



UNIVERSITY OF GEORGIA EXTENSION



NEWS & EVENTS

PREVENT T2

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

T2 NUTRITION & WELLNESS

Classes will be held on Mondays:

Class will be from 6:15-7:15pm

Classes start on January 6th and will be held in the Demonstration Kitchen at the Elbert County Extension Office!

If you want to learn proven ways to lose weight and improve your health and you haven't signed up for the series of classes...call (706)283-2037 to pre-register and then join us on January 6th as we begin life's next learning adventure!

A separate class will be offered for diagnosed diabetics on Mondays from 5:15-6:15pm!

For more information or to register for the series of classes contact Christa Campbell at the Elbert County Extension Office.

Phone: 706-283-2037

Fax: 706-283-2038

Email: christaa@uga.edu

**1088 Ruckersville Road
(Old Beaverdam School)
Elberton, Georgia 30635**



November Lesson: Sheep

A big thanks to Christa Campbell, our CEC and FACS Agent, and her daughter Kylie who brought in Tippy, their pregnant meat sheep. Cloverbuds petted and fed her. We think Tippy is "baa-you-tiful"! Sophie presented another demo with each fact on a paper sheep! Did you know that group of sheep is called a flock, a herd, or a mob? For your enjoyment, here is a quick pop quiz on sheep terms: what is a ram, a ewe, and a lamb? What is shearing? Thank you Patrick, for bringing in a sheepy snack! Cloverbuds illustrated the shearing process with black craft stick sheep, white baby blanket yarn fleece, and wiggle eyes. We also created black cardstock handprint sheep with white paint fingerprints. We played a game of tag called "The Shepherd, the Sheep, and the Wolf."



EPH Anti-Vaping Video Contest

Students at the Middle and High Schools are invited to create an original video about why you should not vape or use e-cigarettes. Your video can be funny or serious but must include valid and useful information. Videos should be 30-60 seconds in length and uploaded to YouTube. Visit this website to complete your application with a link to your video: <http://elbertpartnersforhealth.org/anti-vaping-video-contest/>. The contest **deadline is Friday, December 20th**. The winning video will win \$500 from Elbert Partners for Health!



AG & NATURAL RESOURCES

It's Time to Add Mulch, Divide Overcrowded Flowers, Plant New Trees By Paul Pugliese for CAES News

Bartow County, where I am based, had its first deep freeze of the season in November. This has been a very unusual fall, with temperatures peaking at 100 degrees Fahrenheit the first week of October before plunging to 20 F by mid-November. Many areas along the East Coast broke record low temperatures from the arctic blast that blew through the region.

If you've walked around your landscape recently, you should have noticed that most deciduous shrubs are going dormant and tender perennials have turned to mush. This means it's time to winterize your landscape.

Now is the time to add a blanket of mulch to your perennial flowers and shrubs. Maintaining a mulch layer at least 3 inches deep will significantly reduce weeds. Any type of mulch is better than no mulch at all. The main differences between mulches — such as pine straw, wood chips or shredded leaves — are cost, aesthetic appeal and how long they last.

I don't recommend using shredded rubber mulches. Although they last a long time, they do not break down or add any organic matter back to the soil. Also, rubber mulches eventually get covered in leaves and other debris that are difficult to keep clean. About the only time rubber mulches are appropriate is in a playground or permanent pathway.

Mulching is one of the most important cultivation practices to help newly planted trees and shrubs get established and keep them healthy. Even though trees may appear dormant in the winter, their roots are still actively growing and require consistent moisture to survive.

The mulch layer should extend at least as far as the canopy width of trees and shrubs. Expand this mulch area over time as the trees or shrubs grow.

Daylilies, hostas, cannas, dahlias, lantana plants and other dormant perennials are ready to be cut back and cleaned up for their winter slumber. Cover them with a few inches of mulch or pine straw to protect the roots from extreme winter temperatures.

Now is also a great time to divide overcrowded perennial flowers or move them to a new location.

Fall and early winter are the best times to plant new trees and shrubs. You can also add edible plants such as blackberries, blueberries, grapes, strawberries and fruiting trees. Scavenge local nurseries and garden centers for discounted dormant plants. It's hard to buy a plant when it's dormant, but smart gardeners know that these plants are actually in the perfect stage to plant.

