

EXTENSION NEWS

UT TSU Extension— Giles County

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Your Updates in **Agriculture, Family and Consumer Sciences, 4-H and TNCEP** (Tennessee Nutrition Community Education Program)

Agriculture



Soybean Scout School— Giles County has been selected to host one of the 2018 soybean scout schools. The date will be Monday July 9 (around 1pm) and hosted by Wales Station Farms with a field location to be determined. UT Extension specialists will present topics related to soybeans in the field in a hands-on type setting. All producers attending will receive materials and information to take home with them. If interested in attending please call the Extension Office.

TN Market News and Statistics— To help Tennessee's farmers and agribusinesses make sound marketing decisions, the Tennessee Dept. of Ag and the United States Dept. of Ag provide the Tennessee Market News Service. Trained reporters gather and disseminate complete, accurate, unbiased and up to the minute agricultural market news information depicting the current conditions of supply, demand, price, trend, movement and other information affecting the trade of livestock, grain and other commodities. Timely and reliable information is compiled and updated several times a day through voice mail recordings via a toll-free hotline service provided by the Tennessee Department of Agriculture. The number is **1-800-342-8206**.

Giles County Fair— Dates are August 15-18. Crop, vegetable, food canning, crafts and related entries will be taken on Monday, August 13 from 1pm to 6:30pm. The beef show is scheduled for Thursday, August 16; and sheep and 4-H poultry shows will be held Saturday, August 18. Catalogs will be available around July 1. The Giles County Fair is sponsored by Pulaski Lions Club.

For more information on any Agriculture questions you may have, contact Kevin Rose at 931-363-3523 or email klrose@utk.edu

Family & Consumer Sciences



Seven Tips for Traveling with Diabetes

Don't let good diabetes management go on vacation just because you did.

Traveling to new places gets you out of your routine—that's a big part of the fun. But delayed meals, unfamiliar food, being more active than usual, and different time zones can all disrupt diabetes management. Plan ahead so you can count on more fun and less worry on the way and when you get to your destination.

1. Before you go, visit your doctor for a checkup to ensure you're fit for the trip. Make sure to ask your doctor:

- How your planned activities could affect your diabetes and what to do about it.
- How to adjust your insulin doses if you're traveling to a different time zone.
- To provide prescriptions for your medicines in case you lose them or run out.
- If you'll need any vaccines.
- To write a letter stating that you have diabetes and why you need your medical supplies.

2. Just in case, locate pharmacies and clinics close to where you're staying.

3. Get a medical ID bracelet that states you have diabetes and any other health conditions.

4. Get travel insurance in case you miss your flight or need medical care.

5. Order a special meal for the flight that fits with your meal plan, or pack your own.

6. Put your diabetes supplies in a carry-on bag (insulin could get too cold in your checked luggage). Think about bringing a smaller bag to have at your seat for insulin, glucose tablets, and snacks. Pack twice as much medicine as you think you'll need. Carry medicines in the pharmacy bottles they came in, or ask your pharmacist to print out extra labels you can attach to plastic bags. Be sure to pack healthy snacks, like fruit, raw veggies, and nuts.

7. Visit CDC's Travelers' Health site (<https://wwwnc.cdc.gov/travel/>) for more helpful resources.

For more information, contact Myra Walker at 931-363-3523 Resource: Centers for Disease Control and Prevention

4-H



Inaugural Giles County 4-H Clover Bowl Contest Results

6th Grade Division

1st Place Team— Andrew Long, Abigail Chaffin, Lex Greene, and Dallas Wall

Participating Team— Morgan Russell, Delia Marchant, and Hailey Rosacia

Participating Team—Kirsten Beddingfield, Amaya Hamilton, Lillian Mitchell, Sara Woodard

5th Grade Division

1st Place Team—Thomas Robertson, Alex Adcock, Rhett Maxwell, and Sawyer Hornbuckle

Participating Team—Jesse Hood, Taylor Neal, Johnny McGaw, and Dalton Birdsong

Participating Team—Weston Finley, Dallas Griffith, and Jennifer Brymer

Both the 1st place 5th and 6th grade teams placed 3rd in their grade division at the Central Region 4-H Clover Bowl Contest held at Tennessee Tech University.



