Celebrating Extension Month!

It is believed that the first evidence of 4-H work in Rhea County began in 1912 when Florence Train began her home demonstration work by means of horse and buggy. Ms. Train conducted day-long meetings in school yards and homes and demonstrated approved practices in the canning of beans, corn, tomatoes and other vegetables. Girls and women selected plots for growing various vegetables according to the new approved practices. It was also believed that Train also taught homemaking in the Spring City school during her tenure as the county home agent until November 1915. For roughly 17 years, there was a significant turnover for agents. Some of the home agents, now called Family and Consumer Science Agents included Margaret Rogers, Virginia Braham, Lillie Lankford, Claudia Galbreath, Elizabeth Carpenter, Leela Taylor, Martha Davis, Helen Baker and Evelyn Robinson. The county was later impacted by Ruth Geary followed by Peggy Hall. Records show that while Evelyn Robinson served as home agent, 28 4-H Clubs were organized in the schools. Different animal project groups were organized by county agent Red Moss and assistant agent E.L. Tipps, who was county agent from 1944-1971.

Extension agents since 1912 have shared multiple roles of 4-H along with agriculture and family and consumer science. In 2015, we continue to conduct programs related to home preservation, health and nutrition, gardening, livestock and much more. All of the priority areas that were important in 1912 are still important today. Over the last 103 years, agents in Rhea County have made an impact on the families, land owners and youth in the county. Current Extension staff members include Jerry Lamb, Extension Director; Anna Johnson, Family & Consumer Science; Thomas Greenlee, 4-H Youth Development & Home Horticulture; Aaron Spurling, 4-H Youth Development and Kelly Grant, Administrative Assistant II.

Help us celebrate Extension Month by sharing your Extension story. How has Extension impacted you and your family. Share your story on Facebook (www.facebook.com/utextensionrhea) and Twitter and be sure to tag UT/TSU Extension (#rheacoextension and #extensionmonth).
National Poison Prevention Week

March 15-21 is National Poison Prevention Week. This is a great time to clean out your medicine cabinet and dispose of old medicines. It is also a great time to go through the house and make sure everything is properly stored and labeled. Listed below are some tips for poison prevention.

- Store all drugs and chemicals out of reach of children
- Use safety latches on cabinets
- Never put chemicals in food containers
- Keep all products in the original containers
- Choose products with safety caps
- Read the product label on how to use and store
- Never call medicine “candy”
- Ask for help if you are not sure how to use or store a product
- Keep household, yard and car products, food, prescriptions and over-the-counter medications separate from each other
- Know the names of all plants inside and outside your home
- Call the Poison Prevention Center if you suspect a poisoning or have questions about poisoning

National Nutrition Month

Have you already broken your New Year’s resolution to get healthy? March is National Nutrition month and is a great time to get started again. Include green vegetables such as spinach, collards, kale, mushrooms, celery, leeks, green onions and artichokes in your diet. Add fruits such as papaya, pineapple and avocado. It’s never too late to get healthy!

Go for Green this St. Patrick’s Day

See GREEN on St. Patrick’s Day and throughout the year! Green fruits and vegetables contain many health-promoting phytochemicals including lutein and indoles. They help protect against certain cancers and help maintain vision health and strong bones and teeth. Some green ideas for St. Patrick’s Day (or any day) include:

- Tossed lettuce salad. Add extra green with green peppers if you like.
- Corned beef with cabbage is a natural for St. Patrick’s Day.
- Include some kiwi fruit, green grapes and/or honeydew melon in your fruit salad.
- Add slices of avocado to salads and sandwiches. To maintain avocados’ green color, eat them immediately or sprinkle them with lemon or lime juice. Though 2 tablespoons of avocado have about 5 grams of fat, it is mostly heart-healthy monounsaturated fat.
- Enjoy your favorite veggie dip in combination with broccoli florets or a favorite fruit dip with green apple slices.
- Have a vegetable pizza with green peppers.
- Serve thinly sliced green onions over rice, pasta dishes, broiled or baked fish, soups—you’re only limited by your imagination.

Upcoming Events

Canning College

The tentative dates for the Canning College are June 26 and 27. Participants will learn water bath method, freezing foods, pressure canning and drying foods.

Third Saturday Home & Garden Short Course

UT/TSU Extension will be hosting a short course on Raised Bed Gardening on April 18, May 16, June 20 & July 18 from 10:00 a.m. to 2:00 p.m. each day at the Ag Center and Fairgrounds in Evensville. Cost is $40 and covers all four sessions, educational/instructional handbook and refreshments. Please contact Jerry Lamb or Thomas Greenlee at 775-7807 for more information.

4-H Summer Fun Camp

4-H Summer Fun Camp will be held on June 15-19 at the Ag Center and Fairgrounds in Evensville. This is a day camp hosted by Rhea County 4-H. For more information, please contact Aaron Spurling or Anna Johnson at 775-7807.
Add DASH to Your Plate

Whether you have high blood pressure (HBP) or are trying to prevent it, the DASH eating plan offers the right combination of foods to keep your levels in check.

DASH stands for **Dietary Approach to Stop Hypertension**. It emphasizes vegetables, fruit, whole grains, lean protein, legumes, nuts and low-fat dairy products. It’s low in saturated fat, sugar and sodium.

Slash salt. DASH researchers found that a daily limit of 2,300 mg of sodium (a teaspoon of salt) helps blood pressure (BP), but less is better. A limit of 1,500 mg a day can reduce BP levels and lower the risk for HBP and heart disease in general. Yet most of us consume an average of 3,400 mg per day. A good start is to limit processed foods, which typically supply 75% of sodium in the U.S. diet.

Got milk? Dairy products contain key minerals—including calcium, potassium and magnesium—that help lower blood pressure. Aim for 2 to 3 daily servings (1 cup each) of skim or low-fat milk or yogurt.

Fill up on fiber. Consume 30 grams of fiber each day. It’s easy—just fill your plate with the plant foods listed above.

Weaving the Stories of Women’s Lives

Weaving the Stories of Women’s Lives is the 2015 theme for Women’s History Month. It gives us a chance to think about the women that impacted this country both individually and collectively throughout history. Accounts of the lives of individual women are critically important because they reveal exceptionally strong role models who share a more expansive vision of what women can do. The stories of women’s lives and the choices they made encourage girls and young women to think larger and bolder and give boys and men a fuller understanding of the female experience. Knowing women’s achievements challenges stereotypes and upends social assumptions about who women are and what women can accomplish today.

What women in history can you think of that made an impact on our world and maybe in your own life? The year 2015 marks the 35th Anniversary of Women’s History Movement and the National Women’s History Project.
Rhea County Fair

Mark your calendar for the 2015 Rhea County Fair. The dates are August 18-22, 2015. Check out the Fair website at [www.rheacountyfair.org](http://www.rheacountyfair.org) or like them on Facebook. Begin working on your items now to enter into the exhibit building including sewing, arts and crafts and photography.

Contact Us

Give us a call for more information about our services.

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