

# 'News You Can Use' From the Extension Office



UGA Cooperative Extension in Hall County



**Hall County Master Gardeners  
REACH OUT to the Community in many ways!**



**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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*Spring Garden EXPO Sets Traffic Records!*

The 2007 Spring Garden EXPO, sponsored by the Hall County Master Gardeners and Hall County Extension, set new records for visitor traffic and number of vendors over the two-day event in April.

Several thousand visitors were greeted by 55 vendors selling specialty plants, perennials, annuals, shrubs and trees, gardening tools and accessories, garden art, garden equipment, and bird-houses. 27 local wholesale growers and retailers of plants were this year's focus at the fifth annual event. Held at the huge Chicopee Woods Agricultural Center near Gainesville, GA, the event also featured twenty different gardening-related workshops, put on by Master Gardener members of the HCMG. Over 120 Master Gardener volunteers assisted in putting on "The Greatest Two-Day Plant Sale in Georgia."

*"In Our Own Back Yards" Theme of 2007 Garden Walk*

The bi-annual Garden Walk, sponsored by the Hall County Master Gardeners and Hall County Extension, proved once again the high level of interest in gardening in our local community. Over 500 visitors came to the six garden sites in Gainesville and North Hall County.

Each garden was unique, and all reflected the love of gardening by their owners, each a Master Gardener with HCMG. Another special treat was the presence of an artist at each of the gardens, actually painting scenes of the garden they were visiting. Door prizes for each garden featured one of each artist's paintings.

*Who are the Hall County Master Gardeners?*

The Hall County Master Gardeners are sponsored by Hall County Extension. Over 150 volunteers conduct several major fund-raising events each year. The funds are used to support a variety of projects in the Hall County area, including special landscaping projects, sponsorship of the Junior Master Gardener Program in local elementary schools, maintenance of some of the gardens at Wilshire Park, landscaping support for Habitat for Humanity projects, and so forth.

For more information, visit the organization's website at [www.hcmgs.com](http://www.hcmgs.com).



## Hall County 4-H Junior and Senior DPA

We are very proud of our Hall County 4-H'ers who participated in Junior and Senior District Project Achievement on March 10<sup>th</sup>. **Jason Hilley** and **John Hayes** placed first in their project areas and will go on to participate in State Congress July 24-27 in Atlanta. If Jason or John place first at the state contest, they will become MASTER 4-H'ers which is the highest level of accomplishment in the 4-H program.

### Senior 4-H'ers

Jason Hilley	Arts Crafts Project
Corey O'Quinn	Communications Project
Kaitlyn Head	Dog Care & Training Project
Sarah White	Fashion Revue Project
Bridget Maguire	Horse Project
John Hayes	International Project
Julia Ann Fairhurst	Performing Arts, General
Tesa Reynolds	Performing Arts, Vocal

### Junior 4-Hers

Jenny Sheppard	Festival Foods for Health Project
Emily Linto	Horse Project
Jared Lee	Marine Resources Project
Kelsey Brott	Performing Arts, Instrumental
Laura Hilley	Performing Arts, General
Ellie Styron	Performing Arts, Vocal
Selena Ledford	Photography Project
Haley Woodard	Veterinary Science

## Cooking for a Lifetime



Myrtle Figueras, Gainesville City Council Member

Did you know that Hall County has one of the highest rates of cervical cancer in Georgia? To reach at risk women for cervical and breast cancer a "Cooking for a Lifetime" Cooking School was sponsored by Hall County University of Georgia Cooperative Extension, North-east Georgia Medical Center, and District 2 Health Department.

Participants attending the 2 day program on May 8-9 at St. John Baptist Church not only enjoyed healthy recipes and taste samples they also found out how cancer screenings can save lives. "Celebrity Chefs" demonstrated their support of the program and also shared their culinary skills.

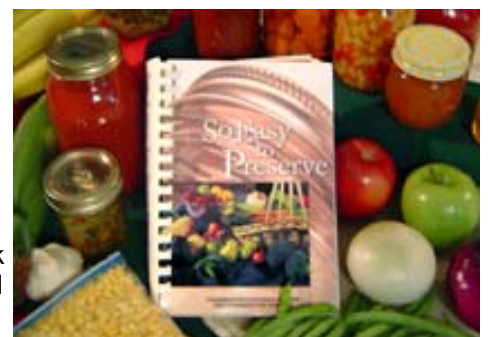


Debbie Wilburn, FACS Agent and Hall County Commissioner Deborah Mack

## "So Easy To Preserve"

The University of Georgia Cooperative Extension has revised (5<sup>th</sup> edition) 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 were added along with the latest and safest USDA recommendations. Chapters include Preserving Food, Canning, Pickled Products, Jellied Fruit Products, Freezing and Drying.

