

'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

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UGA Cooperative Extension in Hall County

Biodiesel finds home in backyards, fueling stations alike By: Stephanie Schupska, UGA CAES News Editor

The biodiesel topic is hitting the lips of those working in places ranging from labs to government regulations offices. As fuel prices continue to mount, many Americans have started hunting ways to make transportation more economical. And that includes the production of biodiesel.

"Biodiesel has true scale-ability," said Rob Del Bueno of the Southern Alliance for Clean Energy. "It can be made in a multimillion gallon tank or in a two-liter bottle in a kitchen if done carefully."

Del Bueno knows this firsthand. After college, he promoted a band that played gigs wherever they could get them. To save money, they converted the tour van to run on vegetable oil taken straight from the fryers at the bars where they played.

Del Bueno was hooked, not on the band, but on the fuel they used. He started tearing apart engines, making his own biodiesel and running his car on it. He then started making it for his friends. After an article in a local newspaper, the Environmental Protection Agency and the Internal Revenue Service also got interested, and he was audited and slammed with fees.

According to Ryan Adolphson, director of the University of Georgia's Biomass Processing Pilot Plant Facilities, from 1995 to 2005, four Georgia bills on biomass were introduced. In 2006 alone, at least eight bills came before the state legislature pertaining to biomass energy in general with six bills directly targeting biodiesel.

In fact, Georgia Senate Bill 636 that passed in 2006 makes it illegal for someone to produce biodiesel for resale if that biodiesel does not meet standard specifications. And testing for those specifications is expensive.

A license for a small biodiesel producer, who is someone who produces less than 250,000 gallons a year, costs \$2,500 per year. That doesn't include the costs for extensive tests to make sure the product is engine and road-ready.

"It's really easy to make biodiesel. To make it right is really hard," said Dan Gellar, who is on the UGA engineering department faculty and has been researching biodiesel for the past 10 years.

According to Dan Walsh of National Tribology Services Inc., those hoping to produce biodiesel for resale should expect to ask for a loan between \$1 million and \$2.5 million just to cover startup costs, and then expect to pay between \$800 and \$1,300 for each complete test a lab runs on each sample from each batch they produce.

As the new industry takes its first few steps, "the biomass industry needs to work together and be directly involved in the legislative process," Adolphson said. "This means that agriculture and industry have to determine together what realistic goals and targets can be achieved."

For more information, contact Ryan Adolphson (706) 542-0940 (ryan@enr.uga.edu) or Dan Gellar (706) 583-0876 (dgellar@enr.uga.edu).

What is SIDS?

SIDS stands for sudden infant death syndrome. This term describes the sudden, unexplained death of an infant younger than 1 year of age.

Some people call SIDS "crib death" because many babies who die of SIDS are found in their cribs. But, cribs don't cause SIDS.

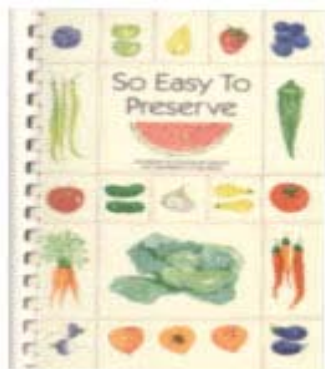
Babies sleep safest on their backs.

One of the easiest ways to lower your baby's risk of SIDS is to put him or her on the back to sleep, for naps and at night. Health care providers used to think that babies should sleep on their stomachs, but research now shows that babies are less likely to die of SIDS when they sleep on their backs. Placing your baby on his or her back to sleep is the number one way to reduce the risk of SIDS.

