

HOW TO MAKE YOUR MONEY GO FURTHER!

Tuesday, March 20

6:30 p.m.

Virginia Cooperative Extension
EOC Building (kitchen)
Toano



SEW FUN?

FREE 4-H 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, April 3, 10, and 24 and May 1

(Please note dates have changed since last announcement!)

4:30 to 6 p.m.

Virginia Cooperative Extension
EOC Building (kitchen), Toano

Participants will use basic sewing skills to learn to sew and embellish fabric strips that will be serve as the foundation design for scrapbook pages.

If you have a sewing machine, please bring it.



Space is limited, so register early by calling Virginia Cooperative Extension Office

VCE Staff
 Doris B. Heath, Extension Agent, Family and Consumer Sciences Unit Coordinator
 Jeremy Johnson, Associate Extension Agent, 4-H
 Leanne DuBois, Associate Extension Agent, ANR
 Ellen Ford, SCNEP/EFNEP Program Assistant
 Robert (Bob) Winters, Water Quality Educator
 Sandra Kee, Unit Administrative Assistant
 Barb Foley, Program Support Technician
 Virginia Cooperative Extension
 3127 Forge Rd.
 P.O. Box 69
 Toano, VA 23168
 Tel.: 757/564-2170
 Fax: 757/566-8413
<http://offices.ext.vt.edu/james.city>

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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.

JAMES CITY COUNTY UNIT NEWSLETTER

MARCH—APRIL 2007

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What is a Rain Garden

A "rain garden" is a man-made depression in the ground that is used as a landscape tool to improve water quality. The rain garden forms a "bioretention area" by collecting water runoff and storing it, permitting it to be filtered and slowly absorbed by the soil. The bioretention concept is based on the hydrologic function of forest habitat, in which the forest produces a spongy litter layer that soaks up water and allows it to slowly penetrate the soil layer. The site for the rain garden should be placed strategically to intercept water runoff. A nutrient removal or "filtering" process takes place as the water comes in contact with the soil and the roots of the trees, shrubs, and vegetation. This process accounts for improved water quality.



Rain gardens are suitable for any land use situation—residential, commercial, and industrial.

Rain gardens are suitable for any land use situation—residential, commercial, and industrial. A rain garden should be placed so that impervious surfaces will drain into the depression area. Its purpose is to minimize the volume and improve the quality of water entering conventional storm drains and nearby streams.

The depression area stores the water, provides for evaporation, and allows the particulate material, not filtered by the grass buffer, to settle to the bottom. The ponding area should have a depth of 6 inches, sufficient to provide adequate water storage but should not pond in excess of four days (to avoid mosquito and other insect breeding).

Plant Selection

A planting plan design should include species that tolerate extremes. There will be periods of water inundation and very dry periods. Most riparian plant species will do well in rain gardens. The choice of species should include plants that mimic forest habitat and have an aesthetic landscape value; such as, flowers, berries, interesting leaves, or bark. Groundcovers, perennials, shrubs, and trees should be incorporated into the planting design.

Plants Suitable for Rain Gardens

Trees: Arborvitae *Thuja occidentalis*, Red Maple *Acer rubrum*, River Birch *Betula nigra*, Sweetbay *Magnolia Magnolia virginiana*, Water Oak *Quercus nigra*, Weeping Willow *Salix babylonica/alba*, Witch Hazel *Hamamelis virginiana*, Yaupon Holly *Ilex vomitoria*.

Shrubs: American Beautyberry *Calli-carpa American*, Highbush Blueberry *Vaccinium corymbosum*, Inkberry *Ilex glabra*, Oakleaf Hydrangea *Hydrangea quercifoli*, Virginia Sweetspire *Itea virginica*, Wax Myrtles *Myrica cerifera/pennsylvanicum*, Winterberry *Ilex verticillata*.

Perennials: Asters *Aster* spp., Beebalm *Monarda didyma*, Blackeyed Susan *Rudbeckia hirta*, Daylilies *Hemerocallis* spp., Joe-Pye Weed *Eupatorium* spp.

Read more about rain gardens:
Rain Gardens, A Landscape Tool to Improve Water Quality; Virginia Department of Forestry Publication VDOF 000127 (<http://www.dof.virginia.gov/>)

Urban Water-Quality Management: Rain Garden Plants, Virginia Cooperative Extension Publication No. 426-043 (<http://www.ext.vt.edu/pubs/waterquality/426-043/426-043.html>).

(Submitted by Leanne DuBois, Associate Extension Agent, ANR)



COMMUNITY PROGRAMS

James City Extension Newsletter is published and distributed free of charge by Virginia Cooperative Extension Editor and Layout Design: Barb Foley


Doris Heath
Extension Agent, FCS



SMART CHOICES NUTRITION EDUCATION PROGRAM



BE AN EGGSPERT!

