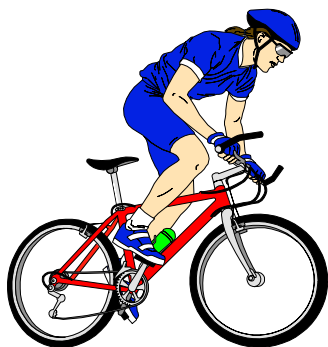


JAMES CITY COUNTY UNIT NEWSLETTER

JANUARY—
FEBRUARY
2007

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"The good news . . . is that people can benefit from even moderate levels of physical activity."

Surgeon General of the United States

PHYSICAL ACTIVITY A HEALTHY HABIT FOR LIFE!

"Years ago staying active was not an issue. But today, in our world of technology and new conveniences, most of the physical activity has been taken out of our lives. Most Americans (about 60%) no longer break a sweat on a daily basis. This lack of physical activity is having a profoundly negative effect on the health of children and adults.

"Scientists recently looked at the underlying causes of all of the deaths in the United States (excluding genetic causes). They found that a combination of lack of exercise and poor dietary habits was the second largest underlying cause of death, with smoking being the largest. Regular physical activity could prevent disease or improve the health of Americans who suffer from the following illnesses:

- 61 million people (one-fourth of the population) have cardiovascular disease.
- 16 million people have adult-onset (non-insulin-dependent) diabetes.
- 140,000 people diagnosed with colon cancer each year.
- 50 million people have high blood pressure.
- Over 57 percent of adults are overweight or obese.

Physical Activity for Good Health

"The best reason to routinely include physical activity in your everyday life is that you genuinely want to improve your health and fitness. Most Americans are surprised at the amount of evidence that links regular physical activity to health improvement. Regular physical activity improves health in the following ways:

Reduces the risk of premature death:

Low physical fitness = a shorter life span

Reduces the risk of dying prematurely from heart disease:

- Decreases blood triglyceride levels
- Decreases low-density lipoprotein (LDL) cholesterol-the "bad" cholesterol
- Increases high-density lipoprotein (HDL) cholesterol-the "good" cholesterol

Reduces the risk of developing diseases:

- One in four older adults is at risk of developing Type 2 diabetes (adult-onset, non-insulin-dependent diabetes).
- Studies show regular exercise enhances the body's ability to use insulin (a hormone that regulates the body's use of blood sugar).
- Prevents or delays the risk of developing high blood pressure.
- Reduces the risk of developing colon cancer.

Helps build and maintain strong bones, muscles, and joints:

- Osteoporosis, in which the bones become more fragile with time, occurs most commonly in older women, but is also found in men.
- Weight-bearing exercise, such as walking and jogging, helps to maintain bone density.

(Continued on Page 4.)



AGRICULTURE AND NATURAL RESOURCES



JAMES CITY COUNTY VOLUNTEER NAMED VIRGINIA'S PROJECT LEARNING TREE OUTSTANDING EDUCATOR

**Mrs. Kari Abbott
Virginia's Project
Learning Tree
Outstanding
Educator**



Mrs. Kari Abbott, a Virginia Cooperative Extension James City County volunteer, has been named Virginia's Project Learning Tree (PLT) Outstanding Educator. Kari is a 4-H Adult Volunteer, Junior Master Gardener chair, and Master Gardener. With this prestigious award, Kari will receive an expense-paid trip to the Virginia Forestry Association Convention and the International Project Learning Tree Coordinators' Conference in 2007. Her application places her in consideration as the National Project Learning Tree Outstanding Educator.

Kari used the Project Learning Tree curriculum in the James City County 4-H School Enrichment Program, providing experientially-based curriculum for more than 140 first grade students and coordinating 650 hours of volunteer

service. Kari implemented a "Do-Apply-Reflect" instructional approach, so students learned about the importance of tree stewardship and the responsibility they have for protecting the environment. Numerous teachers have shared their appreciation for Mrs. Abbott's PLT Program. In 2005, Mrs. Abbott donated over 2,200 hours of her time to improve the environmental education of James City County youth through 4-H and Master Gardener programming. Additionally, she received approximately \$3,000 in grants to support her program. Kari is a proven, dedicated, and passionate youth educator and has furthered the mission of Virginia Cooperative Extension and American Forest Foundation.

We congratulate Kari on her outstanding accomplishments!

HOT OFF THE PRESS—New Publications at Virginia Cooperative Extension Office

America's Anniversary Garden Fall and Winter Gardens

Discusses plant materials for fall and winter color and wider array for year round interest and color, including interesting berries, bark, or forms.

(available on line at <http://www.ext.vt.edu/pubs/envirohort/426-228/426-228.html>)

Lawn Moss—Friend or Foe

Some grow lawn moss on purpose! Moss can indicate compaction or poor soil nutrition. Discusses how to enjoy beauty of moss by establishing a moss garden.

(available on line at <http://www.ext.vt.edu/pubs/turf/430-536/430-536.html>)

FREE TREE AND SMALL FRUITS PRUNING CLINIC

Saturday, January 20
(10 a.m.-Noon)
George Reid Garden
in Colonial
Williamsburg

Reservation required.
Please call Virginia
Cooperative Extension
at 564-2170 to reserve
your spot!

