

'News You Can Use' From the Extension Office



Hall County Cooperative Extension provides information and assistance in the areas of:

- Agriculture and the Environment
- 4-H and Youth Development
- Family & Consumer Sciences
- Expanded Foods & Nutrition
- Radon Education

UGA Cooperative Extension in Hall County

Gainesville Garden Expo moves to Chicopee Woods AG Center

Spring is here, and with it comes the urge to dig, prune, plant and mow. If you're into gardening or just looking for a fun outing, make plans to stop by the 4th Annual Gainesville Garden Expo set for Friday, April 14th and Saturday, April 15th at the Chicopee Woods AG Center located on Calvary Church Road.

Yes, we've moved from the Hall County Farmers Market to the AG Center! This will allow for more vendors, more demonstrations, more parking, and several display gardens which will be open to Expo attendees.

The Gainesville Garden Expo is sponsored by the Hall County Master Gardeners and Hall County Cooperative Extension. The Expo will kickoff on Friday afternoon with sale hours from 2:00pm to 7:00pm and on Saturday, we'll be open from 8:00am until 4:00pm. The purpose of the event is to bring together local residents interested in gardening and landscaping, providing educational opportunities and locally produced garden products.

Approximately 40 vendors are scheduled to be at the Expo selling a variety of items, including specialty plants, annuals, perennials, shrubs, trees, garden art, greenhouses, hand tools, lawn furniture, and even power equipment. If you're looking for that hard-to-find plant or the latest in garden trends, a trip to the Garden Expo will be worth the effort.

Also available for the gardening enthusiast are interesting hands-on demonstrations. The demos are for beginning and experienced gardeners alike. Demonstrations include: Pruning, Double Digging, Perennial Division, Composting, Herb Selection, Propagation, Landscape Design, Growing Better Tomatoes, and Concrete Birdbaths.

And for gardening questions, suggestions and advice, stop by the 'Ask a Master Gardener' Booth for the latest information from locals who know. They'll be glad to assist you with whatever garden dilemma you may be faced with. We'll also have the latest in horticulture publications available from UGA Cooperative Extension.

So, please bring your friends and family with you to listen, learn, shop, and share at the 4th Annual Gainesville Garden Expo at the Chicopee Woods AG Center (located on Calvary Church Road, Exit 20 off I-985) on Friday and Saturday, April 14-15.

For more information, go to www.hallcountymastergardeners.org

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Expanded Foods & Nutrition Education Program News

We held Hall County EFNEP's first graduation ceremony on December 9 at the Hall County Head Start EE Butler Center. There were 16 graduates attending from a total of 24. The participants were very satisfied with the program. They said that they wished the program could have continued longer. I was very pleased that they had such wonderful comments about my EFNEP classes. The participants were so excited that they said they are going to tell everyone about the fun time they had learning and cooking new healthy foods.



Hall County EFNEP's First Graduation was held on December 9th at Hall County Head Start. Pictured with the graduates are Judy Hibbs, Area EFNEP Coordinator, Sheri Torres, EFNEP Nutrition Educator, and Debbie Wilburn, Hall County FACS Extension Agent.

I have been working very hard this year providing nutrition classes for 24 teen parents at Lanier Career Academy (night school). I am also teaching classes every Tuesday at the Health Dept. I met with Kim Austin from St. Johns Baptist Church to offer EFNEP classes. I also met with Lamar Johnson at Veterans Community Outreach Center to offer EFNEP to the teen moms and as an out reach to youth in after school programs.

If you know of families on limited incomes that would be interested in enrolling in a FREE eight week nutrition and food budgeting program please have them contact me, Sheri Torres, Nutrition Educator at 770-534-3337 ext. 200.



Hall County 4-H Club - April Activities

Spring Chicken Festival

4-H will sponsor its second Spring Chicken Festival on Saturday, April 15, at Chicopee Woods Agricultural Center. The festivities begin at 10:00 a.m. and will end at 2:00 p.m. Families are invited to come and enjoy! Activities will include a farm animal petting zoo, baby chicks, egg decorating, LIVE chicken exhibit, Archery, Egg candling, pony rides and more. Students ages 10-14 years old can enter several different contests. Contest entry forms must be received on or before April 7th. Call the 4-H office for entry forms and complete information.

Contests

Chicken Nugget Eating	Lego Building
5 th grade Chicken Cooking	Mr. Chicken Legs
Miss Chick and Little Miss Chick" Beauty Pageant (ages 5-12 yrs.)	

Adopt-a-Highway

This month 4-H'ers will have the opportunity to help pick up litter along Radford Road in Flowery Branch on April 8th. 4-H has been maintaining this segment of road for the last three years. This is a great family community service activity.

Volunteer Leader Family Picnic

The Hall County 4-H Club is extremely fortunate to have many adult volunteers who help make our programs successful by leading clubs and activities. 4-H will host a Volunteer Leader Family picnic on April 18 at Longwood Park in their honor.