Copies of the new book are available at the Extension office for \$18 or check for the order form online at [www.uga.edu/nchfp](http://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.



## Hall County 4-H Events



### June 2007

Montana Exchange – June 4 – 11  
 State 4-H Horse Show in Perry – June 11- 16  
 Cloverleaf Summer Camp Parent Make-up meeting – June 12  
 State 4-H Horse School in Perry – June 17-21  
 Cloverleaf Summer Camp – June 18-22  
 Senior State 4-H Council – June 22-24  
 Hall County Agriculture Day – June 22  
 Junior Camp – June 25-29



### July 2007

Arts & Crafts Club – July 10, planning meeting  
 Horse Club – July 12, planning meeting  
 Citizenship Washington Focus – July 14-21  
 Marine Resources Camp – July 16-20  
 State 4-H Congress – July 24-27  
 Certified Club Leader Training – July 27 & 28



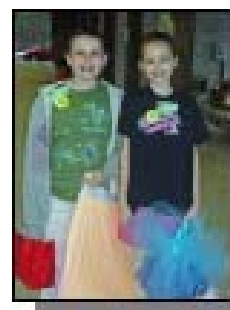
### August 2007

Hall County Schools in session – August 9



### September 2007

4-H Awards Nights – September 10  
 Georgia State Fair in Macon – September 25 - 30



[www.hallcounty4hclub.org](http://www.hallcounty4hclub.org)



## Hall 4-H Club Members excel at area competitions

The State Horse Judging Team consisting of Ryn Jones, Chelsea Cates, Haley Woodard and Courtney Woodard did an amazing job at the State Horse Judging Match May 5<sup>th</sup> at the University of Georgia. Our Junior team placed an outstanding 9<sup>th</sup> place out of 17 teams. Thank you to Mrs. Woodard for all her hard work and dedication in preparing the team for competition.

The Georgia State 4-H Target Challenge Weekend was held on May 5<sup>th</sup> at Rock Eagle 4-H Center. The Hall County 4-H Club had two BB Rifle Teams and one individual participant in the match. The match was attended by over 500 shooters from all over the state of Georgia. Mr. Sherman Pass and his team of adult coaches have done an excellent job this year with the teams. Congratulations to Dalton Echols who placed 4<sup>th</sup> in the state .22 Rimfire competition. Eric Osborne and David French were recognized with blue ribbon medallions for their perfect score on the written section of the contest. Team One placed 16<sup>th</sup> out of 75 teams and Team Two placed 18<sup>th</sup>.

Congratulations to the Hall County 4-H Junior Poultry Judging Team participants Lexi Ledford, Morgan Whisnant, James Raper, Levi Hicks, Abby Hicks and Shelley Bennett, lead by Mrs. Jennifer Collins, for their placement of 18 out of 27 Junior teams on April 23<sup>rd</sup> at the area contest held at University of Georgia. Congratulations to Abby for having the highest individual score for the team!

## Not Even for a Minute: Do Not Leave Children in Hot Cars



Many parents mistakenly think they can leave a child in a vehicle while running a quick errand. Unfortunately a delay of just a few minutes can lead to tragedy. Extreme heat affects infants and small children disproportionately. At least 230 children have died of heatstroke since 1998 after being trapped inside parked cars (sometimes on relatively mild days with only 70 degree temperatures). The majority of these cases were children under 3 years of age. This is a serious public health issue, and one that is entirely preventable.

### Preventing Heat-Related Deaths and Injuries in the Car

- Never leave your child in an unattended car, even with the windows down.
- Teach children not to play in or around cars.
- Always lock car doors and trunks even when at home.
- Be wary of child-resistant locks. Teach older children how to disable the driver's door locks if they unintentionally become entrapped in a motor vehicle.
- Check to make sure all children leave the vehicle when you reach your destination.
- Don't overlook sleeping infants.
- Watch children closely around cars, particularly when loading and unloading.
- Make sure you check the temperature of the car seat surface and safety belt buckles before restraining your children in the car.
- Use a light covering to shade the seat of your parked car. Consider using windshield shades in front and back windows.
- If your child gets locked inside a car, get him out and dial 911.

