



THE UNIVERSITY OF GEORGIA

COOPERATIVE EXTENSION

Colleges of Agricultural and Environmental Sciences & Family and Consumer Sciences

BIBB COUNTY

JANUARY/FEBRUARY 2012



FEATURED ARTICLES!

- OPPORTUNITIES
- SOIL SAMPLING
- 4-H MORE THAN CLUB MEETINGS AND CAMP
- WALK GEORGIA
- SUGARY DRINKS ARE BAD NEWS FOR WOMEN

Learning
for **Life**

OPPORTUNITIES

- Feb 1 – Mar 17** **Registration for Walk GA.** Actual event is Feb. 12 thru May 5. See more information in newsletter. Register online at www.walkga.org
- Feb 16** **Manners Matter Child Care Provider Training** 6:30-8:30 pm at the Peyton Anderson Center. Pre-registration required, \$5.00 per person. Call 478-751-6338 for information.
- March 20** **Keeping Kids Safe from MRSA Child Care Provider Training,** 6:30-8:30 pm at the Peyton Anderson Center. Pre-registration required. \$5.00 per person. Call 478-751-6338 for information.
- March 28 & 29** **ServSafe Managers Training;** Two full days of training, \$140.00 Pre-registration is required by March 2. Call 478-751-6338 for information.

*****PLEASE NOTE*****

Our newsletter is now available by email! If you would like to receive it by email, please call our office at 478-751-6338 and give us your email address. Due to budget constraints and the rising cost of postage; we will no longer be able to mail out copies of this newsletter. If you would like to view future newsletters, you may go directly to our website at www.ugaextension.com/bibb. Copies of the newsletter will also be available at select libraries.



For more information,
visit your local library.

<http://www.co.bibb.ga.us/library/>



SOIL SAMPLING

Though wintertime gives a respite from many garden chores, spring green-up and planting time is just around the corner! For optimal results, there is an important step to take now—testing the soil.

Information from a soil test will tell you fertility status of your soil and equip you to properly lime and fertilize for obtaining the best results with your lawn, garden, and ornamental plants. Because lime reacts fairly slowly and should be mixed with soil several weeks before planting, don't delay!

Soil test results can be no better than the sample submitted. Each sample should represent only one soil condition. For example, a lawn area and a garden area should be tested separately. After removing any surface material (such as mulch or thatch), use clean tools to take soil from a minimum of 10 random locations within the sampled area. For lawns, sample to a depth of 4 inches; for gardens, fruit trees, and ornamental plants, take soil to a 6-inch depth. Thoroughly mix samples together in a clean bucket. If the soil is wet, it should be air-dried before being packaged.

Soil sample bags are available at the local Extension office. Be sure to supply all of the information requested on the bag. Every Friday at noon, samples are mailed to the University of Georgia Soil, Plant and Water Analysis Laboratory from the Bibb County Extension Office. Testing costs are \$8 per sample, payable by cash or check. You will receive a detailed written analysis of your soil with specific instructions to achieve proper fertility.

For more information on soil sampling, contact the Bibb County Extension office at (478) 751-6338.

GEORGIA 4-H: MORE THAN CLUB MEETINGS AND CAMP



Before she became a Grammy-winning recording artist, singer Jennifer Nettles was a Georgia 4-H'er and a camp counselor at Rock Eagle 4-H Center in Eatonton, Ga. For many Georgians, 4-H brings to mind club meetings, public speaking and trips to Rock Eagle, the mountains or the beach for camp. But the nation's leading youth organization is much more, says a Georgia 4-H program expert. Operated by University of Georgia Cooperative Extension, 4-H lessons and in-school curricula are designed to meet Georgia Performance Standards, said Mandy Marable, Georgia 4-H curriculum specialist.

IN SCHOOL AND OUT

"4-H brings quality educational experiences to the students in all of Georgia's counties," Marable said. "In-school 4-H experiences open the door for myriad out-of-school opportunities. 4-H strives to bring relevance to academic knowledge with practical applications." Georgia 4-H programs are all based on research from the UGA College of

Agricultural and Environmental Sciences, the state's oldest land-grant university. CAES first offered Georgia's 4-H program in 1904. "The idea of bringing UGA research and resources to Georgia students through the use of county agents throughout the state was a cutting edge idea in 1904 and remains so even today," said Arch Smith, Georgia 4-H state leader.

