



Virginia Cooperative Extension

Virginia Tech • Virginia State University

Summer 2024

BATH-HIGHLAND NEWS



FAMILY AND CONSUMER SCIENCE TOPICS

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Staying Cool in the Summer Heat!

This summer has been a scorcher and we still have several months left to go. Try some of these tips to help you stay cool and safe.

- **Drink plenty of fluids.** Water makes up 60 to 70 percent of our bodies. We can easily get dehydrated in hot weather causing us to have mental and physical impairments. Drink lots of fresh water and remember that by the time you are thirsty, you may already be dehydrated.
- **Limit caffeine and alcohol consumption.** These are both stimulants that have a diuretic effect and increase fluid loss, which can contribute to dehydration.
- **Avoid heavy meals.** Hot foods add to body heat. High protein foods increase your body's metabolic heat. Eat light and enjoy the summer fruits and vegetables.
- **Keep your kitchen cool.** Turn off the oven and use your microwave, air fryer, grill, slow cooker or multi cooker instead. You will create less heat in your home.
- **Dress appropriately.** Wear light colored clothing with a loose fit. Try light weight synthetic or synthetic/cotton blend fabrics that dry easily. Fabrics that wick moisture away from your skin are best.
- **Move some air.** Use fans to help move air around your home. Close blinds and curtains to keep the heat and sun out of your home.

Source: Utah State University Extension



Augusta County Fair
Fishersville, VA
July 23-27, 2024



Botetourt County Fair
Buchanan, VA
August 2-3, 2024



Rockingham County Fair
Harrisonburg, VA
August 12-17, 2024

Highland County Fair
Monterey, VA
August 24 & August 28-31, 2024

Bath County Fair
Millboro, VA
September 21, 2024



State Fair of Virginia
Doswell, VA
September 27-October 6, 2024

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

- In June, three youth delegates from Highland 4-H attended the 102nd Annual Virginia 4-H Congress at Virginia Tech. This multi-day event gathered young people from across the state for workshops and competitions, giving teens the chance to connect and learn together. Participants also got a taste of campus life by staying in dorms, eating in dining halls, and joining program activities in various campus buildings.



- Bath and Highland 4-H hosted two lively Cloverbud Day Camps in June, providing young 4-H'ers with opportunities to learn and grow through engaging activities. The camp featured a variety of crafts and games, including creating American flag crafts, planting sunflowers, and enjoying outdoor water games. The kids had a blast expressing their creativity, learning about gardening, and cooling off with fun water activities.



- 53 campers, teen counselors, and counselors-in-training from Bath and Highland 4-H attended Junior 4-H Camp at the Skelton 4-H Center. Camp was an exciting experience, offering a variety of classes, themed programs, and campfire activities. Campers had the chance to learn new skills, participate in fun programs, and build lasting friendships. Camp was a fantastic opportunity for personal growth, teamwork, and making memories.



Looking Ahead

- In July, five teens from Highland 4-H will travel to the Dominican Republic for a week-long service trip, marking a significant opportunity for cultural exchange and community service. During their stay, these teens will collaborate with their Dominican peers to organize and run a two-day day camp for local children. This camp aims to provide educational and recreational activities, fostering connections and shared learning experiences between the participants and the children. In addition to the day camp, the 4-H teens will visit local schools and assist with various service projects within Dominican communities. Beyond their service work, the teens will immerse themselves in Dominican culture. They will explore local markets, savor traditional Dominican cuisine, and enjoy the vibrant rhythms of local music. This cultural immersion will broaden their understanding of the world and enrich their perspectives.



- Get ready for the annual Highland 4-H/FFA Livestock Show and Sale! This year, 32 youth exhibitors will showcase their hard work and dedication. The event kicks off with the goat and sheep show at 11 am on Wednesday, August 28, followed by the hog and beef show at 11 am on Thursday, August 29. The excitement continues with the auction on Saturday, August 31, starting at 2 pm, where all the animals will be sold. This is a fantastic opportunity to support our local youth and appreciate their efforts in raising and caring for their animals.



