



Working for You! Autauga County

Quarterly Newsletter, June 2010



2226 Hwy 14 West, Suite E., Autaugaville, AL 36003 * (334) 361-7273 Office, * (334) 361-7275 Fax,
www.aces.edu/counties/Autauga/

Summer is upon us, and if you're searching for fresh fruits and vegetables, and baked goods, the Prattville-Autauga Farmers' Market is the place to be on Tuesdays and Saturdays. Sponsored by the Autauga County Extension Office, the Autauga County Commission, the City of Prattville, the Prattville Area Chamber of Commerce and the Autauga-Elmore Community Action, the thriving farmers' market is open every Tuesday from 3:00 p.m. to 6:00 p.m. and Saturday from 7:00 a.m. to 11 a.m., rain or shine (except during declared weather emergencies) at Prattville Square in Prattville. Whether you're visiting the farmers' market, attending the 4th of July parade, or preparing for your family vacation, think safety.

Protecting yourself from the Sun's damaging rays is important as you enjoy the beauty of the outdoors this summer. Exposure to ultraviolet (UV) light can make us look good now, but the long term effects will not become noticeable until years later. Besides changes in the appearance of your skin, most notably is the increased risk of skin cancer. It only takes 6 to 48 hours to see the effects of sunburn; you may not realize that your skin is severely burnt until it is too late. Here are some ways you can protect yourself and your family this summer and throughout the year from the Sun.

- Avoid outdoor activities between the hours of 10 a.m. and 4 p.m., this is when ultraviolet light is at its strongest.
- Plan outdoor activities where shade cover is of abundance. Trees and umbrellas provide excellent sources of shade.
- Wear clothes that protect your body, such as a wide-brimmed hat, long sleeve shirts,

long skirts and long pants. Clothes that are tightly weaved provide more protection than loosely woven fabric.

- Wide-brimmed hats provide protection for your face, ears, neck, and scalp.
- Wear sunglasses or contact lenses that block 99%-100% of UVA and UVB radiation. Remember UV rays reflect off water, sand, and snow.
- Be serious about sunscreen by reapplying often. Apply sunscreen 30 minutes before sun exposure. Wear sunscreen of Sun Protection Factor (SPF) of 15 or higher with Broad Spectrum protection (sunscreen that protects against UVA and UVB radiation). Water resistant sunscreen is also beneficial, but it does not mean "waterproof". It provides longer protection from the sun by staying on your skin longer. Reapply sunscreen less than every two hours, especially after swimming, perspiring, or towel drying.
- Consider wearing cosmetics and lip balms that provide at least 15 SPF protection all year-round.
- Some medications, such as antibiotics can increase your skin's sensitivity to the sun. Ask your doctor or pharmacist for more information on the medications you are taking.
- Remember to perform skin self-exams regularly to become familiar with existing growths and to notice changes or new growths.

Have a safe and enjoyable summer!

*Your friends at the Autauga County
Extension Office!*

The Alabama Cooperative Extension System provides expertise 24 hours a day at aces.edu (4 million site visits annually). Online services including articles, publications, blogs, Q&A, and more than 1,650 virtual events in 2009, saving many thousands of dollars and travel hours.

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Autauga County Extension Office Staff

Yvonne D. Thomas
County Extension Coordinator,
Family and Child Development
4-H/Youth Development
Community Resource Development

Valerie Y. Conner
Regional Extension Agent,
Human Nutrition, Diet and Health

Janice Hall
Regional Extension Agent
Food Safety, Preparation & Preservation

Leonard Kuykendall
Regional Extension Agent,
Agronomic Crops

Josine Walter
Agent Assistant,
Urban Nutrition Education Program

Nan C. Chambliss
Administrative Support Associate II

Regional Extension Agents Serving Autauga Co.

Shannon Adress
4-H/Youth Development

Metara T. Austin
Health and Nutrition; Consumer Science
and Resource Management

Patrick Cook
Forestry, Wildlife and Natural Resources

Chip East
Commercial Horticulture

Sharon Gilbert
Consumer Science and Personal
Financial Management

**Johnny Gladney
Brenda Glover**
Animal Science and Forage

Sallie Lide-Hooker
Family and Child Development

Mallory Kelley
Home Grounds, Gardens and
Home Pests

Roosevelt Robinson
Forestry, Wildlife and
Natural Resource Management

Danielle D. Rudolph
4-H & Youth Development
Family & Child Development

Let a Little Sun Shine In

Contributed by:
Valerie Conner,
Regional Extension Agent

Many people enjoy spending time in the sun, but few can enjoy it for long. Research tells us that too much sun can harm the body's immune system.

The sun's ultraviolet (UV) rays cause sunburn and over time skin damage builds up in the form of skin cancer, wrinkling, and skin aging. However the sun is also a primary source of Vitamin D, a fat-soluble vitamin naturally present in very few foods, added to others, and available as a dietary supplement. It is produced within tissue when ultraviolet rays from sunlight strike the skin and trigger vitamin D production in your body. Vitamin D is essential for promoting calcium absorption in the gut and it is needed for bone growth and bone remodeling. It prevents rickets in children and can help protect against osteoporosis in older adults. Without sufficient vitamin D, bones can become thin, brittle, or misshapen. Research is ongoing but some findings are that, low serum concentrations of Vitamin D have been associated with increased risk for cardiac

events and even diabetes complications.