## Georgia Teens Ride With P.R.I.D.E.

If you have a teen between the ages of 14-16 call the Hall County Extension office to sign up for our next **FREE** PRIDE (Parents Reducing the Incidents of Driver Error) class to be held on August 6 from 6:30-8:30 pm at Gainesville State College.

This program is sponsored by UGA Extension, Georgia Traffic Injury Prevention Institute, Governor's Office of Highway Safety and Georgia State College. Please call 770-535-8290 and ask for Nancy by July 30 to reserve a space for you and your teen.

## Radon a myth? Not hardly!

Radon a myth? Not hardly! Despite what a few people may say, radon is a real danger. Breathing this radioactive gas can kill you. How? When you breathe this odorless, tasteless, invisible gas, the alpha particles it emits in large quantities can penetrate lung tissue, the alveoli, and alter the DNA in the cells. Get enough damage and lung cancer can and does develop.

Georgians are at considerable risk of having indoor radon levels above the action level set by the U.S. Environmental Protection Agency (EPA), 4 pCi/L. This action level, based loosely on geological data, was set because EPA knew from past experience that almost every home could be fixed so that the radon level was below 4 pCi/L. Breathing 4 pCi/L of radon for a year is equivalent to getting 200 x-rays during the same period. Almost 1 in 5 homes in NE Georgia have tested high for radon through the UGA Radon Education Program's free home test kit program.

Have I gotten your attention yet? Lung cancer is a devastating illness. The survival rate is the lowest of any cancer—only 7% survive. And the human suffering and medical costs are extremely high. Yes, not every one will develop lung cancer from breathing radon, but can you afford to take a chance with your family's health?

Testing your home every 3-4 years is essential to protect your family from radon, and it is very simple and expensive to do so. All a homeowner needs to do is come by the Hall County Extension office and pick up a free test kit. If you're thinking of selling your home or buying another, it would be wise to involve a NEHA certified radon measurement specialist to do the test. They usually use a tamper-proof electronic measurement device that gives hourly readings of radon, humidity, barometric pressure, etc. Such measurement is very reliable and quick, which is vital in a real estate transaction. For more information on certified radon measurement/mitigation professionals, go to [www.neha.nrpp.org](http://www.neha.nrpp.org).

Ginger Bennett, Hall/Dawson County Radon Educator is available to answer your questions about radon at 770-535-8290 or [bennettg@uga.edu](mailto:bennettg@uga.edu). And you may find more information about radon at <http://www.fcs.uga.edu/gafamilies/housing/radon>.

Ms. Bennett will also come to your organization, business or classroom to share all about radon, as well as provide an exhibit for special events. Call her at 770/535-8290 to schedule a program or exhibit.



Radon Educator Ginger Bennett talks discusses the benefits of radon testing with a client.

## Farmers Market is OPEN

Imagine a picnic table filled with platters of food made with fresh produce grown in Georgia. It would be an endless smorgasbord of delicious delicacies fit for a king. At that table, folks would agree, Georgians knows how to roll out the red carpet with good wholesome food and fine southern hospitality.

In Georgia and in Hall County, the fruit and vegetable industry is alive and well. Fruits, vegetables, and nuts accounted for \$1.1 billion in farm gate value in 2005, representing 11% of all farm products in Georgia.

A wide range of commodities are grown right here in Northeast Georgia, including: apples, beans, bell peppers, blueberries, peppers, cucumbers, eggplant, grapes, greens, melons, okra, onions, peaches, peas, pecans, pumpkins, snapbeans, strawberries, sweet corn, sweet potatoes, and tomatoes. You can also find a nice selection of potted plants, cut flowers, shrubs, locally produced honey, and jams & jellies.

While some of these products are sold via wholesale and retail outlets, the Hall County Farmers Market provides local residents a direct line to locally grown fresh fruits and vegetables. Created in 1973, the Hall County Farmers Market reopened for the 2007 growing season on Tuesday, May 8<sup>th</sup>.

The days of operation for the Farmers this year have changed a bit – we're still open every Tuesday morning starting 6:30 a.m., however the Farmers Market will now be open every Saturday at 8:00 a.m. beginning May 12<sup>th</sup>. The Market operates at a permanent covered facility located on corner of E. Crescent Drive and Jesse Jewel Parkway, near I-985 Exit 24.





*UGA Cooperative Extension  
in Hall County*

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**MARK YOUR CALENDAR  
FOR THE FALL GARDEN  
EXPO—SEPTEMBER 8TH  
CHICOPEE WOODS  
AG CENTER**

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