



Working for You! Autauga County

Quarterly Newsletter, Summer 2011



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www.aces.edu/counties/Autauga/

Whether you realize it or not, everything you are experiencing in your life today is a direct result of the seeds you've sown in your past. Today, you are planting seeds for harvest in your future. Just as the farmer expects a crop from the seeds he sows, we can expect a harvest from the seeds we've sown, good or bad. That's why we have to be deliberate about the seeds we are sowing. We have to wake up every day and set our minds on positive things and choose to speak life over our situations. We have to constantly evaluate our actions to make sure we are depositing good seeds so we can reap a good harvest in the future.

Sometimes, we have to stop and search our hearts and minds to see if there are any negative seeds that we've sown in the past that need to be uprooted. It's important that we're intentional about planting positive seeds in the soil of our heart. When we sow good seeds, we can reap the

harvest of blessings that have been designed for us!

Regardless of our circumstances, we are equipped to be successful and He has empowered us to overcome challenges in this life. He's given you seeds to sow to have an abundant harvest in your future. Don't give up! The race is not given to the swift, but to he who endures until the end. You have what it takes!

Enjoy!

Yvonne D. Thomas



Summertime!

The Alabama Cooperative Extension System (ACES) has an excellent website that receives over 2.5 million visits per year by individuals seeking information in many subject matter areas.

www.aces.edu

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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

Rudy Yates

Agronomic Crops

Caring for Your Azaleas

Contributed by:
Mallory Kelley, Regional Extension Agent



Azaleas are a staple plant for the southern landscape with many different varieties and types. The first southern hybrid azaleas were planted in Charleston, South Carolina in 1848. Today, azaleas can be found in each climatic region in the Eastern half of the United States and also in most of the Pacific Coast region. In this area of the south we have deciduous and evergreen varieties of azaleas. The native deciduous azaleas lose their

leaves in the winter, but have very beautiful clusters of honeysuckle like flowers in early spring adding great flower texture to the landscape. More commonly seen in the landscapes are the evergreen azaleas that are available in many different varieties.

Site Selection

If you are thinking of adding azaleas to your landscape both the native deciduous and evergreen are great choices for areas with filtered shade. Very heavy shade throughout the day may reduce flower production and result in weak growth. Evergreen trees or tall shrubs with low branches make good windbreaks and attractive backgrounds for an azalea planting.

Azaleas do require some special treatment when it comes to soil conditions. Azaleas require an acid soil pH to grow properly. Check the soil pH of your site before you plant azaleas. A pH of 5.5 is good for most varieties of azaleas. The reason azaleas do better in slightly acid soil is because iron is more available. Iron in the soil may become unavailable to the plants if the pH gets too high.

Iron chlorosis is caused by not enough iron getting to the plant. The symptom of iron chlorosis is that the area between the veins is yellow or light green while the veins are darker green. In most Alabama situations the trouble usually is that the iron in the soil cannot be taken up by the plant because of the pH level being too high. Other causes of chlorosis symptoms in azaleas may also be attributed to poorly aerated soil, a heavy application of fertilizer, or roots that are heavily infested with nematodes or infected with root-rot disease organisms.

Fertilization

A big problem in azalea culture is over-fertilizing, especially with phosphorus. Too much fertilizer injures the plants and may even cause them to die. Be particularly careful with small plants. Use no more than 1 teaspoon of fertilizer at a time on plants less than 12 inches tall. For larger plants, use 1 heaping tablespoon per foot of height. Scatter the fertilizer under the plant on top of the mulch. It is better to make a light application after blooming and another in July than to apply the yearly recommendation all at one time.

The best way to avoid over-fertilizing your azaleas is to have your

soil tested every 2 or 3 years and follow the recommendations. If you don't have a soil test, use an all-purpose fertilizer, such as 8-8-8 or 12-6-6. Some special azalea-camellia formulations are available and cater to the acid soil requirements of these plants.

Pruning

In Alabama many azaleas begin to set flower buds in July. Therefore, pruning after early July may reduce the next year's flower production. The best time to prune is soon after the flowering period in the spring, for our area, this should be done now before the new buds are set. Cut out the limbs that have grown out of the main body of the plant. Do not shear unless your intention is to create a formal hedge. Shearing destroys the natural form of the plant.

Azaleas often become too large for the area they occupy, especially when they are used as foundation plants around a home. If this happens, cut back the large plants to about 12 inches above the ground shortly after blooming. When new growth buds appear on the stem, the new stems and leaves will grow very fast. Pinch out any long unbranched shoots that develop to force more branching. Be sure to keep the soil moist for several days after severe pruning.

The Major Insect Pests

Spider mites are serious pests of many ornamentals such as roses, boxwoods, and azaleas. Adult spider mites vary in size and may be green, orange, red, brown, black, or a combination of these, but red is the most common. Young mites (nymphs) resemble adults except they are smaller and have only six legs.