USDA recommends 200 to 600 International Units (IUs) so depending on your age; 200 IUs for children, 400 IUs for young to mid-age adults, and 600 IUs for older adults. Additional research and studies are currently being conducted that will eventually lead to a recommended IUs increase by USDA, however many doctors have moved forward in prescribing higher dosages of this vitamin to patients where certain medical issues are involved. As always follow your doctor's recommendation.

So, sun verses Vitamin D, what to do? It is still recommended that you limit your time in the sun or protect yourself especially during the strongest ray time from 10 a.m. to 4 p.m. Wear hat, sunglasses, light cover clothing, and a sunscreen with a high at least 15 or more Sun Protection Factor (SPF).

You have to weigh the balance between sun exposure and Vitamin D absorption. A little sun shine a day, 15- 30 minutes during the less damaging UV ray time, will improve your absorption of this most important nutrient. Just remember the use of the sun as a Vitamin D source must be safeguarded so you do not over expose yourself or your child to the sun's harmful rays.

Mulch for your Landscape

Contributed by:
Mallory Kelly, Regional Extension Agent

Mulch is a natural process that occurs regularly in nature with fallen leaves, twigs, and spent flowers. There are so many benefits to using mulch and they provide a protective covering for the soil and keep your garden and landscape healthy.

Mulches can be in the form of organic or inorganic. Organic mulches are made up of plant material and will decompose and become part of the soil. Organic mulches must be replenished periodically due to their rate of decomposition. Inorganic mulches are not composed of plant material and are often seen in the form of plastics or rock type formations.

Mulching helps the soil hold moisture and helps prevent weed seed germination. Mulches also help keep the soil cooler and when mulch decomposes it increases organic matter which helps with soil aeration and water absorption.

Organic mulches are less expensive and can be created through leaves and grass clippings that are already present in your landscape. Bark mulches or wood chips are made from different types of trees and are very attractive in the landscape. These mulches have a slow decomposition rate, but should not be used next to foundations as they can attract termites. Other types of organic mulches include, leaves from your trees, grass clippings,

pine straw, and even old newspapers.

This year there has been lots of interest in using newspaper as a mulch in the landscape and in the vegetable garden as a weed barrier. This is a great idea as it also helps enrich the soil as the newspaper breaks down over time, but it also helps retain moisture. When using the newspaper use multiple sheets or even a whole section of the paper at a time (6-10 pages thick) for the best weed control especially throughout the summer months when weeds are most prevalent.

Inorganic mulches such as gravel, crushed stone, and plastics are more expensive, but are permanent additions to the landscape. They come in a variety of different colors, textures, and materials. These inorganic mulches can add a great element to the landscape, but keep in mind that these types of mulches will be much warmer in the summer months removing more water from the soil and can scorch nearby plants. Plastics are good inorganic mulches, but can cause the soil to remain too wet resulting in root disease problems. Black plastic is not very durable and tends to break down quickly. It is often a good idea to cover plastic mulches with a thin layer of pine needles or wood chips to help slow down the decomposition of some plastics and also to help keep the plastic cooler in summer months.

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“Growing and Caring for Roses”

Contributed by:
Mallory Kelly,
Regional Extension
Agent

Whether you grow hybrids, garden roses, climbers, or even just knockouts you have probably had questions at one time or another about caring for your roses. The rose is America's national flower and by far, the most popular of garden plants. Today, there are more than 6,000 varieties, offering a wide range of forms, colors, and fragrances from spring until late fall. There are many different uses for roses as they can be used in the landscape as single specimen plants or in masses for an impressive color display. They may also be used as borders or hedges, on trellises, and in cut-flower beds. Each year new varieties, in a wide range of colors and forms, are introduced by plant breeders.

You can grow roses successfully with some thought and planning and a little regular care. First of all and most importantly you must select a planting site that receives a minimum of 6 hours of full sun daily. Roses are susceptible to many diseases and sunlight helps decrease those disease problems.

Plant roses in a well-prepared bed of garden soil mixed with organic matter (well-composted animal manure, peat moss, or decayed leaves). Roses perform best in clay soil that is slightly acidic (pH 5.5 to 6.5) and a soil test should be taken several weeks before planting to help determine fertilizer and liming needs of the rose bed. Poorly drained soils should be avoided, since roses will not survive "wet feet" conditions and plan to plant roses at least 2 feet apart. This will provide access to sunlight and more air circulation as the roses grow, which will in turn decrease disease incidence.

Watering of roses should be done early in the morning and always avoid wetting the foliage as this will promote disease problems. Roses need lots of water (about an inch of water each week from rain or irrigation) and the more mulch you apply will help conserve soil moisture and suppress weeds. Remove flowers from the plant without damaging the remaining parts of the plant and prune the plants every year to keep them healthy and in good form. Weekly you should go out and inspect plants to prevent insect or disease damage and treat as needed.

