

'News You Can Use' From the Extension Office

UGA Cooperative Extension in Hall County



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

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

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With the ongoing drought, do your part - CONSERVE!

With the ongoing drought, local residents are searching for ways to use as little water as possible inside and outside the home. And if you're not, you should be! While this fall has brought some rain, it will require many months of average rainfall to recover from the drought. During this time, our duty as responsible citizens is to conserve. The following list offers several simple water conservation tips.

In the Kitchen:

Repair leaking faucets by replacing washers. For every leak stopped, you save 20 gallons of water per day.

Limit pre-rinsing dirty dishes by using a rubber spatula to scrape dishes, and soak dirty dishes to speed up the washing process.

Keep drinking water chilled in the refrigerator, rather than running the tap until the water is cool. This will save 200 to 300 gallons of water per month.

In the Bathroom:

Install low-flow toilets. These toilets use 1.5 gallons of water per flush rather than 5 to 7 gallons used by conventional toilets. This change will save thousands of gallons of water per year.

Check for leaking faucets and toilets. Place a few drops of food coloring in the toilet tank. If the color appears in the toilet bowl without flushing, you have a leak!

Saving Water Outdoors:

When landscaping, use drought tolerant plants and grasses. Group plants together based on watering needs.

Apply mulch around plants to keep moisture in the soil. This also saves 750 to 1,500 gallons of water per month.

Avoid applying too much fertilizer in your lawn. This increases the need for water.



www.conservewatergeorgia.net



Hall County 4-H News & Events

DONATION DELIVERY DAY

Hall County 4-H'ers are busy during the months of November and December collecting donations for a number of different organizations. The 4-H'ers collect eye glasses, items for the Humane Society, non-perishable food, gently used clothing and children's books, new coloring books and crayons. Also, during this time of giving, the 4-H'ers make Christmas cards for our Meals On Wheels recipients and holiday door decorations for a local healthcare home.

The 4-H'ers will deliver clothing, Humane Society items, books and other donations to various places throughout our county. They will spend time visiting with the residents of Bell Minor Home, hang holiday door decorations, and sing Christmas carols.

BB RIFLE GUN SAFETY TRAINING DAY – December 27

The 4-H BB Rifle Team leaders are sponsoring a **FREE** BB Rifle Gun Safety class on December 27th at the Chicopee Woods Agricultural Center. The purpose of the class is to teach young people about the safety issues involved in gun use and ownership. Please pre-register for this event by calling us!

COUNTY PROJECT ACHIEVEMENT – January 29

Come and join us for our **BEST** program of the year! All Hall County 5th and 6th graders are invited to compete in the 2008 Hall County 4-H Project Achievement to be held on Tuesday, January 29, 6:00 pm at Riverbend Elementary School.

County Project Achievement, CPA, is a county-wide speech and performance contest. Participants need to be prepared with a speech no longer than 6 minutes on a subject of your choice, a poster and other visual aids. There are also opportunities for singers, instrumentalists, dancers and actors to compete.

This is a fantastic opportunity for young people to learn about the speech development process and practice their public speaking skills! Please contact our office for complete details and subject areas.

4-H FUN TRIP – February 22

Hall County 4-H'ers will have the opportunity to attend a special 4-H FUN TRIP to Rock Eagle 4-H Center and to the University of Georgia on February 22nd. The group will tour the world's largest 4-H center to explore the center, visit the great Rock Eagle Mound and learn about the rich history of the area. The 4-H'ers will also spend time on the campus of the University of Georgia, go DAWGS. They will visit Butts-Mehre Center and see all the sports memorabilia and visit the famous UGA bookstore along with a special trip to The Varsity for ice cream.

SUMMER CAMP REGISTRATION

4-H Summer Camp registration will be held on Friday, February 22nd, beginning at 7:00 am until 6:00 pm. This is a ONE DAY event! Spaces for summer camp fill very quickly. Please visit the 4-H website at www.hallcounty4hclub.org for more information as it becomes available.

EDUCATIONAL PROGRAMS

Throughout the month of November, 5th graders in the 4-H program learned about **microorganisms**. The 4-H classroom presentation included a video presentation all about helpful and harmful bacteria. The 4-H leaders brought their microscopes to the classroom so students could see a variety of slides and also had fun "giant" stuff microbes to learn from.

In January, the 4-H leader program will include educational information about the **poultry business** with many hands-on items to share. Each month students prepare **4-H demonstrations** and present them in class, during 4-H time. Demonstrations include a written speech up to 6 minutes in length, a poster that the student make to help illustration their speech and items they can show and share.

