

# 'News You Can Use' From the Extension Office



UGA Cooperative Extension in Hall County

## Hall County AG DAY 2007

**- Event educates youth and area leaders on importance of Agriculture!**

### 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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Agriculture and agribusiness represent a major portion of the economic activity in Hall County. Estimated at \$900 million, Agriculture's economic impact is a tremendous boost to the economies of Hall and other northeast Georgia counties. And while many who have grown up being exposed to agriculture realize it's importance, it is increasingly important to remind all of our residents what agriculture and agribusiness mean to our community.

In an effort to meet this need, Hall County Cooperative Extension, Hall County Farm Bureau, and other agricultural agencies and supporters teamed up for the 1<sup>st</sup> Annual Hall County AG DAY on Friday June 22<sup>nd</sup>. AG Day included an agribusiness tour for elected officials and community leaders and on-farm activities for **300** children from area daycare centers, churches, and parks and recreation department.

Other cooperating organizations included Hall County Parks & Leisure Services, Hall County Soil & Water Conservation District, Natural Resources Conservation Service, Farm Service Agency, Hall County Cattlemen's Association, and the Georgia Agricultural Commodity Commission for Milk.

The agribusiness tour included stops at Chandler Equipment Company, Tim & Kellie Bowen's Full Bloom Nursery, and Todd Chapman's poultry and beef cattle farm. After visiting these operations, the tour concluded with lunch at Jaemor Farm Market.

AG Day activities for children included a hayride through the orchard, a milking demonstration by the Georgia Mobile Dairy Classroom, planting flowers with the Hall County Master Gardeners, and viewing a number of farm animals. In addition, participants visited educational booths and enjoyed healthy snacks made from Georgia products.





## Hall County 4-H Community Clubs

Students ages 9 through 19 years of age can participate in 4-H Clubs. Most clubs meet monthly or twice a month in the early evening. Listed are the first two meetings for each club. The clubs meet at various locations in Hall County and are led by volunteer leaders. Please contact the 4-H office to receive more information.

### Traditional Archery – Ages 9-19 years

Instructional traditional bow and arrow club, equipment is available to use at no cost. **Meets September 9 and 23, 1:30 pm, Gillsville Target Range**

### S.A.F.E. BB Rifle Team – Grades 5-8

Instructional and competitive target sport team, parent participation required.

Required orientation meeting September 20, 6:30 pm, Chicopee Woods Ag. Center; Mandatory Safety meeting October 11, 6:30 pm, Chicopee Woods Ag. Center.

### .22 Rimfire Sporter Team – Grades 9-12

Instructional and competitive target sport team; must attend orientation meeting on September 20, 6:30 pm, Chicopee Woods Ag. Center and Safety meeting on October 11, 6:30 pm, Ag Center.

### Exchange Club – Grades 7-12

Club members work together throughout the year to raise funds to travel to other states. Members will stay with and learn from 4-H'ers and their families. This experience also includes hosting 4-H'ers when they visit Hall County. Two year commitment. First meeting October 22, 6:30 pm, 4-H office.

### Horse Club – Ages 9-19 years

Horse ownership or access to a horse is required. Students participate in monthly educational programs, fun activities, trail rides, clinics, and shows.

Meets September 11 and October 9, 6:30 pm, Chicopee Woods Ag. Center.

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

Members learn about and make a variety of craft items throughout the school year! Meets September 24 and October 23, 6:30 pm, 4-H office.

### Knitting Club – Ages 9-19 years

Members will learn to knit. No experience is necessary! Meets September 17 and October 1, 6:30 pm., 4-H office.

Hall County 4-H Club Members had a blast at Rock Eagle 4-H Center at Cloverleaf Camp this Summer!



## 2007-2008 4-H Programs Begin



Georgia 4-H, a partner in public education, is youth and adults learning, growing and working together to experience and accomplish the extraordinary. 4-H is the youth development program of Georgia Cooperative Extension and the University of Georgia College of Agriculture and Environmental Sciences.

Hall County 5<sup>th</sup> grade students will participate in a one-hour, once a month, 4-H class. 4-H leaders will present educational programs in the areas of Agricultural Awareness, Science, Public Speaking, Citizenship and Leadership.

Students may be selected by their teacher to lead the 4-H Club meetings for the school year. All students are asked to present at least one **4-H demonstration**. A demonstration consists of a 3-4 minute speech about a favorite subject, a colorful poster to help illustrate the speech and items to share or show to the class.