Tips for Pruning

Pruning roses improves the size, quality, and color of blooms. As soon as the danger of frost is over, you should get ready to prune. Select three to five vigorous, healthy canes to be left to produce flowers. The amount of pruning varies with the variety of rose. However, the first pruning should remove dead, damaged, or

weak growth.

Your pruning can also regulate the number of flowers produced. Leave longer canes if more flowers are desired. If large show-type blooms are desired, cut back to only a few canes and cut back the remaining canes to 12-14 inches above the ground.

Bush roses (grandifloras, hybrid teas, floribundas) should be pruned in early spring. Prune after the last frost has occurred or when buds begin to swell. As for climbing roses, many of these roses bloom in early spring and need pruning at the end of flowering. Any new canes that have developed should be left since these will produce flowers the next year. Cut all old canes back to the ground immediately after flowering. Some varieties of climbers will continue to bloom throughout the growing season. These varieties produce new canes from old canes rather than from the base of the plant. It is best to leave five or six strong healthy canes and to remove the older canes at the ground. Sometimes these remaining canes produce heavy branching. To control growth and encourage flowering, these lateral branches should be kept headed back. And always remove faded flower clusters to promote more flowers longer in the season.

Insect Problems

Even though rose growing is a rewarding hobby, controlling pests is one of the requirements. Insects, mites, and diseases can quickly make a beautiful plant unsightly. The number and quality of blooms will also be greatly reduced if pest control is not practiced. As for the insects these are some that you will commonly face on your roses sometime throughout the growing season.

Aphids--In early spring aphids appear on the first buds, stems, and leaves. They leave behind a sticky substance we call "honeydew" which makes leaves sticky and shiny and provides a starting place for sooty mold. Begin treatment when aphids build up on plants early in the spring. Inspect plants regularly. Treat in the fall to reduce the number of aphids that may produce overwintering eggs. For control use products with the active ingredients such as: Malathion, Diazinon, dimethoate, or acephate.

Caterpillars--Corn earworms, armyworms, rose slugs, and other caterpillars may feed on blossoms, buds, and leaves. Treat when small caterpillars are present. For chemical control use products with the active ingredient -carbaryl (Sevin).

Bud-, Blossom-, and Leaf-Feeding Beetles--These may attack roses in various stages of development. For chemical control use products with the active ingredient -carbaryl (Sevin).

Spider Mites--These pests attack the undersides of leaves. Infested leaves develop a yellow flecking or stippling, turn brown, curl, and drop off. In severe infestations webbing is present. Spider mites are extremely small and can be examined closely only by the use of a microscope or hand lens. For Control use insecticidal soaps or insecticidal oils with a direct spray to the undersides of leaves.

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*Continued from Page 3...Roses***Rose Diseases**

Because of the long growing season, high annual rainfall, heavy dews, and relatively mild winters in Alabama, roses are subjected to prolonged attacks by several plant diseases. Fortunately, control measures are available for most of these diseases. These are two diseases that commonly occur in Alabama that affect roses.

Black Spot which is probably the most damaging disease of roses in Alabama. Symptoms consist of circular black spots with jagged margins appearing on the leaves. Frequently, the spots are surrounded by a yellow halo. Infected leaves turn yellow and fall prematurely. When the attack is severe and allowed to continue, repeated defoliation will occur, resulting in a weakened plant. The fungal spores are spread primarily by splashing rain or water.



Powdery Mildew is a fungal disease that occurs in Alabama during the spring and fall. It is rarely a problem during the mid-summer months when black spot is at its worst. The presence of the powdery mildew fungus is confirmed by the white powdery masses of spores on young leaves, shoots, and buds. Symptoms consist of distorted foliage and stunted shoots.

Control for (Black Spot and Powdery Mildew): Good control of black spot and powdery mildew can be accomplished with season-long fungicide applications (with Active ingredients such as myclobutanil, propiconazole, tebuconazole, triforine, or thiophanate-methyl). Black spot can also be controlled by a fungicide with the active ingredient-Chlorothalonil). Important points to consider are regularity of spraying and thorough coverage. Fungicides act as a protective shield. Once infection occurs, however, they are of little value to already infected plant tissue.

Keep in mind when purchasing roses that they will vary considerably from one kind of rose to another in their reaction to black spot and powdery mildew as well as other diseases. If a low-maintenance rose bed is desired, choose a variety with multiple disease resistance.

*Continued from page 2... Mulch***Tips to most efficiently use mulch in your landscape:**

Always remove existing weeds before applying mulch.

If applying mulch in the fall, wait until the soil has cooled before applying as this can encourage weed seed germination.

Keep mulch depth uniform throughout your planting beds and around trees (2-4 inches for organic and 1-2 inches for inorganic mulches).

Never let mulch build up around the trunk of trees or shrubs. After a few years of mulch application if you see this buildup occurring rake away old mulch and apply a new layer.

If the mulch starts to smell like vinegar, ammonia, sulfur, or silage the mulch has gone bad. The smell is unpleasant in the landscape and can damage your plants. To cure this problem in your landscape turn the mulch once or twice a month- Good aeration should eliminate the problem quickly.