End-of-the Year High School and Middle School Picnic

The High School and Middle School 4-H'ers will their 4-H school year will a picnic at Longwood Park on April 25. 4-H'ers will participate in a community service project and will learn about summer events.

Hall County 4-H Club: May & June Activities

Spring Yard and Craft Sale – May 6th

The 4-H Club will hold its annual Spring Yard and Craft Sale on Saturday, May 6th. Persons interested in selling yard sale or craft items at the sale should contact the 4-H office in April to rent a space. Proceeds from the event benefit the Hall County 4-H Exchange Club.

Pet Picnic

The 4-H Pet Club will end the year with a special Pet Picnic. Pets and their owners will meet at Longwood Park for activities, food and special pet fun!

Target Challenge Weekend

The 4-H Shotgun and BB Rifle Teams will travel to Rock Eagle 4-H Center for the state Target Challenge Weekend. The teams will compete for top team and individual honors at this event.

Northeast Junior Rally – May 20 & 21

4-H'ers who just finished 6th, 7th and 8th grades are invited to attend this special fun event at Rock Eagle. The 4-H'ers will participate in service learning activities, go on hikes and attend fun classes. Contact the 4-H office for costs and details.

Memorial Day Parade – May 29

4-H'ers will participate in the Gainesville/Hall County Memorial Day Parade. We are looking forward to a great experience.

4-H Goat Show

Hall County 4-H'ers will travel to Walton County on June 3rd to observe a regional Goat Show. Goat farming is one of the fastest growing agricultural interests in northeast Georgia with more and more youth interested in showing goats. Participation is limited so if you are interested in attending, contact the 4-H office as soon as possible.

Horse Show and Horse School

Hall County 4-H Horse Club members will participate in the State 4-H Horse Show to be held in Perry the week of June 12th. The following week, June 18th, select 4-H members will attend 4-H Horse School where they will spend an intense week learning and riding.

4-H State Council

High School 4-H'ers will participate in the official State of Georgia 4-H meeting at Rock Eagle on June 24th and 25th. The newly elected officers will be installed and issues will be discussed and voted upon.

Montana Exchange Trip

Members of the 4-H Exchange Club have been working all year to raise funds to travel to Hill County, Montana. The group will depart on June 26th and return July 3. While in Montana, the 4-H'ers will visit local businesses and farms, learn about 4-H and travel to Glacier National Park. If you would like to make a donation to the club, please contact the 4-H office. *All* donations are greatly appreciated.

4-H Staff Members (left to right):
 Judy Tilford, 4-H County Agent
 Ruth Alligood, 4-H Program Assistant
 Roxanne Hulsey, 4-H Program Assistant



Cloverleaf 4-H camp at Rock Eagle 4-H Center is fast approaching June 12-16. Over 150 5th and 6th grade 4-Her's are camping this year.



HOME MAINTENANCE: SPRING CHECKLIST

Although we've heard it many times, nothing could be more accurate than the old cliché "an ounce of prevention is worth a pound of cure." Preventative maintenance is the best way to keep your house in great shape, reduce the risk of unexpected repairs and maintain its value. Set aside time in the spring and fall to conduct a thorough examination of your home. You can do it all in one day, or spread it out over five weekends.

Start by making sure your home has curb appeal, then check the ventilation systems, control for moisture and pests, and finally conduct a home safety check.

Curb Appeal

- Make a quick inspection of the exterior of your home. Check the foundation for cracking, blocked vents, and leaks.
- Observe the paint. If it is peeling, cracking, fading or blistering you should repaint.
- Check the siding or brick. Crumbling brick or loose siding should be repaired.
- Hose off or clean the outside of your house, removing cobwebs, nests, etc.
- Sweep and hose off the deck. Treat it with a protective finish if needed.
- Wash windows inside and outside.
- Inspect driveways and walkways for safety hazards. Remove stains from concrete.

Ventilation

- Have a professional check your air conditioning system.
- Replace the filter.
- Check caulking around doors and windows to make sure it is adequate.
- Install window screens.
- Clean the kitchen exhaust hood and air filter.

Moisture Control

- Check caulking around kitchen and bathroom fixtures to make sure there are no leaks. Repair grout and caulk as needed.
- Inspect faucets and shower heads. Repair leaks.
- Check water hoses on washing machine, icemaker and dishwasher for cracks and bubbles. Replace if needed.
- Clean debris out of gutters and make sure downspouts are secure and direct water away from the foundation.
- Make sure there are no leaks in the roof.
- Trim shrubs and trees so that they clear the foundation, exterior walls, and roof of the house. Shrubbery that is too close to the house can promote the growth of mildew, mold, and algae during warmer weather.
- Examine basement or crawlspace for the presence of mildew or mold. If found, contact your county extension office for information on controlling and preventing mold.

Pest Control

- Clean leaves and trash out from under decks and porches.
- Remove debris from basement window wells.
- If you don't have termite service, have a professional termite inspection. Follow up on any recommendations. They will save you money in the long run.
- Check the attic for evidence of leaks, condensation and vermin.

