OSU has announced that the university password policy is changing on Monday August 25, 2014 to increase the time between password changes from 90 days to 180 days. This affects the username and password you use to access OSU e-mail, OSU Wireless, and protected OSU web pages. CFAES system policies have also been changed to align with this university policy so users in Columbus, Wooster and across Ohio will only have to change the password used to log on to their computer twice per year. This is a result of feedback from across the university including CFAES IT staff as well as many of you. We thank you for your interest in these issues and trust you are pleased to see this change.

IMPORTANT NOTICE: Keep Your Password Twice as Long - 180 days! . . . (Source: Josh Fox)

If you have any interesting or fun information about something going on in your county, that you would like others to know about in the weekly newsletter, send the information to James Stiving at stiving.3@osu.edu
Extension Reconsidered  
(Source: Karen Bruns)

In the next few days OSU Extension program staff will receive an email about an exciting opportunity to participate in the Extension Reconsidered initiative. This national initiative involving 13 state Extension systems and being led by Imagining America, “aims to reconsider dominant views of what Extension is and what it’s for, and to envision what it could and should be in the twenty-first century.” Here in Ohio, we are doing just that through Extension Reconsidered, and also connecting the project with the Vice-President’s Dialogue on the Future of Extension and OSU Extension’s state-wide needs assessment.

Become involved in this opportunity to engage young people (under the age of 30) in a conversation about the future of their communities and Extension. Applications by local 4-person teams (consisting of a 14-19 year old, a 20 to 24 year old, an adult mentor and an Extension employee) will be accepted until October 6th. To learn more, click on this link http://northeast.osu.edu/sites/extne/files/imce/files/NEWS/Ext%20Reconsidered.pdf

Happy September Birthdays!

- September 4th  Lisa Gibson- Program Assistant, Franklin County
- September 5th  Andrea Daubenmier- Program Coordinator, Knox County
- September 21st  Carrie Whittington-Hogue- Program Assistant, Pickaway County
- September 24th  Cindy Kaelber- Office Assistant, Delaware County
- September 26th  Amber Biggs- Office Assistant, Knox County

New Program Assistant James Stiving

Greetings!
I am writing a brief biography of myself as an introduction to one of the two new hires here at OSU Extension! As it says in the title of the article, my name is James Stiving (Although feel free to call me Jim or Jimmy) and I am the Program Assistant for Central Region and Extension in the City, working directly with Julie Fox. I graduated from The Ohio State University with a Bachelor’s of Science degree in City and Regional Planning this past May, a degree which I completed in three years. I was born and raised in Rochester, Minnesota, but both of my parents are from Ohio (Columbus/Lancaster). I spent my final year of college as a student intern in the University District office of Extension, so I am not as brand new as I may seem. My email is stiving.3@osu.edu. I am very eager to assist the Central Region as well as the cities in Ohio, and look forward to meeting many of you in the coming weeks!

James Stiving
The Happiness Habit
From- *The Power of Positive Doing*
by BJ Gallagher

“Most people are about as happy as they make up their minds to be,” Abraham Lincoln once wrote. I’ve long thought so, too. Happiness seems to be a habit as much as anything—a habit of attitude, a habit of responding to life, a habit of action.

I recall seeing a sign in a manager’s office a number of years ago. It read:

“Happiness is available. Help yourself.”

I loved the double meaning—“help yourself” as if a big bowl of happiness was sitting on his desk, like a bowl of jelly beans, and all you had to do was dip your hand in and help yourself—and “help yourself” as in “take action on your own behalf.” It reminded me of one of my all-time favorite books, Happiness is a Choice, by Barry Neil Kaufman. Barry and his wife had a baby boy, their third child, who was diagnosed as autistic. At first, the couple was devastated—they thought their lives were ruined and their child doomed to a hopeless future. But once they worked through their initial reaction to the diagnosis, they made a huge choice: They decided to be happy. They said, “We can let this situation drag us into depression and self-pity, OR we can decide to love our child, make a nurturing family for him, and have a good life together. They chose the latter.

They rejected the advice of doctors who told them to put the child in an institution and move on with their lives. Instead, they completely redesigned their home and their lives to meet the needs of their autistic toddler. He couldn’t meet them in their world, so they met him in his. They sat on the floor and played with him, mimicking his shrieks, whoops and wild gestures. Bit by bit, they were able to build rapport with their son, teach him new behaviors, and coax him further and further into normalcy.

The boy grew and thrived under his parents’ unconditional love, patience, and teaching—it was a long, challenging process, but he graduated from high school, then college, with honors. And throughout those challenging years, Barry Neil Kaufman and his wife chose to be happy. They made it a habit.

How do you make happiness a habit? Simply choose it. Again and again. Habits are formed by repeating the same thing over and over again until it becomes the normal way you behave. Scientists tell us that if you repeat something consistently for 21 days, it will become a habit.

So if you want to really feel the *Power of Positive Doing*, start by making happiness your new habit.