For more information on mulches for your landscape or garden please visit one of the following sites:

<http://edis.ifas.ufl.edu/MG251>

<http://www.aces.edu/pubs/docs/A/ANR-0385/>

**If you've got home garden questions,
we've got answers!**

Call 1-877-252-GROW (4769)
Press Extension 2 for the Central Alabama Region

The Alabama Cooperative Extension System offers a Gardening Helpline for the general public for those with horticulture related questions Monday through Thursday from 9:00 a.m. until 1:00 p.m. April through September of each year. This helpline is operated by Master Gardener Volunteers who use research based information to best answer all of your gardening questions.



Grafting And Budding

Contributed by:
Chip East, Regional Extension Agent

Horticulturists have been grafting and budding plants for a long time. Why would someone bud or graft a tree? Budding and grafting is a method of plant propagation in which an undesirable plant is changed into a more desirable one. For example, if you have a common persimmon root stock, an Asian persimmon cutting, or scion could be grafted onto it. Grafting and budding is very common with apples, pears, peaches, pecans, and many ornamental plants such as camellias and Japanese maples. There are many types of grafts such as whip, cleft, bark, and four-flap. Shield budding, ring budding, and chip budding are types of budding commonly used as well.

Which budding or grafting method used depends on the time of year and size of tree or branch to be grafted. For example, whip grafting is done on pencil size wood in late winter and spring. Cleft grafting is done on 2 to 4 inch diameter wood around March. Bark grafting is done on 2 to 4 inch wood in April and May. The four flap graft is done on ¾ inch diameter wood around April. Shield budding is mainly done on small shoots of current seasons growth in June, July, and August.

Grafting takes preparation. It is not something you decide one day to try. For example, several materials are needed before starting including parafilm, grafting knife, rubber bands, florist tape, pruning paste, etc. Different materials are needed depending on what type of grafting is to be performed. There are many sources available where these materials can be purchased. Also, in the case of whip, bark, cleft, and four-flap grafting, the grafter should collect scion wood during the dormant season and store it until the proper time to graft. Scion wood is the desirable wood to be grafted. The proper way to store scion wood is to wrap it in a damp paper towel or with damp wood chips and store in the refrigerator until the proper grafting time.

There is not enough space available in this article to discuss the many techniques of grafting and budding. However, the Alabama Cooperative Extension System has a great publication on this topic and many others. Just go to your county Extension Office and ask for ANR-402 Budding and Grafting Fruits and Nuts or find it on-line at <http://www.aces.edu/pubs/docs/A/ANR-0402/>.

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PECAN PHYLLOXERA

Several people have called this spring to complain about galls on pecan stems and leaves. The pecan phylloxera is an insect that causes these galls. The stem phylloxera, *Phylloxera devastatrix*, causes damage to pecan trees by infesting new shoot growth where female flowers are formed and can reduce yield. The leaf phylloxera causes galls on the foliage and is not considered damaging. Homeowners have no effective means of controlling these insects. But the good news is, phylloxera is not detrimental to the tree overall (article based on a blog post by Lloyd Chapman, Regional Extension Agent).

For more IPM topics, please visit

<http://www.aces.edu/homegarden/>

or call the Master Gardeners Helpline (1-877-252-4769).

The Hazards of Lead Poisoning

Contributed by:

Valerie Conner, Regional Extension Agent

In the United States, almost 1 million children between the ages of 1 to 5 are lead-poisoned. Most children are poisoned by breathing or swallowing **lead dust** from lead-based paint. Even children who appear healthy can have dangerous levels of lead in their bodies.

The long term affects of lead in a child can be severe. They include learning disabilities, decreased growth, hyperactivity, impaired hearing, and even brain damage. If caught early, these effects can be limited by reducing exposure to lead or by medical attention. If you are pregnant, avoid exposing yourself to lead. Lead can pass through your body to your baby.

The good news is that there are simple things you can do to help protect your family. If you suspect that your house has lead hazards, you can take some immediate steps to reduce your family's risk:

- **Clean up paint chips immediately.**
- **Clean floors, window frames, window sills, and other surfaces with warm soapy water.**
- **Thoroughly rinse sponges and mop heads after cleaning dirty or dusty areas.**
- **Use only cold water for drinking and cooking. Older pipes may contain lead and lead is more likely to leach into hot water.**
- **Wash children's hands often, especially before they eat and before nap time and bed time.**
- **Keep play areas clean.** Wash bottles, pacifiers, toys, and stuffed animals regularly.
- **Keep children from chewing window sills or other**

Lead-based Paint How it can affect your health



painted surfaces.

- **If you live in an older home, clean or remove shoes before entering your home to avoid tracking in lead from soil. Lead can set into soil when exterior lead-based paint flakes off into the soil.**
- **Make sure children eat nutritious, low-fat meals high in iron and calcium.** Children that eat enough of these foods in their diets absorb less lead. Foods high in iron include:
 - eggs
 - red meat
 - beans
 - peas
 - spinach
- **Foods high in calcium include dairy products such as:**
 - milk
 - cheese
 - yogurt
 - Do not use foreign-made vinyl mini-blinds; they may contain large amounts of lead.
 - If you are exposed to lead at your job, change your clothes and shoes before coming home.

