



Amelia Extension News Monthly

FCS News

Oct Diabetes Prevention Program New sessions starting! If you or someone you love is pre-diabetic, this program can help to support you through positive changes to delay or prevent Type 2 diabetes. The program is provided at NO COST thanks to the generous support of the Virginia Department of Health. Click "Request Information" to be contacted by a Lifestyle Coach: <https://www.ext.vsu.edu/dpp>

JOHNS BAILEY ENDOWMENT

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ANR Information

VT Livestock Update: <http://pubs.ext.vt.edu/news/livestock-update.html>

Soybean Update: <http://blogs.ext.vt.edu/soybean-update/>

VT Dairy Pipeline: <http://pubs.ext.vt.edu/news/dairy-pipeline.html>

Virginia Pest & Crop Advisory:
<http://blogs.ext.vt.edu/ag-pest-advisory/> -Subscribe for alerts!

Southern Piedmont Ag Connection website:
<http://blogs.ext.vt.edu/ag-connection/>

VTFORAGES YouTube Channel:
<https://www.youtube.com/user/VTForages>

AgrAbility Virginia <http://www.agrability.ext.vt.edu/>

Virginia Beginning Farmer and Rancher Coalition: <https://www.vabeginningfarmer.alce.vt.edu/>

Virginia Farmer Veteran Coalition:
<http://www.vabeginningfarmer.alce.vt.edu/>

VSU Agriculture & Extension Events website:
<http://www.ext.vsu.edu/events>

Do You Know about JUMPING WORMS?

A new problem just discovered in Chesterfield Co.

This worm has a potential to cause significant damage to our soil. Call the Amelia Extension Office for a copy of this publication. ENTO-427NP

This is part of the publication authored by Theresa A. Dellinger and Eric Day.

Jumping worms are reddish to brownish-purple in coloration, and sometimes have a glossy, iridescent sheen (Fig.1). They typically measure 70-160 mm (nearly 3-6 inches) long and 5-8 mm (0.2-0.3 inches) wide. Some specimens measure up to 20 cm (8 inches) long. Their bodies are firm and not slimy to the touch. Identification of the exact species of *Amyntas* requires dissection of the internal organs.

Adult jumping worms can be identified from other adult earthworms by the appearance of the clitellum, a specialized band of tissue on the earthworm's body. The distinctive clitellum of jumping worms is pale-colored and completely encircles the body (Fig. 1). It is smooth and flush with the rest of the body, rather than a thickened swelling seen in other species of worms. The clitellum of other adult earthworms is reddish-pink or orange, may not completely encircle the body, may appear ridged instead of smooth, and tends to bulge out from the rest of the body (Fig. 2). In all species of earthworms, the clitellum secretes a small mucus "cocoon" that encapsulate the eggs. These spherical cocoons, about the size of a mustard seed (2-4 mm), protects the eggs when deposited in the soil.



Figure 1. A mature jumping worm (*Amyntas* sp.) showing the characteristic smooth, milky-pale clitellum near the top of the image (Nancy Knauss, Pennsylvania State Extension).

Identification

Several species of worms in the genus *Amyntas* have common names such as jumping worms, Alabama jumpers, Jersey wrigglers, snake worms, and crazy worms. These common names reflect the very active escape behavior of these worms when handled or disturbed. Jumping worms thrash rapidly from side to side in a snake-like motion to escape capture and may even shed the tail end of their body.

Numbers of Interest Virginia Cooperative Extension-Amelia County Office	804-561-2481
Farm Services Agency and Natural Resource Conservation Service	804-561-2147
Piedmont Soil & Water Conservation District	434-392-3782, Ext. 5
Virginia Department of Forestry-Amelia	804-712-6322
Virginia Wildlife Conflict Helpline	855-571-9003



2022 Amelia County Drinking Water Testing Clinic

Kick off Wednesday, September 14, 2022

What's in YOUR water? Did you know that private water supplies like wells and springs are unregulated?

Affordable, confidential water testing and education will be offered through Virginia Cooperative Extension offices in Amelia county. Water samples collected by participating homeowners will be analyzed for 14 parameters, including bacteria, metals, nitrate and hardness.



