



Brunswick County

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Extension Newsletter

Remedy for the Extreme Couch Potato

Such a humorous name for a serious issue that is plaguing Americans every day. Becoming an extreme couch potato is more common than you may think. If this title catches up to you, it can take over your identity as a human being. The term defines people who live in the world of television or electronic devices, a comfortable couch and a bag of chips or junk food. Couch potatoes or idlers live as if it is Sunday every day. They have a boring lifestyle (lazy would be a better term), they rarely move off the couch. What they fail to realize is, this kind of lifestyle leads to a risky disorder, which is the couch potato syndrome. This syndrome is rapidly growing in kids and adults alike. The biggest fear is the growing number of obesity and its related issues, in children, who live this sedentary lifestyle. It invites many cardiovascular diseases and many other health issues. Being an idler will not only make your body store more fat, but it will also affect your mental health. Some of these effects are social withdrawal, loss of interest, mood swings, memory loss, and low levels of confidence. Removing ourselves from this lifestyle is difficult to do. Whereas being healthy may require effort in the beginning, but it leaves you feeling good and healthy for a long time.

Ways to remedy this behavior:

Physical Activity and Exercise- The health benefits of exercising can transform your body, eventually giving you enthusiasm and energy. Try making some small modifications in your schedule to jumpstart an exercise regimen. Hit the gym regularly; find a fitness partner to inspire you. Make sure you walk a lot whenever possible.

Find a Hobby- Some hobbies are considered as a great source of physical activity. Gardening or landscaping your yard are great places to start. However, if you are feeling more adventurous try yoga, cycling, Pilates or even line dancing classes. Not only will you start to burn calories, but also you will have fun with these activities.



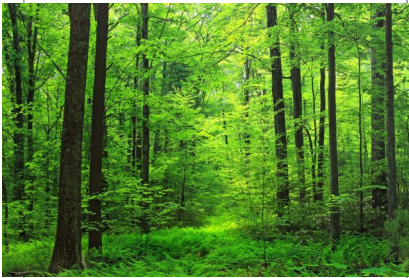
<http://baznetart.tumblr.com/>

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SPECIAL POINTS OF INTEREST

- Why was the Smith Lever Act established
- Quote from Booker T. Washington
- Volunteer Spotlight



CENTURY FARMS AND FOREST

Has your Farm or Forest Land been in your family for a Century? If so you could qualify for Century Farm or Century Forest Status. We have hard copies of the paperwork of both if you are interested. You can find out what documentation you will need to have in order to apply. You can also go online for each.

For Century Farm Application is located at the website: <https://www.vdacs.virginia.gov/pdf/cfapplication.pdf>

For more information about Century Farms the website is: <https://www.vdacs.virginia.gov/conservation-and>

[-environmental-virginia-century-farms.shtml](http://www.dof.virginia.gov/infopubs/forestry-topics/FT0029-VA-Century-Forest-Program_pub.pdf)

For more information and application on Century Forests the website is: http://www.dof.virginia.gov/infopubs/forestry-topics/FT0029-VA-Century-Forest-Program_pub.pdf

Feel free to call the Brunswick County Extension Office at 434-848-2151, if we can help you get started.

“Character, not circumstances, makes the man.” – Booker T. Washington

WHY WAS THE SMITH LEVER ACT ESTABLISHED?

The **Smith-Lever Act** of 1914. The **Smith-Lever Act** established a national Cooperative Extension Service that extended outreach programs through land-grant universities to educate rural Americans about advances in agricultural practices and technology.

