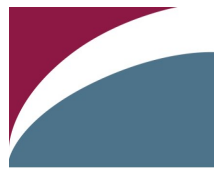




Summer 2023



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

It's hot out there! Stay hydrated!

Summer is here and that means warm temperatures and increased humidity. It also means that you need to pay attention to your body and prevent yourself from becoming dehydrated.

Our body needs water for lubricating joints and muscles, digesting food, flushing toxins from the body, keep skin looking young, helping our organs work and regulating body temperature. Dehydration causes stress on the body, fatigue, headaches, light-headedness and confusion.

Recommendations for daily water intake are: women – 11.5 cups; men – 15.5 cups. Here's some ideas to help you stay hydrated this summer.

- Flavor your water— Add fruit (lemons, oranges, berries) or veggies (cucumber) or herbs (mint) to a container of water and keep it in the refrigerator. Try flavor combinations too.
- Make drinking water routine—Drink a glass of water every time you brush your teeth, before each meal and when you get up in the morning.
- Take water with you—Buy a water bottle you like and fill it and take it with you each time you leave the house.
- Eat foods with a high-water content—Watermelon, cantaloupe, cucumbers, lettuce, tomatoes and celery are a few of the foods that contain a lot of water.
- Avoid caffeinated beverages—Dinking iced tea or caffeinated sodas are liquids but they contain caffeine and is a diuretic and causes an increase in water loss through urine. Energy drinks are not a good option for hydration because of the high caffeine content.
- Dress wisely—The best overall summer fabric is cotton because it allows air to circulate. Another option is cotton blended polyester, spandex or nylon which will keep you cool and wicks moisture away from the body.



Enjoy the long days of summer and take care.

Source: Utah State University Extension; Mayo Clinic



1-DAY FOOD PROTECTION Manager Certification and Exam

Virginia Cooperative Extension, Rockingham Unit, will be offering the ServSafe Manager Certificate Course on **August 28**.

The cost is \$160 per person. Cost covers instructor-led class, textbook, exam and 5-year certification with passing score.

Registration deadline is **August 18**.

Class will be at the Rockingham Extension Office, from 9:00 am—6:00 pm.

Online registration: <https://tinyurl.com/SSMGR-ROC-Public>

ADDITIONAL PAGES INCLUDE

**AGRICULTURE & NATURAL RESOURCES
TOPICS**

4-H UPDATES & EVENTS

NEW PROGRAM EDUCATOR

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

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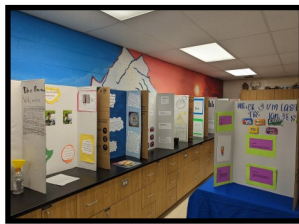
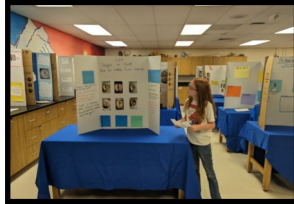
4-H HAPPENINGS

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



Recent Highlights

- Bath 4-H partnered with Valley Elementary School to hold a science fair for students in the 4th and 6th grades. The fair provided a unique opportunity for students to develop essential skills such as critical thinking, problem solving, and effective communication. A special thanks goes out to Chris Botulinski, COO of BARC Electric Cooperative, and to Lori Hicks, Director of Marketing & Communications for Bath Community Hospital for serving as judges for this event.



- Several Cloverbud Day Camps were held in June in Bath and Highland for youth 5-8 years of age. Campers engaged in a wide range of hands-on activities, including arts and crafts, outdoor games, and more! Another series of Cloverbud Day Camps is scheduled for August.
- In June, an Outdoor Adventure Day Camp was held in Hot Springs. Thanks to a partnership with the Omni Homestead, campers were able to take part in a guided hike on the Cascades Gorge Trail. The hike offered valuable insights into the local ecosystem and encouraged a deeper appreciation for the natural wonders that surround us.

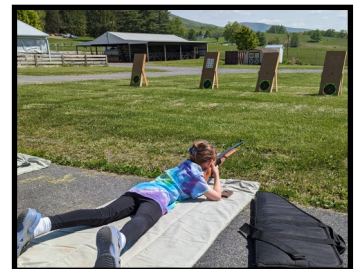


- A huge Thank You goes out to the Highland community for the support shown at the 4-H Dominican Republic pizza fundraiser!



Looking Ahead

- Mark your calendars for an extraordinary event that celebrates the passion and hard work of our local 4-H and FFA members—the Highland 4-H/FFA Livestock Show and Sale! Join us for a memorable showcase of exceptional livestock, as our dedicated young exhibitors proudly present their prized animals to the community. From impressive showmanship displays to a highly anticipated sale, attendees will witness the culmination of months of preparation and see firsthand the remarkable bond between our youth and their livestock. Come and support these outstanding young individuals and the future of agriculture at the Highland 4-H/FFA Livestock Show and Sale—an event that promises excitement, education, and a celebration of our agricultural heritage. There are 35 exhibitors signed up to participate in this year's event with a large number of first time exhibitors! The sheep and goat show will begin at 12 pm on Wednesday, August 30th. The hog and beef show will begin at 12 pm on Thursday, August 31st. Animals will be sold at auction on Saturday, September 2nd at 2 pm.
- The Highland Sharp Shooters Club has continued to meet through the summer months. They hold their monthly meetings on the third Wednesday of the month and are currently meeting at the Highland County Fairgrounds. Their next meeting will be Wednesday, July 19th from 3:30 until 5:00 pm. The club is in the process of constructing a range on the fairgrounds that the club hopes to use to host competitions in the future. Participation is open to any youth age 9 and up.