Cost: \$65 per kit. You MUST Reserve your kits by 4:00 PM Friday, August 19th

Register <https://tinyurl.com/AmeliaVCE-VAHWQP>

Payment must be received to reserve your kit. Returned check fee \$50. NO REFUNDS. For questions contact Amelia Extension Office at 804-561-2481 or email Jane Henderson, johns59@vt.edu. Cash and checks accepted for payment in office. For online Credit Card payment availability and instructions, please visit <https://register.ext.vt.edu/>

Kick Off Pick up reserved sample kit and directions to collect samples	September 14 8:00 am-4:30 pm	Amelia County Extension Office 16360 Dunn Street, Ste 202, Amelia VA
Water Sample Collection	September 21 8:00 – 10:00 am	Amelia County Extension Office 16360 Dunn Street, Ste 202, Amelia VA
Interpretation meeting In-person Interpretation or recorded link available	November 17th 6:00 -8:00 pm *Note this meeting may be rescheduled	If you do not have an email address, we will mail your results and are available by phone to answer your questions.

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Amelia County Extension Office johns59@vt.edu or call (804) 561-2481 / TDD (800) 828-1120 during business hours of 8 am. and 4:30 p.m. to discuss accommodations five days prior to the event. This workshop is free and open to the public.

HYDROPONIC GREENHOUSE SYSTEMS WORKSHOP



**Virginia
Cooperative
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VSU RANDOLPH FARM



SAVE THE DATE
SEPTEMBER 15, 2022

8:30 AM- 4:00 PM

REGISTRATION BEGINS IN AUGUST

CONTACT: TONI SPERRY TSPERRY@VT.EDU

LOCATION: 4415 RIVER RD., PETERSBURG VA 23803

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Bull Breeding Soundness Exams

Southern Piedmont AREC

October 21, 2022

8:00 am – 2:00 pm



BSE includes:

- Physical Exam
- Reproductive Exam
- Semen evaluation for Motility and Morphology

Additional vaccines and treatment can be administered to bulls at the same time for an additional fee.

Breeding Soundness Exams performed by Dr. Rodney Cole, Dr. John Currin and staff of VA-MD College of Veterinary Medicine, with assistance of SPAREC staff and ANR agents.

To schedule a BSE Exam, please call Dr. Rodney Cole at 804-731-3634 before October 1st. Exams will be by appointment only and is limited to 50 bulls.

Stop by and bring a friend who might be interested in learning more about bull breeding soundness exams!



**Breeding Soundness
Exam Fee: \$50**

**Make checks payable
to: Amelia Area
Cattlemen, LLC**



Exams will be performed at the cattle working facilities at the Southern Piedmont AREC. Directions from US 460 (signs will be displayed):

1. Turn left onto SR 636 from Cox Rd (0.8 mi S from US 460) - 0.7 mi
2. Turn right onto MRTC Rd. - 0.3 mi
3. Turn right into grazing area (double gates) - 0.4 mi
4. Arrive at the handling facility.



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If you are a person with a disability and desire assistance or accommodation, please notify Margaret Kenny, SPAREC at 434-818-5545 during business hours of 7:30 am and 4:30 pm to discuss accommodations 5 days prior to the event.

BUZZ, BODY & BITES

A newsletter for actively aging adults

Virginia Cooperative Extension
Family & Consumer Sciences

July 2022 Newsletter

Buzz

FOODS IN THE MEDITERRANEAN DIET THAT FIGHT INFLAMMATION OF ARTHRITIS

Fish

How much: 3-4 oz twice a week

Sources: Salmon, tuna, sardines, herring, anchovies, scallops and other cold-water fish

Nuts

How much: 1.5 ounces a day

Sources: Walnuts, pine nuts, pistachios and almonds

Healthy Oils

How much: 2-3 tablespoons daily

Sources: Extra virgin olive oil, walnut oil, safflower & avocado oil

Fruits & vegetables

How much: 9 servings daily

Sources: Colorful fruits and veggies — the darker or more brilliant the color, the more antioxidants it has

Beans/Legumes

How much: 1 cup, twice a week

Sources: Small red beans, red kidney beans, pinto beans

Whole grains

How much: 3 ounces daily

Sources: Oatmeal, brown rice, quinoa, whole grain cereal/bread



Arthritis Awareness Month: Physical Activity Is Essential

When I'm really tired at the end of the day, an evening stroll with my husband and dog feels like an insurmountable chore rather than a joyful activity that can fuel my body for the rest of the evening, help me sleep better, improve my mood, and reduce my risk for arthritis. But, as a physical activity researcher, I know that moving my body has physical and mental benefits that are almost too various to name. Arthritis prevention and management is just one of the many benefits.

