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Seated Tai Chi at the Library

The Hampton B. Allen Library invites you to join their first in-house adult program since the pandemic began, Seated Tai Chi with Jane. The program will place on Monday, June 27 at 11 a.m. For information call the library at 704-694-5177.

What is tai chi? Tai chi is referred to as a gentle way to reduce stress and anxiety. And it also helps increase flexibility and balance.

If you're looking for a way to reduce stress, consider tai chi (TIE-CHEE). Originally developed for self-defense, tai chi has evolved into a graceful exercise that's now used for stress reduction and a variety of other health conditions. Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements.

Tai chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. It is a noncompetitive, self-paced system of gentle physical exercise & stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

Tai chi has many different styles. Each style may subtly emphasize various tai chi principles and methods. There are variations within each style. Some styles may focus on health maintenance, while others focus on the martial arts aspect of tai chi.

Tai chi is different from yoga, another type of meditative movement. Yoga includes various physical postures and breathing techniques, along with meditation.

Who can do tai chi? Tai chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels. In fact, because tai chi is a low-impact exercise, it may be especially suitable if you're an older adult who otherwise may not exercise.

You may also find tai chi appealing because it's inexpensive and requires no special equipment. You can do tai chi anywhere, including indoors or outside. And you can do tai chi alone or in a group class.

Although tai chi is generally safe, women who are pregnant or people with joint problems, back pain, fractures, severe osteoporosis or a hernia should consult their health care provider before trying tai chi. Modification or avoidance of certain postures may be recommended.

Seated tai chi Seated tai chi is a great exercise option for frail seniors or those with limited mobility. It helps older adults get the health and wellness benefits of tai chi without the fall risk.

Studies find that tai chi also improves flexibility, immune system, sleep, happiness, sense of self-worth, strength, cardiovascular endurance, concentration, and more.

All that's needed is a sturdy chair, so it's easy to do these routines in the comfort and convenience of home.

No-Till Drill Available for Lease from Brown Creek Soil & Water

Lease the No-Till Drill from Brown Creek Soil & Water. The Great Plains 606NT can be used to plant cover crops, pasture and hay-field renovation, wildlife food plots, and for native grass establishment. The no-till method has many advantages over the conventional, tillage method of planting, such as:

- Reduces soil loss
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Call (704) 994-3488 to schedule leasing the no-till drill. The leasing rate is based on acreage planted.

2022 Southeast US Vegetable Crop Handbook

Everything you need to grow commercial vegetables, herbs and hops in the Southeast can be found in one handbook that vegetable extension specialists from across the Southeast update annually. It is available in hardcopy from your county extension center and online at content.ces.ncsu.edu/southeastern-us-vegetable-crop-handbook.

The 2022 Southeast U.S. Vegetable Crop Handbook is now available. The handbook represents a joint effort among Extension specialists and researchers from 14 land-grant universities in the U.S. who work in the area of vegetable production. These specialists and researchers represent a wide array of disciplines: postharvest engineering, entomology, vegetable production, plant pathology, postharvest physiology, soil science, and weed science.

This handbook comprises up-to-the-minute information developed from research and extension projects conducted across the Southeast. It contains the information that you need to manage your vegetable crops, including which varieties to plant, planting dates, fertilizer recommendations, cover crop selection and conservation tillage options, pesticide selection, grafting, fertigation, plasticulture, postharvest handling, alternative pest management tools, and suggestions, as well as many other topics.

Sections Include

- General Production Recommendations
- Specific Crop Recommendations
- Soil Pests - Their Detection and Control
- Calibrating Chemical Application Equipment
- Registered Fungicides, Insecticides, and Miticides for Vegetables
- Insect Control for Commercial Vegetables
- Disease Control for Commercial Vegetables
- Chemical Weed Control in Vegetable Crops

Energy Efficiency Tip of the Month

If you're looking to add smart technology to your home, consider smart plugs. Smart plugs are inexpensive and can be used to control lighting and other electronic devices through a smart phone app.

With smart plugs, you can conveniently manage lighting, home office equipment, video game consoles and more. By powering off unused devices when you're away, you can save energy (and money!).

source: energy.gov

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