REACHING STUDENTS ACROSS THE STATE

In Georgia, 4-H provides programs for more than 156,000 students ages 9 to 19. Through 4-H, students learn about community involvement, health, science, engineering, technology, leadership, agriculture, communication and much more. Nationally, more than 7 million students are involved in 4-H. In the early days of 4-H, students applied new techniques to increase corn yields. Today, fifth-grade 4-H students learn about crop traits and genetics by using real-world examples and learning activities, Marable said. "We pride ourselves on the fact that our 4-H youth development program was founded as a part of the school system in Georgia, and we remain a vital partner to schools throughout the state today," she said.

TEACHING PUBLIC SPEAKING AND ORGANIZATION SKILLS

Through 4-H Project Achievement, each year 10,000 Georgia youths learn public speaking skills, conduct research, prepare presentations, compile portfolios of their accomplishments and present their findings to a panel of adult experts. And, 4-H is still about animals. Students can learn responsibility through livestock projects, programs and judging. Georgia 4-H partners with Georgia FFA and the UGA Animal and Dairy Science Department to provide these programs. Every year, 2,400

4-H'ers complete a year-long process to prepare more than 4,500 animals for exhibition at the Georgia Junior National Livestock Show and other competitive events.



4-H ALUMS BECOME SUCCESSFUL ADULTS

Georgia 4-H aims to help students become successful adults. Georgia 4-H alumni include Georgia House Speaker David Ralston, singer Jennifer Nettles of the Grammy-winning group Sugarland, Georgia governors Roy Barnes and Sonny Perdue, and legal commentator and television host Nancy Grace. To learn more about Georgia 4-H, visit www.georgia4h.org.

(Sharon Dowdy wrote this article and is a news editor with the University of Georgia College of Agriculture and Environmental Sciences)

WALK GEORGIA



Walk Georgia is a 12-week program to increase your physical activity in a fun, community-oriented way. You may participate as an individual and track your progress with other individuals in your county and state

OR form a team of four to exercise together.

The online component of Walk Georgia provides an activity record to keep track of your weekly physical activity and time. The activity that you record is translated into "walked" miles, based on average rigor of the chosen activity and the time you were active.

When you accumulate miles, you will be able to navigate a map of Georgia and chart your course to "walk" Georgia. As you move throughout this virtual state, you will be able to view fun facts about each county you visit and learn new ways to improve your health. You will also be able to see how you compare to other individuals throughout the state.

We hope you will be inspired to join us and others in your county as we get more active and become healthier! Call our office at 478-751-6338 for more information.



SUGARY DRINKS ARE BAD NEWS FOR WOMEN



A study lead by researchers at the University of Oklahoma found that women who drink sugar-sweetened drinks at least twice a day are at more risk for heart disease and Type 2 diabetes. Even if the women do not gain weight, they seem to develop larger waist lines and have higher levels of triglycerides which can increase risk for heart attack and stroke. Over time their blood glucose (sugar) levels tend to rise.

This study followed over 4,000 women who were from all ethnic backgrounds and were between the ages of 45 and 84. Over five years, the women provided information about what they ate and drank three times. They were free of any cardiovascular disease when the study began.

Unfortunately the researchers do not exactly know why the sweet drinks have such a negative effect. This will need more study. What can you do in the mean time?

- Drink as few drinks sweetened with sugar as you can. Also be careful about flavored water that may have sugar.
- Drink plain water most of the time. Low fat and non-fat milk also seem to be healthy beverages.
- If you must have a sweet drink, have one sweetened with a sugar substitute. There are many different kinds available and all are considered safe by the Food and Drug Administration. If you are concerned about over exposure to a single one, switch around.
- When you do have a sugary drink, use or cup and fill it with lots of ice before drink in. Try to share a canned or beverage with someone else.



a small glass
you pour the
bottled

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Learning *for* Life