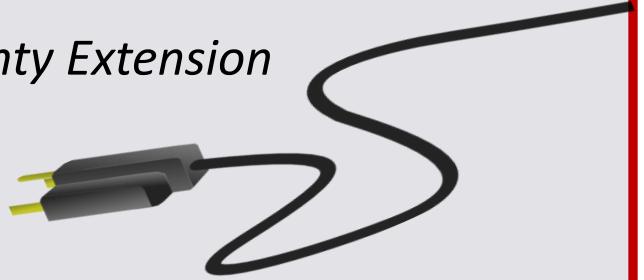


The Extension Cord

Plugging You into Macon-Bibb County Extension




UNIVERSITY OF GEORGIA
EXTENSION
Bibb County




Fall Lawn and Garden Care


By Kathy Hensley, ANR Program Assistant


As the heat of summer wanes, many gardeners are weary from gardening in hot, humid weather. In wet years like this one, plant diseases have been a big issue, as well as the usual problems with insects and weeds. However, the arrival of fall signals a welcome change in the environment. . . and a new to-do list. In fact, fall is the best time of year to take care of certain tasks in the garden and landscape.


 **Soil testing** – If the soil report indicates that the pH should be adjusted, the addition of lime will take several months to affect the change. Bibb Extension sends soil samples to the lab at the University of Georgia for a charge of \$8. Learn how to take a good sample at <https://extension.uga.edu/publications/detail.html?number=C896>.




 **Summer plant residues** – Leaf litter can harbor disease and insects that can cause problems next year. Clean it out of garden areas! Avoid putting diseased plant material in the compost pile.


 **Fall turfgrass maintenance** – The best time to apply preemergence control for cool season weeds is mid-September. (If you have summer weeds that are maturing and producing seeds, catch grass clippings when mowing to minimize seeds that will cause next year's weeds.) The most strategic time of the year to apply a preventative fungicide treatment to warm-season turfgrasses growing in Central Georgia is in October. Call the Extension office if you need a recommendation.

 **Fire ant control** – As temperatures cool in the fall, ants come closer to the surface of the ground. Although baits are a little slower to act, they will offer longer control.

 **Briar and nuisance vine control** – For more information, see this link: https://secure.caes.uga.edu/extension/publications/files/pdf/C%20867-2_3.PDF

 **Fallen leaf management** – Rake and recycle leaves from turfgrass and flower beds to use in the compost pile, or use a mower with a bagging attachment to collect and shred leaves for use as an organic mulch or a soil conditioner.



 **Cool-season vegetable planting** – It's not too late to plant many of these vegetables! Here's a link to the UGA vegetable planting chart: https://extension.uga.edu/content/dam/extension-county-offices/forsyth-county/anr/vegetable_chart.pdf.

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UGA Extension, Macon-Bibb County

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Macon-Bibb County Cooperative Extension extends lifelong learning to Georgia citizens through unbiased, research-based education in agriculture, the environment, communities, youth, and families. Part of the University of Georgia, we are an Equal opportunity/Affirmative Action Institution.

4-H News

By Kirtisha Willis, 4-H Program Assistant

Bibb County 4-H is staying busy as we move into the new school year! Sixth-eighth graders wrapped up the month of August with a trip to Rock Eagle for *Mission Make-it*. They had the opportunity to participate in workshops focusing on flight, as it relates to helicopters and birds. Youth also had the chance to attend a raptor show and explore a helicopter on Cloverleaf Circle.

The following week at Rock Eagle, Senior 4-H'er Naomi Jackson represented Bibb County as our Ready-for-Life Ambassador.



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The materials are funded by USDA Supplemental Nutrition Assistance Program (SNAP). The materials are an equal opportunity provider.
Expanded Food & Nutrition Education Program

Monthly 4-H meetings will resume this fall, with a combination of in-person and virtual gatherings. Recently, the Senior 4-H leadership team, the 'Fantastic Five,' met to work on fall planning. Upcoming event opportunities include submitting exhibits for the Georgia National Fair and entries in the 2nd Annual Scarecrow Contest, offered in partnership with the Museum of Arts and Sciences. 4-H'ers will compete for prizes at both events and the public will even be able to vote for their favorite scarecrow on the Museum's Sweet Gum Trail. Contact the Extension office to find out more about our upcoming 4-H opportunities!



