

Spring 2017

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Welcome to the UGA Extension Gwinnett quarterly newsletter. In our new layout, you will find that we combined our newsletters into one easily accessible format. Articles will come from our Extension agents and include 4-H, Family and Consumer Sciences, and Agriculture.

We hope that you enjoy reading it and help spread the word about all we have to offer here at Extension.



Staying connected as you age

More than ever, older Americans are striving for wellness and are not afraid to try new things. Technology can be daunting for some seniors. However, UGA Extension Gwinnett is offering a series of classes in our **Tech Wizard program**. Our 4-H high school youth serve as mentors to provide hands-on instruction to adults ages 50 and older Learning how to use a tablet or social media from tech savvy youth can be fun and easy. Staying

connected with family and friends just got simpler. For class details, [click here](#).

Yoga for adolescents

Ines Beltran, Family and Consumers Sciences Agent

Yoga can be an effective way to help children and adolescents deal with stress, anxiety, depression, and cognition. Teens are often stressed due to all the changes in appearance, emotions, and identity. Yoga emphasizes self-awareness, self-acceptance, and increases satisfaction with physical appearance. Yoga generates a welcoming and supportive environment. Yoga emphasizes a self-awareness that may protect adolescents from having negative outlooks on life. The goal of yoga is to unify the physical, mental, and emotional selves through the combination of physical postures, breathing exercises, and meditative practices. If you think your child may benefit from yoga, talk with him/her about it. You can also watch a 4-H video of yoga for children [here](#).





Herbs will spice up your garden

Since ancient times, herbs have been used for food, fragrance, medicine, and flower arrangements. Herbs have excellent ornamental features and help beautify your landscape. Growing herbs is simple and rewarding. They are popular garden plants since most of them tolerate the hot, dry conditions of our summers, have few pest problems, and require minimal maintenance.

They require well-drained soil and full sun. Apply mulch, like pine bark or pine straw, to help the soil retain moisture and keep weeds under control. There are many species of herbs. Basil, a tender annual, is one of the easiest to grow. Some cultivars have large green leaves while others have purple ones. Catnip has a grey-green color with a scent similar to mint. Chives are closely related to garlic and its chopped leaves are used in many recipes. Dill tolerates cold weather and produces seed in the spring. Lavender comes in many varieties, but English lavender is most popular in the south. It has beautiful, fragrant blue and purplish flowers. Lemon balm has a strong, lemon-like scent and is frequently used to make teas. The plant is a perennial and spreads prolifically. Many herbs can be grown in the home garden. If given the proper growing conditions, herbs will thrive and the gardener will be pleased with the results.

Timothy Daly is an Agriculture and Natural Resources Agent with Gwinnett County Extension. He can be reached at 678.377.4011 or tdaly@uga.edu.

Harmful effects of noise in children

Ines Beltran, Family and Consumers Sciences Agent

Did you know that a child exposed to noise during critical periods of development may have problems with the acquisition of speech, language, reading, and listening?

According to the Environmental Protection Agency, the following are the adverse health effects of noise on children:

- A noisy environment can affect a child's capacity to learn and concentrate.
- Prolonged exposure to high levels of noise can cause tinnitus. Tinnitus is described as a ringing or buzzing sound in the ear and is a symptom associated with many forms of hearing loss.
- Children who are chronically exposed to loud noises can suffer elevated blood pressure and other cardiovascular ailments. The sleep patterns of a child can be disrupted by noises.



Upcoming Classes



Mosquito Control for Homeowners June 21 • noon to 1:00pm

Free! Mosquitoes are annoying and can carry harmful diseases. Join Extension Agent Timothy Daly to learn ways to keep mosquitoes at bay. Pre-register by June 19 at timothy.daly@gwinnettcountry.com or 678.377.4011.



Being Active with Low Mobility June 26 • 10:30am to 11:30am

As part of the Healthy Lifestyle Series, staying active is a core component of supporting overall health and quality of life as we age.

Unfortunately, this can be easier said than done as seniors face many challenges of mobility, including everything from age related health problems to fears of falling. Class is held at Bethesda Senior Center located at 225 Bethesda Church Road, Lawrenceville. The cost is \$3. To register call Jackson at 678.277.0179 or use code BEP32907 at www.gwinnettparks.com.



Sign up for Rock Eagle Summer Camp

It's not too late to sign up for Rock Eagle Summer Camp through our 4-H program! This week long camp provides a real camp experience for your kids. Days will consist of fun outdoor activities such as swimming, canoeing and rock climbing. Many new friends will be made and memories that last a lifetime. Adventure is just around the corner. For more about our 4-H program, please contact Pam Bloch at 678.377.4025. You can also visit our webpage to [download an application](#).

Test the soil in your summer garden

Summer is just around the corner, so make sure your garden will thrive this season. Soil is often an overlooked step to ensuring your garden will be bountiful. Stop by UGA Gwinnett Extension Office to have your soil tested for the proper nutrient ratios. For instructions on how to test your soil, [please visit our website](#).

You can also [view an instructional video](#) on how to obtain a soil sample.



Gwinnett County Government Annex • 750 South Perry Street, Suite 400, Lawrenceville • Classes held on second floor
www.gwinnettextension.com • UGAExtension@gwinnettcountry.com • 678.377.4010

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