

Forsyth Field Notes

January 2020

Forsyth County Cooperative Extension News

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Prepare for Winter Weather Events

By Heather N. Kolich
Agriculture and Natural Resources Agent
UGA Extension Forsyth County



Winter storms may cause power outages. [This Photo](#) by Unknown Author is licensed under [CC BY](#)

After our hot, dry fall, it may be hard to imagine dealing with winter storms this season. But the National Oceanic and Atmospheric Administration forecasts a neutral winter for us, and that means more warm-to-cold-to warm temperature swings,

according to UGA Agricultural Climatologist Pam Knox.

I remember one winter not so long ago when we had snow on Thanksgiving, and Christmas, and New Year's Day. Daytime warming melts snow, which refreezes into ice overnight. Layers of ice are heavy enough to bring down tree branches and power lines, potentially leaving us without power or road access to grocery stores and medical services. Icy roads can also leave us stranded, as many experienced during the January 2014 "Snowmageddon."

Prepare to shelter at home

As you do routine grocery shopping, purchase one or two extra shelf-stable, ready-to-eat canned goods, like non-condensed soup, canned chicken breast and tuna, pasta meals, and vegetables. This builds your emergency food supply without adding too much to your grocery bill each week. Unlike frozen foods, canned foods can outlast a long power outage. Make sure you have a manual can opener, too. Dry foods like pasta and rice are stable, but they require water and cooking, luxuries that may be in short supply during a storm.

The Federal Emergency Management Agency recommends stocking at least a three-day supply of adequate nutrition, water and prescription medications for each family member, including pets and livestock. Why three days? That's how long it may take to restore electricity and clear roads of ice, fallen trees and other hazards. But as we've

seen with recent natural disasters, actual restoration of electricity, water and transportation can take much longer.

To get through disruptive storms or other emergencies you'll also need:

- Water – one gallon per person per day for drinking and hygiene
- Alternate heat source and fuel, such as firewood for your fireplace
- Flashlights with extra batteries
- NOAA weather radio
- First aid kit
- Entertainment – board games, cards and books help keep boredom and cabin fever at bay

What to do if your power goes out

In power failures, use foods from the refrigerator first, then frozen foods, then canned foods. If your oven doesn't work without electricity, use coals in your fireplace to heat food. Use cast iron cookware if you have it, or place food in pockets of aluminum foil. Remember Hobo Packs from summer camp?



Food wrapped in aluminum foil can be cooked over fireplace coals. [This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)

Alternatively, you can cook outside on your grill. Don't bring your grill inside; this can cause deadly carbon monoxide to build up in your home.

Fill some clean containers with water. If there's space in your freezer, make ice. It helps keep frozen foods frozen longer without power. Fill your bathtub with water for washing and to refill the toilet tank for flushing, if necessary. Opening cabinet doors and leaving a faucet dripping can help to keep the water in your pipes from freezing.

To stay warm, centralize the family in one room, preferably one with a fireplace or woodstove, and close the doors to other rooms. Bring blankets, books, and games to help the time pass.

If you must venture outside, bundle up, including gloves and a warm hat that covers your ears.

Prepare your car for travel emergencies



Icy roads may leave you stranded. [This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)

Winter storms and icy conditions pose road hazards. Prepare your car for road emergencies with a survival kit that contains:

- Warm clothes
- Sturdy walking shoes with warm socks
- Heavy work gloves
- Blanket or sleeping bag
- Hand-crank flashlight and radio
- Bottled water and ready-to-eat foods
- Toiletry items



- Reflective vest

It's a good idea to have a similar kit at work, too, in case you need to shelter in place there. Look for more emergency preparedness resources at <https://extension.uga.edu/topic-areas/timely-topics/emergencies.html>.

PreventT2 Diabetes Prevention Program Coming to UGA Extension

By Barbara Worley
Family and Consumer Sciences Agent
UGA Extension Forsyth County

ONE IN THREE AMERICAN ADULTS HAS PREDIABETES. PEOPLE DIAGNOSED WITH PREDIABETES ARE AT GREATER RISK FOR HEART DISEASE, STROKE, AND OTHER CHRONIC DISEASES.