For more information on sleep position for babies and reducing the risk of SIDS, contact the *Back to Sleep* campaign at:

Phone: 1-800-505-CRIB (2742)

Web site: www.nichd.nih.gov/SIDS



FOOD Preparation & Preservation News from Debbie Wilburn, FACS CEA

The University of Georgia Cooperative Extension is revising the nationally-known, popular book, *So Easy To Preserve*. This book contains over 150 tested recipes along with step by step instructions and in-depth information for both the new and experienced food preserver. New recipes are being added along with the latest and safest USDA recommendations. Chapters include Preserving Food, Canning, Pickled Products, Jellied Fruit Products, Freezing and Drying. **The 4th edition is sold out**; we hope to have the 5th edition by **mid-July 2006**. Please call my office to be put on the contact list for the new book or check for the order form online at www.uga.edu/nchfp (National Center Home Food Preservation). This website also has hundreds of food preservation recipes as well as info for beginner and expert food preservers.

Free Dial Gauge Pressure Canner testing through Hall County Extension. If you have a dial type pressure canner it should be tested each year for accuracy. Call my office to make an appointment to bring in your canner lid to the Hall or Forsyth office.

Hall County Farmers Market Food Preservation Programs

June 23 (Friday) 8:30-9:30 a.m. Sensational Salsas. Come by and find out how you can add flavor, color and zest to your foods with homemade salsas. Receive a free copy of our newest publication: Sensational Salsas and actually sample some delicious salsa recipes made by myself and local 4-H'ers.

June 30 (Tuesday) 8:30 -9:30 a.m. Canning Foods Exhibit and Update. Drop by to find out the latest USDA canning recommendations. Pick up pamphlets and ask questions. **FREE** Dial Gauge Pressure Canner testing (just bring the entire lid).

Hall County 4-H Club: July & August Activities

July 2006

Citizenship/Washington Focus

Hall County 4-H'ers, Tesa Reynolds and Sarah White, will represent the Hall County 4-H Club and Georgia 4-H at our nation's capitol to learn and promote "Better Citizens Today, Better Leaders Tomorrow". With an interest in the national government, as well as an interest in learning to improve leadership traits, Miss Reynolds and Miss White will participate in this weeklong event July 8 through July 15. While in Washington D.C., the 4-H'ers will participate in committee meetings, attend leadership workshops, attend a congressional session, and meet government officials. Sarah and Tesa will be part of a large delegation of 4-H'ers from all over the United States. The group will tour local sites and stay at the National 4-H Center.

Junior 4-H Summer Camp

Hall County 7th and 8th graders will travel to Jekyll Island 4-H Center the week of July 10-14 for a fun-filled week of 4-H Summer Camp. While at camp, the 4-H'ers will attend beach ecology classes, learn about the ocean, swim at the beach, go canoeing, biking, and go on an Okefenokee tour, visit historic Jekyll Island, plus participate in many other fun and interesting activities.

Stone Mountain

Hall County 4-H'er will visit Stone Mountain Park on July 11th. The 4-H'ers will learn the history behind the stone carving, they will visit all the attractions and stay late for the laser light show.

State 4-H Congress

This year, Corey O'Quinn, a ninth grader from Flowery Branch High School, placed first in his project area, *Photography*, at District Project Achievement earning him an opportunity to compete at State 4-H Congress to be held in Atlanta July 18-21. Corey will compete with 4-6 other 4-H'ers in our state for national recognition.

Certified 4-H Leader Training

4-H volunteers leading clubs are invited to this training which will help new and experienced volunteers in organizing and managing 4-H Clubs. Topics will include recruiting other leaders, engaging 4-H'ers, charter 4-H Club information and everything needed for a successful 4-H Club. Leaders will receive an activity handbook as well as tons of resource materials.

August 2006

New School Year

The new 4-H year will begin during the month of August. 4-H Leaders will visit the 5th grade teachers and principals prior to the start of the 4-H year. The fifth grade program will include educational programs such as learning about microorganisms, speech writing, agricultural awareness and inherited traits.

The middle school program will, again, focus on community service, public speaking and recreational physical activity. During the month of August, the 4-H leaders will visit all of our host teachers and principals. High School 4-H'ers will be involved in leadership, community service and public speaking programs. They will be involved in a planning session in August.

