

# 'News You Can Use' From the Extension Office

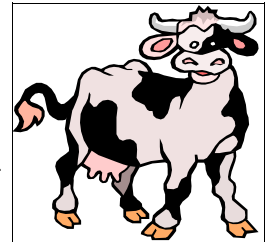


UGA Cooperative Extension Service in Hall County



## June celebrated as Beef & Dairy Month

Two of Georgia's Top Ten agricultural commodities celebrated this month. June is both Dairy Month and Beef Month in Georgia.



Georgia's dairy industry represents over \$250 million in farmgate value.

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

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

The Georgia Beef Board and the Georgia Cattlemen's Association have proclaimed June as Georgia Beef Month. Beef Month highlights the economic role of the cattle industry and focuses on beef as an easy and versatile meal. This year's theme for June Beef Month is the celebration of the 100th anniversary of the hamburger!

With cash receipts totaling over \$245 million, beef cattle are very important to the economic well-being of the state. Georgia cattle producers own more than 1.2 million cattle, having a direct impact of over \$1 billion on the state's economy when land and equipment assets required for production are considered.

In 2003, Hall County cows, calves, and finished cattle accounted for \$4.69 million in farm gate value. Also, over 8,000 acres of hay, silage and other livestock feeds were harvested in Hall County in 2003 with a farm gate value of over \$1.9 million.

While the industry experienced a scare in late 2003 with the discovery of BSE in the U.S., consumers can rest assured today's beef products are safe. The meat industry is the most regulated of all food industries. Physical inspections of meat are conducted by certified inspectors from the state of Georgia and USDA.

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In addition to June being Beef Month, the Southeast United Dairy Industry Association (SUDIA), along with the American Dairy Association, is celebrating 'June is Dairy Month' in Georgia and across the country.

This year's June Dairy Month theme urges people to get three servings of dairy a day by consuming a glass of milk, a cup of yogurt or a slice of cheese, all of which are good nutrition for your body.

While the dairy industry has struggled due to low commodity milk prices in recent years, dairy farmers are still producing wholesome, quality milk and dairy products in Georgia and Hall County. Georgia's dairy industry accounted for some \$240 million in farm gate value and generated an estimated \$750 million in economic activity in 2003. Locally, Hall County dairy products were valued at over \$3.2 million in farm gate value in 2003.

For more information:

[www.gabeef.org](http://www.gabeef.org)

[www.southeastdairy.org](http://www.southeastdairy.org)



Daylilies make wonderful cut flowers for arrangements.

## Daylilies—a great landscape plant

Daylilies are one of the best perennials that can be selected for Georgia gardens. They are easy to grow, provide blooms over a fairly long period and add color to the landscape.

Thanks to modern plant breeders, we now have daylily cultivars exhibiting red, orange, gold, yellow, pink, lavender and white flowers, plus many combinations of these colors.

Daylilies make a very good landscape plant. They can be used effectively in both mass plantings and as accents. Because daylilies have such a wide variety of growth habits, you can find a daylily to fit almost any situation, from low borders to taller background plantings.

Here are few suggestions you may want to consider when incorporating daylilies into your landscape:

- \* Be careful how you choose your colors. A mixed planting of very different colors is not as effective as a single color or a mix of similar colors that blend together well.

- \* Give consideration to the daylilies' height. Plant low growing varieties along walkways and in the fronts of beds while placing the taller varieties toward the back.

- \* While all the plants of one variety of daylily will bloom around the same time of year, different varieties may have quite different bloom times. There may be 6 weeks or more difference between early and late varieties peak bloom.

By selecting varieties that all have the same peak bloom, you can have a spectacular display for a few weeks or by selecting from a wide variety of bloom times, you can extend the color display.



## USDA unveils MyPyramid: a new symbol and interactive food guidance system

The USDA has unveiled MyPyramid, a new symbol and interactive food guidance system. “Steps to a Healthier You,” MyPyramid’s central message, supports the HealthierUS initiative which is designed to help Americans live longer, better and healthier lives. MyPyramid, which replaces the Food Guide Pyramid introduced in 1992, is part of an overall food guidance system that emphasizes the need for a more individualized approach to improving diet and lifestyle.