Spider mites puncture the tissues of leaves and flowers with needle-like mouthparts and suck juices from the plant. This destroys the chlorophyll around the puncture, giving the leaves and flowers a speckled appearance. As mites multiply, entire leaves become discolored and distorted, and they may drop off. These pests are very small and feed mainly on the underside of leaves. They often go unnoticed until plant damage is obvious.

Azalea lace bugs are small insects with black bodies and colored or variegated, lace-like wings. They feed on the underside of leaves. The upper leaf surface opposite the feeding areas becomes speckled, and the leaf looks light or bleached and eventually turns brown. Lace bugs give off large amounts of a dark almost black, sticky substance on the underside of leaves. Black raised bumps on the lower surface of the leaves is an obvious symptom of this insect.



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*Continued from page 2.
Caring for Azaleas*



Chemical control gives best results when used in the spring to control the spider mites and the first and second generations of Azalea lace bug. Products such as; insecticidal soap, horticultural oil, neem oil, and most synthetic

insecticides labeled for use on azaleas will provide control and often times multiple applications are necessary. For optimal coverage be sure to direct the spray to the undersides of the leaves. Using a recommended systemic insecticide drench in the spring could prove to be a season long remedy. Always maintaining a healthy plant with sufficient water and nutrients and planting in a shadier area would be a good cultural practice to deter these damaging pest infestations.



**Monday through Thursday
9:00 a.m. - 1:00 p.m.**

**Have Gardening
Questions?
Call the Master
Gardener
Helpline!**

(Toll Free)

1-877-252-4769



Sugarcane Beetles in Corn

Contributed by
Rudy Yates, Regional Extension Agent



If I said sugarcane beetle, a majority of people would think, and rightfully so, a pest of sugarcane. However, this beetle is a pest of corn and other crops as well. I've recently observed sugarcane beetle damage to seedling corn plants.

The damage was made by the sugarcane beetle adults: robust, black and 5/8 inch long (picture 1). These beetles are related to May beetles and green June beetles. The adults have emerged from their overwintering sites and have been feeding.

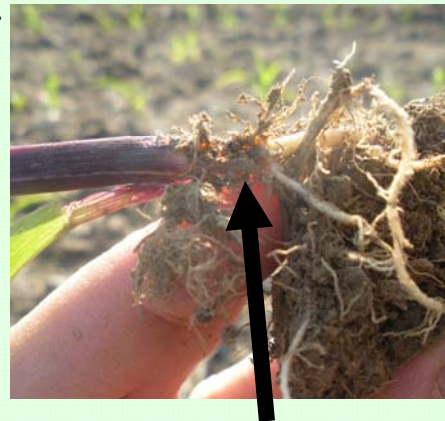
Picture 1: Sugarcane beetles.



Sugarcane beetle adults use their stout, heavily-spined front legs to burrow 1/2 to 1 1/2 inches into the soil in order to feed on plant stems under the soil surface. They chew large gouges (picture 2) in the stem which eventually shows up as dead plants, dead leaves in the center of the plant, or stunted plants (picture 3). Some damaged corn plants exhibit a light streak along the margins of the leaves. Suckering at the base of the corn may also be observed.

Some damaged corn plants exhibit a light streak along the margins of the leaves. Suckering at the base of the corn may also be observed.

Picture 2. Sugarcane beetle feeding at the base of the corn stem.



Picture 3. Corn seedling displaying dead center and stunting.



Sugarcane beetle adults lay eggs in the soil during the spring. The larvae are white grubs that live in the soil and feed primarily on organic matter for about 85 days. Pupation occurs in the soil. Adults emerge briefly in the fall, but return to the soil to overwinter. Light trapping studies in Alabama showed that the adults are most active from late April through about the 20th of May in central Alabama (Marion Junction and Camp Hill). However, the peak activity varies from year to year, and between locations.

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COMMERCIAL HORTICULTURE NEWS

Contributed by:
Chip East, Regional Extension Agent



It has been a very busy year so far, full of educational/production meetings for commercial horticulture producers. The Extension System organized a great fruit and vegetable meeting for the Alabama Fruit and Vegetable Growers Association. That meeting was held in February at Auburn University and was very educational and well attended by producers. During February and March we conducted fruit pruning workshops in

Cleburne, Talladega, Autauga, Chambers, and Russell counties. These workshops were a great way to get hands-on lessons in pruning muscadines, blueberries, and many other fruit crops. Several regional commercial fruit/vegetable workshops were held around the state as well. I teach a lot of plant propagation classes each year in a classroom style setting, but when we can get outside and allow the participants to graft plants, it is always better. On April 26th we had a hands-on grafting class in Macon county at Auburn's E.V. Smith Experiment Station. Here participants came and learned the techniques of grafting then had the opportunity to graft on their own.

