

'News You Can Use' From the Extension Office

UGA Cooperative Extension Service in Hall County



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

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Before Planting a Tree, Ask a Few Questions

Fall is the perfect time to plant trees in your landscape. We select trees for many reasons such as fast growth, spring bloom, or screening, but often we do not consider our immediate surroundings.

It's important to ask questions and find out about the tree(s) you are interested in. Believe me, it is much easier to select another tree than to deal with a problematic tree after it has been growing for five or ten years. Here are a few questions to consider before making your tree selection.



1. **How tall will the tree grow?** This may sound pretty basic, but people seem to forget that little trees have a nasty habit of becoming big trees. The most common example may be the fast growing maples planted under power lines.

2. **How wide will the tree grow?** Here's another basic question that is routinely ignored. Try to plan, and plant, for mature width and height.

3. **How much light does it need?** Trees that have evolved for full sun or shade often grow poorly when located in a very different light environment. A good example of this is the dogwood, a beautiful, small tree that many people love. Its native habitat is in the forest understory, and that's why it suffers in full sun without irrigation.

4. **How cold hardy is it?** Look for trees rated for one zone colder than where you want to plant, just to be sure there are no surprises during the life of the tree.

5. **Is the tree unusually susceptible to insects?** Trees are not equally resistant against serious insects on all sites and in all climates.

6. **Is it unusually susceptible to diseases?** Some trees are so likely to get certain diseases that it is a waste of time and money to plant them. Many crabapples & hawthorns fall prey to disease.

7. **Does it have serious problems with structure?** Certain trees are known to structural problems and will split apart as they age. A common example is the Bradford pear, which has beautiful flowers that everyone loves, but often splits apart because the wood is brittle and the branching structure is poor.

8. **Can the tree tolerate the soil pH found in your yard?** Many of the tree species have evolved for acid soil conditions; they will grow poorly and even die in alkaline soils.

9. **Can it tolerate the average amount of ground water on your site?** Trees that thrive on a very dry or very wet site often have difficulty when planted in a different water situation.

10. **Finally, is the tree invasive?** Some trees grow so fast or produce so much seed that they aren't good selections for many sites. Silver maples cause many problems with their rampant growth above and below ground, while sweetgums and maples have invaded fence lines and wild areas to an alarming degree.



Holidays can be full of temptations especially if you have diabetes.

Controlling Diabetes During the Holidays

Can you believe the holidays are just around the corner? Holidays can be full of temptations especially if you have diabetes. Busy schedules make it hard to work in regular exercise and healthy meals. But don't despair. With a little planning you can have a happy holiday season.

Join us for "Controlling Diabetes During the Holidays" on Tuesday, November 8 from 1:00-3:00 p.m. at the Hall County Extension Office. The cost is \$3.00 per person. You must pre-register by November 1. Mail your check or come by the office, Hall County Extension Service, 734 East Crescent Drive, Suite 300, Gainesville, GA 30501.

Topics will include: Lighten up Favorite Holiday Foods, Using Low Calorie Sweeteners in Baking, Reducing Fat, Coping with Stress, Keep Moving, Entertaining Tips and Practical Gift Ideas. Space is limited, so send in your registration as soon as possible. Please include your home phone number and we'll give you a reminder call prior to the program.



Hall County 4-H School Club Activities

October

5th graders will participate in a class about nutrition and receive tips about speech writing. As a special treat, 4-H leaders will show how to make a special low-fat apple dip. Everyone will get samples!

Middle School 4-H'ers will get outside this month for some exercise and fun! Each monthly meeting always includes enrollment, announcements and healthy snacks.

The High School 4-H Club will meet at Oasis Bowling Center in Buford this month for some fun. 4-H'ers are asked to bring a friend with them. We will discuss portfolios, community service projects and upcoming events.

November

5th grader clubs will focus on speech writing and delivery in their November meetings. This is in preparation for the county 4-H speech contest to be held in January.

Middle School Clubs will continue having fun outdoors with broom hockey. As always, meetings include information about upcoming community service projects and announcements.

High School 4-H'ers will be working on their portfolios and community service projects. They will meet and eat at Zaxby's in Oakwood.

December

5th graders will not have 4-H clubs during the month of December. Have a great holiday!

Middle School and High School 4-H'ers will meet on December 8th for a holiday party. Community service projects will be completed and books, toys and Humane Society donations will be collected.

4-H News & Activities: October–December

October

National 4-H Week

4-H'ers throughout the nation will celebrate National 4-H Week October 2nd through the 8th. Locally, 4-H'ers will participate in 4-H Awareness programs during Mule Camp Market Festival, in school and through the media.