HARD-BOILED FACTS

- Studies show that eating breakfast—like eggs—helps kids do better on tests!
- A large egg has 1.5 grams of saturated fat and 4.5 grams of total fat—just be careful of the fat you add when you cook them.
- Eggs contain EVERY VITAMIN except C and most of the minerals in varying amounts.
- On a diet? Eggs are perfect—only 75 calories in one large egg.
- We need protein to help build our muscles, skin, and blood. Eggs have perfect protein. The only protein better is in mother's milk.
- Egg whites contain no cholesterol and no fat.
- Studies show that most people can eat an egg a day!
- Drop a raw egg? Simply sprinkle salt all over it for easy clean-up.
- Very fresh eggs used for hard-cooking may not peel easily. Cook eggs that are at least one week old and the shells will slip right off.
- Keep eggs stored in their egg cartons in the lower part of the refrigerator. They'll stay fresh for at least four weeks this way.
- Plan to eat hard-cooked eggs kept in the refrigerator within one week.
- According to the Guinness Book of World Records, the heaviest chicken egg reported is one of 16 ounces with a double yolk and double shell.
- Two people shelled 1,050 dozen hard-cooked eggs in 7 1/2 hours.

TRUE OR FALSE????

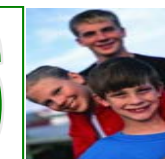
1. A hen can lay 300 eggs a year.
2. A large egg has fewer than 80 calories.
3. Eggs that have spent a week in your refrigerator are the best for hard-cooking.
4. Eggs provide the highest quality protein you can buy.
5. One dozen large eggs weigh 1 1/2 pounds.
6. Fertile eggs are more nutritious than infertile eggs.
7. Eggs with yellow-hued yolks have fewer vitamins than those with orange-colored yolks.
8. A coddled egg is much like a soft-cooked egg.
9. Eggs should be cooked for a long time and at high temperatures.
10. The breed of hen determines the color of the egg shell.

Answers:
1. True
2. True
3. True
4. True
5. True
6. False
7. False
8. True
9. False
10. True

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



FAMILY AND CONSUMER SCIENCES



ADULTS WITH ATTENTION DEFICIT DISORDER: STRATEGIES FOR SUCCESS

“Many adults with Attention Deficit Hyperactivity Disorder (ADHD) were not diagnosed as children. These adults were frequently not aware that *they* had ADHD until *their children* began showing problems in school. The consequences of undiagnosed and untreated ADHD in adults can cause a great deal of pain, frustration, and conflict in their social lives, careers, and family life. Studies indicate that between 30 and 70 percent of children diagnosed with ADHD may continue to have residual symptoms into adulthood. Many adults with ADHD have learned to compensate for their deficits by developing effective coping strategies and finding jobs that match their needs. For those adults who are not aware that they have ADHD, the knowledge and awareness of their disorder can help them to work around their difficulties and enjoy a more happy, productive, and satisfying life.

“Some characteristics of ADHD in adulthood are:

- Short attention span, especially for mundane day-to-day activities.
- Change jobs frequently.
- Have trouble managing money.
- Tend to over-commit themselves.
- Time management problems.

“What to do if you think you or an adult you know has ADHD?

“Begin by making an appointment with a specialist who understands the disorder. There is often a great sense of relief at finally having an explanation for long-standing difficulties. Although there is no cure for ADHD, learning to cope with the disorder is the first step toward its

effective management. The following strategies may be helpful in learning to productively live with the disorder:

- Education. Find out as much as you can about the disorder. Through education, adults can make sense out of their situation and begin setting realistic and achievable goals.
- Behavioral Strategies. Because many adults with ADHD suffer from disorganization, forgetfulness, and a lack of productivity, here are some suggested organizational tools that may be helpful:
 - Keep a planning calendar and a daily ‘to do’ list.
 - Practice time management skills.
 - Jot down or record your ideas.
 - Put schedules, ‘to do’ lists, and appointments where you can see them.
 - Break large projects down into smaller, more manageable ones.
- Medication. Many adults benefit from the same medications that are used for children. Proper medication can assist adults with their inattention, distractibility, restlessness, and concentration.

“Adults with ADHD share a common sense that something is wrong, but are puzzled as to exactly what is going on. They feel guilty, demoralized, blame themselves, and want help. For those who have compensated well in their lives, identifying attention problems alleviates much guilt and contributes to raising self-esteem.”

(Extracted from *Adults with Attention Deficit Disorder: Strategies for Success*, by Susan Holladay, Family and Consumer Sciences Agent, Ohio State University Extension.)

“I have always had the feeling of being a little different . . . of being brilliant while nearly flunking out of high school.”



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