[www.archivesfoundation.org › documents › smith-lever-act-1914](http://www.archivesfoundation.org/documents/smith-lever-act-1914)

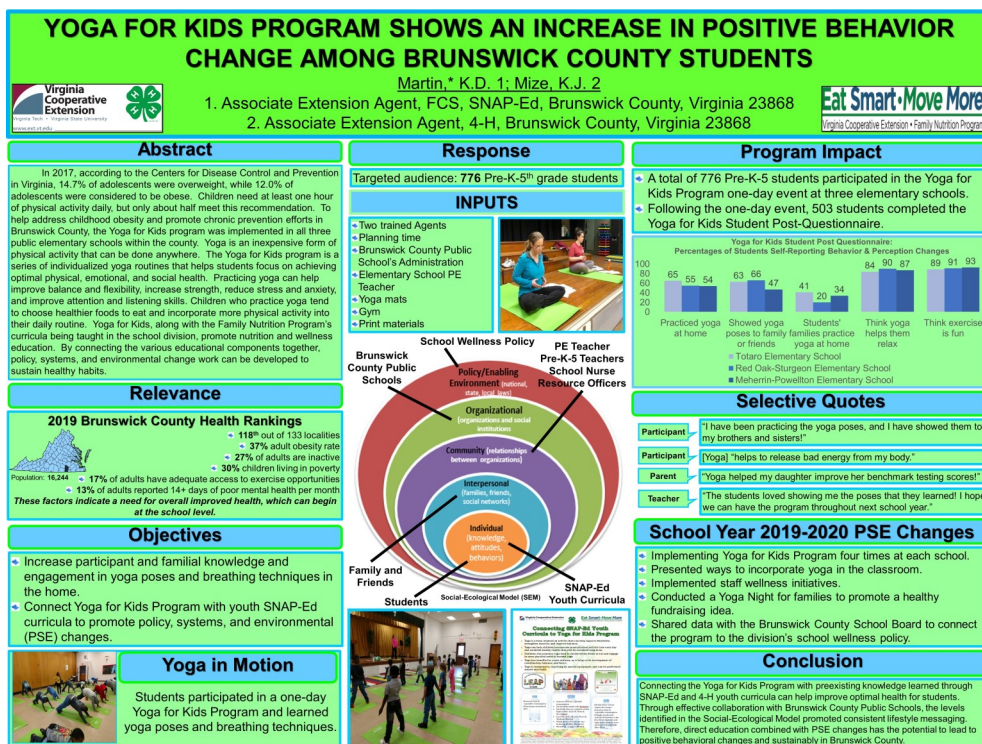
Remedy for the Extreme Couch Potato continue from page 1

Spring Cleaning- Nobody ever wants to think of housework as a physical activity, but it is. Now that spring is here, take advantage of the fresh clean air blowing through your house and clean. Remember if you have time to lean, you have time to clean!

Eating Smart- We all have cravings for salty, sweet and fatty snacks, but it is never too late to change these behaviors. Try to keep healthy snacks in the house like grapes, baby carrots, apples, nuts, raisins and seeds. These choices will help to curb your appetite. Especially when it comes to grabbing for our unhealthier snack choices.

Our minds are our most powerful organ and it will take some dedication to start these behavior changes. It is possible to retrain your brain and get on the right track to better health. Think positive and motivate yourself into not becoming trapped by your couch, television or other electronic devices.





VOLUNTEER SPOTLIGHT AMY KEMP

"Brunswick Cooperative Extension Agency is a wonderful place to visit no matter what you need. The ladies of this office are most knowledgeable about most anything you need to know. Not only smart but always willing to give a smile or whatever is needed. I myself have no idea what I would do without them. They also are a blessing to Southside Senior Citizens Center where I work."

Amy Kemp is an Extension Volunteer, Client, and serves on the Extension Leadership Council.

YOGA FOR KIDS

Kimberly Martin and Kayleigh Mize implemented the Yoga for Kids Program at all three elementary schools for students in Head Start and Pre-K-5th grade. Approximately 776 students participated in April 2019 before SOL testing, where they learned simple yoga poses and breathing techniques that could be implemented almost anywhere. A Yoga for Kids Student Post-Questionnaire was distributed to the participants, and a total of 503 students completed the survey. Results indicated that 59% of the students had practiced yoga at home, and 58% had shown yoga poses to their friends and family. Eighty-seven percent of students felt that yoga relaxes them, while 91% thinks that exercise is fun! One parent reported that yoga helped her child improve benchmark testing scores.