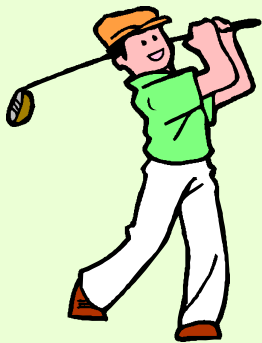
In general, the older the home, the more likely it has lead-based paint. Many homes built prior to 1978 (when the Federal government banned lead-based paint from housing) have lead-based paint. To reduce your child's exposure to lead dust, get your children tested for lead, have your home tested by a certified lead-based paint professional (especially if your home has paint in poor condition and built before 1978), and use good cleaning practices and proper nutrition to reduce lead hazards.

Golf, Life Lessons Available to Military Children

Contributed by:
Yvonne Thomas

County Extension Coordinator

It's tee time for children from military families, thanks to The First Tee Military Affiliate Program.



The program offers free golf instruction to children from National Guard and Reserve families geographically separated from a military base at The First Tee's 200 chapters across the nation.

School-age children at all skill levels, from beginner

to advanced, are invited to hone their golf game with the help of trained coaches. The goal is to welcome at least 6,000 participants, defense officials said.

The program not only sharpens children's skills on golf course greens and fairways, but it also provides life skills. Along with basic golf instruction, The First Tee coaches teach children interpersonal communication, managing emotions, goal-setting, and overcoming obstacles.

"The First Tee youth development program gets kids outside in fresh air and sunshine, engages them in meaningful activity, and provides the opportunity for individual skill building with group camaraderie," said Barbara Thompson, director of the Defense Department's office of family policy, children, and youth.

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Continued from page 6....Golf

"The First Tee core values mirror the core values of their parents, including honesty, integrity, respect, courtesy, responsibility, and perseverance."

The First Tee, an initiative of the World Golf Foundation, was created in 1997 as a way of bringing golf to youth who otherwise would not be exposed to the game and its positive values, according to The First Tee website.

To sign up, parents can visit a First Tee chapter in their community or download a coupon for free instruction by visiting The First Tee website, <http://www.thefirsttee.org/military>. The closest First Tee chapter to Autauga County is First Tee of Montgom-

ery, 8650 Minnie Brown Road, Suite 166, in Montgomery, Alabama.

"We are excited to have this program as an option for military children in or near their communities," Thompson said.

"We recognize that military children have many interests, and for that reason, we continue to look for a wide variety of opportunities that offer a positive learning experience along with the opportunity for personal growth," Thompson said. "We know also that if it's an activity for children, these opportunities need to include an element of fun."

Source: American Forces Press Service



The Basics for Making Your Summer Program Rememberable Creating a Sense of Place: Considering Routine, Ritual, and Belonging

Contributed by:

Yvonne Thomas, County Extension Coordinator

Important questions

A *sense of place* is something that cannot be purchased in a pre-packaged curriculum or incorporated into the program in a single day. A sense of place takes time, thought, and reflection. A *sense of place* builds a sense of belonging. Most importantly, a sense of place begins with you. Take time to write down what you feel is special about your program; what sets you apart from other programs.

Routines and rituals

Think about the routines and rituals you do daily, weekly, monthly, and yearly with the children and their families. Routines and rituals offer the opportunity to repeat experiences and gain familiarity. The routines and rituals of your program are important because they not only offer predictable experiences; they help create history in your program. One can look back and have fond memories of special events and interactions or remember the safe, predictable feeling of being well cared for. Examples of routines and rituals may include, but not limited to, community service projects, special visitors, gardening, or hello and good-bye songs.

As you prepare your routines and rituals, consider the following questions: How do you help children in your program form posi-

tive attachments? What steps do you take to help children and parents feel a sense of belonging in your program?

“Growing” belonging

A sense of belonging doesn't just happen; it takes time and effort to grow. Focused, planned ideas are important. Growing with your families creates not only a positive sense of belonging, but also helps foster the circle of nurturing: you've taken such good care of me; I want to take good care of you." This adds to what is special and unique about your program.

A sense of belonging can grow in many ways:

Get to know your families; let them know they are important. Welcome each family and child into your program (a welcome sign with everyone's name or picture)

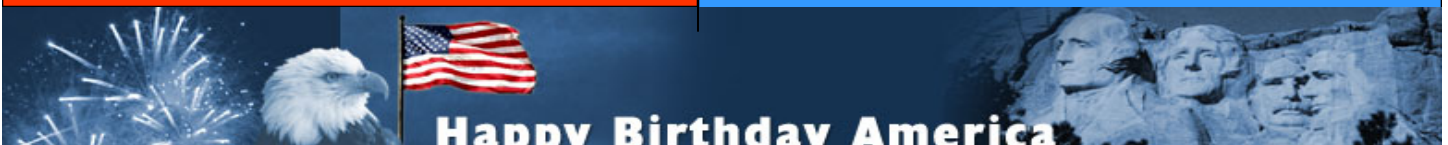
Foster interaction: invite family members to participate, offer group project work, and set up spaces and materials that encourage exchange.