Inspect the roots of perennial plants by slipping them out of their container at the nursery center and checking for white, healthy roots throughout the soil profile. Although the top of the plant may be dormant, the roots should still be alive and healthy. If you find black or rotted roots, the plant may have been overwatered or is diseased. Only buy plants that appear to have healthy roots.

You can still plant winter-hardy annual flowers such as pansies, snapdragons, Swiss chard, kale and dusty miller. They will add a splash of color to your winter landscape in areas where your summer annuals have died out.

Plant cold-hardy bulbs such as tulips, crocus, irises, and daffodils in the fall. Fall planting will help spring-flowering bulbs develop good root systems and ensure that they flower on schedule.

For more information, see University of Georgia Cooperative Extension Bulletin 1065, "[Care of Ornamental Plants in the Landscape](#)."

Paul Pugliese is the agriculture & natural resources agent for the University of Georgia Extension office in Bartow County.

FAMILY & CONSUMER SCIENCES

SMART GROCERY SHOPPING By Christa Campbell

Food is a necessity. Depending on income, the average household spends between ten and thirty percent of take-home pay on food.

First, some good news. Spending for food -- in and out of the grocery store -- depends entirely upon the choices you make. Thanks to the internet, finding the best deals has never been easier. Whether a beginner or an experienced shopper, a closer look at grocery shopping habits may lead to greater savings.

To get more for your food dollar, consider these tips:

Plan ahead. Think about the meals you will prepare between now and the next time you shop. Use your menu to create your shopping list.

Always shop with a list. You are more likely to buy impulse items and other things you may not need when you shop without a list, and more likely to forget something. Get to know the store you use the most and list the items you need by where they are in the store.

Buy fresh fruit and vegetables in season. Buying out of season adds the cost of shipping and import fees. Buying in season means you get a fresher product and hang on to more of your money.

Use coupons only for items you buy anyway. Food companies release coupons to increase sales, especially for new products. Avoid buying items you would not normally purchase because you have a coupon.

Consider store brands. Even with a coupon, brand name products are often more expensive than other options. If you compare ingredients, you will often find no difference between store and national brands. Store brands are often as good and, in some instances, even better than national brands.

Compare unit prices. The unit price is how much the item costs per ounce, pound or other unit. Contrary to what many people think, the largest size is not always the cheapest. You can find the unit price on the shelf sticker.

Signup for Customer Loyalty Programs. Many stores offer discounted prices to regular customers. You may also receive coupons for items you have purchased in the past.

Paying attention to how you shop at the grocery store can help you to get more for your food dollar. Saving a few dollars each trip to the store may seem to be more trouble than it is worth. Those few dollars each week can add up to a lot of money in a year or two.

For more information, contact Christa Campbell, your local Family and Consumer Sciences County Extension Agent.



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: January 13th**

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 **December 6th, 9th, 13th, and 20th 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, December 11th and Wednesday December 18th after school until 5:00pm**

Clover Crafts

Join us for a festive Clover Crafts this month as we prepare for the holidays. We will be making Christmas tree pine cones and craft stick snowflakes! There is no better way to get in the spirit than by being crafty!!! **Clover Crafts will meet Tuesday, December 10th, after school until 5:00pm.** The van will pick up interested students.

GSSR T-Shirt Design Contest

Each year the Great Southland Stampede and Rodeo gives 4-H Members an opportunity to design the t-shirt logo used for the rodeo in April. Designs should be drawn or created on a white sheet of copy paper and submitted to Ms. Lauren or Ms. Sophie by **Wednesday, December 18th.** The student whose design is chosen will win \$50 from the GSSR Committee!

Elf, Jr. Musical

More holiday cheer to enjoy with friends! Sign up to attend the *Elf, Junior* Musical performance with our 4-H Group at the Elberton Theatre, featuring many of our active 4-H'ers! You must sign up and pay the \$7 ticket fee at the 4-H Center by Wednesday, December 11th. Meet us at the 4-H Office **Friday, December 13th at 6:30pm.** Bring money for concessions and have your ride pick you up at the 4-H Office at 9:00pm.

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

Follow us on Facebook!

UGA Extension - Elbert County
Elbert County 4-H