Each of us will probably encounter someone who needs help with mental issues, said Jami Dellifield, "whether it’s substance abuse, anxiety, depression, suicidal thoughts, bipolar disorders or schizophrenia."

"While many of us know CPR, very few people know how to recognize and respond to issues of mental health," she said.

The Hardin County educator is spearheading an effort within Ohio State University Extension to teach people about how to recognize and help someone in a mental health crisis. About 20 county Extension educators have been trained in Mental Health First Aid.

However, Dellifield wants people to know the courses are available in every county to anybody, and typically cost $20 or less. Check mentalhealthfirstaid.org to find a course.

Two courses are offered, one focuses on adults and the other on youth. Dellifield has been trained in Youth Mental Health First Aid, and believes being able to identify the signs of a mental health crisis is critical today.

Suicide is the leading cause of death among 10- to 14-year-olds, she said, and is the second leading cause of death for people ages 15 to 34. In addition, Ohio leads the nation in heroin overdoses, with one in nine overdoses across the United States occurring here in 2014.

Social media plays a role in the rise in anxiety and depression seen among young people, who develop relationships online with people they will never meet. “They post KYS to each other as a joke, which stands for kill yourself,” she said.

She believes recognizing the signs of depression, addiction and other mental health issues will save lives. It starts with more people understanding mental illnesses and not being afraid to discuss them.

Extension’s connections in every county make the organization a great partner in addressing mental health issues.

“It’s one more way for Extension to walk beside people,” Dellifield said. “We are not counselors, but we can help people find resources. We can start conversations to help make families stronger.”

SIGN UP FOR A COURSE: MentalHealthFirstAid.org

One in four people suffers from a mental health crisis at some point in life, and their loved ones will likely struggle with how to help.
A word to the wise: Garlic breath can last for 24 hours. But fortunately, science is here to help.

The researchers found some surprising results. “The type of phenolics seems to be the critical element,” Barringer said. “The amount still has an effect, but is less important.”

In the end, raw mint leaves, lettuce and apple worked best to combat garlic breath, the study found. Apple juice and mint juice were not as effective, as juicing reduces levels of phenolic compounds. Heated apple and heated lettuce also didn’t perform as well. Since heat destroys enzymes, this finding indicates that enzymatic activity might play a supporting role, Barringer said.

The bottom line? Apple, mint leaves or lettuce can effectively combat bad breath from garlic or other foods with sulfur volatiles, such as onion or shallots.

“But you would need to eat them at the same time or fairly quickly after eating garlic — maybe have an apple for dessert,” Barringer said. “You can’t wait for an hour. It’s too late at that point. You’ve already digested the garlic, and it’s moving into your lungs. It’s past the point for the compound in the apple to react with the compounds in garlic.”

Researchers with The Ohio State University’s Department of Food Science and Technology figured out how different foods can prevent halitosis caused by garlic’s sulfur compounds.

Previous research has identified such food saviors, said Sheryl Barringer, chair of the department and co-author of the recent study published in the “Journal of Food Science.”

“But for this research, we were specifically looking at why certain foods work,” said Barringer, who is also a scientist with the Ohio Agricultural Research and Development Center. “What is it about them that causes the deodorization?”

Barringer and doctoral student Rita Mirondo thought phenolic compounds in the foods would be the key. Phenolic compounds are a type of phytochemical — chemicals that are pervasive in plants.

So, the scientists tested foods with different kinds and varying levels of phenolic compounds, including spearmint leaves (which had the most), green tea, apples and lettuce (the least).

THE BOTTOM LINE?
APPLE, MINT LEAVES OR LETTUCE CAN EFFECTIVELY COMBAT BAD BREATH FROM GARLIC OR OTHER FOODS WITH SULFUR VOLATILES, SUCH AS ONION OR SHALLOTS.
Ever wonder if blueberries could grow on trees? They soon may in Ohio, thanks to a researcher in Ohio State’s College of Food, Agricultural, and Environmental Sciences who is conducting a statewide test of grafted blueberry trees to see if the plants can thrive in the Buckeye state.

