



UNIVERSITY OF GEORGIA EXTENSION



NEWS & EVENTS

Meet Jennifer Downer our new EFNEP Program Assistant

I am Jennifer Downer, program assistant with the University of Georgia's Expanded Food and Nutrition Education Program (EFNEP). I am a resident born and raised in Elberton. I graduated for ECCHS in 1984. I am married to Tony Downer (34 years) and we have 3 children (Tabitha, Keon and Ashley) and 4 grandchildren. I have worked in our community at the local grocery store and I have also worked with the Elbert County School System for many years. I really enjoy working within the community and I am very happy to provide the "Food Talk" program to a community that I am proud to be a part of.

I joined the Elbert County University of Georgia Extension Office as their new EFNEP Program Assistant in July of 2019. So, you may ask what is EFNEP. The Expanded Food and Nutrition Program (EFNEP) helps Georgia families eat better for less! EFNEP is federally funded and conducted through the Cooperative Extension Service in every state and U.S. territory. For over 50 years, EFNEP has been helping families with children learn how to eat healthier meals and snacks.

UGA EFNEP offers interactive educational sessions called Food Talk where participants try new recipes and learn how to stretch their food dollars, improve nutrition practices, learn preventative measures for diseases and prevent food-borne illness. The Food Talk curriculum is designed to serve low to moderate income families, caregivers and parents of young children as well as pregnant women and teens. UGA EFNEP program is available at no charge to participants. There are 8 sessions offered in four or eight weeks, the group can choose a twice-a-week or once-a-week format. At least 5-6 participants are needed for a group. The classes can take place at the extension office or at a location requested by a group, as long as there is electricity and a table. All meals are made in the class are skillet based for quick preparation. Participants receive menu cards and other items to help them prepare food in the future as well as a certificate and cookbook upon completion. Call 706-283-2037 to find out how to arrange an EFNEP Program. To learn more about the Expanded Food and Nutrition Education Program visit the EFNEP website: ugaefnep.org



October Cloverbuds Meeting

In October our growing Cloverbud's Club learned about the incredible fall pumpkin. They had pumpkin themed snacks, information, games and crafts. Thank you to Elbert County Farm Bureau for donating real pumpkins for the children to enjoy!



AG & NATURAL RESOURCES

Four-legged excavators cause damage to home lawns this time of year By Paul Pugliese for CAES News

The phones are ringing at local University of Georgia Cooperative Extension offices this time of year as homeowners puzzle over which critters are digging up their yards. There are many possibilities for what animals may be involved, so homeowners can be on the lookout for clues to figure out what the culprit might be based on the size of the holes, associated damage and where the holes are located.

More often than not, the smaller, four-legged excavators are in the rodent family. If the damage is more extensive than just a few holes, there may be larger mammals involved, such as armadillos or wild hogs. Ultimately, to get to the bottom of the hole problem, you might need to set up a trail camera to catch the animal in the act. Once the animal is identified, then we can recommend a specific control option.

The rodent family includes at least a dozen possibilities for Georgia. Some of the more common rodents we get calls about include voles, chipmunks, squirrels and woodchucks (also known as groundhogs). Moles are also very common, but are technically not rodents.

The size of the hole or burrow usually correlates with the size of the animal. Live traps and/or shooting are the most effective means for dealing with larger rodents and armadillos. The size of the animal you are targeting will determine the size of the trap.

Moles are insectivores and are more closely related to shrews and bats. In the fall, there is a lot of mole activity because white grubs are starting to hatch out near the soil surface. This is one of the mole's favorite snacks. These white grubs are frequently found in lawns and are the result of Japanese beetles and other beetle species laying their eggs this past summer. The grubs feed on the roots of grass and can occasionally cause damage to a lawn. Moles tunneling under the lawn can be a symptom of a grub problem, especially in yards that are consistently irrigated.

Knowing that the food source involves grubs helps you deduce that moles are involved. If white grubs are found to be a problem in the lawn (around 10-20 per square foot of sod), then insecticide treatments are justified to avoid root damage from the grubs. Early fall is the best time to treat for grubs. Treating for grubs may temporarily reduce this food source for the moles, but it can increase their digging activity in search of food. This might result in more damage to the lawn.

Because moles eat insects, grubs and worms, there is really not a good way to bait them into a trap and poison baits are seldom effective. Moles live and travel in underground tunnels just below the soil surface. Generally, only one mole lives in each burrow. However, you may have a network of underground runways that house individual moles. Most mole burrows average about 5 to 8 inches beneath the surface.

Packing the soil with a roller or reducing soil moisture from frequent irrigation may reduce a lawn's attractiveness to moles. Packing may even kill moles if done early in the morning or late evening when they are most active.

No chemical products have been shown to be effective at repelling moles. Fumigants containing aluminum phosphide or gas cartridges are labeled for controlling moles, however, exact placement of fumigants in the mole's deeper burrows is required to be effective. Home remedies have not been proven effective at controlling moles.

Trapping is the most effective and practical method of getting rid of moles. There are several mole traps on the market that are specifically designed for killing moles with spring-loaded mechanisms. The traps should be placed in straight runways that show fresh signs of mole activity. Take care not to disturb any part of the mole's runway tunnel except where the trap is being inserted. Another option is to bury a large coffee can or wide-mouth jar in the mole's tunnel to create a pit trap and cover the top of the burrow with a board. The moles will fall into the pit trap and be captured alive using this method.