The MyPyramid symbol represents the recommended proportion of foods from each food group and focuses on the importance of making smart food choices in every food group, every day. Physical activity is a new element in the symbol.

The new food guidance system utilizes interactive technology found on MyPyramid.gov. It contains interactive activities that make it easy for individuals to key in their age, gender and physical activity level so that they can get a more personalized recommendation on their daily calorie level.

A child-friendly version of MyPyramid for teachers and children is being developed. This version of MyPyramid is intended to reach children 6 to 11 years old with targeted messages about the importance of making smart eating and physical activity choices. The *2005 Dietary Guidelines for Americans* and consumer brochure are available at [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines)

## 4-H News & Activities: July–September

### Junior 4-H Summer Camp

7<sup>th</sup> and 8<sup>th</sup> grade 4-H'ers will travel to Wahsega 4-H Center for a weeklong summer camp program. The 4-H'ers will enjoy 4<sup>th</sup> of July fireworks at North Georgia College in Dahlonega, they will tour the University of Georgia, spend an evening at Stone Mountain to see the Laser Light Show, have a rockin' time at Six Flags, participate in community service projects, have campfires, ropes programs and many more educational and entertaining activities. Hall County 4-H Juniors will attend camp July 4<sup>th</sup> through the 8<sup>th</sup>. Mrs. Sheila Wright, Hall County adult volunteer, will accompany the Hall campers during their special week at Wahsega.

### Georgia and Wisconsin Exchange

4-H visitors from Wisconsin will stay with Hall County 4-H families July 7<sup>th</sup> through the 14<sup>th</sup>. During their week with us in Georgia the group will visit our State Capitol, the World of Coke Museum, Hard Rock Café and Lake Lanier Island. We will also go tubing in Helen and to Consolidated Gold Mine.

The 4-H'ers will spend a day in Gainesville and will visit our beautiful Northeast Georgia History Center, have a walking tour of the downtown Gainesville area and tour some of our local farms. The group will also spend a day at Stone Mountain Park. There will be many family gatherings. Last summer 4-H'ers from Hall County had the opportunity to travel to Wisconsin.

### 4-H State Congress

Khaled Khelifi, a recent graduate of West Hall High School, will represent Hall County 4-H at State Congress held July 19<sup>th</sup> through 22<sup>nd</sup> in Atlanta. All the 4-H'ers throughout the state that have won first place in their project areas at district competitions are eligible to participate in State Congress. Khaled will present a power point demonstration about computer components.

### Certified Leader Training

Georgia 4-H adult club leaders are invited to attend the new Certified Leader Training class conducted by the state 4-H staff July 19<sup>th</sup> through the 22<sup>nd</sup> at Rock Eagle 4-H Center. This training prepares our club leaders for our new Charter Clubs that go in effect this August.

### New School Year

5<sup>th</sup> grade classes will begin the new school year with a look at Georgia Agriculture, public speaking and leadership programs. Middle School 4-H'ers will drive into the year with a "walk and talk" program designed to encourage family exercise and the need to spend time together. High School 4-H'ers will meet for their annual planning session to determine the course of their programming for the year.

Most community clubs will begin their programs in mid-August or early September. Project clubs will include traditional archery, BB Rifle Team, Shotgun Team, Horse Club, Exchange Club and Adopt-a-Highway

### ChemChic Project

We are proud to be a ChemChic partner sponsored through the Longstreet Medical Center. Hall County 4-H'ers will be making pillows and hats for chemotherapy patients as part of a free gift bag form the center. 4-H'ers will cut, sew and stuff pillows and hats throughout the upcoming year. We are looking for fabric and pillow filling donations.

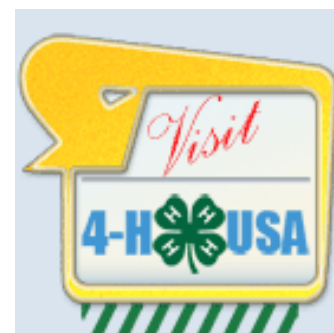
### Annual Awards Night

4-H'ers will be recognized for their participation in club, competitions and projects. The event will be held at Chicopee Woods Agricultural Center on September 12th.



