

Forsyth County Extension News

An Outreach of the UGA Forsyth County Extension Office - www.ugaextension.com/forsyth

The Adventure of 4-H Camp

Georgia 4-H summer camp provides a fun-filled outdoor summer program for students ages 9 to 19.

This summer camp, which is administered through the county offices of the UGA Cooperative Extension, allows 4-H'ers to experience a summer camp program unparalleled in the nation.

Each summer over 8,000 children and 1,000 adults and teen leaders attend summer camp at five different 4-H centers located throughout the state.

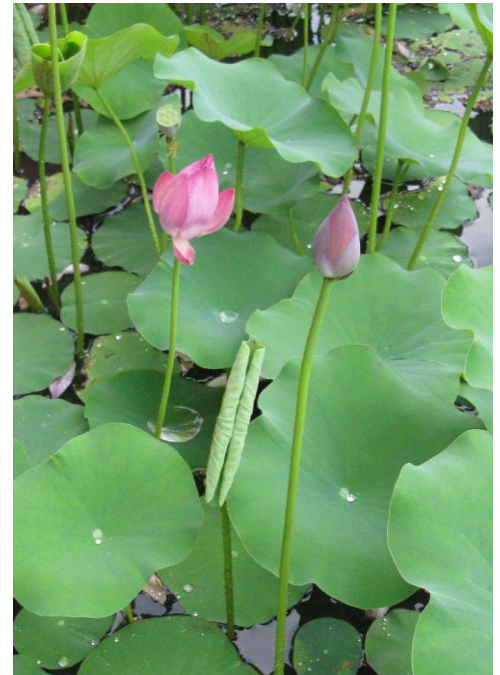
The five Georgia 4-H centers include: Burton 4-H Center on Tybee Island, Fortson 4-H Center in Hampton, GA, Jekyll Island 4-H Center, Rock Eagle 4-H Center in Eatonton, GA, and Wahsega 4-H Center in Dahlonega, GA.



Message from County Extension Coordinator

Through the seasons, water restores our bodies and our landscapes. How we use water makes a difference in our health and the sustainability of our environment. In this, our first issue of the Forsyth County Extension News, we address ways of managing water from the first sip we take in the morning to the way we water our gardens.

In future issues, we will look at other ways to make healthy, economical and sustainable choices developed through the work of researchers and specialists at the University of Georgia College of Agricultural and Environmental Sciences.



Water management and conservation

Summer temperatures arrived early this season to simmer Georgia in 90-degree heat. In Forsyth County, a late spring drought was broken by regular thundershowers that have continued through July, while parts of the state remain very dry. What will the rest of the summer be like?

[Latest on Georgia environmental conditions](#)

What can we do to minimize heat stress in our landscape? What are our options for managing a potential drought or the excess run-off of continual thunderstorms?

[Water in the landscape is more of an issue than in the past.](#)

Reach for Water!

It's tempting to reach for one of the many sweetened and/or fortified beverages to rehydrate during this stifling weather, but a new recommendation from the American Academy of Pediatrics (AAP) urges parents to think carefully about what beverages they're offering kids. Connie Crawley, a UGA Extension Nutrition Specialist, summarizes the report below.

AAP recommendations

The American Academy of Pediatrics (AAP) Committee on Nutrition and Council of Sports Medicine and Fitness have come out ***against*** the routine use of sports drinks and for a ***complete ban*** on energy drinks for children and adolescents.

Many people consider sports drinks and energy drinks to be the same thing, but the AAP makes a clear distinction between the two.

- ***Sports drinks*** are beverages designed to quickly replenish fluids, carbohydrate and electrolytes like sodium and potassium after vigorous and prolonged exercise.
- In contrast, ***energy drinks*** contains stimulants like caffeine, guarana, taurine, ginseng, L-carnitine, creatinine and/or glucuronolactone that are supposed to enhance performance.

While many beverage companies are removing regular soft drinks from schools, they are actively promoting these sports and energy beverages to children and teens. One survey found that 56.4% of a group of 78 adolescents had consumed a sports drink in the previous 2 weeks and 42.3% had drunk an energy drink.