Bibb 4-H'ers participated in "Mission Make-it" at Rock Eagle.

(Continued from p. 1)

 **Ornamental plant establishment** – Fall is the best time of year to plant cool-season annuals, spring-flowering bulbs, perennials, trees, and shrubs. Consider a purchase from the Master Gardeners of Central Georgia Fall Online Plant Sale between September 1-20 at <https://www.mgcg.org/sale>.

For very good reasons, there are two landscape chores that are NOT on the list—fertilizing warm season turfgrasses and pruning shrubs.

Turfgrass in our area is coming to the end of the growing season and preparing to enter dormancy for the winter. Stimulating growth at this time can cause unhealthy stress and increased vulnerability to pests.

Pruning encourages shrubs to expend stored energy to produce new growth. Unfortunately, new growth in the fall may not have time to harden off before cold weather and can be damaged or killed by freezing temperatures.

Whew! There's lots to do in landscape this time of year. Get outside and enjoy the change!



Master Gardeners of Central Georgia

FALL PLANT SALE

SEPTEMBER 1-20, 2021

1. Aug. 18-31-Visit www.mgcg.org to browse and preview plants for sale.
2. Sept. 1-20-Purchase your plants online. Quantities are limited, so shop early!
3. Sept. 25-Pick up your plants from 9 AM-5 PM at Building D at the State Farmer's Market in Macon. There may also be some plants available for purchasing on site.

Cell Phones Aren't the Only Source of Distracted Driving

By Keishon Thomas, FACS Agent

Have you ever arrived at your destination and realized you don't remember driving there? You arrived safely, but you were on autopilot. Your mind was on the grocery list or tasks for the day. Maybe you were putting on your makeup. Unfortunately, I have driven myself and my family while on autopilot more than I care to admit.

Many of us have heard about the dangers of texting and driving and have stopped, and if you haven't, then shame on you. But what about distracted driving? According to the National Highway Traffic Safety Administration (NHTSA), "Distracted driving is any activity that diverts attention from driving, including talking or texting on your phone, eating and drinking, talking to people in your vehicle, fiddling with the stereo, entertainment or navigation system—anything that takes your attention away from the task of safe driving."

Just think about the number of decisions you must make at a moment's notice when driving: stopping to get over in enough time, turning, watching out for other drivers, etc. Add that to external factors, such as road construction and distracted driving, and you begin to realize the risks of driving without focus.

According to the NHTSA, "Taking your eyes off the road for five seconds at 55 miles per hour is like driving the length of a football field with your eyes closed." Startling, but most of us have glanced at the GPS, grabbed our phone, reprimanded a child or even had a heated conversation, all while driving.

As my dear aunt would say, "Let's get to the nitty gritty." We cannot drive safely unless we are fully focused on driving. Any activity that hinders our focus is a potential distraction and increases the risk of an accident. I am committed to stop distracted driving and hope that you will be as well. Here are a few tips to get us all safely to our destinations:

- Use Bluetooth and hands-free devices scarcely, particularly if you are like me and still have to glance at something to activate it. (Remember the five-second analogy?)
- Save important talks until later. Some conversations, particularly those that may be upsetting, should be postponed until you are not driving.
- Get everything done before you begin driving. This includes setting up GPS and Bluetooth, selecting music, and applying makeup.
- Silence notifications. It's human nature to respond to notifications from our phones. Trust me, whatever it is, it can wait.
- Slow down. Generally, I don't drive fast, but if I feel the pressure of arriving somewhere late, I tend to speed up. It doesn't matter how late you are as long as you arrive safely.
- Ask your passengers for help. My daughter began to ask me, "What are you trying to do, Momma?" I would tell her and she would get the task done while I focused on driving. Now, I use her often to navigate with GPS, make calls, and complete other tasks that would take my focus away from driving.

Stay focused and drive safely, Georgia!