Gifts for Special People in Long-term Care

The most wanted gift on the list for nursing home residents and their caregivers is your gift of frequent short visits. It doesn't matter what you talk about, so long as you remember the dignity and uniqueness of that friend or family member. Days grow long when old skills are lost and familiar surroundings change. Even a few minutes of quietly holding hands or walking can bring much joy.

With the holiday season approaching, you may be looking for other kinds of gifts to cheer the days of someone in a nursing home. Consider the following gifts for residents in a long term care facility.

Small photo albums with one picture per page are especially welcome for those with cognitive losses. Create a label for each picture by describing who it is and what they are doing. Caregivers can "read" the album with the resident.

Plants and flower arrangements should be small because space is very limited in most facilities. Consider whether the resident will be able to care for the plant or whether a caregiver is able and willing to care for it.

Residents who are still able to write cards and letters might appreciate a box of varied greeting cards to keep in touch with old friends. Grandparents will enjoy an audio tape of grandchildren's messages. Artwork by children is always a highlight for residents.

Large print books and magazines and those with colorful photos can be a great addition to the commons area of your family member's care facility. Musical tapes or CDs that can be used for everyone are welcome gifts, as are travel videos and movie classics.



EFNEP Program News

It's an exciting time for the Expanded Food and Nutrition Education Program (EFNEP). EFNEP offers education on a variety of food and nutrition topics for children, teens and adults.

The program, established in 1969, is federally funded and is conducted through the Cooperative Extension in every state and U.S. territory. Recent studies show that for every \$1 spent on EFNEP, \$10.64 will be saved on future health care costs. All EFNEP classes are free and participants receive free recipes plus a graduation certificate upon completion of the program.

Locally, about 50 Gainesville High School Family and Consumer Sciences students are learning more about the MyPyramid food guide and healthy meal choices through EFNEP. We recently participated in the Antioch Baptist Church Women's Health Fair, Legacy Link Health Fair at Colonial Lakeshore Mall and the Kids 1st Health Fair sponsored by Children with Special Needs.

For more information, contact Sandra Stringer, nutrition educator, at (770) 535-8290 or stringer@uga.edu.



Is Your Child Riding Safely Protected?

Debbie, along with other Safe Kids volunteers, teaches a monthly child safety seat class at the Hall County Health Department on the third Friday of each month. If you would like to attend please call her at 770-535-8290. **90% of child safety seats are not used correctly.** Bring your seat installed and Debbie or another certified child safety seat technician will be glad to check your seat and show you how to make corrections if needed.





Area Poultry / Livestock Agent Joins Extension Staff

Hall County, Georgia is known as the Poultry Capital of the World and rightly so when you consider that it is the birth place of the modern poultry vertically integrated system which was begun by Jesse Jewell of Gainesville in the 1940's and 1950's. The Poultry industry, which pumps in many millions of dollars annually, is a very important part of our local economy. Poultry growers in this county produce and the poultry industry process over 1/4 billion dollars per year in broilers and eggs.

For this reason, with the help of the Georgia Poultry Federation, our state added four new University of Georgia Cooperative Extension Agents around the state. One was to serve the Dawson, Hall and Lumpkin Counties area, and I was selected to fill this very first Poultry/Livestock Area Extension Agent position. I will also be working with cattle producers in the area also. Hall County is also a leading county in the state producing hay, cattle and horses.

Let me introduce myself to those that I haven't met. I am Tim Smith, fourth generation farmer from Pulaski and Bleckley Counties which is about 50 miles south of Macon. I earned a BS in Animal Science and a MS in Agricultural Education from UGA. I owned and operated a six house broiler farm and a purebred angus farm in the 1990's. I also owned and operated a litter spreading and cleanout business for eight years. I have owned and operated a poultry house equipment installation business for two years. I came to this area from Lincoln County where I was the Agriculture and 4-H agent for 13 months.

In the past three months I have been working with County Extension Agents in the area to get University of Georgia's research based information out to the producers. I have made presentations to local cattlemen's meetings and held an energy conservation program where university engineers came to the area and discussed ways to reduce energy consumption in broiler houses. I am working with area cattle and poultry producers to revise existing Nutrient Management Plans and to establish new ones for those that may need one. I am also working with poultry producers in writing grants for "Energy Efficiency Improvement Grants" offered by the USDA Rural Development.

I am excited about this opportunity to live and work in one of the most scenic places in Georgia. I look forward to working with local farmers and if you have questions or comments or need help with any of your agricultural enterprises, I can be reached through the local Hall County Cooperative Extension office. Many thanks, Tim Smith

Protect Your Family from a Silent Killer - Radon



UGA Cooperative Extension-Hall County and the U.S. Environmental Protection Agency (EPA) are preparing to launch a month long, nationwide campaign to educate Americans about the dangers of radon exposure and to encourage them to take action to protect their homes and families. In our community, Hall County Extension is placing radon exhibits at area libraries, clinics, hospitals and more during National Radon Action Month in January, as well as providing radon programs for many school, community, and professional organizations.

