

# '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*

**Fall chores make next year's garden even better**  
**By: Billy Skaggs, Hall County Extension Agent**

Gardening may have been more work than reward during this long, hot summer. So now you're ready to hang up the hoe and spade for the winter. But don't quit just yet. A few fall maintenance chores will help you avoid problems next spring.

First, make some good notes before you forget this season. Take note of varieties that performed particularly well or not so well. Make a map of areas in the garden that have problem weeds. Identify them if you can. Note any areas that have stayed too wet or areas that didn't produce well.

Fall is the ideal time to take a sample for nematodes. They'll be at their highest populations while the weather is still hot and vegetation is still growing. Also, mark your calendar to take a soil test within the next two months, so you'll have time to apply any needed lime well before spring planting.

Once you've updated your records, remove any trellises you've put up in the garden. Remove any string or plant debris, and knock off any excess soil. Store them in a dry place to help preserve the life of the trellis materials.

If you have irrigation in your garden, situate them for winter, too. Remove hoses, sprinklers, drip tape, etc. Store these out of the elements for the winter, after you remove any excess soil or plant debris.

Repair, sharpen and lightly oil garden implements before storage, too.

Now that you have all the obstacles out of the way, it's a good idea to run a rotary mower across the garden to chop up any plant debris that remains. This allows plant debris to dry down faster and keeps weeds from going to seed before frost. Applying a non-selective herbicide (such as glyphosate) a few days before mowing is even better.

Use the fall to add organic matter like grass clippings, manure and leaves that have been composted. Then bury the organic matter and debris by turning the land and planting a cover crop for the winter. This will help prevent soil erosion. It can build up the soil when you turn under the cover crop in the spring. A grain such as rye or wheat works well for this.

Finally, don't forget to order your seed catalogs by the end of the year and begin planning next year's garden. Getting your seed ordered early in the year will better your chances of getting the varieties you want.

Enjoy the coming fall. Spring's just around the corner, and garden fever will be getting your blood pumping to get out and play in the soil again soon enough.

[www.hallcounty.org/extension](http://www.hallcounty.org/extension)

[www.ugaextension.com](http://www.ugaextension.com)

## **Fall Garden Expo & Gardening Symposium**

Mark your calendars for Saturday, October 7th for the Gainesville Fall Garden Expo and the North Georgia Gardening Symposium, both of which are taking place at the Chicopee Woods AG Center.

The Garden Expo will feature nursery vendors from across Georgia with a variety of items for sale and is free to attend. The Gardening Symposium will feature four excellent gardening speakers, including the Georgia Gardener, Walter Reeves. The cost to attend the Symposium is \$35.00 and includes lunch.

For information, go to [www.hallcountymastergardeners.org](http://www.hallcountymastergardeners.org)



## **Hall County EFNEP News** **By Sheri Torres, EFNEP Program Assistant**

The Expanded Food and Nutrition Education Program "EFNEP" has been in Hall County one year now. The program is running strong. An important part of my job is recruiting families to attend nutrition education classes. I work with Families with young children teaching them healthy nutrition so we can all have the opportunity to live healthier longer lives. Eating healthy can help prevent and even lower the risks of certain cancers, diabetes and high blood pressure.

On July 12<sup>th</sup> I assisted in manning an exhibit on nutrition and exercise at the Governor's Live Healthy Georgia "Walk a Mile" health fair held at First Baptist Church. Wow I really enjoyed watching the children get active dancing Chick-Fil-A cow, Bugs Bunny and Daffy Duck. Everyone had a great time. Would you believe the snacks on hand were very healthy; banana's apples and grapes and plenty of refreshing water.

Upcoming events for Hall County EFNEP include health fairs and a cooking school for cancer awareness and prevention. This fall I will be teaching EFNEP classes with Head Start families at the Lanier Career Center and the Butler Center. I will be doing something new this year teaching EFNEP classes to Women Infants and Children (WIC) participants through the Health Department. I am still working on forming a partnership with the Department of Family and Children Services (DFACS).

There are lots to do every day, but what makes this all worth while is the satisfaction I get at the end of the day knowing I made a difference in someone's life. I know through EFNEP that children will eat healthier meals and snacks and those parents are saving money on food. This is what makes my job satisfying, helping people change their lifestyles so that they may live longer, healthier lives.



## Hall County 4-H News

What a great summer it has been! 4-H Club members have been very busy.

Horse Club members Courtney Woodard, Haley Woodard, Amanda Bishop, Megan Bishop, Bridget Bott, Julie Webb, Alexis Dellinger, Misty Hamilton, Ansley Hayes and Mackenzie Hayes all participated in the State 4-H Horse Show in Perry. Alexis Dellinger and Amanda Bishop were selected to participate in the Southern Regional 4-H Horse Show held in Raleigh, North Carolina. Congratulations!