"PRESERVING FAMILY HERITAGE" LAST WILL & TESTAMENT 2.0

FREE TRAINING

Zoom
Tuesday,
October 19, 2021
Noon – 1:30 p.m.

Presenters:
Georgia Heirs Property Law
Center Legal Staff

**Pre-registration is required by
Friday, October 15:**
bit.ly/fvsu-estate-planning-october-2021

Watch the simulcast on
Facebook LIVE
facebook.com/FVSUCAFST

Facebook LIVE

Topics To Be Covered:

- ▶ How an estate plan preserves family wealth
- ▶ What is a Last Will & Testament ("Will")
- ▶ How can a Will prevent heirs property
- ▶ What happens if you pass without a Will
- ▶ What makes a Will legal
- ▶ How to protect and store your Will

For registration information, contact:
Phillip Petway 478-954-7121 petwayp@fvsu.edu
Leon Porter 478-235-8697 porterl@fvsu.edu

Logos: FORT VALLEY STATE UNIVERSITY, FVSU extension, UNIVERSITY OF GEORGIA EXTENSION, GEORGIA HEIRS PROPERTY LAW CENTER, Golden Triangle RCAD, SARE, SOUTHERN AGRICULTURE RESEARCH & EDUCATION

The registration link for **Preserving Family Heritage: Last Will and Testament 2.0** is <https://bit.ly/fvsu-estate-planning-october-2021>



Restoration Progress at Train Building on Track

By Jill Peavy, Program Assistant

The once-abandoned eyesore in downtown Macon is returning to life. Work crews, overseen by Piedmont Construction, have completed the electrical wiring, plumbing, and sheetrock in the historic Robert Train Building. 'Repose Gray' walls were chosen to accentuate the exquisite molding, painted 'Dorian Gray', in the auditorium. Restoration of the hardwood floors and the installation of doors and elevator are next on the schedule. In October, the building will be a featured tour during the *2021 Fall Ramble*, an event sponsored by The Georgia Trust for Historic Preservation.

Consider a donation to this historic effort to fund equipment for the teaching kitchen, landscape needs, or the 4-H room. Click on the QR Code below to be directed to Bibb County Extension's Capital Campaign.

Stay tuned for the date this fall when Bibb Extension will relocate into our new home.



Upcoming Dates

September 1-20—Master Gardeners' Fall Plant Sale
 October 3-9—National 4-H Week
 October 7-17—Georgia National Fair
 October 19—*Preserving Family Heritage: Last Will and Testament Workshop* (online)
 October 23-November 1—Scarecrow Contest People's Choice voting, co-sponsored by Museum of Arts & Sciences and Bibb County 4-H
 November 1-19—Applications accepted for the Master Gardener Extension Volunteer Program (Contact Kathy at kensley@uga.edu)
 November 25-26—Extension closed for Thanksgiving

HEARTY PANCAKES with Apple Syrup Topping

3/4 cup whole wheat flour
 1/2 cup all-purpose flour
 3 tsp. baking powder
 1 1/2 Tbsp. sugar
 1/2 tsp. salt
 1 egg
 1 cup skim milk
 2 Tbsp. canola oil



1. Mix the flours, baking powder, sugar, and salt in medium mixing bowl.
2. In small bowl, beat egg with fork. Add milk and oil. Stir well, then add to the dry ingredients. Stir until all ingredients are moistened. Do not overmix
3. Lightly spray skillet with nonstick spray. Heat over medium heat until hot, but not smoking. Pour 1/4 cup of the batter in the skillet for each pancake.
4. When top surface begins to bubble and edges start to get firm, flip with pancake turner. Continue to cook until both sides are lightly brown.
5. Transfer to plate. Serve warm with Apple Syrup Topping.

APPLE SYRUP TOPPING

2 cups chopped sweet apples
 1/2 teaspoon cinnamon
 2 Tbsp. brown sugar
 1/4 tsp. vanilla extract
 1/4 cup 100% orange juice

Combine apples, cinnamon, sugar, vanilla extract, and orange juice in small saucepan. Cook over medium heat, stirring frequently, until apples are cooked and soft, but not mushy. Stir in pancake syrup and continue cooking until mixture is hot.