The poster won second place at the 2020 Virginia Cooperative Extension Conference in Roanoke, Virginia in January! Please come by the Brunswick Office to see this great work!

Eat Smart and Move More to Improve Your Heart

There are many foods that are considered heart healthy for our bodies. According to the National Institutes of Health, the following foods have been identified as foods that are great for our hearts:

- Fat-free or low-fat dairy products, such as low-fat Greek yogurt
- Fish high in omega-3 fatty acids, such as salmon
- Fruits, such as apples, bananas, and oranges
- Legumes, such as kidney beans, lentils, and chickpeas
- Vegetables, such as broccoli and carrots
- Whole grains, such as oatmeal and brown rice

There are other foods that are not great for

our heart. Below are some examples of food that you can limit in your diet:

- Foods that are high in saturated fat, such as red meat
- Foods that are high in sodium, such as processed foods
- Sugary foods and beverages like cookies, cakes, and sodas

Give your heart some extra love with incorporating some of these simple tips! Make sure that you are kind to your heart, and encourage others to do the same. Just remember that making small behavior changes can improve your overall health in the long run.

CALL 811 BEFORE YOU
DIG



HOW DO YOU INSTALL DRAIN TILE? SAFELY.

A lot has changed over the years when it comes to installing drain tile. Better information and access to equipment has made do-it-yourself drain tiling easier. Farmers are saving money by installing their own systems.

At the same time, the number of drain tile specialty contractors has grown, giving farmers more options for outsourcing. A leader in this space is Clark Farm Drainage (pictured below). Three generations of Clarks have grown the company over forty years. Just as the equipment and processes have evolved, so has attention to safety.

There are a lot of different paths drainage projects can take. Whether you decide to do it yourself or hire it out, take the time to follow these few simple steps to work safely.

PIPELINES AND PLANNING

Call 811 in the Planning Stage

In planning your field drain tile installation project, always call or click 811 first. Calling in a "Design" ticket notifies operators of underground facilities near your project and initiates a request for maps and other detailed information that will help you plan the project. Get the information in the planning phase to avoid redesign down the line. Otherwise, trained technicians will come out to the site within 2-3 business days to locate and mark the underground pipelines and other utilities. Do not rely on a hunch, handed down information, existing pipeline markers (which provide very limited information about the extent of the pipelines) or old markings. Depths of pipelines vary greatly and can be shallow, especially after years of topsoil removal. So, plowing and trenching for drain tile poses a real risk.

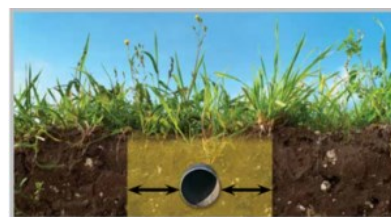
Pre-Excavation Meeting

Drain tiling best practices dictate that the individual or company doing the tiling work may request a meeting with the facility locator (person marking underground lines) at the job site prior to marking the pipelines and utilities underground. Such pre-job meetings are especially important when designing drain tile plans.

Marking the Area

When the site to be plowed or trenched cannot be clearly and adequately identified in the request to have lines located, the person doing the tiling/trenching will need you to designate the route and/or area to be excavated by white lining or flagging the area, either on-site or electronically. This will help the person who comes out to locate and mark the lines (a.k.a. the locator) provide the most accurate information.

Tolerance Zone



Drain tile installers are required to maintain a minimum clearance (which varies by state) on either side of a pipeline or underground utility and the cutting edge of excavating equipment. This clearance is known as the tolerance zone or an area in which hand tools are required for digging. Consult your specific state's requirements before installing drain tile to determine the required tolerance zone.

TILING NEAR PIPELINES

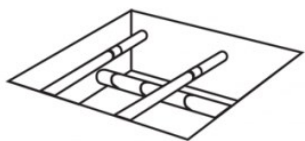
Once the location and depth are determined and you have moved on to designing your installation, a best practice is to minimize the number

HOW DO YOU INSTALL DRAIN TILE?