One in three American adults has prediabetes. If you have prediabetes, you are at high risk for developing type 2 diabetes, a serious disease. Also, those diagnosed with prediabetes and diabetes are at greater risk for additional chronic diseases including heart disease and stroke. Many people with prediabetes who do not lose weight or do moderate physical activity can develop type 2 diabetes within 5 years.

Data from the CDC and DPH show that in Forsyth County 11% of the adult population has been diagnosed with diabetes – equal with Georgia’s state diabetes rate. Moreover, 6.5% of the Georgia adult population have undiagnosed diabetes. Between 2000 and 2010, diabetes

prevalence among adults in Georgia increased by 43%.

The fortunate news is that you can prevent type 2 diabetes. The PreventT2 lifestyle change program, offered by University of Georgia Extension beginning in January 2020, can help. PreventT2 is part of the National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC), and is proven to prevent or delay type 2 diabetes.

In PreventT2, UGA Extension Family and Consumer Sciences Agent and Diabetes Lifestyle Coach Barbara Worley will help you to learn the skills you need to make lasting changes. These include losing a modest amount of weight, being more physically active, and managing stress. You will learn to eat healthy, add physical activity to your life, stay motivated, and solve problems that can get in the way of healthy changes.

If you have been diagnosed with prediabetes, PreventT2 offers an outstanding chance to prevent or delay the onset of type 2 diabetes by helping you adopt a healthier lifestyle.



A healthy lifestyle helps prevent type 2 diabetes. [This Photo](#) by Unknown Author is licensed under CC BY-NC-ND



The PreventT2 program is based on research that found people with prediabetes can cut their risk of developing type 2 diabetes in half by losing 5 to 7 percent of their body weight. That is approximately 10 to 14 pounds for a person weighing 200 pounds. PreventT2 offers an environment where participants will learn to eat better and be more active with like individuals who share common goals.

You May Have Prediabetes and Be at Risk for Type 2 Diabetes if You:

- Are 45 years of age or older
- Are overweight
- Have a family history of type 2 diabetes
- Are physically active fewer than 3 times per week
- Ever had diabetes while pregnant (gestational diabetes) or gave birth to a baby that weighed more than 9 pounds

You are the most important reason to stay healthy in 2020. If you have been diagnosed with prediabetes, or are 18 years or older, and have a BMI $\geq 24\text{Kg/m}^2$, you can make healthy changes and prevent type 2 diabetes.

An information session will be held on Tuesday, January 21st, 2020 from 12:00pm-1pm at the UGA Extension Office located at 5110 Piney Grove Rd. Cumming. Join us to learn out about the exciting new program being offered to prevent type 2.

To register for the information session, contact Sharon Machek at 770-887-2418 ext. 2333 or by email at: uge1117@uga.edu. Deadline to register is January 17, 2020. Enroll today - space is limited.

Please visit www.cdc.gov/PreventT2 and <https://extension.uga.edu/county-offices/forsyth.html> for more information on

PreventT2 and the National Diabetes Prevention Program.

For additional information on health, nutrition and food safety, contact University of Georgia Extension in Forsyth County at 770-887-2418 or online at <http://ugaextension.org/county-offices/forsyth.html>.

Forestry Stewardship Reaps Rewards

By Heather N. Kolich
Agriculture and Natural Resources Agent
UGA Extension Forsyth County



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Covering more than two-thirds of Georgia lands, trees provide much more than a background for our busy lives.

Trees protect environment and health

As they tower above us, trees create shade to keep us cool – and lower power bills. Tree leaves catch and filter airborne soot and dust, and they absorb harmful atmospheric gasses and convert them into energy for growth. Leaves also intercept raindrops, slowing the speed of their fall and lessening their erosive force when they strike the ground. Trees produce healthy food, provide wildlife habitat, and grace our vistas with stress-relieving beauty.