Check in with your attitude; are you being positive, supportive, communicative?

Source: *Christine Belinda, Penn State Better Kid Care Program, Penn State College of Agricultural Sciences Cooperative Extension*

The annual 4th of July Parade begins at 9 a.m. at the Autauga County Courthouse and ends at Stanley-Jensen Stadium. This year the parade will be held on Saturday, July 3rd.

Annual festival of fireworks. The fireworks event begins at Stanley-Jensen Stadium at 6 p.m. There will be live entertainment and food vendors. Fireworks start at dark. Admission is FREE. NO pets allowed on the field.



Local Youth Attend Energy Summit



Youth from Autaugaville, Billingsley, Marbury and Prattville High School attend energy summit sponsored by Mid-South RC&D. During the summit, youth were afforded an opportunity to visit more than 25 exhibits

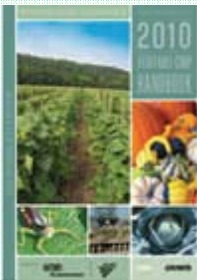
which included, but was not limited to, the Alabama Cooperative Extension System, Auburn University, Faulkner University, Alabama State, Tuskegee University, ITT Technical Institute, Virginia College, Job Corps, Governor's



Office on Workforce Development, Alabama Department of Conservation & Natural Resources, Trenholm Tech, Troy State University, Alabama Development Office, Ag & Industry, and Alabama Industrial Development Training. Approximately 500 students from Autauga, Butler, Bullock, Lowndes and Lee counties attended the event.



The highlight of the summit was a presentation by Bryan Copes, Career Technical Instructor, at Calera High School on Innovative Educational Methods.



INSECTICIDE RECOMMENDATIONS IN VEGETABLES

Contributed by:
Ayanava Majumdar
Extension Entomologist

This is a reminder to all crop producers and advisors dealing with insect pest issues in vegetables that the 2010 edition of the VEGETABLE CROP HANDBOOK is now available. This Handbook has been developed by the Southeastern Vegetable Extension Workers (SEVEW) Group which has members across 12 land-grant universities.

Please get a copy in a book format from Extension or download and print your own copy from <https://sites.aces.edu/group/commhort/vegetable/vegfactsheets/default.aspx> (item#14 on the website). Page 178 of the Handbook has a comprehensive table of various insecticide chemistries available for commercial vegetable producers. Notice the first column which indicates the chemical classes as designated by the Insecticide Resistance Action Committee (IRAC); there are 28 different chemistries available for insect control and some

NEW ones have been added to the bottom of that table. Among many recent additions are the highly-selective feeding blockers for aphids (flonicamid or Beleaf®, pymetrozine or Fulfill®) and caterpillars (flubendiamide or Belt®, chlorantraniliprole or Coragen®) which rapidly affect muscular activity and stop insect feeding. Vegetable producers who have invested in drip irrigation units for their farm can take advantage of systemic insecticides such as imidacloprid and chlorantraniliprole. All producers should follow the insecticide label and the preharvest intervals. The main idea behind listing of insecticides by chemical classes is to encourage producers to rotate different insecticides with unique mode of action; insecticides with a broad range of action (e.g., synthetic pyrethroids) can be rotated with selective insecticides (different mode of action) as part of an "IPM Action Plan". An IPM Action Plan is a management system that is based on insect pest detection and identification, intensive monitoring and scouting, field crop history, and other information which lead to site-specific IPM recommendations and actions. What is currently missing in the recommendations are listing of insecticide premixes; for those products, growers should get in touch with Extension personnel, company representatives or crop advisors for proper guidance.

Don't Stop Reading During the Summer

Contributed by

Yvonne Thomas, County Extension Coordinator

Reading with your child is the best way to prepare him for learning to read and to keep him reading as he grows. Reading aloud together creates a special time for you to bond with your child. This priceless gift offers your precious one what he cherishes most: your attention. The reward to you: it gives you a chance to redis-

cover favorite stories and find new ones. And the added bonus is that it doesn't have to cost a penny.

Somehow we think we should magically know how to read with our child. If you were fortunate enough to have memories of similar experiences with your own parent, it will come naturally. Just tap into your fondest memories of that activity. If not, don't fret. We've got some tips for you to use today.

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AMERICAN ACADEMY OF PEDIATRICS OFFERS SOUND ADVICE ON AUTISM

Contributed by:

Yvonne Thomas, County Extension Coordinator

Audio interviews with developmental pediatricians, autism researchers, and other advocates answer common questions about autism spectrum disorders

Parents who receive a diagnosis of autism in their child face a daunting set of questions. To provide them with guidance and support, the American Academy of Pediatrics (AAP) has created a series of audio interviews with developmental and behavioral pediatricians, a pediatric neurologist, autism researchers and other parents of children with autism. Listen to Sound Advice on Autism at <http://www.aap.org/audio/autism/>



"We want parents to use these audio interviews as a resource as they learn about their child's diagnosis and plot a course of therapies and services," said Judith Palfrey, MD, FAAP, president of the AAP. "We know parents have many questions, and pediatricians want them to have access to the scientifically based information they need to make decisions about their child's care."

