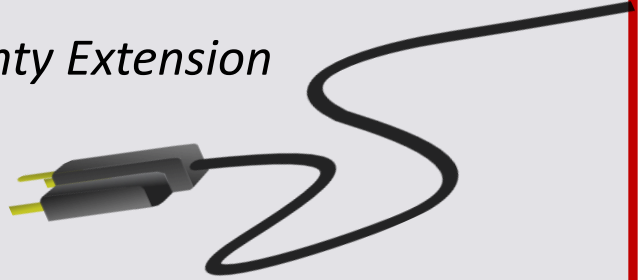


# The Extension Cord

Plugging You into Macon-Bibb County Extension



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Bibb County



## Bibb 4-H'ers Participate in Summer Camps

*By Erica Pullen, 4-H Agent*

Georgia 4-H provides enriching, week-long summer camp opportunities for youth in grades 4th-12th, at five centers across the state. This summer, a total of 18 Bibb County 4-H members attended 4-H camp.

4th-6th grades students spent a week at Rock Eagle 4-H Camp in Eatonton, Georgia. 4-H'ers participated in activities such as canoeing, hiking, healthy living and learning about Native American culture.

7th and 8th grade students traveled to Fortson 4-H Center in Hampton, Georgia. Some of their activities included a herpetology class and trips to Stone Mountain and the Atlanta Motor Speedway.



Youth in grades 9-12 also camped at Rock Eagle. Summer camp for high school students focused on leadership, incorporating high ropes courses, Teen Leader Certification, and a college fair.

*Continued on page 4...*

### UGA Extension, Macon-Bibb County

715 Oglethorpe Street, Macon, GA 31201 • (478) 751-6338 • <http://extension.uga.edu/county-offices/bibb.html>

Find us on Facebook at "Bibb County GA Cooperative Extension"

*Macon-Bibb County Cooperative Extension extends lifelong learning to Georgia citizens through unbiased, research-based education in agriculture, the environment, communities, youth, and families. Part of the University of Georgia, we are an Equal opportunity/Affirmative Action Institution.*

# Itchy Annoyances of Summer

By Karol Kelly, ANR Agent

For many of us who enjoy our outside time during the summer, skin irritations are a common annoyance. Poison ivy, or *Toxicodendron radicans*, is a sworn enemy for countless.

The vining, native plant enjoys moist, deciduous forested areas but can be found most anywhere. Poison ivy can reproduce by seed or creeping roots that send out leafy shoots several yards away from the parent plant.

The leaves of poison ivy are highly variable but are always alternately arranged on the stem. Each compound leaf consists of three, bright green, shiny leaflets. Leaflets can have smooth, toothed, or lobed margins. Young box elder



seedlings resemble poison ivy, as does the five-leaved Virginia creeper. It is always better to err on the side of safety, following the old adage, "leaves of three, let it be."

Urushiols and other naturally occurring chemicals found in the plants can cause contact dermatitis with symptoms including

rashes, blisters, and itching. All parts of the plant are poisonous throughout the year. Urushiol can be transferred on equipment, clothing, pets, and even in the soot particles from burning poison ivy. If you suspect contact with poison ivy, wash with cold, soapy water as soon as possible. Contrary to popular belief, only the oily toxin can spread the rash. The fluid contained in blisters is non-allergenic.

There are cultural approaches to managing your poison ivy problem. The plant will not tolerate repeated tillage, cutting or mowing. Poison ivy shoots commonly encroach

from wooded areas into newly established lawns. Several cuttings during the year for several years are often enough to control poison ivy. Digging poison ivy plants and roots can be used as a control method in small beds of landscape ornamentals. Always wear water-impermeable gloves when handling poison ivy plants.



Herbicides are also available for control of poison ivy. Glyphosate, commonly sold as Roundup or a variety of other trade names, can be applied directly to the foliage of poison ivy. Apply on a warm, sunny day when plants are actively growing.

Triclopyr, commonly sold in brush killers, such as Brush-B-Gon, is also effective for controlling various woody vines. This is best applied using the "cut-stump" method. Simply clip the poison-ivy vine near the soil surface and paint the freshly cut surface with undiluted triclopyr.

