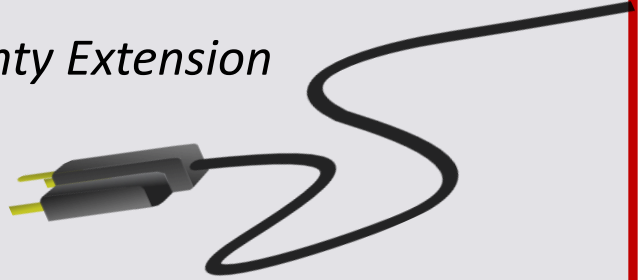


The Extension Cord

Plugging You into Macon-Bibb County Extension



UNIVERSITY OF GEORGIA
EXTENSION
Bibb County



Extension to Serve Bibb Community from a New Historic Property

By Jill Peavy, Program Assistant

The adage “what’s old is new again” is a celebrated fact at the corner of First and Oglethorpe Streets in Macon. At this intersection, a gateway to downtown Macon, stands the Robert S. Train Building, constructed in 1920 by Bibb Manufacturing. Vacant for nearly 30 years, the structure had fallen into disrepair.

In late 2020, prior to leaving office, then-Mayor Robert Reichert proposed that Bibb County, which owns the



blighted building, allocate SPLOST funds to restore it. The building was featured on Historic Macon’s *Fading Five* list of endangered properties.

The building originally served as a recreation center for Bibb Mill textile workers and their families. In 1967, as the American textile industry faded, Bibb Manufacturing deeded the property to the county with the stipulation that it always be used by a non-profit or county department for the enjoyment of Macon residents. Reichert championed the idea that Macon-Bibb Extension was just such an entity and recommended that the offices be relocated into the historic facility. Upon Reichert’s proposal, Bibb County Commissioners approved the funding and work began in the fall.

Currently the building is in Phase II of the renovation plan. An example of the craftsman and fourscore style, the architectural gem exhibits a welcoming front porch, foyer with grand staircase, an auditorium and office/classroom space. The 2,600 square foot auditorium features 10 cathedral windows, hardwood floors,

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UGA Extension, Macon-Bibb County

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Find us on Facebook at “Bibb County GA Cooperative Extension”

Macon-Bibb County Cooperative Extension extends lifelong learning to Georgia citizens through unbiased, research-based education in agriculture, the environment, communities, youth, and families. Part of the University of Georgia, we are an Equal opportunity/Affirmative Action Institution.

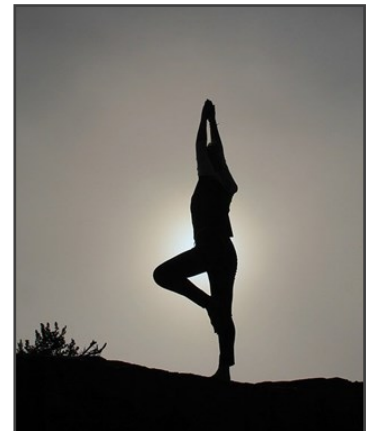


Back to School for College Freshmen

By Keishon Thomas, FACS Agent

Congratulations on your graduation!!!! Whooohooo, you did it!!!! Now to begin again as a college freshman. Parents, I know we have the “What to Bring” list saved on our phones and most likely committed to memory. But what about the items that aren’t on the list? Stress management, time management and homesickness? This is an exciting time for our young people and to ensure they navigate being on their own (some for the first time –*shudder*) we would like to provide a few tips to keep stress under control.

- Check your account before going to campus to ensure you have provided everything you need to the University.
- Check your campus email. This is generally the only way your school will provide information, so making sure you check and read your email is imperative.
- If you are a freshman, learn where your classes are before the first day of class. Unfortunately, upperclassmen may not be as helpful as you might think. (Take this from someone that got sent across campus for a class that was literally 500 feet away!)
- Take care of yourself physically; that includes making sure you eat (we would love for you to eat a few veggies), limit caffeine, stay hydrated, and take any prescribed medications.
- Get your sleep schedule under control. It may be tempting to stay up all night and we totally understand that young people are nocturnal. That being said, that does not go well with early classes, meeting class deadlines, or even getting food during cafeteria hours. A drowsy student is a non-productive student. Your professors will thank you.
- Have an outlet. Utilize the University Counseling Center, journal, hike, do yoga, or meditate. You can also begin your day with breathing exercises and an attitude of thankfulness. Call home if you have to - we are always here.
- Think positively! Your thoughts become reality and there is no room for negative thoughts. Try saying positive affirmations such as, “I am relaxed and calm;” “I can handle this situation;” or “I can do this.”



Finally, enjoy! College is a wonderful experience and will be what you make it! You have got what it takes!

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and exquisite molding. Natural light from original windows floods the office spaces that overlook a spacious lawn and patio. Having a larger space will mean more families will be able to participate in programming offered by Extension. Areas include 4-H Youth Development, Agriculture and Natural Resources, EFNEF, and Family and Consumer Sciences.