Celebrating 100 Years of  
Georgia 4-H

*Mark your calendars  
for 4-H Awards  
Night—September  
12th at Chicopee  
Woods Agricultural  
Center.*



Be sure to visit [4HUSA.org](http://4HUSA.org)



## Drowning is a leading cause of death among children

Among all unintentional injuries, drowning is the leading cause of death for children ages 1 to 4 and the number two cause of death for children ages 14 and under. Every year, about 300 toddlers drown in residential swimming pools; overall, more than 800 children ages 14 and under die from drowning, and more than 4,000 go to the emergency room after near-drowning incidents.

Kids drown quickly and quietly; a drowning child cannot scream or cry. If you leave a child unattended with access to a pool, you might come back in two minutes and find your child unconscious. If a child is missing, always check the pool first — there's no time to spare.

Even a near-drowning incident can have lifelong consequences. Kids who survive near-drowning may have brain damage; after four to six minutes under water, the damage is usually irreversible.

The most important precaution is active supervision. Simply being near your child is not necessarily supervising. Although 94 percent of parents say they supervise their children while swimming, many acknowledge that they engage in other activities at the same time — for example, talking, eating, reading or taking care of another child. A supervised child is *in sight and in reach at all times*, with your *undivided attention* focused on the child.

### Follow these precautions:

If you have a pool, install 5-foot fencing on all sides with self closing and self-latching gates. Don't leave toys in the pool or beside it. For extra protection, consider a pool alarm, a gate alarm on the fence, alarms on the doors and windows in your home, and an automatic pool cover — but fencing alone could prevent an estimated 50 to 90 percent of childhood drownings in residential pools.

Do enroll your kids in swimming lessons taught by a certified instructor, but don't assume swimming lessons make your child "drownproof." There is no substitute for active supervision.

Children should not dive into water less than nine feet deep. Also, nobody should swim near a dock or marina with electrical hookups or lighting — swimmers can be electrocuted in the water and drown.

Learn infant and child CPR. In less than three hours, you can learn effective interventions that can give a fighting chance to a child whose breathing and heartbeat have stopped. Keep rescue equipment, a phone and emergency numbers by the pool.



## Teen PRIDE Driver Safety Program A SUCCESS

The Hall County Extension Service recently co-sponsored a two hour PRIDE (Parents Reducing Incidents of Driver Error) program for teens and parents. Thirty teens, thirty parents, five instructors and two state staff members from the Georgia Traffic Injury Prevention Institute participated. This free, two hour course is designed to help parents and their new teen drivers, ages 14-16, to learn what they need to do during the 40 hours of supervised practice driving time. This program addresses driver attitude, knowledge and behavior. If you are interested in attending our fall program please call Debbie at 770-535-8290.

The Teenage and Adult Driver Responsibility Act (TADRA) enacted on July 1, 1997, led to a 44.5 percent decline in teenage speed-related crashes in 18 months, which was five times less than the rate of drivers over age 24.

## Landscape & Garden Tips

During hot, July weather, be sure to mow your lawn to the appropriate height. This reduces water loss and helps lower soil temperatures. Leave clippings on the lawn to decompose.

Summer is not the time to prune tree limbs. If there is a broken branch, however, remove the limb, including the jagged break or split, with a clean cut.

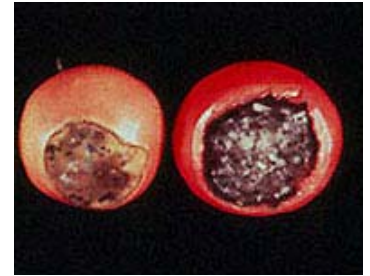
Look for damaging insects on evergreen trees like magnolias and hollies. Scale, spider mites, lacebug, leaf miner, spittlebug, and leaf hoppers are bad in July.