Even at this season, when most deciduous trees lift bare branches to cold skies, trees



are still contributing benefits. Their roots slow stormwater runoff and help alleviate soil erosion. Similarly, fallen leaves return organic matter to soil and increase absorption of water through the soil, down to plant root systems, and, eventually, back to underground aquifers that replenish our streams and lakes and refill our wells.

Forestry produces economic benefits



Renewable forestry products support 83,000 jobs and contribute over \$18 billion to Georgia's economy. [This Photo](#) by Unknown Author is licensed under [CC BY-SA](#)

In addition to environmental and health benefits, trees are an important part of Georgia's economy. Forestry and renewable forestry products contributed \$18.7 billion and nearly 83,000 jobs to Georgia's economy in 2018. According to the Georgia Forestry Association, Georgia has a solid history of harvesting more volume of timber than all other states in the U.S. – while at the same time increasing forest land cover over removals for the past 50-plus years.

Over 92 percent of Georgia's 23-25 million forested acres are privately owned. Whether landowners are interested in timber harvest or conservation, good management is critical to health and sustainability of forestry resources.

Woodland Stewards Program offers forest management education

Both healthy conservation forests and profitable timber lands need good management. To help forest landowners understand the environmental, biological, and economic factors that influence management choices, Forsyth County Extension is hosting a 4-part woodland management series developed by Southern Regional Extension Forestry. Classes will meet from 7-8:30 p.m. each Thursday in February at the Forsyth County Extension Services Center, 5110 Piney Grove Road, Cumming, GA 30041. Here's the schedule:

February 6: Woodland Management: What is right for you and your woodland? Managing your woodlands to grow healthy forests and produce revenue depends on making the right choices for your location. Gain better understanding of stand dynamics and market considerations and how they apply to your management decisions.

February 13: Understanding the Financial Aspects of Woodland Management. Gain an overview of financial factors, such as timing of replanting, thinning, harvesting, and cost-share programs, that affect your woodland management.

February 20: More than Timber: Income opportunities from non-timber forest products. Selling timber isn't the only way to generate income from your woodlands. Learn about pine straw harvesting, woodland farming, and other revenue-generating options.

February 28: Launching your Woodland Legacy: Intact, in forest, and in family ownership. Is creating a legacy one of your reasons for owning forest land? This session



will help you find the best way to pass your forest legacy intact to your heirs.

Drinks and dessert on us

Register for one or all Woodland Stewards educational sessions by calling 770-887-2418 or emailing your name and telephone number to uge1117@uga.edu. Please include “Woodland Stewards Program Registration” in the subject line. Then grab your favorite sack supper and join us at 6:45 p.m. each Thursday in February We’ll provide drinks and dessert.

Learning with Extension – Events and Opportunities

Prevent T2 Information Session – January 21, 2020, noon-1 p.m., Forsyth County Extension Services Center. You can make healthy changes and prevent Type-2 diabetes. Register at 770-887-2418 or uge1117@uga.edu.

Georgia Ag Forecast – January 23, 2020, 9 a.m., Jaemor Farms, Gainesville. Gain strategic insights for Georgia’s #1 industry. Register at www.georgiaagforecast.com.

Woodland Stewards Regional Landowner Education Series – Thursdays in February, 7-8:30 p.m., Forsyth County Extension Services. Learn about forest land management practices and considerations to help you achieve your goals for your land. Register at 770-887-2418 or uge1117@uga.edu.

Master Gardener Spring Plant Sale – April 10-11 from 8 a.m., Cumming Fairgrounds. Shop from over 40 vendors for plants, garden accessories, tools, and more. Covered venue, come rain or shine!

4-H Summer Camp Registration – going on now! More information on our [website](#).



**CLOVERLEAF
CAMP**

• Burton 4-H Center on Tybee Island •
June 8-12, 2020



Junior Camp- Fortson 4-H Center

Wilderness Challenge Camp- Wahsega 4-H Center

Marine Resources Camp- Burton 4-H Center on Tybee Island



Senior Extreme Camp at Rock Eagle, May 25-29 and June 8-12, 2020.