Be aware that battling poison ivy will be a drawn out, arduous task. Because of the extensive root system, repeat herbicide applications are often necessary. Use caution when applying these chemicals. Follow the product label; do not spray on windy days; and do not allow these chemicals to come in contact with desirable plants. For more information, visit: <http://extension.uga.edu/publications/detail.cfm?number=C867-10>



# Smart Snack Strategies!!!!

*By Keishon Thomas, FACS Agent*

Children are out of school and are eating with their at-home appetites! Snacking between meals is essential. For me, it takes a huge amount of self-control to make nutritious snack choices. Children are no exception and snacks can play a very important role in helping them to fulfill their daily nutritional requirements. Macon-Bibb Cooperative Extension offers the following smart snack strategies:

**Prep ahead-** Wash and cut up fresh fruit and vegetables and portion them into reusable containers so they are ready to grab-and-go. Try fresh fruit that's in season. Fresh vegetables can be served with a low-fat dip.

**Make it a combo-** Combine food groups to build satisfying snacks. Be creative! As a general rule, a nutritious snack consists of food items from two or more food groups.

**Keep it easy-** We are visual animals. Keep nutritious snack options, such as fruit and vegetables visible and within reach in the fridge or on the counter for a convenient anytime snack.

**Be Mindful-** Snacks should be eaten only when children are hungry. They should not be used to calm tears, reward behavior or cure boredom. Redirecting works if you notice this happening.

**Inclusion is Key-** Allow your children to help pick out fruits, vegetables, and cheeses when shopping. Include them in age-appropriate snack food preparation. You can also utilize snacks to introduce new foods.

**Practice what you preach-** Ahem! You are the role model. The behaviors of parents and family members can have an impact on a child's perception of food and their habits. Keep your snacks nutritious and your child will follow suit.



Expanded Food & Nutrition Education Program

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## Congratulations to Naomi Jackson!



Bibb County 4-H'er Naomi Jackson, serving as the 2022-2023 Northwest District Senior 4-H President, was recently elected as a Senior State 4-H Board Member! We are so proud of her for her leadership and achievements, as she continues to represent Bibb County, Northwest District, and now the State. Naomi was also selected to attend State 4-H Congress July 18-21, where she will compete on the state level with her district project. Best wishes to Naomi for continued success!

# EFNEP Sun Safety Tips

By Keishon Thomas, FACS Agent



Enjoy the warm weather, but remember to work and play smart to avoid serious health problems due to sun or high heat-related threats. Bibb County EFNEP suggests the following tips to be sun safe:

- ☀️ Avoid the hottest time of the day. Plan outdoor activities prior to 10 a.m. and after 4 p.m.
- ☀️ Wear sunglasses that provide 100 percent protection from UV rays.
- ☀️ Liberally apply sunscreen and reapply at least every two hours – more often if swimming or sweating.
- ☀️ Take breaks often, increasing the number of breaks you take as the days get longer and hotter.
- ☀️ Find cool and shady places for comfort.
- ☀️ Drink plenty of water and stay away from sugary drinks and alcohol.
- ☀️ Wear a hat that has a broad brim or that covers the back of your neck.



## 4-Fruit Smoothie

[Makes 4 servings, 1 cup each.]

### INGREDIENTS:

1 cup	low-fat vanilla yogurt
6 oz can	pineapple juice
½ cup	canned peaches, light syrup
½ cup	frozen berries
2	medium bananas
4-5	ice cubes

### DIRECTIONS:

1. In a blender container, combine vanilla yogurt and pineapple juice.
2. Stir to mix.
3. Add peaches, strawberries, bananas (broken in half) and ice cubes.
4. Cover and make sure cover is on tight. Blend until pureed. Serve.

[www.ugaefnep.org](http://www.ugaefnep.org)



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#WeAreEFNEP



4-H Camp, continued from page 1

Bibb County 4-H offers leadership events, community services opportunities, and fun activities, for youth in the 4th - 12th grades throughout the year. Please contact the Bibb County Extension Office at 478-751-6338 or email [epullen@uga.edu](mailto:epullen@uga.edu) to sign up or for more information.