Home School 4-H Club

The Hall County 4-H Club is proud to offer a Cloverleaf Home School 4-H Club. Currently, we are seeking adult leadership. Please call if you or someone you know might be interested in helping lead this group.





Georgia Radon Education Program Ginger Bennett, Extension Radon Educator

If you live in Hall County, you could die from radon exposure in your home. If you think that is an exaggeration, you're mistaken. Radon gas, a naturally occurring radioactive product of the decay of uranium in soil, rock and water, enters our homes from the ground beneath them.

Breathing radon-laced air causes permanent damage to the cells in the lungs and leads to the development of lung cancer. You can't see it, taste it or smell it, and it causes no symptoms, so when we breathe air that contains radon, it can be a silent killer. If you smoke and breathe radon gas, your chances of developing lung cancer are increased 10 to 20 fold.

Over the past 3 years the Georgia Radon Education Program has distributed 1,517 complimentary radon kits to Hall County homeowners. Sadly only 18%, or 278, of those homeowners bothered to use the kits to test the radon level in their homes.

This is sad because the results of those 278 tests revealed that nearly 1 in four of the homes had radon levels at or above 4 pCi/L, the action level EPA has set as a benchmark for indoor air in homes. What is even sadder still? To our knowledge, less than five of those homes have been fixed to keep radon from entering the home.

The EPA reports that levels below 1.6 pCi/L may be relatively safe, meaning that levels above that are dangerous. Remember those 278 test results? 177 of them revealed levels of 1.6 pCi/L or above. That means that more than 6 out of 10 of those families (63.6%) are breathing dangerous levels of levels of radon.

If you have received a test kit through this program but have never used it to test your home, please find it and test your home to-day. If you can't find the kit or would like to get one to test your home, please come by the Hall County Extension Office and pick one up. The test kit is a simple-to-use charcoal collection envelope that is hung in the home for 3 full days, and then mailed to the lab. It won't cost you a thing, since the postage is pre-paid.

What is a life worth? Have you had a family member die of lung cancer who never smoked? Radon is widely acknowledged to be the 2nd leading cause of lung cancer after smoking. You can protect your family from the hideous suffering and expense of lung cancer. Test your home today! And if your radon level is high, a simple, affordable ventilation system can be installed in your home that allows the radon to bypass your home and vent to the outside.

Please call Ginger Bennett, Extension Radon Educator, at 770/535-8290 for more information or email her at bennettg@uga.edu.

P.R.I.D.E. Teen Driving Education

Many parents do not realize that changes in the teen driving laws puts parents squarely in the passenger's seat. It requires that anyone who applies for a permanent driver's license must have a parent, legal guardian or responsible adult sign a verification form affirming that the candidate has completed either 40 hours of supervised driving experience or 20 hours if the candidate has successfully completed an approved driver education course.

The Georgia Teens Ride with P.R.I.D.E. curriculum includes teen driving facts and statistics, crash dynamics, the Graduated Driver's Licensing (GDL) process, and Georgia's teenage driving law. Class size is limited to 30 teenagers. Please call 770-535-8290 or stop by the Extension office at 734 East Crescent Drive, Gainesville to fill out a form by July 2 to reserve a space.

Free Teen Driving Class

July 11, from 6:30 p.m. – 8:30 p.m. at Gainesville State College

Parent or guardian is required to attend with teen.

*Registration by phone is required, call 770-535-8290, ask for Nancy (no later than July 2).

Expanded Foods & Nutrition Education Program

Hello again Sheri Torres, Nutrition Program Assistant here to give you an update on The Hall County EFNEP Program. The Expanded Food and Nutrition Education Program (EFNEP) is an outreach of the University of Georgia Cooperative Extension. In Hall County we are in partnership with Catholic Social Services. For those of you who have never heard of EFNEP let me give you a little information on what we do and some of the groups I work with.

I work with low income families with young children, to teach them how to make meals in minutes, food safety, how to save money at the grocery store and how to eat healthier. The participants also enjoy the hands on cooking activities that go along with the programs lessons.

