

September—October
2007

Virginia
Cooperative Extension

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Invent the Future



VIRGINIA STATE UNIVERSITY



James City County

Raising Children, Eating Well, Managing Resources

Inside this issue:

Free Credit Reports 2
are Now Available

Healthy Teen 2
Development

Fall Vegetable 3
Gardening Tips

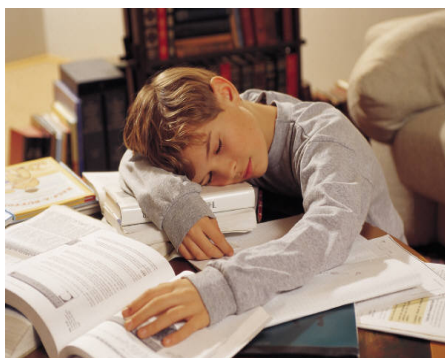
2008 Master 3
Gardener Class

Program 4
Announcements

**Did you
know:**

**Most
teen's
sleep
problems
show up in
school.**

Is Your Teen Getting Enough Sleep?



Often a teen might be labeled lazy when sleep deprivation might be the real culprit. A number of polls point to this widespread prevalence of teens underestimating the value of sleep. In fact, it is estimated that most high school students get less than 8 hours of sleep on school nights. Most researchers advise an average of 9 hours each night.

Greater danger occurs as teens drive without the benefit of a full night's sleep. Individuals tend to exhibit what researchers call "micro-sleeps" or lapses in wakefulness. These lapses last only seconds, but when driving 60 miles an hour, a second can translate into a "micro-sleep" spanning over 80 feet. It is estimated that over 100,000 crashes occur annually by drivers falling asleep.

What can parents do?

- * Educate yourself on physical and behavior adolescent development.

- * Stay alert to signs such as difficulty waking in the morning, irritability late in the day and drowsy periods throughout the day. Be sure not to allow a drowsy teen to operate a car.
- * Establish consistent bed times when children are younger. Assist your teen to continue adhering to regular bedtimes.
- * Talk with your teen about maintaining a balance between extra-curricula or work activities and sleep so the teen gets adequate rest.
- * If you have concerns about your child or teen's sleeping habits consult a specialist.

Resource: Virginia Coalition to Prevent Child Abuse and Neglect





Be sure to order your free credit reports through the centralized channels created by the new law or you may end up getting scammed into paying for extra

GET YOUR FREE CREDIT REPORT NOW

Part of living well is being financially fit. Your credit report is a good indicator of how financially fit you are. Your credit report is your financial biography.

In October 2006, Virginians became eligible to get a copy of their personal credit report from each of the three major national credit reporting agencies – Equifax, Experian, and TransUnion. You can get a *free* report every year. The report itself is free. There will be a small charge for your credit score. While it is important to review your report, it is equally important to know your score. You can request your score by mail, telephone, or internet. And if you are applying for a home first or second mortgage or an equity line of credit, you can get a free copy of your report from your mortgage lender.

Annual Credit Report Request Service
PO Box 105281
Atlanta, GA 30348-5281
877-322-8228

www.annualcreditreport.com

MYFICO.com www.myfico.com
800-342-6726

Equifax www.equifax.com
800-685-1111

Experian www.experian.com
866-200-6020

TransUnion www.transunion.com
800-888-4213

Look for resources to help you understand the changes your teen is going through. Check with your local Extension office.

Healthy Teen Development

1– Remember, parents matter. Make a difference in the life of your teen by providing guidance and support.

2– Stay warm and close. It's impossible to love your teen too much. Spoil your teen with love and support every day.

3– Set limits and provide structure. Clearly communicate your expectations to your teen. Rules and expectations should change throughout your child's life, but children of all ages need clear rules.

4– Stay involved with your teen's life. Ask questions about schoolwork and friends, and attend your teen's extracurricular activities.

5– Enforce rules and consequences. Let your teen know what the consequences of breaking rules will be ahead of time. Follow through on enforcing punishment.

6– Be consistent. Parents should discuss and agree on basic parenting principles for guiding their children.

7– Explain yourself and engage your teen in decisions and conversations. Discuss the reasons for rules and consequences with your teen.

8– Don't use harsh discipline. Harsh discipline, like yelling or slapping, is not an effective long-term approach to discipline.

9– Treat your teen with respect. Your teen is growing up. Acknowledge your teen's increasing independence and ability to make decisions.

10– Understand adolescence is a period of change — for parents and children. As a parent, you are changing as you develop new information and skills to help guide your teen.

