

Healthy Georgia Connections

Issue No. 9

NEWS YOU CAN USE FROM **UNIVERSITY OF GEORGIA** COOPERATIVE EXTENSION

EXTENSION FEATURE

Is that delivery email or text message legitimate? (Part 2)

Douglas Stewart

Information Technology Senior Manager, UGA Griffin Campus

You recently received an email or text from a delivery company letting you know you have a delivery. How can you tell if the text or email is legitimate or fake? Sadly, there are not a lot of simple ways to determine the validity of a text message.

My general rule is to never open a link attached to a text. While some are legitimate, in my experience, most are bogus — especially if you are not expecting the message to begin with.

As a rule, do not click any links sent via text unless you confirm it is valid first.

I receive fake notices almost weekly regarding deliveries I never scheduled, prizes I've won and problems with financial accounts. Yet, when I check my financial accounts using my computer or the related application on my phone, I can never find the problem alluded to in the text I received. This is a dead giveaway that the message is bogus. So again, as a rule, do not click any links sent via text unless you confirm it is valid first.



Email, on the other hand, can be checked from a computer (not a mobile device or tablet) to determine whether it is real or fake. Here are some suggestions to look for to evaluate whether an email is real or fake.

Does the email address match the name listed as the sender? For example, does the email claim to be from Bob Smith but the email address does not match the email address you know to be Bob's? Here is an email I received, supposedly from my church. The sender name is listed

continued on page 5



UNIVERSITY OF GEORGIA
EXTENSION



AGRICULTURE & NATURAL RESOURCES**Adding small shrubs to your home landscape****Kim Toal**, *UGA Extension Agriculture and Natural Resources agent, Fayette County***Sheri Dorn**, *UGA Extension ornamental specialist and state Master Gardener coordinator, Department of Horticulture*

Do you have a small landscape, but want to add shrubs that will not overgrow the space? It is important to select plants that are visually appealing and suitable for the space.

Plants are primarily selected for their aesthetic beauty, such as outstanding foliage, attractive flowers, unique bark, brightly colored fruit, plant form or branching habit. Plants can also be selected for their ability to attract wildlife and support pollinators.

Before selecting plants, evaluate the space for environmental conditions and soil fertility. You need to know whether you are looking for plants that will do well in full sun or shade. You may have a space that stays wet or dry. Ensuring that you have the proper environmental conditions for new plantings will increase plant survival and reduce plant problems. It would also be wise to get a soil test completed to make sure that, nutritionally speaking, plants will have the opportunity to thrive in your space.

Evergreen shrubs provide full foliage throughout the year and are useful for defining spaces and providing a background for other features and plants. Small- and intermediate-sized evergreens can be used as ornaments, as single specimens or as groups of plants. They are frequently used as foundation plantings, adorning the front of the house and concealing foundation lines.

Small evergreens can be used where they can be observed up close. These plants accent areas near steps, garden gates or patio entrances to soften harsh edges and provide a welcoming atmosphere. Small shrubs with contrasting or variegated foliage or showy flowers show up beautifully against a background of green foliage plants. Many small shrubs can be planted in attractive pots and combined with other plants for spectacular accents.

Deciduous shrubs — those that lose their leaves in the fall — provide the garden with vivid reflections of the seasons.



They have a sequence of flowers, foliage and fruit and often display vibrant fall colors. Their overall appearance changes dramatically from one season to the next. The continual progression ensures constant change and continuing interest in the landscape.

Finding the right plant that offers visual appeal without overgrowing available space is important. Otherwise, frequent pruning is required to keep plants within bounds and to prevent them from crowding other plantings. Many species have multiple cultivars available that offer a variety of mature heights and widths. When making plant purchases, choose plants that are properly labeled with genus, species and cultivar. Remember that great variation in size, form and color can be observed in plants of the same genus and species. A cultivar can make all the difference in whether or not a plant is appropriate for your site.

To learn more about landscape plants, visit t.uga.edu/65Y.

4-H YOUTH**Students encouraged to set sail this summer through virtual series***Cris deRevere, 4-H public relations coordinator, College of Agricultural and Environmental Sciences*

Cooking classes, scavenger hunts and science experiments are all popular summer camp activities that Georgia 4-H youth will still be able to do this year — just at a bit of a distance.

After much thought and concern for the health and safety of 4-H staff, volunteers and youth participants, UGA Extension and Georgia 4-H made the difficult decision to cancel residential camps for the 2020 summer season. In a typical year, more than 9,000 youth would have participated in these programs.

As an alternative to residential camps, Georgia 4-H has created a virtual summer series called “Set Sail with Georgia 4-H” to provide youth with entertaining and educational lessons and adventures.

innovative programs that are every bit as engaging and unforgettable as the ones I experienced as a kid — they’ve just been moved to a virtual format.”

The series is a cruise-themed collection of statewide activities for youth of all ages. Participants select a track, or “cruise,” based on grade level. The U.S.S. Cloverbud Cruise is designed for youth in kindergarten through third grade. These activities, or “excursions,” are interactive and entertaining. The Cloverleaf Connections Cruise, for youth in fourth through sixth grades, includes fun and hands-on excursions. The Junior Jamboree Cruise includes a variety of experiences for youth in grades seven and eight. Youth in grades nine through 12 will enjoy the Senior Summer Spectacular Cruise, filled with exciting, practical and even tasty excursions.