Mule Camp Market Festival

Each year, 5th graders throughout the county can donation homemade cakes for our annual Cake Sale at Mule Camp Market Festival. The festival will be held October 7th through the 9th on the downtown Gainesville Square. In addition to homemade cakes, charcoal grilled chicken plates will be on sale. Please plan on visiting our tents near the courthouse.

Portfolio Day

There will be a special portfolio class on October 19th for Junior and Senior 4-H'ers planning to compete in the 2006 District Project Achievement. Portfolios are similar to a scrap book. They highlight the activities that the 4-H'ers have participated in during the year, including 4-H, school and community involvement.

Archery Tournament

The Hall County 4-H Traditional Archery Club will host a Halloween Tournament on October 23rd at their Gillsville target range. Youth are invited to use traditional and compound bows. Adults can participate for fun and are asked to use only traditional equipment. For complete details contact the 4-H staff at the Extension office.

Chess Challenge Day

4-H'ers who like to play chess have an opportunity to participate in a county match on October 29th from 9:00 a.m. until noon at the Extension office. Participants are asked to bring a chess set. Adults will be available to help with set-up and rules. The following weekend there will be a match in Jackson, Georgia. Hall County 4-H will be defending our win from last year!

Mark your calendars for Mule Camp Market and the Annual 4-H Chicken BBQ and Cake Sale on October 7th-9th.

November

Fall Yard and Craft Sale

Booth space is available to rent for the 4-H Fall Yard and Craft Sale to be held November 5th at the Hall County Farmers Market. Please contact the Extension office for prices. This event benefits the Hall County 4-H Travel/Exchange Club. We hope you will participate.

4-H Steer and Heifer Show

The annual 4-H Steer and Heifer Show will be held Saturday, November 5th, at the Chicopee Woods Agricultural Center. For show rules and regulations, please contact the Extension office.

National 4-H Congress

National Congress will be held in Atlanta on November 25th through the 29th. State project winners from all over the nation will attend this very special event.

December

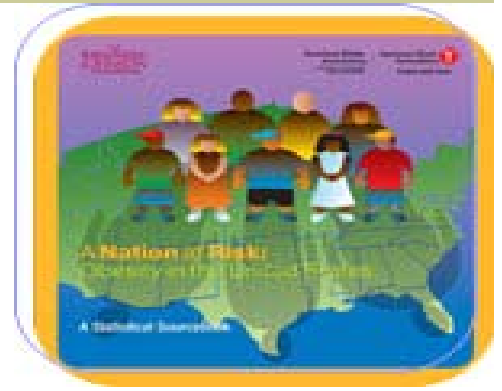
Fall Forum

Fall Forum is a statewide high school 4-H leadership event held at Rock Eagle 4-H Center on December 10th and 11th. Senior 4-H'ers will be given details about this trip during the months of October and November. Space is very limited. Please plan to register early.

Ice Skating and Swim Day

Join us for our *WATER FUN DAY!* A trip is planned to the Atlanta Ice Forum and to Bogan Park for ice skating and swimming on December 16th. 4-H'ers should watch for details to be given during their November meetings. Space is very limited!

Childhood Obesity Epidemic: The Shocking Facts



Overweight and obesity, especially among children, have emerged as serious threats to our nation's health. They have risen among women, men and children of all racial and ethnic groups. And this trend is projected to continue.

Obesity is a major modifiable risk factor for cardiovascular disease. It also increases the potential for high blood cholesterol, high blood pressure and type 2 diabetes. Recent research suggests that obesity shortens the average lifespan by at least 4 to 9 months, and if childhood obesity continues to increase, it could cut **2 to 5 YEARS** from the average lifespan. **That could cause our current generation of children to become the first in American history to live shorter lives than their parents!**

Besides its toll on health, obesity also significantly impacts healthcare costs. The World Bank has estimated the cost of obesity at **12 percent** of the nation's healthcare budget. Individuals, businesses and government all bear the costs for obesity.

The facts:

Some experts are concerned about how childhood obesity could raise the risk for diabetes later in life. According to CDC statistics, of children born in the United States in 2000 the following are likely to develop diabetes at some point in their lives:

→ **31 percent** of white girls and **27 percent** of white boys

→ **49 percent** of African-American girls and **40 percent** of African-American boys

→ **53 percent** of Hispanic girls and **45 percent** of Hispanic boys

We need to take action. Americans must make better food choices and become more physically active. Through the Hall County Extension Service we will be addressing this issue through programs in the school system, parents groups, churches, Head Start, North Georgia Diabetes Task Force and other groups. I will also use the media to raise public awareness about the serious threat posed by this growing epidemic.

Source: A Nation at Risk: Obesity in the United States, The Robert Wood Johnson Foundation, American Stroke Association and the American Heart Association 05/05. For more information visit www.rwjf.org

Upcoming Events in Family & Consumer Sciences

Live Healthy Georgia Senior Health Fair at Lakeshore Mall, Tuesday, October 18 from 10:00a.m.-4:00p.m. The Extension Service will provide exhibits and information on Diabetes and Radon.

