderstorms continue to increase in coverage, even more rain-cooled air reinforces the cold pool. The line of storms continue to accelerate either as one large bow echo or multiple smaller bow echoes within an overall line. At this point, widespread and persistent wind damage has been occurring for a prolonged period of time.

Derechos in the United States most commonly occur along two axes. One extends along the "Corn Belt" from the upper Mississippi Valley southeast into the Ohio Valley, and the other from the southern Plains northeast into the mid Mississippi Valley. During the cool season (September through April), derechos are relatively infrequent but are most likely to occur from east Texas into the southeastern states. Although derechos are extremely rare west of the Great Plains, isolated derechos have occurred over interior portions of the western United States, especially during spring and early summer.



HISTORY OF TIME CHANGE

It's daylight saving time NOT daylight savings time, many people think the second word is plural but instead actually singular.

Benjamin Franklin did not originate the idea of moving the clocks forward. After being unpleasantly stirred from sleep at 6am by the summer sun, he penned an essay suggesting that simply by waking up at dawn, could save money by using sunshine instead of candles. He proposed a change in sleep schedules—not the time itself.



Englishman William Willett led the first campaign to implement daylight saving time. In 1905 he had an epiphany that the United Kingdom should move its clocks forward 80 minutes between April and October so that more people could enjoy the plentiful sunlight.

Germany was the first country to enact daylight saving time. It took WWI for Willett's dream to come true, but on April 30, 1916, Germany embraced the time change to conserve electricity. Weeks later, the United Kingdom followed suite and introduced "summer time".

Daylight saving time in the USA was not intended to benefit farmers, as many people think. Farmers did not lobby for the time change to have more time to work in the fields; in fact agriculture industry was deeply opposed to the time switch when it was first implemented on March 30, 1918, as a wartime measure. The sun, not the clock, dictated farmers schedules, so the new time change was very disruptive.

For decades, daylight saving time in the USA was a confounding patchwork of local practices. After the nation repeal in 1919, some states and cities continued to shift their clocks. National daylight saving time returned during WWII, but after its repeal three weeks after the war's end the confusing hodgepodge resumed. States and localities could start and end daylight saving time whenever they pleased. Order finally came in 1966 with the enactment of the Uniform Time Act, which standardized daylight saving time from the last Sunday in April to the last Sunday in October, although states had the option of remaining on standard time year-around. Not every state in the USA changes time. Hawaii and Arizona do not observe daylight saving time nor does US territories.

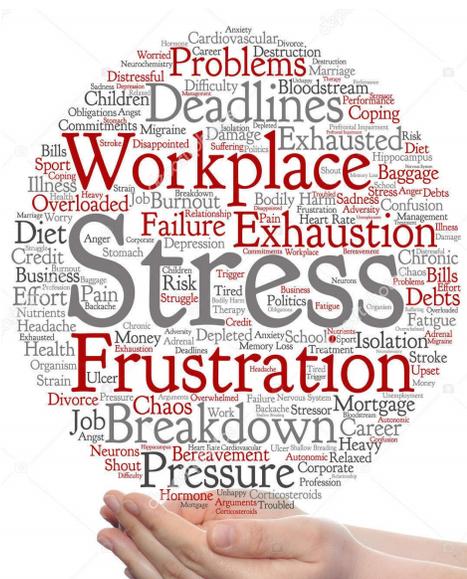
Evidence does not conclusively point to energy conservation as a result of daylight saving. Dating back to Willett, daylight saving advocates have touted energy conservation as an economic benefit. A University economists calculated that Indiana's (12 NW & SW counties are on central time, so time changes with bordering states) move to statewide daylight saving time in 2006 led to a 1% rise in residential electricity use through additional demand for air conditioning on summer evenings and heating in early spring and late fall mornings. Some also argue that increased recreational activity during daylight saving results in greater gasoline consumption.

STRESS: (continued from page 2)

Control Events: To reduce the pile-up of too many stressful events—plan ahead don't procrastinate, before harvest discuss who is doing what duty, set priorities about what needs done today, say no to extra commitments, simplify your life, schedule stressful events within your control.

Control Attitudes: how you view the situation is a key factor—see the big picture, list all the stresses you have on paper, shift your focus from worrying to problem solving, think about how to turn challenges into opportunity, notice what you have accomplished, set realistic goals and expectations.

Control responses: focus on relaxing you mind and body, notice early signs of stress, avoid alcohol and drugs, shake away tension as you work, take a break, take deep breaths, stop and take a 5-10 minute mental break, think positive thoughts, look for humor in things, balance work and play, find someone to talk to, seek help when need, unwind before bed by doing stretches, listening to music or just being thankful for any blessings you received today. Sleeping well helps too!



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