For more information on trapping techniques used for moles and other pests, see the Internet Center for Wildlife Damage Management website at icwdm.org/species.

FAMILY & CONSUMER SCIENCES

Commit to Family Mealtime & Win! By Christa Campbell

The American Association of Family & Consumer Sciences calls it Dining In, Texas A & M AgriLife Extension calls it Family Mealtime Month, and His Radio calls it Take Back the Table, no matter what you call it eating together as a family has been proven to have many benefits and a positive impact on children. It may seem obvious that eating dinner with your family is a good thing. Research provides plenty of support for the importance of family dinner for kids. Here are a few outcomes that have been documented: learning vocabulary, fewer behavior problems, less substance abuse, healthier eating, less chance for a child to experience an eating disorder, and less chance of overweight/obesity.

We know everyone is busy with work and after school activities, plus technology always having us “plugged in”, often times we miss face-to-face connections with our family. Family meals provide a great opportunity for family members to connect because everyone has to eat! Elbert Partners for Health Nutrition & Wellness work group would like to invite you to commit to having your family sit down at least once or twice during the week of December 1-7th, 2019, and enjoy a family dinner without the television or any cell phones for just 30 minutes. If nothing else, commit to Dining In on December 3rd which is the official dining in day for the American Association of Family & Consumer Sciences.

Research shows that the goal is to have your family sit down three times a week to eat together, and use this as a time to share family stories, learn about everyone’s day, set family goals, and make plans for future activities. We know that your busy schedules sometimes make this hard but starting with once or twice a week will allow you to work towards three times a week. As a little incentive, we have a Family Mealtime Feedback form that we would like for you to complete and return to a member of the work group, drop off at the UGA Extension Office (Old Beaverdam School) or email them to christaa@uga.edu. The feedback form will also be available on the following website: <https://extension.uga.edu/county-offices/elbert.html> On December 13, 2019, we will put all of the completed feedback forms in a box and draw for a couple door prizes including a gift card to help purchase food for family meals! We also encourage you to celebrate FCS Day Dining In by:



Remember, meals do not have to be fancy or gourmet to make mealtime special, the focus is on getting everyone together. We hope you take the challenge to sit down at least once or twice per week during the week of December 1-7th, 2019, and we encourage you and your family to make this a priority in 2020. Great websites to learn more on the benefits to family meal time as well as recipes to make it family mealtime easy: <https://dinnertonight.tamu.edu/recipes/> , <https://healthyeating.nhlbi.nih.gov/> & <https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/fun-family-recipes.htm>

For more information, contact Christa Campbell at (706)283-2037 or via email at christaa@uga.edu
Sources for the article: Pediatrics Journal – Official Journal of the American Association of Pediatrics & <https://dinnertonight.tamu.edu/family-mealtime/>

4-H & YOUTH DEVELOPMENT

Young Riders Horse Club

If you like horses, make plans to join the Young Riders Horse Club! This afterschool club will meet once a month at the 4-H Center to study all things horses! The 4-H Van will pick up interested students. You do NOT have to own or ride a horse to participate! **Meeting dates: Monday, December 2nd**

Horse Quiz Bowl Practice

Are you a horse lover? Do you want to learn as much as you possibly can about this amazing animal? You need to join our Horse Quiz Bowl team! You will study all sorts of information related to the horse industry. 4-H'ers who participate will not only learn about our equine friends, they will get to compete with other 4-H'ers from across the state while answering questions in a jeopardy styled competition. Practices will be held on **November 15th & November 22nd from 3:30-5:00pm at the 4-H Center.** The 4-H Van will pick up students at ECMS.

Choose to Reuse

We all know how important the 3 R's are... reduce, reuse & recycle! In this fun after school project club, we are choosing to reuse! Come spend an afternoon taking an item and repurposing it into something new! Let's get creative. **Wednesday, November 13th and Wednesday November 20th after school until 5:00pm**

Portfolios Workshops

November 19th 3:30-5:00pm

Don't forget, portfolios for 7th & 8th graders who want to attend District Project Achievement in March are due **December 20th!**



Cloverleaf Winter Holiday Dance

will be held Friday, December 6th, at the 4-H Center Gym from 6-8pm. Admittance is \$5.00 with membership cards (a lost membership card may be replaced for \$.50). Drinks, pizza and snacks will be available for \$1. 4-H'ers earn 10 Cloverleaf Points for attending. The class with the most participation will win an Ice-cream party!

PARENTS:
Please enter through Filter Plant Drive (backwards).



CONTACT US

Christa Campbell

County Extension Coordinator and County Extension Agent, FACS
christaa@uga.edu | 706-283-2037

Patrick Marcellino

County Extension Agent, ANR | patmar@uga.edu | 706-283-2037

Lauren Macias-Dye

County Extension Agent, 4-H | lmdye@uga.edu | 706-283-2037

Sophie Walsky

County Extension 4-H Program Assistant | emiko.walsky@uga.edu | 706-283-2037

Jennifer Downer

County Extension EFNEP Program Assistant | Jennifer.downer@uga.edu | 706-283-2037

Trisha Willis

County Extension Administrative Assistant | trisha.willis@uga.edu | 706-283-2037

Elbert County Extension

1088 Ruckersville Rd.
Elberton, GA 30635

Phone: 706-283-2037

Fax: 706-283-2038

Office Hours:

Monday - Friday

8:00am - 5:00pm

Closed 12:00pm-1:00pm

Visit our website at:

www.ugaextension.org/elbert

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Elbert County 4-H