Before spraying an insecticide on your vegetables, check the product label. Each insecticide has a time you must wait before you can safely harvest.

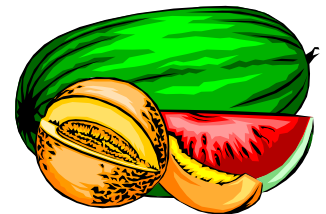
Keep watermelons and cantaloupes well-watered when growing, but on the dry side when fruit is ripening.

Avoid side dressing tomatoes, eggplants and peppers with fertilizer until they have set their first fruit.

In most cases, blossom-end rot on tomatoes, peppers, squash and watermelons may be prevented by maintaining uniform soil moisture by mulching and watering correctly, planting in well-drained soil and not cultivating deeper than one inch within one foot of the plant.



Maintain uniform soil moisture to prevent blossom-end rot.



## Help! My home tested high for radon!

So, you've tested your home for radon and it has tested at or above the action level set by the Environmental Protection Agency. Now what do you do? The very first thing to do if your radon level was above 4 pCi/l but lower than 7 or 8, is to retest your home. The first test showed what the radon levels were during that specific time period. Testing again at a later date gives you a better picture of radon exposure in your home. Average the two results, and if the level is still above 4 pCi/l you've got a real radon problem. With confirmed high radon levels, you have two choices:

**1<sup>st</sup> Choice:** The choice of doing nothing, of course, puts your family at risk. Not everyone exposed to elevated levels of radon will get lung cancer, but are you willing to take the chance someone near and dear to you might get lung cancer from it? You might consider opening all the windows and doors to dilute the radon, but that's hardly practical here in north Georgia.

**2<sup>nd</sup> Choice:** The right choice is to fix your home to prevent radon from entering. We know that through proper installation of a radon mitigation system, indoor radon levels can usually be lowered to 2 pCi/l or below. The most effective mitigation system is a sub-slab suction system that pulls air from beneath the home's footprint and exhausts it above the eave of the home, either through the roof or up the outside of your home.

Your most important decision in finding a reliable radon mitigation contractor is to select a someone who is certified by the National Environmental Health Association ([www.neha-nrpp.org](http://www.neha-nrpp.org)) or National Radon Safety Board ([www.nrsb.org](http://www.nrsb.org)).

After you've fixed your home, be sure to do a follow-up test right after installation to verify that the radon level has been reduced. And retest your home every 3 or 4 years.

If you haven't already tested your home, you can get a free radon test kit for your home at the Hall County Extension Service. Contact Ginger Bennett, Radon Educator, at 770-535-8290.



Radon can be a serious problem. For more information, contact Ginger Bennett at [bennettg@uga.edu](mailto:bennettg@uga.edu).



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### **Expanded Food & Nutrition Education Program**



Hello, everyone. My name is Sheri Torres. I recently joined the Hall County Expanded Food and Nutrition Education Program. Prior to this position I worked as a Family Partner for Head Start.

EFNEP is for families with young children birth thru eighteen. The program is FREE to those who meet income guidelines or receive one of the following programs: WIC, Medicaid, Food stamps or free school lunches. In Hall County, EFNEP is a joint program through the Extension Service and Catholic Social Services.

As you know we are seeing a large number of overweight children who are at high risk of developing diabetes. The EFNEP program will help these families learn to make healthier food choices while learning how to stretch their food dollars and get more for less. There are eight to twelve lessons about nutrition: shopping for foods, preparation and food safety. Once these lessons are completed, participants receive a certificate from The University Of Georgia. I hope to be able to have a small graduation once a year for all the participants.

On June 18, I participated in a special event at the Georgia Mountain Center -Hands Across the Border. Several agencies welcomed and provided information to the Hispanic community about available services. I set up and manned an exhibit on Fight Bac (food safety).

I myself have been practicing some of the lessons and they really work! I have been able to save money by comparing prices and I have been using a shopping list. Works wonders. My classes are given in Spanish and in English. If you know of families that might be interested in this program please have them call me at 770-534-3337 Ext. 200.

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