Resource: Iowa State University Extension



Vegetable Garden Tips for Fall

- Near the end of the growing season pick off all tomato blossoms that won't have time to bear fruit, so plant nutrients go into existing tomatoes.
- During the fall, be sure your vegetables are adequately watered. Many crops, such as corn, pepper, squash, and tomato, won't mature correctly if stressed due to lack of water.
- Harvest winter squash and pumpkins when fully mature, but before they are damaged by frost. Cut the fruits from the vine with a short piece of stem attached. They will keep for several months if stored in a cool, dry basement.
- You can plant radishes and harvest a crop before cold weather if you hurry.
- Don't leave a thick layer of organic mulch over your vegetable garden in winter or it will take a long time for the soil to dry out and warm up in spring. Rake even a light mulch aside as planting time approaches.
- If there is a threat of frost at night, harvest your cucumber, eggplant, melon, okra, pepper, and summer squash so the fruits are not damaged by the frost.
- Tomatoes need an average daily temperature of 65F or more for ripening. If daytime temperatures consistently are below this, pick the fruits that have begun to change color and bring them inside to ripen.
- Plant garlic and shallots now for harvest next August. Plant in a sunny spot in well-drained soil placing the tips 2 inches beneath the soil surface.
- Make a note of any particularly productive or unsatisfactory varieties or crops. Such information can be very useful during garden-planning time in spring.
- Remove any diseased or insect-infested plant material from your garden; it may harbor overwintering stages of disease and insect pests. If you leave this plant material in your garden, you are leaving diseases and insects that will begin to reproduce again next spring and add to next year's pest problem.
- Many disease-causing viruses overwinter in the roots of perennial weeds. Tomato mosaic virus overwinters in the roots of ground cherry, horsenettle, jimson weed, nightshade, and bittersweet; cucumber mosaic virus lives in the roots of milkweed, catnip, and pokeweed; bean mosaic overwinters in white sweet clover roots; and many cabbage diseases spread from wild members of the cole family. So, from the aspect of disease control, it is evident that a good fall cleanup is essential.

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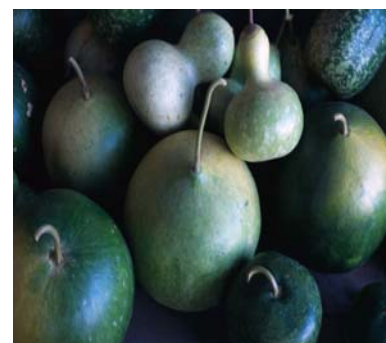
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Master Gardener Training Class – 2008

The 2008 Master Gardener Training Class will run from January through April, Mondays and Thursdays from 9:00 am – Noon. Classes will take place at the James City County Human Services Center on Olde Town Road. Topics cover all aspects of horticulture from insects and plant disease to landscape design and turf. VCE Master Gardeners are volunteers dedicated to working with the community to encourage and promote environmentally sound horticulture practices through sustainable landscape management. If you are interested in taking the Master Gardener Training Class or would like more information please call Virginia Cooperative Extension at 564-2170.



Virginia Cooperative Extension

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Doris B. Heath, Unit Coordinator

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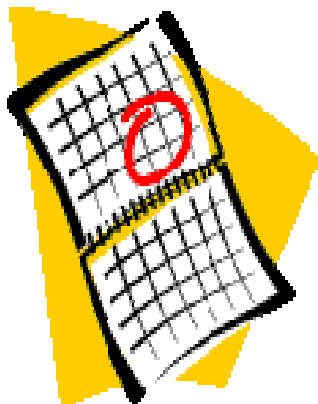
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Merchants Square Autumn Festival

Mark Sunday, September 30 on your calendar now for the second annual Merchants Square Autumn Festival, noon to 4:00 p.m. Merchants Square will host this outdoor event on Duke of Gloucester Street. For more information, contact Louise Pritchard, Director of Marketing for Merchants Square at 220-4670.



Mark your Calendar



Contact Virginia Cooperative Extension for any additional information on the programs listed, 757/564-2170

Fall Programs

Adult Sewing Club

October 2, 9, 16, 23 and 30
10 a.m. to 12 noon
\$20.00 registration fee per person
Space is limited to the first 5 adults.

Developing a Financial Plan

September 27, October 25, November 29 or
December 20
6:30 p.m. to 8:30 p.m.
VCE Office/EOC Building
Toano

This workshop is free. Participants will learn to develop a budget.

Suppers Made Simple

A program for families to learn simple meal preparation and planning skills, as well as participate in physical activity together.

October 16, 23, and 30
6:30 p.m. to 8:30 p.m.
A program for the entire family —
families with children 6 years of age and
older.
\$10.00 per family
Location to be announced

Who Gets Grandma's Yellow Pie

Have you and your family talked about the transfer of your non-titled property after you die? For many people personal items carry more meaning and are more important than the titled property. Here's an opportunity for you to learn more about how to make those decisions on who gets what.

October 25, November 1, 8 and 15
10:00 a.m. to 12 noon
Fee \$15.00 per person
Register by Friday, October 5th
Location to be announced

Caring for Our Children Conference

(for child care providers)
Saturday, November 10
8:30 a.m. to 1:00 p.m.
Fee \$15.00 per person if received by
October 8th
Fee \$20.00 per person if received by
October 26, 2007
No registration at the door.
First United Methodist Church
1046 Warwick Blvd.
Newport News, VA