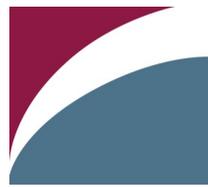




Fall 2024



Virginia
Cooperative
Extension

Virginia Tech • Virginia State University

BATH-HIGHLAND NEWS



FAMILY AND CONSUMER SCIENCE TOPICS

Becky Gartner, Extension Agent, Family & Consumer Science—rebes13@vt.edu—540 564 3080

Tips to Reduce Identity Theft

The way we conduct business, shop and communicate involves more of an online presence than it did several years ago. We can bank, pay bills, shop, and stay connected with friends and family from our computers and phones. This increased technology attracts criminals who have tuned to cybercrime such as hacking and email scams to steal your identity.

Identity theft is when someone uses your personal or financial information without your permission so that they can make purchases, open credit card accounts, steal tax refunds, get medical care or avoid being arrested.

Synthetic identity theft, which is most common, happens when thieves combine real and fake information to create a brand new and different identity. For example, a stolen social security number may be combined with a different name, address and phone number.

These tips can help reduce your chances of becoming a victim.

1. Beware of people online. Do not share any personal information unless you initiate the exchange or are absolutely certain of the person receiving it.
2. Install security and scanning software on your computer to protect it from being hacked and keep it up to date.
3. Do not create passwords containing your name, date of birth, address or any other personal information. A strong password is a combination of letters, numbers and characters and a longer length.

4. Never share personal information in an email. Phishing emails are one of the most common methods of cybercrime. Double check the email address. Most phishing emails have a weird email address, may contain misspelled words or try to pass themselves off as an official website.
5. Contact the company directly if you are concerned about an email you received on their behalf.
6. Make sure the site is secure before sharing any personal information.
The link should read <https://> and not <http://>



IDENTITY THEFT

Regularly check credit cards and bank statements and keep track of your transactions. Most banks offer fraud alerts but do your own diligence too.

Source: NC Cooperative Extension

ADDITIONAL PAGES INCLUDE

4-H UPDATES & EVENTS

AGRICULTURE & NATURAL RESOURCES TOPICS

EXTENSION STAFF SERVING YOU

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 at (540) 839-7261 or Highland Unit Office at (540) 468-2225 during business hours to discuss accommodations. (TDD 800-828-1120)

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4-H HAPPENINGS

Ben Hindman, Associate Extension Agent 4-H, Bath/Highland—benjaminh@vt.edu—540 839 7261



Recent Highlights

- The Highland 4-H Livestock Show and Sale at the Highland County Fair was a great success, with 31 youth exhibitors showcasing 21 hogs, 16 beef cattle, 26 goats, and 41 lambs. Project animals sold for an impressive total of \$134,336.75. Congratulations to the champions!



Haven Wilfong took the top spot with her 280-pound hog, Chloe Lightner with her 1,240-pound market steer, Jasper Sponaugle with his 625-pound feeder steer, Annie Donaldson with her 85-pound goat, and first-time

exhibitor Allison Moyers with her 95-pound lamb. Highland 4-H would like to extend sincere thanks to the buyers and sponsors for their generous support of the youth and the program. Your contributions are vital to the success of these young agriculturalists, helping them gain valuable skills and experience. We appreciate the community's ongoing commitment to the future of agriculture and to fostering the leadership of tomorrow.

- Bath and Highland 4-H have partnered with local schools to offer enrichment and club day programs that enhance classroom instruction through hands-on learning. These programs reinforce Virginia Standards of Learning concepts while building connections with students, encouraging participation in 4-H activities like summer camp and community clubs. Club day programs at Bath and Highland high schools also inspire interest in 4-H opportunities for older youth, including 4-H Congress and leadership roles such as camp counseling. Through these efforts, 4-H aims to expand youth involvement and develop future community leaders.



Looking Ahead

- Highland 4-H is hosting a Volunteer Appreciation Dinner to thank our dedicated volunteers for their support. The dinner will also provide an opportunity for volunteers to complete enrollments in the 4-H online system and collaborate on planning club programs. We deeply value the contributions of our volunteers, and this event will help strengthen our efforts moving forward. A similar event is being planned to engage volunteers in the Bath 4-H program as well.

- Highland 4-H is excited to host "A Celebration of Highland 4-H" on November 10th. This event will recognize the achievements of 4-H youth and volunteers from the past year. The program will include dinner, games, door prizes, and a special guest speaker, Chad Proudfoot, the State Organizational Specialist for Virginia 4-H. It's a great opportunity to honor the hard

work and dedication of our 4-H community. We look forward to celebrating together and acknowledging the contributions that make Highland 4-H a success.

- Highland 4-H is excited to offer Fall Cloverbud Day Camps this November, designed for youth ages 5-8. These camps provide a fun introduction to 4-H through engaging activities, including team-building games and seasonal crafts. It's a great opportunity for young children to explore the world of 4-H while developing new skills and enjoying hands-on learning experiences.

**YOU'RE INVITED TO
"A CELEBRATION OF
HIGHLAND 4-H"**

**Sunday, November 10th
4:00 PM
Highland Modular Building
(89 Highland Center Drive, Monterey, VT)**

Join us as we celebrate all the great things our 4-H members have accomplished this past year.