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



AGRICULTURE & NATURAL RESOURCES

Kari Sponaugle, Extension Agent, ANR Highland/Bath— karis@vt.edu—Cell: 540 679 9664

ANR Summer Newsletter

Virginia

Map released: Weds. July 3, 2024
Data valid: July 2, 2024 at 8 a.m. EDT

Intensity

- None
- D0 (Abnormally Dry)
- D1 (Moderate Drought)
- D2 (Severe Drought)
- D3 (Extreme Drought)
- D4 (Exceptional Drought)
- No Data

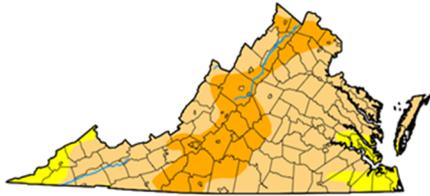
Authors

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It's not new news that its **HOT** and **DRY** out there! Per the Drought Monitor's most recent map update, eastern parts of Bath and Highland County are in severe drought (d2 stage). (see map) For drought condition updates, visit <https://droughtmonitor.unl.edu>

Changes to consider in your daily routine to minimize water needs and plant and animal stress include:

- Don't encourage growth – no new plants, no fertilizing and don't prune unless you're removing dead or diseased growth.
- Remove weeds that deprive the plants you want to grow of nutrients and moisture in the soil
- Water slowly to prevent runoff; infrequent deep watering to promote root growth is even better
- Do not allow animals to graze on grass shorter than 4 inches; wait until forages are at least 6-8" in height, and reduce the time in each paddock rotation.
- Relocate or rotate livestock more often to areas where resources are more plentiful.
- Wean offspring as nursing females have higher energy requirements.
- If these tasks are not possible, consider culling the bottom 10% of the herd or flock to reduce forage and water needs. Cull before animals lose significant body condition.

Drought tips sourced from NC State, Missouri and Colorado Extension programs.

2024 Field Day



at the
**Shenandoah Valley
 Agricultural Research
 and Extension Center**
 Wednesday, August 7, 2024
 12 PM - 7 PM
 Register at <https://tinyurl.com/bdhh8ncb>



VIRGINIA AGRICULTURAL
EXPERIMENT STATION
VIRGINIA TECH.



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The **Shenandoah Valley AREC** will have their Field Day August 7th to showcase research and experiments in progress and completed at the research center this year. Register for the field day at <https://tinyurl.com/bdhh8ncb>. Carpooling from Bath or Highland may be possible. Call either office to inquire about carpooling.

A **Landowner Legacy Workshop**, provided by the Virginia Dept of Forestry, VCE and Generation Next will be August 9-10 in Staunton at the Frontier Culture Museum. Families can pay a single fee to participate. This is a great time and safe space to ask difficult questions, receive useful information and get on the same page, as a family unit, about plants for the future. Register at <https://tinyurl.com/VFLEPRegistration>



4-H & ANR PROGRAM EDUCATOR

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Looking back at my second year of teaching the baking classes at Junior 4-H Camp, it was great to see familiar faces from last summer’s classes and getting to help youth try a new recipe or make homemade whipped cream for the first time. They learned how following a recipe, kitchen safety, and proper measurements can create delicious homemade goods that they were able to try and take recipes home to recreate with family and friends. Some campers could not wait to help add and mix ingredients while others enjoyed helping clean up and prepare for the next class, but the best part was when the whole class looked forward to trying their own desserts they created from scratch! This year I themed the recipes around Independence Day with a Red, White, & Blue Sprinkle Cookie, Fireworks Blondie, and Strawberry Shortcake. A couple of the recipes included a common dry product that campers could most likely find in their pantry at home including a vanilla cake mix for the cookies and pancake/waffle mix to create the shortcake. I look forward to attending camp next year with more new recipes for the campers.



Your Area Extension Agents and Staff include:

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Ben Hindman, 4-H Youth Development, Bath & Highland County
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
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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.