Radon is a naturally occurring, radioactive gas that is invisible, odorless, and tasteless and is harmlessly dispersed in outdoor air. However, it can reach harmful levels when trapped in buildings. Scientists have long been concerned about the health risk of radon, but never before has there been such overwhelming proof that exposure to elevated levels of radon causes lung cancer in humans.

The U.S. Environmental Protection Agency estimates that radon is responsible for more than 22,000 lung cancer deaths each year – 600 of them in Georgia. Radon is the second leading cause of lung cancer in the U.S. after smoking and the leading cause of lung cancer among non-smokers. "However," says Ginger Bennett from UGA Cooperative Extension-Hall County, "because you can't see or smell radon, people tend to downplay the health effects and ignore the possibility that there might be a silent killer in their homes. The damage is done before symptoms appear."

UGA Cooperative Extension offers a free radon test kits at any county Cooperative Extension office. For more information on radon, radon testing and mitigation, and radon-resistant new construction, call Ginger Bennett at 770-535-8293 or visit the UGA FACS radon web site at www.gafamilies.com/housing/radon.

Treating Infants' Sniffles and Coughs Without OTC Medications

Since makers voluntarily recalled infant cough and cold formulas in November, parents are asking lots of questions. According to the American Academy of Pediatrics, studies suggest these products are not effective in children younger than 6 and can cause potentially serious side effects. And despite the word "infant" in many of the formula brand names, there has never been FDA-approved dosing of cough or cold remedies for children younger than 2.

So what should a parent do to treat an infant with a cold or cough? Turn to your child's doctor for advice, and keep these points in mind:

- Coughing is the body's way of clearing mucus from airways. Suppressing a cough can interfere with the body's ability to this.
- Colds are the most common infection in children. By your baby's second birthday, it is probable that he or she will have combated eight to 10 colds.
- The best way to protect a newborn from colds and cough is by making sure he or she is not exposed to anyone who is sick.

Sometimes simple solutions, like rest, fluids and a humidifier, are the best solutions. Over-the-counter medications are powerful. Even though no prescription is required, these preparations can cause side effects and overdosing can be deadly. Follow the FDA's advice and **do not** give cough and cold products to children younger than 2 years of age (regardless of what the product name suggests) unless given specific directions to do so by a healthcare provider.

Clear your medicine cabinet of these 14 recalled over-the-counter remedies:

- Dimetapp[®] Decongestant Plus Cough Infant Drops
- Dimetapp[®] Decongestant Infant Drops
- Little Colds[®] Decongestant Plus Cough
- Little Colds[®] Multi-Symptom Cold Formula
- TYLENOL[®] Concentrated Infants' Drops Plus Cold
- TYLENOL[®] Concentrated Infants' Drops Plus Cold & Cough
- Robitussin[®] Infant Cough DM Drops
- Triaminic[®] Infant & Toddler Thin Strips[®] Decongestant
- Triaminic[®] Infant & Toddler Thin Strips[®] Decongestant Plus Cough
- PEDIACARE[®] Infant Dropper Long-Acting Cough
- PEDIACARE[®] Infant Drops Decongestant (containing pseudoephedrine)
- PEDIACARE[®] Infant Drops Decongestant & Cough (containing pseudoephedrine)
- PEDIACARE[®] Infant Dropper Decongestant (containing phenylephrine)



For additional information about infant care, visit the Medem Medical Library at www.medem.com.

(Source: U.S. Food and Drug Administration, American Academy of Pediatrics, American Medical Association)



2008 Master Gardener Class Kicks Off January 8

The 2008 Hall County Master Gardener Class is set to begin on Tuesday, January 8th. The program is a volunteer training which prepares participants to assist Extension office in providing horticultural information to the community. In addition to working at the Extension office, Hall County Master Gardeners volunteers are involved in many other projects – including the Junior Master Gardener Program, Smithgall Woodland Garden, Elachee Nature Center, and Sunrise Camp, as well as hosting the annual Garden Expo and Gardening Symposium. The 2008 class includes Lisa Clement, Nenion Conley, La Van Dunkerly, Patti Golab, Ted Golab, Dave Harris, Cathy Jo Haupt, Katherine Hemphill, Sandra Hunt, Janice Johnson, Linda Lackey, April McLeod, Irene Michaud, Durwood Pepper, Emily Pilcher, Melanie Rochat, Linda Rusk, Judy Scoby, Ken Slater, Bill Sutton, Mary Beth Tharp, Marion Todd, Pirjo Vihma, and Donald Wildes.



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