County Extension Coordinator Karol Kelly acknowledged, “The building and grounds will be a perfect fit for the variety of services Extension provides to people all over the county, including 4-H, income tax workshops, cooking classes, and lawn and garden expertise. Our office is grateful to be selected as the new steward of the property.”

Additional restoration projects are planned and a capital campaign is underway to raise funds to support expanded programming needs. By early 2022, the building will once again serve the community.

Food Talk

By Alesia Mays, EFNEP Program Assistant

Macon-Bibb County EOC Inc., Head Start/ Early Head Start Teachers, Advocates, and Center Managers celebrated their completion of Food Talk, an 8-week series of classes from our Expanded Food and Nutrition Education Program (EFNEP). Graduates travelled to Tattnell Square Park with EFNEP staff Alesia Mays and Charlene May on April 21 to visit the Mulberry Market and receive EFNEP cookbooks, certificates, and items donated by WellCare Health Plans. Market Manager Lacey Resch greeted graduates and provided market brochures.



Alesia Mays (center wearing graduation cap) and Charlene May (back row holding certificate), served as tour guides while graduates shopped and posed for pictures.

Bibb County 4-H

Serving youth 4th - 12th Grade by developing life-long skills, confidence and responsible young people who will make a lasting impact in the community.

Be sure to follow us to stay in the know



Bibb County GA 4-H



bibbcounty4h

A full list of summer activities will be released soon! Sign-up by scanning the QR code or visiting <https://tinyurl.com/bibb4hsignup>



Contact Us:

Bibb County EXTENSION

145 First Street

(478) 751-6338

Website:

<https://extension.uga.edu/county-offices/bibb.html>



We are excited to have the ability to offer summer programming this year. Details will be released soon. Please use the QR code above to register to receive more information.

4-H Project Achievement

By Kirtisha Willis, 4-H Program Assistant

Last month close to 100 Cloverleaf 4-H'ers submitted essays for the *Write Stuff* contest. Some 4-H'ers then had the opportunity to advance and compete in our county Cloverleaf Project Achievement, which was held on May 22nd at the Elaine Lucas Senior Center. Eleven 5th and 6th graders (pictured below) competed in a range of categories, such as health and safety, history, animals, general science, outdoor recreation, and sports. Congratulations to everyone who participated for showcasing their hard work, dedication and confidence.

On June 2nd and 3rd, Bibb 4-H will attend Junior Senior District Project Achievement at Rock Eagle 4-H Center. Twenty-one of our 7th - 12th grade 4-H'ers will compete at the district level. We want to wish these outstanding 4-H'ers the best of luck for this upcoming competition!





Beware of Plant Invaders!

By Callie Dodd, Bibb County Master Naturalist

As the weather warms and you spend more time outside, you are sure to encounter some of the many invasive plant species that have made themselves comfortable in the southeast.

What does it mean for a plant to be *invasive*? These are plants that have been introduced to areas where they have few natural predators or diseases to curb their growth and reproduction, so they grow out of control. Many are adaptable to a wide range of conditions; others are prolific seed producers.

Have you ever seen a hillside completely obscured by notoriously invasive kudzu? The unchecked growth of invasive plants harms the ecosystem by taking over the space and resources needed by native plants, which reduces or eliminates food and habitat for wildlife. Some invasives can even be directly harmful to wildlife, such as the bright red berries of ornamental nandina (heavenly bamboo), which are enticing but may be toxic to cedar waxwings (<https://vet.uga.edu/toxicity-due-to-nandina-domestica-in-cedar-waxwings-bombycilla-cedroru/>).

One way you can counteract the effects of invasive plants is to choose native plants for your landscaping and ornamental needs. Native plants can reduce the need for watering and maintenance, and they provide habitat for pollinators, birds, and other wildlife. Bibb Extension can help you to select native plants appropriate to your landscape.

If you would like to gain some hands-on experience in identifying and removing invasive plants while serving your community, you can participate in an invasive species removal work day at Amerson River Park on June 12 from 9:00 AM-11:30 AM. You will likely encounter tallowtree, Chinese privet, autumn olive, and other invasive troublemakers. Contact Bibb Extension at (478) 751-6338 for more information and additional upcoming workdays.

For an online UGA publication that identifies invasive plants in Georgia, see this link: <https://athenaeum.libs.uga.edu/bitstream/handle/10724/32987/Invasive%20Plants%20to%20Watch%20for%20in%20Georgia.pdf?sequence=1>.



Fresh Peach Salsa

2 fresh peaches, peeled and diced, or canned
1 large tomato, diced
1 clove garlic, peeled and minced
¼ cup minced onion
½ cup peppers (red, yellow, or green)
1-2 tablespoon chopped fresh mint
1-2 tablespoons minced cilantro
1 tablespoon lemon juice
1 tablespoon vegetable oil
Salt and sugar to taste (optional)

Mix peaches, tomato, garlic, onions, peppers, and mint together. In separate small bowl, mix lemon juice, oil, Salt and sugar together. Add to peach mixture. Serve with chips or crackers.