Those with or at risk for arthritis, not only feel physical pain from the swelling of joints but also reduced quality of life from things like a lack of sleep and feelings of helplessness and tension (back to the interrelatedness of physical and mental health benefits of physical activity).

Joints are where bones meet—or in Old English—where bones are “joint together” (hence the name!). The top of joints have a slippery layer called cartilage, which helps keep the bone from grinding and wearing down.

There are two main types of arthritis: Osteoarthritis is when that cartilage layer starts to break down. Rheumatoid arthritis is an autoimmune system disease that starts in the lining of joints.

When joints feel swollen, warm, worn and generally achy—movement might seem daunting, but is one of your defenses against the development, progression, or worsening of arthritis symptoms. A few things to consider:

- Any movement counts. Gardening, making a meal, walking while bird watching.
- Start slow, but keep moving.
- It may be best to speak with a medical provider before starting any new routines.

You can try this:

From a seated position, lift your knee into your chest (on center). Bring your knee to the side. Come back through center, with leg still lifted, rotate at the ankle clockwise and counter-clockwise. Repeat on the other leg. You've just activated your ankle, knee, and hip joints!

Another to try:

With loose fingers (i.e. no tension), rotate your wrists clockwise and counterclockwise.

Now, grip your fingers, like you are making a claw, and repeat the rotations at the wrists, winding clockwise and counterclockwise. Notice a difference?

One final note: Just as joint is to joining together, one of the best ways to be active is with someone else—this helps with social health as well, especially for older adults.

Keep moving, your joints will thank you for it!

Samantha Harden, PhD, 500 RYT



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VCE-1024

Bites

Banana Berry Smoothie



A fruit smoothie is perfect for a yummy breakfast on the go. It's also a great way to include fruits like berries that are high in anti-inflammatory nutrients in your diet.

Source: eatSMARTmoveMoreva.org/recipes/banana-berry-smoothie

Ingredients (Makes 4 servings):

- 2 bananas, sliced
- 1 cup frozen or fresh berries (strawberries, blueberries, raspberries, etc.)
- 1 cup low-fat vanilla yogurt
- 3/4 cup 1% milk
- 1/2 cup ice, optional

Instructions:

1. In a blender, combine bananas, berries, yogurt, and milk. Blend until smooth.
2. For a thicker smoothie, use frozen fruit, or add ice and blend until smooth.

Source: eatSMARTmoveMoreva.org/recipes/banana-berry-smoothie

Body

Flexibility Exercises for Arthritis

Flexibility is the unrestricted movement of joints, or series of joints, in a pain-free motion. To ensure a healthy structure, joints need to be moved in full range of motion.

Inflexibility can cause injury due to muscle tension, so adding a stretching routine to your normal physical activity can prove very beneficial. Activities like yoga, dance, tai chi, or any stretching routine that is 20 minutes or longer has extensive benefits.

It is advised to maintain each stretch position for 30 seconds and work up to 1-2 minutes. Many different stretches can be performed for all areas of the body.

We will be giving examples of stretching exercises in our upcoming issues. It is important to note, it takes time and dedication to gain flexibility, so be patient and acknowledge your progress.

Mind Games

Sudoku

Fill in the blanks so that each row, each column, and 3x3 box contains the numbers 1 through 9 without repeats.

					6			
		3						
		2	7	5				6
			5		7			
8			9			5		
	1				3	8	2	
3		8	6					9
5		7	8		9			
	2					7		

RESOURCES

Arthritis Foundation

www.arthritis.org

For information on symptoms, treatments, prevention tips, and pain relief advice

Centers for Disease Control and Prevention

www.cdc.gov/arthritis

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