Horse School was held the week after the State Show. Bridget Maguire, Haley Woodard and Emily Linto were selected to participate in the event.

The Exchange Club traveled to Montana for a weeklong adventure, and Sarah White and Tesa Reynolds attended CWF in Washington D.C.

Hillary Scherer spent her summer at Rock Eagle 4-H Center as a camp counselor on the water front. It was great to see when the week we attended Cloverleaf Camp!

Corey O'Quinn competed at State 4-H Congress and PLACED 2<sup>ND</sup>. We are very proud of Corey's accomplishment. High School members attended Senior State Council at Rock Eagle 4-H Center. The Hall County 4-H Club had 168 youth that participated in Cloverleaf Camp and Junior Camp.

Jessie Edge placed 5<sup>th</sup> in the Northeast Georgia Meat Goat Challenge. Alicia Conner, Joshua Waters and Cason Farmer all participated in the Georgia Junior Beef Futurity Show in Perry.

### Service Learning Activities

This year, we will continue our **Adopt-a-Highway** work by picking up litter along Radford Road in Flowery Branch. **Mr. John Fite** is the adult volunteer leader for the project. We are looking for an additional adult volunteer to help Mr. Fite. Please let us know if you might be interested. Dates will be posted soon.

The Hall County 4-H Club will continue their community service work through the Longstreet Medical Center "**ChemoChic**" program. Last year we made over 100 small pillows that were given to cancer surgery patients. This year we will make a variety of hats for cancer recovery patients. We are very proud of our participation in this program! We are in need of an adult volunteer that would be interested in overseeing the production of the hats. If you are interested, please contact the 4-H office

Throughout October, the 4-H Club will partner with Hall County Parks and Leisure by asking club members to **donate gently used toys, games and sports equipment**. The items donated will be given to the great folks at Good News at Noon.

During November, 4-H'ers are asked to **donate eye glasses, non-perishable foods, clothing, gently used children's books and items for the Humane Society**. These donations will be distributed on Donation Delivery Day, December 20.



## Hall County 4-H: Coming Events

### Awards Night – September 11

The annual 4-H Awards Night will be held Monday, September 11, 6:30 p.m., at the Chicopee Woods Agricultural Center. Our 4-H'ers will be recognized for their participation in District Project Achievement (DPA) and Project Clubs. Members and their families will receive invitations in the mail.

If you are planning on participating in Junior/Senior DPA this year, please plan on bringing a display to show in your project area. If you have questions about this, please contact Ms. Tilford or Mrs. Hulsey. The high school 4-H'ers have selected a pirate theme for the night so things should be interesting and FUN. *Arrrh, matey!*

### South Hall Community Center, Health Fair – September 16

The 4-H Club will have a booth at the upcoming Health Fair, September 16, at the South Hall Community Center in Oakwood. Club members are needed to help run the booth. **Please call or e-mail us to volunteer.** Are you looking for some GREAT portfolio work? Well, here it is! The hours are 10:00 a.m. until 2:00 p.m.

### 5<sup>th</sup> Grade Officer Training Class

The new 5<sup>th</sup> grade 4-H officers are invited to an officer training class to be held October 3, 6:30 p.m. at the Chicopee Woods Agricultural Center. The high school 4-H officers will help train the new 5<sup>th</sup> grade officers. Parents are invited to stay and learn about the upcoming 4-H year. It will be an enjoyable night! All Junior and Senior 4-H'ers are invited to assist with the activities that evening. **Please call and volunteer.**

### Annual 4-H Cake Sale – October 12

We hope everyone will consider donating a cake to the annual 4-H Cake Sale. On the 12<sup>th</sup>, we will collect all the cakes from the elementary schools and bring them to the 4-H office to be packaged. Middle School and High School 4-H'ers will need to bring their cakes to the office after-school on the 11<sup>th</sup> or 12<sup>th</sup>.

### Mule Camp Market Festival – October 12, 13 & 14

The Hall County 4-H Club will, once again, sell homemade cakes and grilled chicken plates at the festival. **WE NEED HELP!** Please call us if you would like to help.

### Arts & Crafts Club – Ages 9-19 years

The first meeting of the Arts & Crafts Club will be **September 26, 6:30 p.m.**, at the 4-H office. This year, club members will be learning about and making crafts from all over the world. We are excited to have **Mrs. Hilda Ledford** as the club leader. New members are always welcome!