The new 5<sup>th</sup> grade 4-H officers are invited to participate in a special Officer Training on September 25<sup>th</sup> at Chicopee Woods Agricultural Center. 4-H teen leaders and officers from the Senior County Council will provide valuable training for the program. Parents will attend a "get to know you" class conducted by the 4-H staff.

Middle School meetings will begin in September. The complete meeting schedule is posted on the Hall County 4-H Club website at [www.hallcounty4hclub.org](http://www.hallcounty4hclub.org).

The High School 4-H Club is underway. You can also see their meeting schedule at our website. Both the middle school and the high school 4-H programs involve public speaking, community service and citizenship activities.

### Coming Events

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|---------------|---|
| Nov 3-4       | Junior Conference for 7 <sup>th</sup> and 8 <sup>th</sup> grade 4-H'ers, leadership conference at Rock Eagle 4-H Center                     |
| Nov 3         | Fall Yard Sale, call to reserve a space, held at the Hall County Farmers Market   |
| <b>Nov 10</b> | <b>Hall County Steer &amp; Heifer Show</b>  |
| Nov 10        | Senior Portfolio Class  |
| Nov 23-27     | National Congress   |
| <b>Dec 1</b>  | <b>Hall County 4-H Horse Club Winter Equine Classic</b>   |
| Dec 8-9       | Senior Fall Forum, annual leadership conference for high school 4-H'ers   |
| Dec 15        | Donation Delivery Day, middle and high school 4-H'ers gather to deliver donations collected throughout the months of November and December. |
| <b>Dec 21</b> | <b>4-H Fun Day: Ice Skating &amp; Swimming, call for more information, open to all 4-H'ers.</b>   |

## Mule Camp Market Festival – October 12 & 13

The Hall County 4-H Club will, once again, be cookin' chicken and selling homemade cakes at Mule Camp Market Festival. Join us on the downtown Gainesville Square for our areas Fall Festival. Plan to purchase grilled chicken plates and homemade cakes from the 4-H Club. Proceeds help to fund 4-H programming throughout the year.

If you are into volunteer work, please consider helping us! We especially need help early in the morning to get the fire going and to help cook the chicken on both days. Everyone usually meets at about 6:45 am near the courthouse. We also need lots of 4-H'ers and adults to work in the booths. So, please let us know if you can volunteer for a couple of hours or even ALL DAY.

**Thanks in advance for your support of Hall County 4-H!**



4-H Chicken BBQ at Mule Camp Market—a Hall County Tradition!

## NOW is a Good Time to Update Your Homeowner's Insurance



When was the last time you reviewed your homeowner's insurance policy? If it has been over a year, then it is time to take a good look at your policy.

**In recent years home values have risen, leaving nearly two-thirds of the homes in the United States under-insured by about 27 percent.** There are several reasons why homeowners are not carrying enough insurance. In the past, an insurance company would usually pay to rebuild your home. These days they are more likely to pay only 120 percent of the stated coverage.

With construction costs rising an average of 3 percent a year for the past ten years, the cost of rebuilding may far exceed your insurance coverage. Also, if you are one of the many homeowners who remodeled your home, you need to update your coverage to reflect the improvements. About 75 percent of homeowners who remodel their houses fail to update their insurance coverage.

The first step to reviewing your home insurance coverage is to read your existing policy. Make sure you are carrying enough insurance to cover the cost of rebuilding your house. You don't need to insure the land, just the house. Make time for an annual checkup with your insurance agent. It is the best precaution you can take to avoid the risks associated with being under-insured.

## Helping children acknowledge loss and grief

Our culture tries to shelter children from loss and grief. This doesn't help them understand that grief is a normal part of life. Children who are protected from minor losses also are unprepared when they must confront a serious loss such as divorce, diagnosis of a life-threatening disease or death.

We all grieve-in at least a small way-anything that ends what we considered normal: death, divorce, a move, a job loss, the death of a beloved pet, a child's departure from home. By showing children how we adults acknowledge loss, we model how to express empathy. This teaches the social rituals associated with grief and helps children overcome the natural awkwardness that occurs when they speak to the bereaved, whether an adult or a peer.

One stage of grief is denial, and having a loss acknowledged helps the bereaved accept the reality of the loss. But being with those who are grieving is hard because it hurts us to know we cannot ease this pain.

If we pretend nothing happened or that we're not sad, we fail to model how to grieve in healthy ways. Children and teenagers watch their parents for signals about handling grief.