The AAP strongly believes that most young athletes can easily replenish their fluid, carbohydrate and electrolyte requirements with a [healthy diet](#). There is basically no need for added protein, carbohydrate, sodium and potassium if the child or teenager is eating regular, well-balanced meals throughout the day.

If a child or teen does have a very intense workout, a sports drink may be helpful right after exercise. It should not be a routine beverage served with a meal. Water is the best fluid for rehydration and low fat or non-fat milk is sufficient to meet amino acid and protein needs.

The AAP sees no benefit in any energy drink and is very alarmed by their overconsumption.

The stimulants in these drinks **can cause** sleeplessness, increased heart rate, high blood pressure, fluid loss, anxiety and heart arrhythmias. Children and teens can also become dependent on these substances and may have withdrawal symptoms when they cut down. These symptoms include headache, fatigue, poor concentration, drowsiness, decreased alertness, flu-like symptoms, withdrawal from friends and social interaction, irritability, depressed mood, muscle pain, stiffness and even nausea and vomiting.

The stimulant, guarana, is a real concern since just one gram equals 40 milligrams of caffeine. Often parents have no idea how much stimulant their child is getting since many energy drinks do not list the total amount on the label.

Another concern is tooth erosion. These drinks are acidic and can destroy the enamel on teeth. This is especially true if citric acid is added. One study found 57% of 11-14 year olds had tooth erosion.

The Institute of Medicine has published specific recommendations about healthier foods and beverages that should be served in schools. These recommendations can also apply at home and other places where children and teens gather:

- Limit sugars in food and drink
- Have water available at no cost
- Restrict carbonated, fortified and flavored waters
- Restrict sports drinks to use by athletes only during prolonged, vigorous sports activities
- Prohibit energy drink use even for athletes
- Prohibit the sale of caffeinated beverages at school

Forsyth County 4-H'ers Experience the Adventure of 4-H Camp

This year 143 students, who completed fifth and sixth grades from Forsyth County, attended Cloverleaf Camp at Rock Eagle 4-H Center in Eatonton, GA. Rock Eagle 4-H Center is the largest 4-H center in the world and is named for a large white quartz rock eagle effigy mound that is over 2,000 years old. The rock eagle mound was built by Native Americans, and campers got to learn all about it as they became members of a Rock Eagle Indian tribe.

Campers are divided into three tribes: Cherokee, Shawnee, and Muskogee. Forsyth County campers joined the Shawnee tribe for the week. Tribes have a friendly competition to win the sacred tribal shield which is awarded on Friday morning before leaving camp. Campers work, play, cheer, yell and sing together to show that their tribe is worthy of winning the tribal shield.

Throughout the week campers participated in a wide variety of activities including swimming, putt-putt golf, movies, nature hikes, canoeing, softball, volleyball, face painting and archery. Second year campers are also able to participate in sailing and the high ropes course, which included the zip line, climbing wall, and swing shot ride.

4-H'ers followed a three-class rotation schedule during which they selected classes and workshops that interested them, including: archery, snakes, water conservation, lake ecology, entomology, wildlife, and forestry. These classes and workshops allowed students to experience hands-on learning in a fun setting.

One of the week's highlights for 4-H'ers was the famous wet games on Thursday during which they created a gigantic slip and slide. 4-H'ers also experienced a variety of nightly activities including a night hike and trivia. On Wednesday night, camp counselors were the stars of the popular variety show. On Thursday night, campers enjoyed the Rock Eagle pageant where counselors presented the legend of Rock Eagle mound and how it came to be.

Friday morning, the tribal shield was awarded to the Shawnee tribe, which included Forsyth, Cherokee, and Clayton counties. We are so proud of all of our Forsyth County Cloverleaf 4-H'ers for a wonderful and fun-filled week of camp!

4-H BB Team heading to National Championship Match

On July 1st-3rd, seven members of the Forsyth County 4-H BB Team competed in 46th Annual Daisy National BB Gun Championship Match in Rogers, Arkansas. This was the team's second trip to the Nationals. The team competed last year where they placed 13th in the nation. This year they placed 22nd.

