Elbert County 4-H'ers participated in a venture west to learn about the Lakota Sioux Native American Tribe on the Standing Rock Reservation in North/South Dakota. Along the way, they have learned Native history and about the Lewis & Clark Expedition. Sites include: Mammoth Cave National Park, the Gateway Arch National Monument, Lewis & Clark Visitor Center, Badlands National Park, Wind Cave National Park, Jewel Cave National Monument, Mount Rushmore National Monument, Minuteman Missile National Historic Site, Devils Tower National Monument, Theodore Roosevelt National Park, Fort Union National Historic Site, Fort Mandan, Fort Abraham Lincoln, Cross Ranch, North Dakota Railroad State Museum, North Dakota 4-H Camp, Fort Buford, North Dakota Heritage Center State Museum, Sioux Image and Sioux Extension, Standing Rock Tribal Headquarters, Sitting Bull Burial Site, and others. Attending the trip is: Salona Allen, Madison Clements, Ellen Dye, Lauren Dye, Fernando Rangel, Manuel Rodriguez and Sergio Valdez. They were hosted by Sue Isbell while in North Dakota, who is the Sioux County 4-H Agent. The group is pictured with the Jon Eagle family of the Standing Rock Sioux Tribe.

4-H Geocache Exploration

Madison Brown helped to lead a group of 4-H'ers on a geocaching trip to the campus of UGA. The group found several caches and explored the Zooarchaeology museum. The group included: Korbyn Plummer, Jeda Woodard, Micheal Merina, Scarlett Smith, Dessie Lee Santiago, Anna Willis, Emma Williams, Joshua Bravo, Ava Lane, Kyla Lane, Layla Sanders, and Ethan Carter.
Gardens, like gardeners, age and change with time. Unfortunately, the gardener’s ability to perform maintenance and the garden’s demand for it often greatly diverge. Many of the gardeners I meet in my job as a University of Georgia Cooperative Extension agent face challenges keeping things up as they grow older. Many eventually move to a different residence so that they have a smaller area to maintain, leaving behind years of hard work and memories.

Gardening is a beneficial activity, especially for seniors. It’s also an enjoyable form of exercise that helps maintain and build strength and mobility. Recent scientific studies show that even low to moderate levels of gardening help to reduce stress and anxiety levels.

Consider these adjustments to gardening to make it more manageable as the gardener ages.

*Stretching before and after gardening can help keep a gardener’s best tool — the body — in working order. After stretching, begin the day with the more physically demanding tasks. Proper posture while bending; lifting with the legs, not with the back; and carrying materials close to the body will decrease the risk of injury. A physician may be able to recommend knee, wrist or elbow braces for troublesome joints.

*Adding regular breaks or breaking up more strenuous tasks with lighter ones can keep fatigue and cramps away. I like to make lists of gardening tasks each weekend. I find this helps me stay on task and avoid wasted effort. I get satisfaction when I check things off my list, which keeps me from feeling overwhelmed by everything that seems to need attention.

*The right tool for the job can make a noticeable difference in your body and your plants. Make a habit of regularly sharpening pruners and shovels to keep them in top working condition. Sharp pruners are less likely to leave uneven cuts, bruises and tears on plants, which will decrease stress and possible infection.

*Make sure to match the size of the tool to the job, but most importantly, to your body. I have a construction-style shovel with a heavy steel handle that I am certain could withstand being run over by a dump truck. It is a great tool for breaking through the heavy clay, but it’s not what I use for lighter, repetitive work, like turning compost or spreading wood chips. A number of tool companies sell ergonomic tools that are designed to work with our bodies and joints in mind. Many tool companies also make tools with longer handles.

*Adaptations to existing tools can reduce the amount of strain on your body. Wrist handles are strongest and under the least amount of strain when they’re in the neutral position, or in line with the forearm with the thumb up. To maintain this position while gardening, add after-market, pistol-grip handles to your hand tools. D-shaped handles can be added to the midpoint of tool handles, like shovels and forks, to make them easier to use. Rubber grips or pipe insulation can be added to handles to make them easier to grip.

*The design of a garden or landscape can be improved to increase access and reduce maintenance demands for older gardeners. Wide paths with firm foundations will improve access and reduce potential tripping hazards.

*Plant annual flowers and vegetables in containers near the home or use raised garden beds, which are great for all ages, especially aging gardeners who still crave homegrown veggies. Recommended heights for raised beds range from 24 to 30 inches, depending on the gardener’s physical ability.

*Proper plant selection can also make the aging process easier for gardeners. Perennials, while much easier to care for than annuals, require a fair amount of seasonal upkeep. Consider replacing them with a flowering shrub, evergreens or ornamental grasses for ease of maintenance. When a replacement option is not obvious, it may be better to simply remove some plants. I have seen many gardens that spill over with plant material. Negative space will make maintenance easier and highlight the remaining plants.

(Josh Fuder is the University of Georgia Cooperative Extension agricultural and natural resources agent in Cherokee County.)
Telephone Scams Seek to Rip you Off  
By: Christa Campbell

Telephone service is as essential as food, water, and a place to live. Whether through a land line, a cell phone, or both, this vital resource keeps us connected to family, friends, and coworkers. Our phones enable us to get help in an emergency, shop for goods and services, and even vote for our favorite reality show contestants.

The convenience of telephone service works both ways. Charitable organizations, politicians, pollsters, and businesses rely on phone calls to reach consumers. Unfortunately, so do con artists. Telling the difference between a legitimate and a fraudulent call can be a challenge.