Summer Means 4-H Camps and Livestock Shows

47 campers from Giles County attended Junior 4-H Camp at the W.P. Ridley 4-H Center in Columbia, TN on the week of June 18th-22nd. Junior camp is for 4th-6th grade students.

2 campers from Giles County attended Junior High 4-H Camp at the Clyde M. York 4-H Center in Crossville, TN on May 28th-June 1st. Junior High camp is for 6th-8th grade students.

1 camper from Giles county attended 4-H Electric Camp held on the campus of the University of Tennessee in Knoxville on the week of June 26th-29th. Electric camp is for 6th-7th grade students.

Don't Forget the Fair!

August 13th-18th at the Giles County Agri-Park. Entries will be taken in on August 13th!

Horticulture



What are Lichens and are they killing my tree?

Lichens are simple slow-growing plants that typically form a low crust-like, leaflike, or branching growth. Lichens can be found almost anywhere worldwide. They grow readily on rock, soil, processed wood and trees. They grow on constructed structures and even on organisms such as tortoises and weevils. There are three Morphological groups, fruticose (shrubby) lichens, foliose (leafy) lichens and crustose (crusty) lichens. Lichens act much like sponges, absorbing everything that is dissolved in the rainwater and retaining it. Lichens are able to withstand harsh conditions such as freezing, thawing, high light and intense heat. They are able to dry out for long periods, then quickly become active again when rehydrated.

Research has shown that lichens are not parasitic on higher plants. However, their growth may increase due to increased light levels when branches lose leaves and die. Lichens are not the cause of branch dieback and tree death. Search for other stressors that may be causing these problems.

For more information search for UT Extension Publication SP660 "Lichens and Vines on Trees", contact Darby Allday at 363-3523 or email dpayne11@utk.edu.



TNCEP



During the month of May, the Giles County Tennessee Nutrition Consumer Education Program visited with students from Southside Elementary School.

Students in grades 4th and 5th participated in the hands-on **Power U curriculum**, exploring ways to keep our bodies healthy through eating and learning the importance of physical activity. During the last week of class, students' "Fruits and Vegetables: The Original Fast Foods" lesson was enhanced by the opportunity to taste a pear slice and a spinach leaf. Students were happy to learn that fruits and vegetables can make a tasty snack.

3rd grade students learned about MyPlate, specific food groups, handwashing, and physical activity through a curriculum called **Making Tracks with Rudy Raccoon**. Students participated in hands-on activities weekly. The second week's Grains/Calcium/Fruits & Vegetables lesson was enhanced with a yummy yogurt parfait for each student.

Giles County TNCEP thanks students, faculty & staff, and the GCBOE Nutrition department for allowing this to be a successful learning opportunity for Southside students.

For more information, contact Taylor Gobble at 931-363-3523.



United States Department of Agriculture
National Institute of Food and Agriculture

Administrative



Soil Test— Soil Test kits are available at Extension. Soil test probe is available to check out at Extension. Call to reserve.

Pre-Sideress Corn Nitrate test- \$10ea.

Lawn and Garden, Field Soil, Plant Problem or Insect Identification tests- \$15ea.

Plant Tissue Analysis basic test- \$16ea.

Potting or Greenhouse Media test- \$35ea.

All tests should be taken to the Postal Service for mailing. Payments for tests can be made at Extension or mailed straight to Soil, Plant, and Pests Center 5201 Marchant Dr. Nashville, TN 37211

Forage Test— Forage Probe is available for check-out at Extension. Call to reserve.

Basic forage test- \$20ea. (\$17 each for test and \$3 postage)

Forage samples can be brought to the Extension office to mail.

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