The activities cover a variety of topics including agriculture, STEM, leadership and healthy living. These virtual programs are offered in a variety of formats, such as livestreaming sessions, video series, solo activities and more. The series is updated weekly with new programs and will continue until school resumes in August.

“Some of my favorite 4-H experiences as a kid include the incredible summer day trips and workshops offered by my local 4-H program,” said Jason Estep, Extension 4-H specialist. “Despite the challenges of the COVID-19 crisis, our 4-H professionals have continued to create and offer

“Georgia 4-H teaches youth to adapt to change and find opportunity in challenges,” Estep said. “While the pandemic has restricted our ability to interact in person with the youth we serve, virtual programming allows us to maintain the youth-adult partnerships that are vital to positive youth development. It’s also helping us reach some entirely new audiences.”

Registration to these programs is free and open to the public. To start cruising through summer, visit georgia4h.org/setsail.

FAMILY & CONSUMER SCIENCES**Summer fun and learning with sensory materials**

Diane W. Bales, UGA Extension specialist, Department of Human Development and Family Science

As a child, did you love to play with water, sand or mud? These and other sensory materials are goopy, messy things that children can't wait to get their hands into.

Any material that stimulates several senses, especially the sense of touch, is considered a sensory material — modeling clay, bubbles, water, sand, potting soil and so on.

Sensory materials are fun activities for young children, especially when you can take them outside. But did you know that children actually learn a lot by playing with sensory materials? They allow children to use their senses of sight, hearing, touch, smell and even taste.

Rolling and cutting modeling clay can help children learn hand-eye coordination and creativity. Children who are playing together in a sand box are learning how to cooperate and share. A child stretching Silly Putty is learning some important lessons about gravity and physics. And sensory materials can help soothe children. A child who is angry can release those feelings by pounding on modeling clay or splashing water in the kiddie pool outside.

The best way to use sensory materials is to set them up at the child's level. Large tubs on the ground or a low table

make the materials easy to reach. Large metal or plastic trays are ideal for shaving cream and modeling clay because the sides of the tray help contain the mess. Put a sheet or plastic drop cloth underneath the tub to contain spills so materials aren't tracked everywhere. Give children access to child-sized brooms and old towels to clean up, or supervise them carefully as they use a hose to clean up their mess.

Sand, water and modeling clay are perhaps the most common sensory materials for young children. But there are many other kinds of materials that children would enjoy playing with outside during the summer.

Consider adding other toys and equipment to stimulate more play. You might include items such as plastic animals, funnels, measuring cups, cookie cutters, rolling pins, ice cube trays, turkey basters, ice cream scoops, egg beaters or plastic eggs.

Empty spice shakers, yogurt containers, microwave dinner plates, oatmeal containers, plastic strawberry baskets and liquid detergent bottles also make ideal toys for sand or water play. Use your imagination, and enjoy the messy fun!

**Make-at-home sensory mixtures****TO MAKE "GLURCH"**

1. Combine about 2 cups of white glue, about a cup of liquid starch. Add a few drops of food coloring (your choice of color).
2. Mix until it is stretchy but doesn't stick to hands. If the mixture is too sticky, add more starch. If the mixture won't stick to itself, add more glue.

Note: Glurch does stick to hair, carpet and clothing and is difficult to remove. It's a great substance to use outside.

TO MAKE HOMEMADE BUBBLES:

1. Mix a cup of dish soap with 10 cups of water. If you have glycerin on hand, add 1/4 cup to make bubbles last longer.
2. Pour the bubble mixture into shallow bowls or pans. Try blowing bubbles with bubble wands, strawberry baskets, straws, circles of yarn, etc.
3. Save leftover bubble mixture in plastic jugs to use again.

Legitimate? *continued from page 1*

as Jodeco Road UMC but the email address shown was jhawkins8@my.polk.edu. Since I know my church located in Georgia does not send email through a college located in Lakeland, Florida, this was obviously a fake email.

If the email address ends in .RU or .CN and you do not regularly deal with people in Russia or China, you can bet the email is fake.

If you are dealing with a reputable corporation, you will not receive an email from a Gmail, Yahoo or other free email service as an official notice. Just delete any of those.

Before clicking a link in an email, hover your mouse pointer over the link but do not click. Look at the bottom of the webpage or notice the small pop-up window. Do the words in the link match the words shown in the pop-up or at the bottom of the page? If they do not, the link is probably fake.

If you are receiving a delivery email but the link appears to be going to any other website than the company's, it is probably a fake email. It is true some marketing emails from a delivery company might legitimately link to a third party website, but delivery notices are not handled by an external company.

Think before you click. Take your time to evaluate whether a text or email is legitimate. Ask yourself if there's a reason you should have received the message. If not, resist the urge to tap the link.

EXTENSION PUBLICATIONS

Spring and Summer Energy-Saving Tips:
Uga.edu/95i

The CARES Act: What Renters in Georgia Need to Know:
Uga.edu/95j

LOOKING ^{TO} BUY LOCAL?
Let Us Connect You!



AG PRODUCTS CONNECTION

In collaboration with Georgia Grown and other industry partners, UGA Extension is using its network of county offices to connect agricultural producers with consumers looking for fresh, Georgia-grown products. Visit Uga.edu/95B for more.



UNIVERSITY OF GEORGIA
EXTENSION



***Our purpose:** We translate the science of everyday living for farmers, families and communities to foster a healthy and prosperous Georgia.*



@UGAExtension

extension.uga.edu

An Equal Opportunity, Affirmative Action, Veteran, Disability Institution. OCCS FY20