The EFNEP program had its first graduation last December. I was very pleased to have had the opportunity to work with **20** parents from the Head Start programs at the Butler Head Start and the Lanier Head Start Programs. I was excited to have the opportunity to teach teen parents at the Lanier Career Center evening school. Thirteen students graduated from the program on May 11, 2006.

This summer I will be teaching classes on nutrition to children at the Veterans Outreach Community Center in Gainesville. EFNEP classes will be taught in Spanish at the Hall County Health Department beginning May 23 and run through July 17, 2006. EFNEP will start up again with the Head Start programs and the Lanier Career Center this fall.

I would like to thank everyone who participated in the program and I wish them the best of luck. I want to thank J & J Foods, La Texanita Mexican Store, El Sombrero Restaurant and El Ranchito Mexican Restaurant for their help in donating food and supplies for the graduations. Our community support makes this outreach possible.

If you know of families that would like to participate in the EFNEP program, call 770-534-3337, ext. 200.



EFNEP graduates from the Lanier Career Center Evening School - May 2006.

Summer Gardening Tips

- * **Continue using the 'Home Orchard' or 'Home Fruit Tree' sprays** on peaches and apples. These should contain Captan and Malathion. Read and follow all label directions.
- * **Thin fruit if set is too heavy.** This helps to keep limbs from breaking and produce better quality fruit. Remove apples, peaches and pears until you have one fruit every six inches along the stem. Remove plums until you have one fruit every four to five inches.
- * Look for **lace bugs** under azalea leaves where they make brown, tarry spots. The tops of the leaves will be speckled or silvery. Spray twice with Sevin or Orthene about two weeks apart. You can also use imidaclopid according to the label.
- * You can **shear** small leafed hedges (dwarf yaupon, helleri holly, etc.) now through August. Shear plants as rarely as possible. Do not prune so heavily as to remove all new growth.
- * **Fertilize roses** monthly. Continue black spot sprays on **roses**. Rake up and discard fallen leaves that have the disease. Try not to wet the leaves when you water.
- * **Proper watering and weed control** are crucial in the vegetable garden. Most gardens need an inch of water a week. Some vegetables need more.
- * Hand **weeding** is most effective in the garden. Once you get things weeded use newspaper covered with a thick layer of mulch to block new weeds. Mulch to control weeds and slow water loss.
- * **Plant sweet corn and beans** every two weeks through June for an extended harvest.
- * **Keep vegetables harvested**, well watered and fertilized to continue production. Fertilize every four weeks if needed.
- * Continue to **deadhead flowers of annuals and perennials**. This will keep them from going to seed and may produce additional blooms.





*UGA Cooperative Extension
in Hall County*

Hall County Cooperative Extension
734 East Crescent Drive, Suite 300
Gainesville, Georgia 30501

Phone: (770)535-8293
Fax: (770)531-3994
Email: uge1139@uga.edu

MARK YOUR CALENDAR
4-H AWARDS NIGHT
SEPTEMBER 11TH, 2006
6:30 P.M.
CHICOPEE AG CENTER

- Billy Skaggs, County Extension Coordinator , AG Agent
bskaggs@uga.edu
- Debbie Wilburn, County Extension Agent, FACS
dwilburn@uga.edu
- Judy Tilford, County Extension Agent, 4-H/Youth
jtilford@uga.edu
- Ginger Bennett, Radon Educator bennettg@uga.edu
- Roxanne Hulsey, 4-H Program Assistant rhulsey@uga.edu
- Ruth Alligood, 4-H Program Assistant ruthalli@uga.edu
- Kathy Seals, Horticulture Program Assistant
kseals@hallcounty.org
- Sheri Torres, EFNEP Educator, storres@uga.edu
- Doris Beck, Extension Secretary dbeck@hallcounty.org
- Nancy Mizer, Extension Secretary nmizer@hallcounty.org