April was Autism Awareness Month, which is an opportunity to increase understanding about autism and issues within the autism community. At the Sound Advice on Autism site, parents can listen first-hand as experts answer questions about autism spectrum disorders:

- * What causes autism? How common is it?
- * What are the early signs of autism?
- * How can families learn about early intervention services in their area?
- * What are the most effective therapies for autism?
- * What guidance would you offer parents who want to explore complementary and alternative therapies?
- * Can particular diets or vitamins help children with autism?
- * Is autism related to gastrointestinal disorders?
- * Why do some children "lose" their autism diagnosis?

The AAP offers additional resources for families at: <http://www.aap.org/healthtopics/autism.cfm>

Understanding Your Credit

Contributed by:

Yvonne Thomas, County Extension Coordinator

Do you need loans for college? Would you like to have your own place and obtain a great job after graduation? Whether you're twenty-two or forty-two, nothing affects your financial future like your credit score. Your credit score is a number, calculated based on information in your credit report that lenders use to assess the credit risk you pose. The higher the score, the better your credit rating. A good credit score will help you secure a low-interest rate on loans for college or an automobile. Negative items on your credit record can affect your ability to get a job, rent an apartment, or obtain a cell phone. Make building a great score a priority while you're young and you could actually save hundreds or thousands of dollars over your lifetime.

Action Steps to a Healthy Credit Score:

Pay your bills on time. This is the most important factor in determining your credit score. A history of on-time payments will help you improve your score, and a history of delinquent (or non-existent) payments will hurt your score. Accounts that remain unpaid will be sent to collections and further negatively impact your score.



- **Keep your balances low.** Credit scores also measure how much credit you're using versus the amount available to you. For example, if you have 2 credit cards with a \$1,000 limit and you have balances of \$800 on each, you're using 80% of the credit

available to you.

- **Don't close old accounts.** Credit scores also measure your credit history and the longer you've had access to credit, the better. Keep your oldest accounts active rather than closing them when they are paid off.

Limit your applications for new credit. A large number of credit inquiries (applying for a car loan or credit card) at once can negatively impact your score.

Finally, ensure that you're monitoring your credit reports on an annual basis. The three major credit bureaus - Equifax, Experian, and TransUnion - must provide all consumers, upon request, a free copy of their credit report once every twelve months. You can order your free annual credit report online at www.annualcreditreport.com or call 877-322-8228.

Source: Nancy Register, National Director America Saves, The Consumer Federation of America

Autauga County Students Learn About a Very Deer Friend to Them ...The Forest

Contributed by:

Yvonne Thomas, County Extension Coordinator



Hundreds of local fifth-graders not only enjoyed a learning experience outside the classroom, but also made a new friend.

The youngsters -- students from local public and private schools, along with several who are schooled at home -- frolicked among the pines, scrub oaks and other flora of a 960-acre Autauga County woodland during the annual Friends of the Forest event.

Friends of the Forest is an outdoor educational program designed to teach children, especially those who live in urban locales, the importance and significance of the world's rapidly dwindling forests.

The local students learned about tagging trees for thinning, they discovered bird-houses in several trees. They got to view and touch deer antlers, snake-



skins, the skulls of several small animals, and the pelts of others as volunteers explained the role each animal and tree played in the overall scheme of the forest.

Some of the youngsters enjoyed their two-hour visit so much, they didn't even realize they were learning.

County Extension Coordinator Yvonne Thomas, who coordinated the event, said this year's outing, the third year that local students have taken part in the program, produced the same results as the first two did.

"The program was designed to engage all students in hands-on, minds-on activities that teach the importance of private forest



land and private forest landowners regarding the multiple-use management of our natural resources," she said. "It's been a blessing to see the 'light bulbs' go off as the students grasped new concepts and enjoyed the treasure of our forests. We have had about 600 fifth-graders out here this week, so this was another awesome year."

Joining the Autauga County Extension office and the State Forestry Commission as sponsors were the Autauga County Commission, the Autauga County Board of Education, the Autauga County Master Gardeners, the Autauga County Farm Service Agency, the Autauga County Natural Resources Council, Autauga County PALS, the local office of the Alabama Department of Natural Resources Conservation, Natural Resources Conservation Service and the Autauga County Soil and Water Conservation District.



The weeklong series of outings also included the services of "about 150" adult volunteers and school teachers, said Thomas, who added that "the volunteers are what really makes it work."



The **2010 Friends of the Forest Essay Contest** was sponsored by the Autauga County Extension office in partnership with the Alabama Forest Forever Foundation and the Autauga County Natural Resources Council. The theme for the contest was "Hey Mr. Forest, What Have You Done for Me Lately?" The basic message was to share what the students know about the importance of private forest land and private forest landowners, regarding multiple-use management of our forest natural resources. Moreover, the essays explained how the forest provides recreation, homes for wildlife, wood for wood products, and jobs and career opportunities.



Autauga Academy winner, Bonnie Smith pictured with her teacher, Annette Roberts



Autaugaville School winner, Cierra Motley pictured with her teacher, Cynthia Collee



Billingsley School winner, Crystal Smitherman winner, pictured with her teacher, Kelly Hubbard



Daniel Pratt Elementary School winner, Rachel Cargill pictured with her teacher, Lauren Rome. Also pictured, Principal, Mr. Kleinschmidt, and Rachel's mother.