SAFELY. Continued

of times your drain tile crosses buried pipelines and utilities, lessening the chances of hitting a line while digging.

Crossing a pipeline



Maintain minimum clearance. Cross at an angle as close to 90 degrees as possible.

Generally, field drain tile crossing a pipeline or utility line should be as near to 90 degrees (perpendicular to the line) as possible and clear the line according to the operator's guidelines. A good rule of thumb is to maintain a 24-inch minimum clearance. Where the field tile crosses the pipeline, it is recommended that solid tile be used, and that pea gravel be used to prevent settling.

Parallel tile

It is recommended that long runs of parallel tile and pipeline should be spaced a minimum of 10 feet, but ideally 25 feet, apart to prevent loosening the soil and disturbing the pipeline. Again, the operator will be able to provide the most accurate guidance with respect to parallel tile.

Report damage

Even if it seems minor to you, report any contact with a pipeline so that the operator may check the integrity of the line and its protective coating. Do not cover up or attempt to repair a pipeline or utility line. Should you strike the pipeline, evacuate the area, then call 911 and the pipeline company immediately.

HOW ACCIDENTS HAPPEN

Scores of farmers safely install tile and reap the benefits every year. Unfortunately, a handful roll the dice and start drain tiling projects without first having underground pipelines and utilities marked. While it is the exception and not the rule, the Drain Tile Safety Coalition shares the following examples to demonstrate how accidents happen and the consequences of hitting a line. These accidents could have been avoided with a call to

811 to have lines marked.

Illinois

On an early December morning in 2017, two farm workers and two farm owners were installing drainage tile on a piece of rented land in Illinois, land they had farmed for decades. One of the farms' owners was using a tractor to pull a tiling plow. The tractor pulling the plow became stuck. In the process of trying to free the tractor pulling the tiling plow, the workers hit a 20-inch natural gas transmission pipeline. The escaping natural gas ignited almost immediately, killing the two owners and injuring the two workers. The fireball could be seen for miles. The fire destroyed two tractors and two trucks and burned for hours.

Iowa (2)

In the spring of 2012, a drain tile installation professional in Iowa went to work on an installation project without first having underground pipelines and utilities located. During the excavation, tiling equipment hit and ruptured a 16-foot diameter natural gas pipeline. The damage to the pipeline caused a massive explosion and fire, creating a large crater, scorching the farm fields, destroying the company's tiling equipment, and causing substantial damage to the pipeline. Fortunately, the company owner and his two employees escaped unharmed, but the farmland was devastated. Area natural gas customers lost service. The drainage contractor paid a heavy fine for damages.

Another company in Iowa failed to have pipelines located before kicking off a drain tile installation project. The tile plow hit and ruptured a 24-inch natural gas pipeline, and just missed another 16-inch line nearby. The damage to the 24-inch pipeline caused a massive explosion and fire (including a 300-foot-high fireball), injuring two employees who were hospitalized, creating a large crater approximately 100 feet long, 35 feet wide, and 30 feet deep. The fire scorched approximately 80 acres. The company's tiling plow and bulldozer were destroyed. A high-voltage power line was destroyed, and the pipeline incurred substantial damage. The company that caused the accident paid a \$20,000 civil penalty and was sued for damages.

OTHER HAZARDS

Photo courtesy of Bob Clark, Clark Farm Drainage

The National Ag Safety Database estimates that 80 percent of farm accidents result from carelessness or failure to deal with hazards safely. Don't be part of that 80 percent. With respect to drain tile, here are some of the other hazards to be mindful of.

Trenches

Drain tiling requires digging trenches – which a worker could easily fall into while walking backward, guiding the tile, or just not paying attention. Trenches could also collapse on equipment or workers. If the trench you've dug for the tile will be open for a time, mark the trench perimeter with flags, cones or caution tape. And keep equipment a safe distance away. OSHA requires that trenches that might not be visible due to vegetation growth or another visual barrier include guardrails, fences, etc. which shouldn't be the case when installing drain tile.