Gary Gao, an OSU Extension specialist and associate professor of small fruit crops at Ohio State’s South Centers at Piketon, is working on a project to graft blueberry cultivars on sparkleberry trees to produce blueberries that can be machine-harvested and can achieve better soil adaption. Sparkleberry is a wild relative of the edible blueberry and can grow in the form of a small tree.

Not only are blueberries grown in a tree form more tolerant of alkaline soils and soils with higher pH levels (both of which are prevalent in Ohio), but they can also boost profitability for growers, Gao said.

“Blueberry in a tree form can help improve machine-harvest efficiency by as much as 20 percent, based on studies at Oregon State University,” he said. “Other goals of the project include processing blueberry cultivars to increase farm diversification and to determine the best fertilizers to use for improving blueberry production efficiency for Ohio growers.”

The demand for blueberries, as well as other healthful berries, has exploded in recent years thanks to consumers who covet the tiny sweet fruits for their many health benefits, Gao said. Ohio growers who are able to increase blueberry production could see a significant financial gain, he said.

Another potential benefit of these “blueberry trees” is for both commercial and home landscapes, Gao said.

“Grafted blueberry trees may also turn into a neat addition to the home landscape,” he said. “It would be really neat to have small blueberry trees as a part of the edible landscape, if we can determine if the plant can tolerate Ohio’s alkaline soils.”

The two-year project is funded through a U.S. Department of Agriculture specialty crop block grant through the Ohio Department of Agriculture, Gao said. Work on the project is underway now, and preliminary results are expected in September 2018.
**STUDY**  **Public Support for Algal Bloom Prevention**

A new study led by Ohio State researchers has found that Ohio farmers are both willing to and have adopted numerous strategies to lessen the potential for agricultural runoff into Lake Erie watersheds with a goal of helping to reduce harmful algal blooms. And many Ohioans are willing to help farmers pay for these practices, including a willingness to pay slightly higher food prices, or even a special income tax or sales tax that would benefit farmers to make the changes happen, according to the study published in the December 2016 issue of the “Journal of Great Lakes Research.”

go.osu.edu/algalbloom

---

**Skeeter Beater**

A team including scientists at Ohio State’s College of Food, Agricultural, and Environmental Sciences has taken the next step to possibly developing a new, sustainable insecticide for fighting mosquitoes — one that, among other things, would keep them from growing resistant to it and also is safe for honeybees.

go.osu.edu/ZikaFight

---

**Green Grass of Home**

Keep your lawn green all summer with help from OSU Extension. Get science-based fact sheets on solving turf troubles such as slime mold or billbugs at ohioline.osu.edu. Click “Find a Fact Sheet,” then type “lawn and turf” under “Tags.” The fact sheets won’t cost you any green. They’re free!

---

**SAVE THE DATE**

**Pilot Youth Leadership Program is Planned**

A five-day summer youth leadership program for high school students will serve as a pilot for future Extension offerings in Ohio. Set for late June in Clermont County, it’s a “unique leadership experience that students don’t get in high school,” explained Trevor Corboy, Clermont Extension community development program coordinator. “It will include leadership training, but also service learning and place-based education aimed at furthering the local community.” Program completion guarantees students three hours of credit from The Ohio State University or a local community college.

---

**Good Food, Wasted**

Researchers are unraveling why U.S. consumers trash an estimated 80 billion pounds of food annually. Big reasons appear to be misguided beliefs about a food’s safety or ignorance about the environmental damage that decomposing food creates. Researchers hope increased awareness will save good food from going to waste.

go.osu.edu/foodwaste
go.osu.edu/foodcompost

---

**SAVE THE DATE**

**Live Healthy Live Well Email Challenge**

OSU Extension health professionals are challenging Ohioans to eat more fruits and veggies, move more and sit less during the six-week Live Healthy Live Well “Spring Forward” Email Challenge. The challenge consists of 14 emails, runs from March 10–May 22 and is free to join at go.osu.edu/LHLWS17. Results from past challenges: 83.4 percent of challenge participants who responded to a survey said they had adopted one or more of the recommended practices that might help reduce their risk of developing chronic disease.