Thank you for supporting Virginia Cooperative Extension is 2021. I know the past couple years have been difficult on everyone in different ways; for that I’m thinking of you. Just know that we care and we are here for you for your Ag and Natural Resources questions. Please consider taking an hour out of your day and coming to one of our “Meet the ANR Agents” meetings starting January 28th and recurring every third Friday 1pm-2pm in Bath or Highland through May. Come out to learn, talk, and snack!

Shenandoah Valley Premium Assured Heifer Sale at 2022 Virginia Beef Expo

The Rockingham Feeder Cattle Association and is proud to present the 2022 Shenandoah Valley Premium Assured Heifer Sale at the 2022 Virginia Beef Expo. The sale will feature fall bred heifers and open yearling heifers that meet the requirements for the Virginia Premium Assured Heifer Program. Fall born bred heifers feature sires including Mystic Hill Regis 446, Mystic Hill Waylon 454 and VPI Explorer A363. Bred heifer service sires include M C Resource 5004 0035, M C Excitement 5039 9134, and Deer Valley Opimum 9246. For more information please contact John Benner at the Augusta County Extension office at 540-245-5750 ext. 2 or benner89@vt.edu.
Small Changes Give Big Results

Here we are in the New Year which is often when we reflect on our health and the changes we want to make. Changing an eating or physical activity habit is not easy. It takes time, patience and planning. You can avoid weight gain by doing 2 simple things.

- Add 2,000 more steps each day
- Eat 100 fewer calories per day

Small changes in the foods you eat and the portion sizes you choose will quickly add up to 100 reduced calories or more. Make small changes each day and you’ll see how easy it can be to achieve energy balance. Try some of these ways to cut 100 calories.

- Savor a bowl of bananas, berries and low-fat milk for breakfast
- Split a bagel with someone or wrap the other half for tomorrow
- Select lean ham or Canadian bacon
- Pick water-packed tuna instead of oil-packed tuna
- Substitute fat-free sour cream in recipes
- Use 1 tablespoon less butter, oil or margarine in your recipes
- Have one less handful of nuts
- Select grilled chicken instead of breaded and fried
- Select minestrone or other broth-based soups over cream-based soups
- Remove the skin from chicken before cooking
- Control your portions by pouring 1 serving of chips into a bowl instead of eating out of the bag
- Satisfy that chocolate craving by eating a snack size candy bar instead of a regular size bar

*Source – [www.americaonthemove.org; 100 Ways to Cut 100 Calories](http://www.americaonthemove.org)*

ServSafe Manager Certification Course

Virginia Cooperative Extension, Rockingham Unit, will be offering the ServSafe Manager Certification Course on March 21 and 28. This is a 2-day course with sessions being held 9 am – 4 pm each day. The cost is $160 per person. Registration deadline is March 14.

Participants in this course will complete the requirements for a Food Protection Manager Certification of the National Restaurant Association. The course is designed for managers of food service operations, food and beverage managers, catering managers, chefs and dietary managers. After completing the classroom work, participants will take a national certification exam.

These classes are in-person and masks and social distancing are required. Space is limited due to COVID restrictions.

For more information or to register, contact the Rockingham County Extension Office at 540-564-3080 or Becky Gartner, Extension Agent, Family & Consumer Sciences, at rebes13@vt.edu.
**Participation is Fun!**

Are you a good singer? Do you like to dance? Enjoy fashion, science experiments, or demonstrating a recipe?

Then sign-up for...

**Highland County 4-H Contest Day**

Friday, February 11, 2022 starting at 3:30 PM

Highland School Cafeteria

*Competition categories for ages 9-18 include:*

- Presentations, Public Speaking, Vocal, Dance, Instrumental, Variety, Radio Spot Promotion, Science Fair, Educational Exhibit, Fashion Revue, Table Setting, Stockmen’s Contests, Hippology, and more!
- Cloverbuds (age 5-8) include Share-the-Fun & Table Setting

**Contact Agent Kari with questions or to register**

---

**4-H Maple Festival Service Projects**

These are important learning experiences and also a means of earning money to support many 4-H activities and community projects. **Contact Agent Kari if you can help with these.** (Open to 4-H families, alumni, and all interested.)

**Folding Donut Boxes:**


**Serve Pancake/Buckwheat Cake Meals**

*Sunday, March 13—Serve Buckwheat Cake and Pancake Meals for Stonewall Ruritan Club in McDowell, 2.5-hour shift*

*Sunday, March 20—Serve Buckwheat Cake and Pancake Meals for Bolar Ruritan Club in Bolar, 3-hour shift*

---

**4-H Food Challenge Team**

Learn about cooking, work as a team, and sharpen your communication and culinary skills in a fun, competitive setting. There is still space on the team, so sign-up today! Six practices have been scheduled starting Jan. 11 at the Highland Modular Building. The Contest will be held at Augusta Expo in Fishersville, March 12, 2022. Team members will have a $40 participation fee to offset expenses. Coach: Amy Wayne. **Contact Agent Kari for details.**

---

**Camp Teen Applications**

Looking for a leadership opportunity? Apply to be a “Teen Counselor” or “Counselor-in-Training” for Junior 4-H Camp. Must be age 13 by Jan. 1, 2022 to apply.

Camp is July 11-15, 2022 at the W. E. Skelton 4-H Center on Smith Mountain Lake.

**Our teens are G-R-E-A-T!**

Applications available now through February 4, 2022. Trainings and fees apply. Email Karis@vt.edu if interested.
Your Area Extension Agents are:

Berkeley Clark Cassady, Agriculture & Natural Resources, Bath/Highland County
Kari Sponaugle, 4-H Youth Development, Bath/Highland County
Becky Gartner, Family & Consumer Sciences, Rockingham County
Matt Booyer, Crops & Soils, Rockingham County
Jason Cooper, Horticulture, Rockingham County
Tom Stanley, Farm Business Management, Rockbridge County
Adam Downing, Forestry, Madison County
Rebecca Wilder, SNAP-Ed Agent, Rockbridge County

If you are a person with a disability and desire assistance or accommodations to participate in programs listed in this newsletter, please contact the VCE–Bath or Highland Unit Office at (540) 839-7261 or (540) 468-2225 during business hours to discuss accommodations. (TDD 800-828-1120)

Berkeley Clark Cassady  E-mail—berkeylec@vt.edu
Kari Sponaugle   E-mail—karis@vt.edu

Ben Hindman  E-mail—benjaminh@vt.edu
Program Associate 4-H/ANR, Bath/Highland

Virginia Cooperative Extension
Virginia Tech • Virginia State University
www.ext.vt.edu

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg. M. Ray McKinney, Administrator, 1890 Extension Program, Virginia State University, Petersburg.

Virginia Cooperative Extension
Highland County Office
PO Box 528
Monterey VA  24465

OFFICIAL BUSINESS

We are happy to provide this newsletter. However, if you prefer to receive this in a different way (email/hard copy) or to be removed from the list, please call 468-2225 or 839-7261.