

LUNENBURG EXTENSION NEWSLETTER SUMMER, 2010

Family & Consumer Science News

Donna Daniel, Unit Coordinator & Extension Agent, FCS



Get Active


Nothing can beat regular exercise as a **stress**-busting technique. The result of the 'fight or flight' reaction is that our bodies go into a state of high arousal but there is often nowhere for that energy to go, so our bodies can stay in this state for hours at a time. **Exercise** is the best way to dissipate the excess energy.

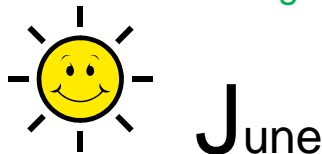
It's a good idea to channel your energy into proper exercise, be it a brisk walk, a **run**, a bike ride or a game. You don't need to join a **health club**— exercise can be as informal as taking the dog for a walk, or dancing at home to your favorite music.

Experts recommend that we exercise at a moderate intensity for a minimum of 30 minutes, most days of the week. And there are many reasons to do so. Exercise not only improves health and reduces stress; it also relaxes tense muscles and helps you to sleep. It causes the release of chemicals called endorphins into your bloodstream, making you feel relaxed and happy. As such, it can be a helpful tool in fighting depression and anxiety, as well as keeping you trim and reducing your risk of **heart conditions** and **stroke**, managing **high blood pressure**, diabetes and back pain. All in all, fit people are better able to handle the long-term effects of stress without suffering ill health.

What To Choose

Walking, jogging, swimming, cycling, aerobics classes or DVDs, and dancing are all great forms of exercise. If you choose something you enjoy, it won't feel like a chore. It is also a good idea to vary your activities to avoid boredom. For example, if you normally exercise indoors, try an outdoor activity.

4-H News  Cathy Liggon, Extension Agent, 4-H
4-H In Lunenburg



Cloverbud Summer Camp 2010 - June 11 – 13
4-H Congress 2010 - June 14 – 17
Lunenburg Teen Service Learning (Angel Food Bank) - June 19th
Final Camp Cluster Mtg. SVCC, Alberta - June 23
"Sun"sational Cloverbud Day Camp
Ripberger Library - June 29,30, July 1,2



July

"Salute to the Troops" "Crystal Light" boxes due
July 1, 2010
"A Jump Ahead" Rabbit Club Workshop - Ripberger Library July 12,13,and 15, 2010



It's Time ...for 4-H Camp!

August

4-H Jr. Camp 2010, Holiday Lake 4-H Center
August 2-6, 2010

Virginia Cooperative Extension

A partnership of Virginia Tech and Virginia State University www.ext.vt.edu



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Agriculture News

Central Virginia Commodity Storage Initiative Awarded Grant From Tobacco Commission

Shared by: Bob Jones, Extension Agent, Charlotte County

Agriculture Informational Sessions in June

Livestock and grain producers in thirteen Central Virginia counties will be eligible for matching grants this year under a program funded by the Virginia Tobacco Indemnification & Community Revitalization Commission. The Central Virginia Commodity Storage Initiative offers producers in a 13-county region an opportunity to apply for a cost share incentive of up to \$3,300 per producer for improvement practices in either hay/straw storage, feed/grain storage, or commodity feed storage structures. Cost share funds will be available to agricultural producers who meet all eligibility requirements.

The overall objective of the Central Virginia Commodity Storage Initiative is to improve the feed and/or storage efficiency of commodities for livestock and grain producers in tobacco dependent communities. Construction of on-farm structures will enhance farm profitability and therefore benefit the region's overall economy. Producers will have the opportunity to select between improvement practices in either hay/straw storage, feed/grain storage, or commodity feed storage structures. Participating livestock producers will increase production and profitability due to lower input costs. The initiative will enable grain producers to implement marketing strategies to capture higher prices than available on the cash market at harvest and potentially capture new market opportunity related to alternative fuel production.

During its January 12, 2010 meeting in Richmond, the Virginia Tobacco Commission approved \$500,000.00 in Agribusiness funding for the Central Virginia Commodity Storage Initiative Project. This project will include the counties of Amelia, Appomattox, Bedford, Buckingham, Campbell, Charlotte, Cumberland, Halifax, Lunenburg, Mecklenburg, Nottoway, Pittsylvania and Prince Edward. This funding will be allocated equally across the participating localities.

“As a member of the Commission, I am pleased to support this grant that will aid local farmers throughout the tobacco footprint. These grants will help retain the agricultural character of our communities while allowing farmers to keep costs under control and remain competitive in the world marketplace.” Delegate Kathy Byron.

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer.

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact the Lunenburg Office at 434.696.5526 during the business hours of 8 a.m. and 5 p.m. to discuss accommodations 5 days prior to the event. *TDD number is (800) 828-1120

Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Rick D. Rudd, Interim Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; Wondi Mersie, Interim Administrator, 1890 Extension Program, Virginia State, Petersburg.

Producers interested in applying for funding must attend a minimum of one informational/educational session on best management practices for either livestock or grain production offered by Virginia Cooperative Extension prior to applying for funds.

These sessions have been scheduled as follows:

June 14: Bedford County Administration Building, Bedford, 6:30 – 8:00 P.M.

June 17: Southside Virginia Community College, Keysville, 6:30-8:00 P.M.

June 24: Prince Edward County Extension Office, Farmville, 6:30-8:00 P.M.

June 29: Campbell County Extension Office, Rustburg, 6:30-8:00 P.M.

July 1: Southern Piedmont Agricultural Research and Extension Center, Blackstone, 6:30-8:00 PM

Cost share applications will be accepted beginning Monday, July 12, 2010 at the Virginia Cooperative Extension offices in the participating counties. Funding is limited and will be provided on a first-come-first-serve basis. Incentives will only be awarded on a one-time basis per producer and/or per farm. For more information on this program, please contact your local extension agent.

The Tobacco Indemnification and Community Revitalization Commission is a 31-member body created by the 1999 General Assembly. Its mission is the promotion of economic growth and development in tobacco-dependent communities, using proceeds of the national tobacco settlement. To date, the Commission has awarded 1,221 grants totaling more than \$652.8 million across the tobacco region of the Commonwealth, and has provided \$234 million in indemnification payments to tobacco growers and quota holders. For complete information on all of the Commission's history, mission, funding programs and past awards, visit our website at www.tic.virginia.gov.

Reminders:

Soil boxes and soil sample sheets are available at the Extension Office.

Master Gardener Assistance

Please contact us at 434-696-5526 if you need information in regards to your yard or garden! Master Gardeners can help us assist you with your questions!

