



Greensville/Emporia Extension Office

**Virginia Cooperative Extension
Greensville/Emporia**
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Website:

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<http://www.facebook.com/greensville.emporia.vce>

Program Registration:

<https://register.ext.vt.edu/>

NOTICE

The Greensville-Emporia Office is closed to the public due to COVID-19 pandemic

For your safety and the safety of VCE staff, the Extension office is temporarily closed to walk-in clientele. If you have questions please call **(434) 348-4223** and we will do our best to assist you.

We urge you to take all necessary steps to stay healthy and follow guidelines outlined by local health departments.

We look forward to continuing to serve the community in new and innovative ways.

Visit <https://ext.vt.edu/> for resources on the COVID-19 pandemic.

For further information please visit:

Facebook Page: www.facebook.com/greensville.emporia.vce

Website: www.greensville.ext.vt.edu

Apple Fruit Salad

Apples are one of the most popular fruits. Make this delicious Apple Fruit Salad at home.

Prep Time: 10 minutes Total Time: 15 minutes Servings: 8

Ingredients:

- 16 apples, diced
- 8 bananas, peeled and sliced
- 64 ounces seedless grapes
- 16 ounces plain low-fat yogurt
- 8 tablespoons orange juice
- 3/8 ounces ground cinnamon



Instructions:

- Place fruits into a mixing bowl.
- Combine the yogurt, orange juice, and cinnamon in a separate mixing bowl.
- Drizzle the yogurt dressing over the fruits.

Sneek Peek

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Reducing Stress, Having Fun, and Maintaining a Sense of Normalcy During the COVID-19 Pandemic

By Hannah Parker, Associate Agent
4-H Youth Development



Hello, Greenville/Emporia community members, 4-H families and friends:

I hope that this newsletter finds you safe and well. During these times of uncertainty, it is vital for us all to find a new sense of normalcy and comfort during this time. Follow a daily schedule, take time for family dinners, walks around the neighborhood (while practicing social distancing), and family game nights. Youth are aware that these are very difficult times for us all. It is important to remember that children look to adults for guidance on how to react to stressful events. Teaching children positive preventive measures, talking with them about their fears, and giving them a sense of some control over their risk of infection can help reduce anxiety.

Another way to reduce stress and anxiety is to practice yoga, mindfulness and/or exercise daily! Yoga is a mind and body practice that has been in place for centuries. Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation. Family Yoga is a great way for families to exercise and bond together, while reducing overall stress and anxiety. Yoga is fun for all and an activity that all ages can participate in. You can practice yoga simply by stretching and taking deep, slow, mindful breaths throughout the day.

Try to also include daily opportunities for your child or grandchild to continue with practicing extracurricular activities while at home, such as: 4-H projects, 4-H record books, 4-H virtual programming, sport drills, dance strength training, musical instruments, etc.

To help connect with youth during this time, Greenville/Emporia 4-H will be providing several FREE virtual programming options throughout the weeks to come. Please contact us if you would like more information. Thanks so much, and please stay safe!

Sample Daily Schedule for Youth:

7:30-8:00 AM	—	Wake Up / Breakfast
8:00-10:00 AM	—	Academic Time (Reading, Math, Electives)
10:00-10:30 AM	—	Break / Snack
10:30-11:00 AM	—	Creative Play / Exercise
11:00-11:45 AM	—	Science / Hands-On Experiment
11:45-12:30 PM	—	Lunch
12:30-1:00 PM	—	Chores (Clean/Sanitize Room, Kitchen, Bathroom, etc.)
1:00-2:00 PM	—	Quiet Time / Silent Reading
2:00-2:30 PM	—	Snack
2:30-3:00 PM	—	Academic Review of the Day
3:00-5:00 PM	—	Free Play (Outdoors, Video/Board Games, etc.)
5:00-6:00 PM	—	Dinner (Let Youth Help Cook!)
6:00-7:30 PM	—	Feed Animals / TV / Screen Time / Free Play
7:30-8:00 PM	—	Bath Time
8:00-9:00 PM	—	Bedtime and Silent Reading

Call 434-348-4223 for more information on Teen Club, Animal/Livestock Club, Shooting Sports and Archery Club.

4-H Event Dates:

ALL IN-PERSON 4-H PROGRAMMING IS SUSPENDED UNTIL FURTHER NOTICE DUE TO COVID-19.

Virtual 4-H Programming TBD

Club meetings – TBD based on COVID-19

Summer Day Camps – TBD based on COVID-19

NRA 4-H Shooting Education Camp – Airfield 4-H Center – June 15-19th

4-H Congress VIRTUAL @ Virginia Tech—June 22nd-25th

Summer Cloverbud Camp @ Airfield 4-H Center – July 17-19th

4-H iCongress @ Virginia State University—July 14-16th

Jr. Summer Camp @ Airfield 4-H Center – July 27- 31st

**For information or to register
for 4-H Summer Camp go to:**

www.register.ext.vt.edu

Registration has begun! 4-H Jr. Summer Camp 2020 – July 27th-31st

Spring Lawn and Garden Safety

By Sara Rutherford, Associate Agent
And Unit Coordinator
Agriculture and Natural Resources



As the days get longer and our dormant plants start their annual re-emergence, let's take a few minutes to prepare ourselves for the upcoming maintenance of our lawns and gardens. In addition to mowers and hand tools, several powered hand tools such as string trimmers, lawn edgers, hedge trimmers, and leaf blowers are widely used in landscaping work. These machines can be dangerous if they are used improperly. A past study has shown that string trimmers and edgers alone cause more than 4,600 injuries that require emergency room treatment each year. About one-third of these cases are eye injuries. Here are some safety tips.