Adding your number to the National Do Not Call registry may reduce unwanted calls. From the phone you wish to add, call 1-888-382-1222. You can also register online at www.donotcall.gov. Charities, politicians, and businesses you currently have a relationship with are exempt.

Listing your number with the National Do Not Call registry does NOT protect you from fraudulent callers. Legitimate businesses check the registry and are subject to fines for calling numbers on the list. Consumers still need to beware of con artists.

Robocalls saying you owe money to a government entity, utility, or business are scams. These calls often encourage you to press one now to talk to a representative. Just hang up. Never provide personal information or credit card numbers to a caller you do not know. Legitimate businesses and government agencies bill through the mail. Unless you have recently moved, they should have your address. Request a statement of the charges be sent to you. Fraudulent callers encourage you to act immediately. The deal they have to offer is only available now. Demanding your credit card or bank account number is a red flag. Robocalls about prizes or free trips you have won are often scams too. If the caller asks for your credit card number, hang up. You should not have to pay anything for a free prize.

A new twist on telephone fraud is a call from a distressed friend or family member—often a grandchild. A bad connection and/or loud background noise is common. The caller claims to have gotten into trouble while traveling out of the country and needs money wired to them to rectify the situation so they can get back home. If you get this kind of call, verify the identity and location of the grandchild. Hang up and call the grandchild using the number you normally use to reach them, or call another family member who can confirm your grandchild is out of the country.

On March 6, 2018, the Internal Revenue Service reminded taxpayers to be careful with phone scams as criminals pose as IRS agents in hopes of stealing money. These continuing phone calls remain a major threat to taxpayers and remain on the annual IRS “Dirty Dozen” list of tax scams for the 2018 filing season.

During filing season, the IRS generally sees a surge in scam phone calls threatening such things as arrest, deportation and license revocation if the victim doesn’t pay a bogus tax bill. In a new twist being seen in recent weeks, identity thieves file fraudulent tax returns with refunds going into the real taxpayer’s bank account—followed by a phone call trying to con the taxpayer to send the money to the scammer. Stay alert to scams that use the IRS as a lure. Tax scams can happen any time of year, not just at tax time. For more information visit Tax Scams and Consumer Alerts on IRS.gov.

Most telephones come with CallerID. If you do not recognize the number, let it ring. If the call is important, they will leave a message or call back again. Some of these telephone scammers are now using telephone numbers with area codes from your area to call you since individuals are less likely to answer the 800, 888, etc. calls coming in.

Telephone fraud is alive and well. Adding your number to the National Do Not Call registry may reduce unwanted calls from legitimate businesses, but offers no protection from con artists. When in doubt, just hang up.

For more information about avoiding frauds and scams, contact Christa Campbell, your local Family and Consumer Sciences county extension agent or visit gafamilies.com.

Elbert County Extension Newsletter  June 2018
**4-H & YOUTH DEVELOPMENT**

"**Summer Activities**"
For a 4-H’er to be added to the activity roster, the activity fee must be paid in full. Activities are filled on a first-come, first-served basis. 
Sign-ups began Monday, May 14th.
For questions, please call 706-283-2037.

"**Kayaking the Broad River**"
June 6th | Time: 8am-5pm
Grades: 7th-12th | Cost: $25.00
Spend a wonderful day kayaking down the beautifully scenic Broad River with your friends! You are sure to see lots of wildlife and have a wonderful time! Transportation and kayak rental all included.

"**Day of Art**"
June 7 | Time: 8am-5pm
Grades: All | Cost: $10
Are you an artist at heart? Do you appreciate artwork? Spend the day with us enjoying art—both experiencing it AND making it! We will travel to the Georgia Museum of Art, eat lunch at the Varsity and then get busy creating artwork of our own. Transportation, admittance and art materials provided.

"**Stone Mountain**"
June 19 | Time: TBD
Grades: All | Cost: $40
Join us for 4-H Day at Stone Mountain. You will have the opportunity to explore the mountain and see some of your friends from the other counties! We will visit the Confederate Memorial Carving and see the laser show with our 4-H Clover! Transportation and meal included!

"**Tubing in Helen**"
June 27th | Time: 8am-5pm
Grades: All | Cost: $25
Cool off in the heat of summer while floating down the “hooch” on a tube with friends. After making it down the river, participants will also have an opportunity to enjoy the Helen Water Park. Transportation and admittance included

"**Georgia Aquarium**"
July 10 | Time: 8am-5pm
Grades: All | Cost: $45
Come explore the sea and land at the Georgia Aquarium. We will be able to view sharks, fish, penguins, whales, stingrays and so much more! Have fun with some of your fellow 4-H’ers and over 100,000 animals in 10 million gallons of water!

"**Medieval Times**"
July 14th | Time: 3pm-Until
Grades: All | Cost: $35
Get ready to watch an epic battle of steel and steed take place before your eyes as Medieval era Spain comes to life. Watch knights jousting and sword fighting. See horsemanship and falconry! 4-H’ers get a special presentation after the show. Transportation, supper and show are all included.

"**Atlanta History Center**"
July 19 | Time: TBA
Grades: All | Cost: $10
Join your friends and pack your lunch! We are going to explore Atlanta and Georgia history! Visit the Swan House, the Centennial Olympic Games Museum, and the Smith Family Farm! See historic gardens, woodland trails, and featured exhibits at the Atlanta History Museum!

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Closed 12:00pm-1:00pm

Visit our website at: www.ugaextension.org/elbert

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