Equipment Incidents

Equipment-related accidents are the most common cause of injury on farms. Drain tiling requires some heavy equipment – tractor backhoe, chain trenchers, tile plows and wheel trenchers. As always, exercise extreme caution around heavy equipment. Tractor-related accidents are the root of most farm fatalities, according to the National Coalition for Agricultural Safety and Health. Being struck by a tractor causes a host of farm-related injuries.

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.

Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; M. Ray McKinnie, Administrator, 1890 Extension Program, Virginia State University, Petersburg.

Disclaimer: Commercial products are named in this publication for informational purposes only. Virginia Cooperative Extension does not endorse these products and does not intend discrimination against other products which also may be suitable.

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Agent or Virgie Dow at the VCE Brunswick County at (phone number 434-848-2151/TDD (800) 828-1120) during business hours of 8:00 a.m. and 5:00 p.m. to discuss accommodations 5 days prior to the event.

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**Virginia
Cooperative
Extension**

Virginia Tech
Virginia State University
www.ext.vt.edu

UPCOMING EVENTS

Mar 3	Headstart Parent Night, Red Oak Sturgeon ES, Contact Tia Powell
Mar 4	Headstart Parent Night, Totaro ES, Contact Tia Powell
Mar 5	Headstart Parent Night, St. Paul's, Contact Tia Powell
Mar.9-13	Agriculture Literacy Week
Mar 9 & 27	Yoga for Kids, The Country Mouse School, Contact Kim Martin
Mar 10	Headstart Parent Night, Meherrin-Powellton ES, Contact Tia Powell
Mar 11	Title 1 Literacy and Math Night, Food Lion, 5:30-7:30 Pm, Contact Kim Martin
Mar 12	Virginia Pork Conference, Goochland Ag Complex, Contact Cynthia Gregg
Mar 12-13	VA Berry School, VSU Randolph Farm, Petersburg Call 804-524-5960 for more information
Mar 13	FeedMore Distribution, Lawrenceville Methodist Church, Contact Kim Martin
Mar 17	Spring Pond Workshop, Extension Office, Lawrenceville, Contact Cynthia Gregg
Mar 19	Tri-County Ag Supper Club, Wilson's BBQ, South Hill, Contact Cynthia Gregg
Mar 21	Backyard Orchards *Cultivate Health*, Extension Office, Emporia call 434-3484223 for more information
Mar 22-28	National Agriculture Week
Mar 23 & Apr 1	Yoga for Kids, Meherrin-Powellton ES, Contact Kim Martin
Mar 24	National Ag Day
Mar 24	School Market Program, Totaro ES, (Child must attend TES, Contact School for details)
Mar 25	WIC Clinic, Lawrenceville, Contact Tia Powell
Mar 27	Commercial Pesticide Recertification, (Cat: 7A, 7B, 7D, 10, 60,) SPAREC, Blackstone, Contact Cynthia Gregg
Mar 31-Apr 1	Agri-Tourism Conference, Smithfield, Contact Cynthia Gregg
Apr 6 & 8	Yoga for Kids, Totaro ES, Contact Kim Martin
Apr 7	Yoga for Kids, Red Oak Sturgeon ES, Contact Kim Martin
Apr 10	FeedMore Distribution, Lawrenceville Methodist Church, Contact Kim Martin
Apr 14	School Market Program, Totaro ES, (Child must attend TES, Contact School for details)
Apr 16	Tri-County Ag Supper Club, Wilson's BBQ, South Hill, Contact Cynthia Gregg
Apr 17	Yoga for Kids, The Country Mouse School, Contact Kim Martin
Apr 22	Hazelwood House Exercise Program, Contact Kim Martin
May 2	4-H Camp Sign-up, Extension Office Lawrenceville, 9 am to noon, Contact Kayleigh Mize

We hope you have found this newsletter helpful.

Thank you,

Cynthia L. Gregg

Extension Agent, ANR/ UC

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Tia Powell

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