Contact Ben Hindman if you or someone you know is interested in any 4-H opportunity.



AGRICULTURE & NATURAL RESOURCES

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

Hay is made...now what? Hay production and feeding is one of the most expensive components of forage-livestock systems. Farmers need to maintain hay quality and minimize loss during harvest, transportation and storage as best as possible. Today we'll focus on storage of round bales. Large round bales allow one person, with the right equipment, to efficiently make, move and feed hay. They are high capacity, lower cost and less labor intense than small square bales. If you don't have indoor facilities to store round bales, here are some tips to help preserve bales outdoors as best as possible:

- Make a dense bale – it will have less internal damage, especially if stored outside in contact with soil. Dense surface layers shed water better. Bales should have a density of 10lb per cubic ft.
- Use of plastic twine, net wrap, plastic wrap or tarps – twine reduces bale sag, maintains shape and provides a tight, smooth surface. Twine spacing should be 6 - 10 in. apart across the bale. Net wrap is better at shedding water than twine. If you don't have a hay shed, use of a tarp or plastic wrap will be a good edition to outdoor storage.
- Find a well-drained location. A 4–6 inch coarse rock base will decrease spoilage loss. Other example materials to create a barrier between the ground and bale include railroad ties
- Store bales end to end – bales aligned end to end, in addition to a well-drained, gently sloping space with southeasterly exposure can help maximize use of solar drying. Leave 3 feet between bale rows to increase airflow and minimize water pooling.



The outer 4 inches of a 6ft bale contains 25% of total bale volume. That's a lot to lose! Outdoor loss depends upon precipitation, temperature, site selection, bale condition and time in storage. Covering bales stored outside will reduce losses by half compared to uncovered bales in the same location. Storing indoors further reduces losses by two-thirds.

From Publication 442-454, Management Tips for Round Bale Hay Harvesting, Moving and Storage (Grisso, et al).

Want to get a nutrient value on your hay crop?

For just \$22, submit samples to the Extension office for entry into the 2023 Southeastern Hay Contest. The \$22 fee covers a nutrient analysis plus a nitrate test AND is an entry for a chance to win cash prize in one of nine different hay type categories. Hay samples are needed locally by August 25th. For contest rules and details, email me or give me a call.



VEGETABLES TO PLANT IN EARLY JULY FOR ZONES 6 A/B

Direct Sow:

Lima & Bush Beans
Brussel Sprouts
Carrots
Cucumbers
Summer Squash

Transplant:

Cauliflower
Eggplant
Peppers
Tomatoes

FOR MORE GARDENING TIPS, VISIT
VCE MASTER GARDENERS AT

<https://www.facebook.com/VCEMasterGardenerProgram>

4-H & ANR PROGRAM EDUCATOR

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

Summertime is officially here and so is camping season for youth in Bath and Highland counties! We had a great turnout at our Cloverbud day camps in June with 30 kids in participation, they did Flag Day/4th of July inspired crafts and enjoyed a patriotic themed snack and lunch. There will be more day camps available in mid-August for kids ages 5 – 8 to sign up for before heading back to school, these will have a fair theme as we all enjoy going to the Bath and Highland County Fairs in August and September! In July, I attended Jr. 4-H Camp at the W.E. Skelton 4-H Educational Conference Center on Smith Mountain Lake where we had around 375 kids in attendance from Alleghany, Augusta, Bath, Highland, and Rockingham counties. Throughout the week, everyone attended classes they were interested in, participated in team building activities, and made new friends from the surrounding counties! I had about 50 youth sign up for my baking class where they got to make s'mores cookies, trail mix cookies, soft pretzel bites, and brownie bites! With the assistance of Teens and CITs, we all got to enjoy a snack, learn a new recipe, and not burn anything! This is my third summer attending camp, I enjoyed teaching a different class and seeing new and familiar faces!



Your Area Extension Agents and Staff include:

Kari Sponaugle, Agriculture & Natural Resources, Bath & Highland County and Unit Coordinator
Ben Hindman, 4-H Youth Development, Bath & Highland County
Becky Gartner, Family & Consumer Sciences, Rockingham County
Matt Booher, 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
Jordan Alexander, Program Educator 4-H/ANR, Bath & Highland County
Deseray Chaplin, Administrative Fiscal Assistant, Bath County

A handwritten signature in cursive that reads "Kari Sponaugle".

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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.