Guest Speaker:
Chad Proudfoot,
Virginia 4-H State
Organizational
Specialist

- Dinner Provided
- Door prizes
- Recognitions
- Awards
- Lots of 4-H Fun!

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AGRICULTURE & NATURAL RESOURCES

Kari Sponaugle, Extension Agent, Ag & Natural Resources, Highland & Bath—Cell: 540 679 9664—Email: karis@vt.edu



November 6

PRIVATE PESTICIDE APPLICATOR RECERTIFICATION WORKSHOP

During this two-hour recertification opportunity, current private applicators will receive the annual pesticide regulatory update and continuing education in pesticide handling and application practices.



Highland Modular
89 Highland Center Drive

5:30pm - 7:30pm

RSVP by November 1



540 468 2225
540 839 7261



Kari Sponaugle
karis@vt.edu

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FARM FINANCE FOUNDATIONS: HARVESTING PROFITS

NOV 4, 11, 18
6 - 7:30 PM

RSVP By Nov 1
Refreshments provided

Highland Modular, Monterey
89 Highland Center Drive

JOIN VCE FOR A 3-PART SERIES TO LEARN HOW TO MANAGE YOUR FARM AND BOOST YOUR BOTTOM LINE. TOPICS INCLUDE:

- All About Balance - Understanding Balance Sheets
- Does my farm make money? Importance of Budgets & Goals
- Dive into Farm Finance: Cattle Leasing Profit/Loss Strategies

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Rebuild the Raised Beds How did we do?



New Bed Materials
\$450

Install:

Seeds, Plants & Tools
\$60



Raised Bed Lifespan
5-9 years

Results:

>40 pounds of produce harvested

16 households served to date

12 types of plants with harvestable produce



Volunteer Hours: 45

Great for pollinators

thank you



4 Farmers Market Programs



December 9

FIRST TIMER PRIVATE PESTICIDE APPLICATOR CLASS & EXAM

During this three-hour training, new private applicators will learn essential pesticide application practices, including label comprehension, safety protocols, and environmental considerations. Immediately following the instruction, you'll be able to take the written exam. Join us to enhance your skills for responsible pesticide use on your property. Current private applicators can attend and retake the exam for recertification. Meal provided; must have 5 participants to hold the training.



Highland Modular - 89 Highland Center Drive

5:00pm - 8:00pm

RSVP by December 5



540 468 2225
540 839 7261



Kari Sponaugle
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4-H & ANR PROGRAM EDUCATOR

Jordan Alexander, Bath & Highland—Phone: 540-839-7261—Email: jordan98@vt.edu

A warm Saturday in late September at Millboro Elementary School created the perfect backdrop for the “**Best Little One Day Fair in Virginia**”, the Bath County Fair. Fairgoers that were seeking shade so their fresh churned ice cream didn’t melt may have found themselves underneath a tent learning about the different parts of a chicken egg or watching a 4-Her handle a chicken. The Bath-Highland 4-H Poultry Show was about to begin! 5 youth exhibitors brought their best flock of 5 hens to show and be sold at the fair. Breeds included Americana and Barred Plymouth Rock. The 4-H Poultry Chain participants picked up 10 chicks from the Bath or Highland VCE office back in April and raised them through the spring and summer. With the help of parents, siblings, and friends they were able to raise the small day-old chicks into mature egg laying hens while recording details in their 4-H record books. Thank you to the VA Dept. of Agriculture and Consumer Services (VDACS) for sending out an employee to provide Highly Pathogenic Avian Influenza (HPAI) testing and informing the exhibitors about HPAI and sampling procedures. The 4-Hers participated in a showmanship class, breed class, and best flock of 5 class. Thank you to our judge, **Santana Smith** – MES Science Teacher, with her animal science background and working so well with the exhibitors! Thank you to our award sponsors, **Fireside Farm** and **Augusta Cooperative Farm Bureau, Inc.**, each exhibitor was able to take something home to remember their poultry show experience. Each flock went home with the highest bidder to a new coop, leaving the exhibitor with their other 5 hens at home to continue growing for eggs, meat, hatching out chicks, or selling to another interested buyer. Thank you to the poultry buyers that continue to support this program each year, the sale profits go back into the 4-H Poultry Chain Project to help reduce chick costs for future participants. We look forward to youth participation in this project next year and hope to see you on another warm Saturday at the Bath County Fair on **September 20, 2025!**

Bath County Office

PO Box 357
 Warm Springs, VA 24484
 540-839-7261

Highland County Office

PO Box 528
 Monterey, VA 24465
 540-468-2225
 Online: www.ext.vt.edu

Your Area Extension Agents and Staff include:

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 Becky Gartner, Family & Consumer Sciences, Rockingham County
 Vacant, Crops & Soils, Rockingham County
 Jason Cooper, Horticulture, Rockingham County
 Tom Stanley, Farm Business Management, Rockbridge County
 Adam Downing, Forestry, Madison County
 Rebecca Owen, SNAP-Ed Agent, Rockbridge County
 Jordan Alexander, Program Educator 4-H/ANR, Bath & Highland County
 Deseray Chaplin, Administrative Fiscal Assistant, Bath County
 Kathy Beverage, Administrative Assistant, Highland County

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 a different way (email/hard copy) or to be removed from the list, please call 540-468-2225 or 540-839-7261.