### Horse Club - Ages 9-19 years - New members, please call for more information

There will be a final planning meeting on **Thursday, August 10, 6:30 p.m.** at Chicopee Woods Agricultural Center for the upcoming Horse Club year. We will discuss programs, workshops, clinics, shows and other activities. We are happy to welcome **Ms. Mona Bates** as our new Horse Club leader. The Horse Club will meet at the Agriculture Center this year and will have use of the activity building and the arena (B) behind the office. Meetings will be held on Tuesday and will begin at 6:30 p.m. and end around 8:00 – 8:30 p.m. September 12, October 10, November 28, December 12, January 9, February 13, March 13, April 10 and May 8.

### Pet Club – Ages 9-19 years

Pet lovers everywhere, unite, and join us for a fantastic year of pet fun! The first meeting of the club will be **September 28, 6:30 p.m.**, at the 4-H office. A calendar will be distributed at the first meeting showing meeting dates and times plus activities. We are happy to have **Mrs. Kim Reignier** back for a second year as the Pet Club leader. Please call or e-mail the 4-H office with any questions you may have.



## Cardiovascular Disease Still #1 Killer in Hall & Georgia

### Debbie Wilburn, FACS Extension Agent



Even with all the advances in prevention and treatment, cardiovascular disease (CVD) is still the number one killer in Georgia. In 2003, 23,295 deaths were attributed to CVD or 35% of all deaths in Georgia. Our death rate is 12% higher than the national death rate, and unfortunately black citizens are affected more than whites.

Among the 50 states, Georgia ranks tenth in total CVD mortality, but we rank ninth for deaths from stroke. In 2003, CVD caused more than 142,000 hospitalizations in Georgia that cost \$3.3 billion in hospital charges.

Seventy-four percent of us have at least two modifiable risk factors for CVD and 1 in 10 Georgians have 5 or more risk factors. This is very disturbing, but since these are “modifiable” factors this means we can make lifestyle changes to reduce those risks.

**Basically we need to stop smoking, get more active, eat healthier food and control our weight.**

Obese adults are more likely to develop CVD. In 2003, 25% of Georgia adults and 11% of Georgia teens were obese and the incidence increases every year. Georgia of course is in the “Stroke Belt.” At least 28% of our citizens have been diagnosed with high blood pressure

## Gainesville Diabetes 101

### Debbie Wilburn, FACS Extension Agent

Saturday, September 9, 2006 at the Georgia Mountains Center in downtown Gainesville. Registration begins at 7:30 a.m. The program is from 8:30 a.m. – 3:00 p.m. The cost is \$15/person; \$20 after September 3 (breakfast and lunch included). This will be a full day of diabetes information for people with prediabetes, Type 1 or Type 2 plus their family members and friends.

Each participant can choose four workshops from 18 different topics. There is definitely something for everyone. These workshops will be taught by area physicians, nurses, diabetes educators and nutritionists. Nutrition topics will include: Cooking Demonstration for Healthy Eating with Diabetes, Basic and Advanced Carbohydrate Counting and How to Be Successful at Weight Loss.

This year several topics will address younger people with diabetes through a panel discussion by pediatric experts for Children with Type 1 or 2 Diabetes. Other topics will include: Diabetes and Men, What’s New in Pumping and Monitoring; Your Diabetes Rights, Insurance, Medicare and Legislature, Preventing Kidney Disease and Hypertension, Diabetes Medications and the Future, Exercise and Your Feet and more.

In addition to the workshops everyone will have a chance to view the numerous exhibits during registration, breaks and lunch. Come and find out about the newest medications, glucose monitors and other products designed specifically for people with diabetes. The featured guest speaker will be Dr. Tom Smiley, Pastor of Lakewood Baptist Church and author of “Runaway Lives.”

Program registration forms may be picked up from your local health department, hospital, doctor’s office, and the Hall County Extension as well as various locations throughout the area. **Call 1-888-DIABETES (1-888-342-2383 ext. 3166) to register** or for more information. Don’t forget early registration is due by September 3, only \$15 for seven hours of diabetes education.



Georgia Public Service Commission

## Senior Discounts on Utilities Available

The Georgia Public Service Commission has released information on discounts for seniors on their telephone, electric and natural gas bills. The information is can be found at: [www.psc.state.ga.us/consumer\\_corner/cc\\_advisory/seniordiscount.asp](http://www.psc.state.ga.us/consumer_corner/cc_advisory/seniordiscount.asp)

The GPSC wants to ensure that eligible senior citizens are aware that they can save money by using a “senior citizen discount” and/or “lifeline assistance” on their gas, electric, and telephone bills. For eligibility guidelines log on to the web address above or call Debbie at 770-535-8290. You may have an older relative or neighbor who could qualify for this discount if they meet income and age guidelines.



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in Hall County*

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

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