Besides shooting in the match, the team enjoyed a tour of both the Daisy Assembly Facility and the Daisy Airgun Museum. They also experienced an Arkansas Nationals Baseball Game. We are very proud of the BB Team and their coaches Freddy Flannigan and Betty McCleary. The shooters and coaches have put in a lot of hard work and time by attending weekly practices and matches.

First row: Coach Freddy Flannigan

Second row: Meagan Clukie, Janet Clukie, Carson Cranford,
and Franklin Tharpe

Third row: Leighanna Cleveland and Jayla Jeter

Fourth row: Carson Adams



For a short descriptive introduction to the idea of a WaterSmart Landscape this circular will highlight the basic ways you can become more efficient in water use in the landscape.

[Developing a WaterSmart Landscape](#) C 930

Whether you are designing a new landscape or retrofitting an existing one, this 52-page **Best Management Practices (BMP)** guide can help you plan, plant and maintain a healthy, water-efficient landscape by integrating adaptable plants, sound irrigation methods, and landscape care practices, with realistic expectations of plant performance under less than ideal water conditions.

[Best Management Practices for Landscape Water Conservation](#) B 1329

The primary objective of this publication is to reduce landscape water use — not just during periods of drought, but throughout the entire growing season. Water conservation is an improvement in water use efficiency, not the temporary responses to periodic drought. BMPs are designed to be economical, practical, and sustainable way to maintain a healthy, functional landscape.

[Rainwater Harvesting for Homeowners B 1372](#)

With recent droughts and increased emphasis on water conservation, rainwater harvesting (RWH) has become an important alternative source for outdoor irrigation. RWH is the collection of runoff from roofs during a rainfall event. The water is conveyed through a gutter system, filtered and stored in a tank for later use. In Georgia, non-potable harvested rainwater can be an alternative water supply for uses such as washing vehicles, landscape irrigation, livestock and wildlife watering, cooling towers and toilet flushing.

The Learning for Life Demonstration Garden Produces!

By Heather N. Kolich, Forsyth County Master Gardener Volunteer

What a difference a couple of months make! The Learning for Life Garden at the County Extension Office has gone from 15 bare raised beds to 16 educational, vegetable producing points of interest. A unique labeling system using PVC pipe makes it possible to instantly identify plants species and cultivar.

In May, under project manager Laura Varney's guidance, a group of Master Gardener women wrestled a roll of galvanized fencing into 36 heavy-duty tomato cages. Each of these now encircle a vigorous, tomato-filled vine.



Sweet potatoes, cucumbers, squash, eggplants, peppers, watermelons, beans and peanuts fill the other beds. Two beds have already rotated crops—one because of success, the other because of failure.

On June 24, we harvested potatoes that were planted in March. That bed now harbors three cultivars of sweet corn. Unfortunately, the okra failed to germinate; sweet potatoes happily replaced it. Drip irrigation that volunteers installed in each bed back in January and February keeps the plants well hydrated. Stunning lotus flowers are also beginning to bloom in the lotus pond.

The garden is undergoing non-vegetative improvements, as well. In July, Dr. Garton led volunteers through the construction of a simple, non-permanent A-frame trellis. Made from

bamboo, zip-ties and garden netting, it's become an ideal environment for the upwardly-mobile scarlet runner beans. We're currently working on a design for a trellis system to keep the cucumbers on the up-and-up, too. If you haven't come out to see the Learning for Life Garden, don't you think it's time you do?



Well water safety

Let our office help you with ways to test your home well water to see if it is safe to drink. Check online for the [list of water tests](#) we provide and directions on how to collect the water or give our office a call at 770-887-2418.

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40 GALLON CHALLENGE

The [40 Gallon Challenge](#) is a call for residents and businesses to reduce our region's water use on average by 40 gallons per person, per day. The challenge began in 2011 as a voluntary campaign to increase water conservation.



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More helpful information online!

Georgia 4-H	Family and Consumer Sciences	Forsyth County Extension website
Forsyth County Water Restrictions	Forsyth County Master Naturalists	Manage your free Extension Newsletter subscription
UGA publications	Forsyth County Master Gardeners	Pest Management Handbook