Contributed by:
Yvonne Thomas
County Extension Coordinator



East Memorial Christian Academy winner, Jared Walker pictured with his teacher, Amy Millican

Continued from Page 8....Summer Reading

Reading with Infants and Toddlers

Reading to infants and toddlers promotes language achievement and literacy development. Later on, it will reap achievement in reading comprehension and overall success in school.

At this age, it technically doesn't matter if you are reading a cookbook or magazine article. What does matter is exposing your little one to vocabulary and a connection to print. Your infant and toddler responds to the colorful illustrations, the fluctuation in your voice, and especially rhyming words.

Cuddle together in a comfortable setting, place the book in front of her, and read aloud the title and author. As you read through the book, let her touch the pages, encouraging respect for the written word by instructing her not to bite or tear it.

Talk with your baby about what you are reading. Put yourself into the story by using funny voices, stopping to point out things in the illustrations, and allowing him to touch pictures as you go.

Remember that your child's attention span is short, so it's okay to stop reading if he/she becomes distracted or fussy. Don't be afraid to start the story and finish it later.

Reading with Young Children

As your child gets older and more exposed to books, visit the Autauga-Pratt Public Library and get your child a library card. After which, allow him to chose the title he wants you to read. You may find that he wants to read the same book over and over, even if he's outgrown it. While this might be boring for you, the repetition and familiarity of the story, including the child helping tell it or "read" it as he gets older, is part of the magic.

- Let your child hold the book. As you look at the cover, ask her what she thinks the story is about.
- As you read, discuss things that your child may have in common with the characters or setting of the story.
- Change your voice to fit the mood or action. Move your finger under the words as you read them.
- Talk about the pictures. Ask him to describe the illustrations. Explain words and phrases as you read. Allow him to ask questions or make comments.
- Let your child "read" the book to you. It may be a short story or a long imaginative tale. Listen and ask questions to encourage creativity.

Coca Cola Salad

Ingredients:

- 1 C Sugar
- 1/2 C Water
- 1 Can Red Tart Pitted Cherries in Water (14.5 or 15 oz. can) * Not Cherry Pie Filling
- 1 Large Can Crushed Pineapple (20 oz. can) Do not drain
- 1 Cup Chopped Pecans
- 1 Large Package of Cherry Jello
- 8 oz. of Coke - Room Temperature



Directions:

Bring sugar, water, juice from cherries to a boil. Add to Jello and stir. Add pineapple with juice and cherries, nuts, and coke. Chill until jellied.

Recipe shared by Autauga County Master Gardener, Mr. Jimmy Prince

Blueberry-Spice Jam with powdered pectin



- 2-1/2 pints ripe blueberries
- 1 tbs lemon juice
- 1/2 tsp ground nutmeg or cinnamon
- 5-1/2 cups sugar
- 3/4 cup water
- 1 box (1-3/4 oz) powdered pectin

Yield: About 5 half-pints

Procedure: Wash and thoroughly crush blueberries, one layer at a time, in a saucepan. Add lemon juice, spice, and water. Stir pectin and bring to a full, rolling boil over high heat, stirring frequently. Add the sugar and return to a full rolling boil. Boil hard for 1 minute, stirring constantly. Remove from heat, quickly skim off foam, and fill sterile jars, leaving 1/4-inch headspace.

Table 1. Recommended process time for Blueberry Spice Jam in a boiling water canner.

		Process Time at Altitudes of		
Style of Pack	Jar Size	0-1,000 ft.	1,001 – 6,000 ft.	Above 6,000 ft.
Hot	Half-pints or pints	5 min.	10 min.	15 min.

Peach Jam

with powdered pectin

- 3¾ cups crushed peaches (about 3 pounds peaches)
- ¼ cup lemon juice
- 1 package powdered pectin
- 5 cups sugar



Yield: About 6 half-pint jars

Procedure: Sterilize canning jars and prepare two-piece canning lids according to manufacturer's directions.

To prepare fruit. Sort and wash fully ripe peaches. Remove stems, skins, and pits. Crush peaches.

To make jam. Measure crushed peaches into a kettle. Add lemon juice and pectin; stir well. Place on high heat and, stirring constantly, bring quickly to a full boil with bubbles over the entire surface. Add sugar, continue stirring, and heat again to full bubbling boil. Boil hard for

1 minute, stirring constantly. Remove from heat; skim. Fill hot jam immediately into hot, sterile jars, leaving ¼ inch headspace. Wipe rims of jars with a dampened clean paper towel; adjust two-piece metal canning lids. Process in a **Boiling Water Canner**.

Table 1. Recommended process time for Peach Jam in a boiling water canner.

		Process Time at Altitudes of		
Style of Pack	Jar Size	0-1,000 ft.	1,001 – 6,000 ft.	Above 6,000 ft.
Hot	Half-pints or pints	5 min.	10 min.	15 min.



Look for our next Autauga County
 "Working for You"
 Newsletter, September 2010