City of Gainesville's Annual Employee Health and Wellness Fair, Friday, November 11, Georgia Mountains Center Arena. The Extension Service will provide exhibits and information on Nutrition and Radon.

Teen Driver Education Program (PRIDE – Parents Reducing the Incidence of Driver Error), free, parent and teen must attend together, Wednesday, September 21 from 6:30-8:30 p.m., Gainesville College, must call 770-535-8290 to register. Sponsored by Hall County Extension Service, Georgia Traffic Injury Prevention Institute, Governor's Office on Highway Safety and local law enforcement.



Fall Landscape & Garden Tips

Cleanup around roses, flowerbeds and summer vegetable gardens; diseased or insect infested foliage and stems left on the ground can harbor pests that may overwinter and reoccur next year.

Red maple trees offer brilliant fall color and they may be safely planted now; recommended varieties include 'Red Sunset', 'October Glory' and 'Autumn Flame'.

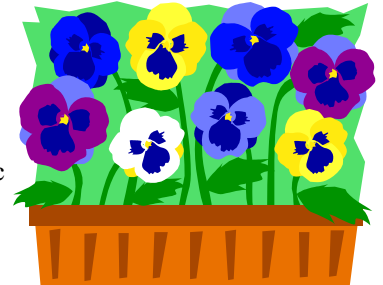
A final weeding-mulching of fruit and ornamental plants will help prevent weeds next year.

Now is a good time to dig new flower or garden beds for next year. Incorporate plenty of organic matter if possible and leave the soil rough to allow for good water penetration. Plant a cover crop to increase the soil's organic matter content.

When landscaping for energy efficiency, choose evergreens for the north and northwest sides of your house where they will help to block cold winter winds without limiting winter sunlight.

Cover your tender garden and flower plants on the first nights of frost. Often if tender plants are protected from early frosts they will continue to bloom or bear fruit for several more weeks.

Summer annuals that are still thriving, need a boost of fertilizer. Deadhead or cut back any leggy growth and they should continue to bloom through frost. Fall and winter annuals may be making an appearance, but hold off on planting until the weather cools off.



Wait until the weather cools to plant winter annuals like pansies.



Hall County Expanded Foods & Nutrition Education Program

As everyone already knows Hall County EFNEP is still quite new. I have been very busy recruiting and setting up meetings with different agencies to get the word out about the free nutrition classes that EFNEP offers to families with young children. I am making progress.

There are seven families participating in nutrition classes. Two families will be graduating from the program this week. They were very glad to have enrolled in the program. They have told me that they will help spread the word about EFNEP.

Two of the participants told me that they really enjoyed cooking and the hands on activities we did, plus the fact that they were done at their convenience. My other participants are very committed to the program also. Ms. Cruz is very interested in our up coming food label- reading lesson. She also said she will never thaw foods at room temperature again, now that she knows there are dangers. As the new school year approaches I will be meeting with Head Start parents and ESOL parents (English as a Second Language).

On September 17, I will educate parents on reducing fat through an exhibit at the Health Fair at The Butler Community Center. I also have meetings planned with DFCS, WIC and other agencies that provide services to income eligible families with young children. I have been a guest on La Que Buena, a radio show that reaches the Hispanic community. I am writing an article on the EFNEP program to be published in the bilingual newspaper Mundo Latino. I know this will be a very exciting year and I am looking forward to being very busy.

Sheri Torres (770) 534-3337 ext.200
Hall County EFNEP



Make healthy choices like fresh fruits and vegetables part of your daily diet.



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Agriculture – Still Important to Hall County

As Hall County continues to experience rapid growth and development, an increasing number of our residents do not understand the economic importance of agriculture and agribusiness.

- ❑ At almost \$318 million in farm gate income, Hall County ranked second in the state in farm gate income in 2004. This does not take into account the many allied and related industries that rely on agricultural products.
- ❑ In Georgia, Agriculture is the number one industry by far, representing \$10.3 billion in farm gate income in 2004. In addition, one in 5 jobs in Georgia is in agriculture, agribusiness or related enterprises.
- ❑ **Economic Impact...**
Approximately \$900 million annually is distributed throughout Greater Hall's Agriculture economy.

Hall County Farm Gate Income (2004)

• Poultry	\$ 290,006,781
• Beef Cattle	\$ 5,936,707
• Dairy	\$ 3,394,952
• Fruits & Vegetables	\$ 915,611
• Hay, Silage & Grains	\$ 1,903,460
• Ornamentals & Turf	\$ 1,903,500
• Horses	\$ 12,000,000
• All Other	\$ 1,681,911
• TOTAL	\$317,742,922