- *How to prune apple, peach, and other fruits*
- *Develop your pruning skills through hands-on practice*
- *Demonstration on live plants*
- *Discussion of insect and disease control*



STARTING A FOOD-BASED BUSINESS WORKSHOP

Sponsored by

Virginia Department of Agriculture and Consumer Services and Virginia Cooperative Extension
Tuesday, January 9, Charlottesville (Albemarle County Office Building on 5th Street)

Learn about starting a food-based business in Virginia and the regulatory issues governing these businesses.

- Virginia Department of Agriculture and Consumer Services' role in regulatory issues and record keeping
- Health Department regulations governing a catering business
- Taking a product from recipe to retail—resources for small, value-added food product development and an overview of food labeling requirements
- Business Planning—developing an enterprise budget for a small, food-based venture
- Marketing resources for small and micro food ventures

For information, call Albemarle County Extension Office, 434-872-4580.

To register contact:

Charles Green (VDACS) at 804-225-4539 or charles.green@vdacs.virginia.gov

Matt Benson (VCE) at 540-341-7961 (Ext. 16) or mcbenson@vt.edu



GAINING CONTROL OF YOUR FINANCES WORKSHOPS

Sponsored by W-JCC Community Action Agency

Historic Triangle Building (Conference Rooms A and B), 312 Waller Mill Road, 6 to 8 p.m.

Do you find yourself with more bills than money at the end of the month? Do you have questions about your credit report? Do you qualify for earned income credit?

January 11—Credit Report

January 18—Cleaning Up Your Credit Report

January 25—Developing a Budget

February 1—Ways of Investing Your Earned Income Credit Wisely

February 8—Managing a Checking and Saving Account

Attend all workshops to receive a certificate.

Bring your credit report to the workshops!

Register by January 11th at 757-229-9332 (Yvonne Joseph or Linda Wallace)

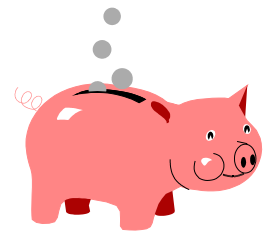
HOW TO MAKE YOUR MONEY GO FURTHER

Sponsored by Virginia Cooperative Extension

Tuesday, February 20 — Location to be announced

Do you have control of the way you spend your money? Do you have enough money to last you until the end of the month? Learn more on this topic and how you spend your money today will determine how much you have in the future.

Call Virginia Cooperative Extension at 564-2170 to register for this **free** program!



SEW WHAT?

Youth Sewing Classes sponsored by Virginia Cooperative Extension

Learn to sew! Join our 4-H sewing classes for youth 9-15 years of age

Tuesdays, 4:30 to 6 p.m., Toano Fire Station

March 20 & 27

April 3 & 10

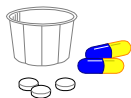
Space is limited, so register by March 16th and get a supply list by calling the Virginia Cooperative Extension Office at 564-2170.



AGING WELL

“By 2050, the elderly population is projected to reach 79 million. Not only are we living longer, but we’re staying independent well into our 80s. Keys to successful, independent aging include: staying physically and mentally active, controlling stress, and having access to preventive medical services. Staying well nourished is critical too, so here is a list of specific nutritional recommendations for those 65 and older.

1. **Water.** As we age, the mechanisms that tell us where we’re thirsty aren’t as sensitive and it’s easy to become dehydrated. Goal: drink at least 6 to 8 cups of liquid per day, including water, caffeine-free tea or coffee, vegetable and fruit juices, and milk.
2. **Protein.** Older bodies need more, high quality protein to compensate for our reduced ability to utilize protein. Shoot for 1 to 1.25 grams of protein per kilogram of body weight per day.
3. **Calcium.** Calcium absorption is less efficient as we age, so the recommended intake has been bumped up to 1200 milligrams of calcium per day.
4. **Vitamin D.** Aging skin is less able to synthesize vitamin D from sun exposure. But this vitamin is essential for preventing bone loss. For those over 70, the recommended intake is 600 International Units, or 15 micrograms per day.
5. **B-Vitamins.** Folate or folic acid, and vitamin B12 are the two B vitamins that are needed in greater



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VIRGINIA STATE UNIVERSITY

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Doris Heath
Extension Agent, FCS

quantities as we age. Recommended amounts: 400 micrograms of folate and 2.4 micrograms of vitamin B-12 per day.”

(Extracted from *Aging Well* by Melinda Hemmelgarn, former Nutritional Sciences Specialist, University of Missouri-Columbia.)

(Submitted by Doris Heath, Extension Agent, Family and Consumer Sciences.)

PHYSICAL ACTIVITY

(Continued from Page 1)

Helps build and maintain strong bones, muscles, and joints:

- Osteoporosis, in which the bones become more fragile with time, occurs most commonly in older women, but is also found in men.
- Weight-bearing exercise, such as walking and jogging, helps to maintain bone density.

Promotes psychological well-being:

- Enhances self-image and sense of well-being
- Improves quality of sleep, making one more resistant to fatigue
- Lessens depression, stress, and anxiety
- Improves outlook on life

Improves physical appearance

- Tones muscles
- Helps control weight
- Helps control appetite”

(Extracted from *Physical Activity . . . A Healthy Habit for Life* by Debra Jones, Extension Specialist, Health, Virginia State University.)

(Submitted by Ellen Ford, SCNEP/EFNEP Program Assistant.)

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If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in these activities, please contact Doris Heath, Virginia Cooperative Extension, James City County Office, at 757-564-2170 or TDD (800) 828-1120 during business hours of 8 a.m. and 5 p.m. to discuss accommodations 5 days prior to the event.