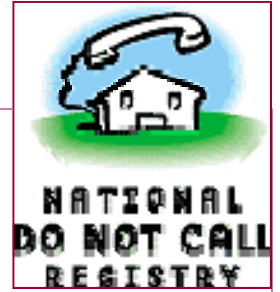
What should anyone, adult or child, say to someone who is grieving? It's helpful to kids if adults admit it is natural to feel awkward, especially in the first conversation after the loss. Then suggest comments such as, "I'm so sorry to hear about your loss," which is almost always appropriate. A variation: "I'll miss your grandmother so much," sharing a memory, in person or in a note, is also appreciated by the bereaved, especially if it's something they didn't know.



## Register Now for Diabetes 101 Seminar

Do you, a family member or friend have pre-diabetes or diabetes? Mark your calendar and sign up soon for the upcoming Diabetes 101 seminar on Saturday, September 15 at the Georgia Mountains Center in downtown Gainesville. Registration begins at 7:30 a.m. and the program will end by 3:00 p.m. The registration cost is \$15 which includes breakfast, lunch and a choice of 4 classes. **You must register by calling 1-888-342-2383 (DIABETES), ext. 3166.** For more information, contact the Cooperative Extension office.

## National "DO NOT CALL" List Stops Most But Not All Unwanted Calls



Georgia consumers can sign up for the national do-not-call registry. Registration on the national list for five years is free. If you do not want to put your number on the registry, you can still prohibit telemarketers from calling by contacting each one individually and asking them to stop contacting you.

Listing on the national do-not-call registry stops most, but not all, telemarketing calls. Political organizations, charities, and companies with which you have an existing relationship can still call.

Telemarketers calling to solicit charitable contributions are not covered by the registry and may still call. If you make a request to a specific charitable organization that they not call you, they are required to honor your request. If they call you again, they may be subject to a fine of up to \$11,000.

Even if you are on the national do-not-call registry, a company with which you have an established business relationship may call you for up to 18 months after your last purchase or delivery from it, or your last payment to it, unless you ask the company not to call again. If you request not to be called and they subsequently call you again, they may be subject to a fine of up to \$11,000.

If you make an inquiry or submit an application to a company, for three months afterwards the company can call you. If you make a specific request to that company not to call you, however, then the company may not call you, even if you have an established business relationship with that company.

You can register online for the national do-not-call registry. Visit <http://www.donotcall.gov/> and follow the instructions. You can register up to three numbers at one time. If you have more than three personal telephone numbers, you will have to go through the registration process more than once to register all of your numbers. You must provide an e-mail address to register. Minutes after registering, you should receive e-mails with additional instructions. Be sure to click on the links provided within 72 hours to confirm your registration.

You can only register one phone number each time you call the national do-not-call registry at 1-888-382-1222; for TTY, call 1-866-290-4236. You must call from the phone number you wish to register. Consumers who register for the do-not-call registry should notice a reduction in telemarketing calls after 31 days.

## FIX THAT RADON PROBLEM NOW!

Who would willingly expose themselves and their families to a dangerous carcinogen? Most of us would not. But many Georgia homeowners who have tested their homes for radon have chosen to do nothing to lower elevated radon levels. Fixing the problem is easy: install a simple and affordable venting system that allows radon and other dangerous soil gasses to bypass the home.

The U.S. Surgeon General and all major health organizations state that all homes in the U.S. should be tested for radon and if a home tests at or above the action level, the home should be fixed. So far, 1 in 5 homes in Hall County have tested high for radon, well above the national average of 1 in 15 homes.

The ventilation system used to reduce indoor radon levels essentially sucks air from beneath the home and vents it outside above the eave line of the home so it can't re-enter the home. And the air the system vents to the outside also carries other dangerous substances and moisture with it. In effect, the system helps to create healthy indoor air.

It is also possible to build a home that is radon resistant and there are some home builders in our area beginning to install passive ventilation systems (without the exhaust fan) as they build new homes. Once the home is up and running, a radon test is done and if the radon level is high, an appropriately sized fan is added to activate the radon reduction system. Installing a system while the home is being built is very cost effective. A system added to an existing home can cost from \$1,800 - \$2,200 or more. The passive system costs around \$350 and the added fan an additional \$200. Quite a savings, don't you think?

For more information about building radon out or fixing an existing home, contact Ginger Bennett, area Radon Educator, at 770-535-8290 or [bennettg@uga.edu](mailto:bennettg@uga.edu). If you have not already tested your home for radon, come by the Hall County Extension office and pick up a free, easy-to-use radon test kit. Don't wait! Do it today!



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**WE'RE NOW TAKING  
APPLICATIONS FOR THE 2008  
MASTER GARDENER CLASS!  
SIGN UP NOW!**

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