Home Safety

- Replace batteries in all smoke detectors and carbon monoxide alarms.
- Make sure your fire extinguishers are fully charged. Re-charge if needed. If you don't have a fire extinguisher, purchase one.

Add 4 Years to Life with Daily Exercise

A good workout almost daily can add nearly four years to longevity, according to the first study to calculate the impact of physical activity on length of life. The researchers analyzed data from the Framingham Heart Study, a well-known research project that has followed 5,209 residents of a Massachusetts town for more than 40 years, collecting detailed information about their lifestyles and health.

The researchers calculated the effects of low, moderate or high levels of physical activity on life span, accounting for the possible effects of factors such as age, sex, education, and whether they smoked or had serious health problems.

The results showed that those who engaged in moderate activity -- the equivalent of walking for 30 minutes a day for five days a week -- lived about 1.3 to 1.5 years longer than those who were less active. Those who took on more intense exercise -- the equivalent of running half an hour a day five days every week -- extended their lives by about 3.5 to 3.7 years. The findings show that even for people who are already middle-aged, exercising more can add years to their lives.

While adding one to four years may not seem significant, exercising regularly also enables people to live healthier lives, free from chronic illnesses that can make it hard for people to enjoy their later years. The exercisers tended to put off developing cardiovascular disease -- the nation's leading killer. Men and women benefited about equally.



Nutrition Analysis Tool

Ever wonder about the caloric and nutritional value of pecan pie? In addition to the National Nutrition data base www.nal.usda.gov/fnic/foodcomp/search, there is another site that will provide nutritional information on everything from pies and breads to pumpkin seeds and flowers. Try out the University of Illinois Nutrition Analysis Tool - www.nat.uiuc.edu/mainnat.html.

Family Activities for Spending Time Together

Light one or more candles to have on your table as you enjoy a family meal together.

Turn off the TV for an evening and play games as a family. Take turns choosing the game.

Write "jigsaw" poems together. Choose a topic like my favorite pet, a family memory, what I like about this month, etc. Each person writes one (or two) lines on the chosen topic. Put everyone's lines together to make a free-form poem. Give it a descriptive title!

Plan a family trip to the library and have everyone check out a book. Enjoy a family reading time, either reading one book together or each person reading their own.

Prepare a meal together.

Give each member of the family several small colored pieces of paper. On each piece of paper, have them write a family activity that they would like to do for a "family" night activity. Drop the slips of paper into a special container. Each week, draw out one activity and use it as a family activity for the week.

Parents (or grandparents): Choose one child at a time for an early breakfast date. Let the child choose the place. Go at a time when you can have a leisurely breakfast and talk about things you each have been doing, a good book you are reading, or a special dream you each have.





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GAINESVILLE
GARDEN EXPO
APRIL 14-15
CHICOPEE WOODS
AG CENTER

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Lung Cancer- It's not just from smoking

The recent untimely death of Dana Reeves from lung cancer that wasn't caused by smoking has many folks asking questions. Has someone in your family had lung cancer, but never smoked? Do you wonder how they got it? Few oncologists provide information about how non-smokers develop lung cancer, so few non-smoking lung cancer patients ever hear that radon is 2nd leading cause of lung cancer in the U.S.

Radon is a silent killer. It can't be seen, smelled or tasted, but it is a naturally occurring, radioactive gas that when breathed can damage lungs permanently over a long period of time. And since there aren't any symptoms until permanent damage has occurred, most people don't know they have a problem until they have a chest x-ray for a cold or bronchitis that shows they also have lung cancer.

Richard Carmona, the Surgeon General of the United States, the National Academy of Sciences, and the U.S. Environmental Protection Agency all blame radon exposure for as many as 21,000 deaths from radon-related lung cancer in the U.S. every year. About 600 of those deaths occur in Georgia each year.

The sad thing is that these lung cancer deaths are preventable. A simple radon test in the homes of non-smoking cancer victims could have alerted them to protect their families by installing a simple and affordable ventilation system that allows radon gas to bypass the interior of the home. What if the homes of these lung cancer patients had been tested for radon and fixed when they bought their homes? How many lives would have been saved?

At present, there are no laws in Georgia requiring radon testing during a real estate transaction. Georgia also does not regulate operators who test or mitigate for radon. There are two national certification programs for radon measurement and mitigation operators, but in Georgia no one performing either service is required to be certified or even knowledgeable about radon.

The Georgia Radon Program offers free radon test kits to Georgia homeowners through the UGA Cooperative Extension offices in each county. However, in a real estate transaction, it is prudent to involve a measurement professional certified by the National Environmental Health Association or the National Radon Safety Board. (Go to www.neha.org or www.nrsb.org.)

For more information about the Georgia Radon Education Program, go to www.gafamilies.com/housing/radon. There you will find information about radon education in Georgia and links to national radon-related web sites.