- Do not allow children to operate powered hand tools
- Watch for bystanders, children, and pets when operating powered hand tools. Keep them at least 50 feet away
- Wear full eye and ear protection when operating powered hand tools
- Wear protective clothing when using hand-powered tools. Long pants, closed-toe shoes, and gloves are best. Do not wear loose clothing or jewelry
- Read and understand the operator's manual for the powered hand tool to be used

Rotary mowers are very useful types of equipment, but they are dangerous, with the potential to cause serious injuries. Their blades rotate at a high speed of 2,000 to 4,000 revolutions per minute. The equivalent speed at the blade tip or the speed of debris thrown by the mower blade may range from 100 to 200 miles per hour. In order to prevent serious injuries, the operator should be able to disengage the blade and turn the engine off quickly. Here are some more safety tips.

- Wear appropriate personal protective equipment (PPE) and snug clothing when mowing
- Make sure the guards and safety shields are in place
- Never disengage any safety switches or devices
- Turn off the mower before cleaning under the deck
- Know how to disengage the blade and shut the engine off quickly
- Never leave a running mower unattended



Many hand tools such as shovels, hoes, rakes, trimmers, and pruners are widely used in lawn care and landscaping. While these tools appear to be harmless, when used improperly, they can cause injuries that sometimes require medical treatment. In 2006, the U.S. Bureau of Labor Statistics reported nearly 205,000 cases of injuries and/or illnesses resulting from the use of hand tools. Here are some final safety tips.

- Always wear PPE appropriate for the task
- Stay in an upright position when raking and use shorter strokes instead of long, reaching strokes
- Never carry a tool up or down a ladder
- Always clean tools after use
- Selecting the right shovel for the job and maintaining proper posture during shoveling are very important

*To read more specific information on equipment or structure safety, visit www.pubs.ext.vt.edu and search 'equipment safety'.

*Excerpts taken from VCE Publications BSE-96, BSE-97, BSE-98.

National Nutrition Month: Antioxidants

By Jessica Jones,
Program Assistant - Youth
Family Nutrition Program



The immune system is constantly working to destroy threats inside the body. The ones you're probably most aware of are bacteria and viruses. However, your body is also fighting off free radicals. Free radicals get inside healthy cells and weaken them, which makes your body more susceptible to illness and chronic diseases like cancer. The body produces them when exercising or breaking down food. They're also produced by outside factors such as sunlight, pollutants, exposure to chemicals, smoking, or x-rays.

Unlike viruses or bacteria, you can't necessarily take medication to help your body cope with free radicals. Instead, your body relies on nutrients called antioxidants. Antioxidants are nutrients that strengthen and protect your cells from being attacked by free radicals, or at least slow down the weakening of cells.

The daily nutritional value of antioxidants depends on your age. You can get more antioxidants into a balanced diet through eating more fresh fruits and vegetables, or by taking an antioxidant supplement. There are several natural nutrients that contain antioxidants.

Vitamin C

There's plenty of chemistry involved in Vitamin C's role as an antioxidant, but what you need to know is that it helps neutralize certain free radicals in your body. It is important for your immune system because it boosts production of antibodies, or the part of your immune system that fights off infections. Vitamin C is a water-soluble vitamin, which means that your body uses 100% of the daily value of this nutrient, then gets rid of the rest. Foods that contain high levels of Vitamin C such as citrus fruits, blueberries, red bell peppers, mango, papaya, and strawberries.

Vitamin A

This vitamin is an extremely effective antioxidant as it helps regulate the immune system by keeping the skin and several tissues in the body healthy. Most Americans don't get enough vitamin A in their diet. This nutrient is a fat soluble vitamin, which means any extra amount you get in a day will be stored in your body. It's very difficult to get too much vitamin A, but getting too much is harmful. Stick to getting this nutrient through bright red, orange natural sources such as pumpkin, sweet potato, carrots, and squash. You can also find it in some dark, leafy vegetables like broccoli and Brussels sprouts.

Vitamin E

Vitamin E neutralizes free radicals and gives your immune system a boost. It also helps keep your blood vessels open and works to prevent blood clots. You'll find this nutrient in nuts: peanuts, almonds, sunflower seeds, and hazelnuts. The fat in vegetable oil is also a source of vitamin E, but be sure to use it in moderation.

Some foods also have these nutrients added to them, so check the Nutrition Facts label to be sure. Supplements are a good way to ensure you're getting the nutrients you need, but getting too much can be harmful to your body. Always consult with your healthcare provider to see if you need a nutritional supplement of any kind. Although antioxidants can't outright prevent disease, they're still vitally important in keeping your cells healthy.