Commercial horticulture is the production of some kind of horticulture crop with your focus on making some type of income. Commercial horticulture includes nursery production, landscap-

ing, fruit production, vegetable production, Christmas tree production, sod production, athletic turf management, and others. The Alabama Cooperative Extension System is a great resource for educational information on many topics, including commercial horticulture. Lots of information is on our web site at www.aces.edu or by calling your local Extension Office.

I would like to take this time to share a little information about vegetable irrigation. Basically we need about an inch to an inch and a half of rain per week. If we do not get adequate amounts of rain we should irrigate. Drip irrigation is always better than overhead in a garden. When vegetable leaves stay wet we have more disease problems. Drip allows you to water just the plants in the row and not waste water on row middles. For this reason, drip uses much less water than overhead and will decrease your water bill if you are using a municipal water source. Length of irrigation time depends on many factors such as time of year, size of crop, soil type, drip system used, etc. Remember, when the plant is stressed the fruit will suffer. Removing plant stress by irrigating is one way to help increase production. We have a great vegetable irrigation publication titled Basics of Vegetable Crop Irrigation that is found on our web site at <http://www.aces.edu/pubs/docs/A/ANR-1169/ANR-1169.pdf>.

I cover Cleburne, Clay, Randolph, Talladega, Coosa, Tallapoosa, Chambers, Lee, Russell, Macon, Montgomery, Elmore, and Autauga counties. If you farm in any of these counties and would like to receive e-mails when educational meetings are held, please send me an e-mail at eastwil@aces.edu and I'll add you to my list. If you farm in other counties, I do not mind adding you to my e-mail list, but the best thing is to contact your commercial horticulture agent to be added to their list. If you do not know who your commercial horticulture agent is, just call your local county extension office.

Using GIS/GPS Technology to Improve Natural Resources Management

Contributed by:
Patrick Cook, Regional Extension Agent



Throughout history, new technologies have arisen that improved our ability to complete certain tasks so much that they came to be considered critical to completing those tasks. This is true of all human endeavors, including natural resources management. Timber was once harvested and transported without the use of skidders or trucks.

Prescribed fire was used to manage wildlife habitat for thousands of years before drip torches, weather forecasts, or bulldozers to make firebreaks. Today, these tools are considered necessary.

In our digital age, two more tools have become available that are proving to be indispensable to many diverse fields including natural resources management. GIS (Geographic Information System) and GPS (Global Positioning System) technology are essentially mapping tools. Of course, good maps have always been considered crucial by natural resource managers. However, these technologies have allowed managers to use location data in ways never dreamed of in the past. The result has been better decision making and therefore better management.

The Alabama Cooperative Extension System will host a workshop on the use of GPS and GIS technology in natural resources management on June 16th, 9:00 AM – 3:30 PM. The workshop will involve both lecture and hands on training. It will be held at the William H. Smith Agricultural Center located at 2226 Hwy 14 W, Autaugaville, AL. To register for the event, mail your name and contact information along with a \$25 check made payable to Auburn University to Alabama Cooperative Extension System c/o Patrick Cook, P.O. Box 30, Clanton, AL



WELCOME
JOSINE WALTER!
 REGIONAL EXTENSION AGENT
 4-H &
 YOUTH DEVELOPMENT

We welcome Josine Walter as our new 4-H Regional Extension Agent for Autauga, Chilton and Coosa County. She has been with Extension for 3 years

and has a degree in Recreation Administration from Auburn University. She is excited about working with the 4-H youth, school staff, and home school families and is looking forward to identifying and training adult volunteers to start new clubs, including livestock, horse, shooting, school and community clubs. "4-H has had such a powerful impact on the youth in the past and I want to make sure 4-H continues to shape and mold our youth in the future." If you would like to join a 4-H club or become an adult volunteer, please contact Jo Walter, 334-750-2032 for further information



Why 4-H?

Contributed by:
 Josine Walter,
 Regional Extension Agent

4-H, the youth development program of the Cooperative Extension System and land grant universities, fosters an innovative, "learn by doing" approach with proven results. The 4-H Study of Positive Youth Development shows youth engaged with 4-H are:

- Nearly two times more likely to get better grades in school;
- Nearly two times more likely to plan to go to college;
- 41 percent less likely to engage in risky behaviors; and 25 percent more likely to positively contribute to their families and communities.

Unparalleled Reach and Scope

With 540,000 volunteers, 3,500 professionals, and more than 60 million alumni nationwide, the 4-H movement supports young people K-12th grade with research-driven programs in science, citizenship and healthy living designed to shape future leaders and innovators.

Leading by Example

Young people in 4-H are inspired to work collaboratively, take the lead on their own projects and set and achieve goals with confidence. 4-H'ers chart their own course, explore important issues and define their place in the world. 4-H'ers stand up for themselves and their communities. 4-H'ers like Briana Patten, who attends Prattville High School.

Briana Patten – Leading by Example

Briana Patten, President of the national award winning Autauga County 4-H Horse Club and Star Spangled Stampede equestrian drill team, has been in 4-H for ten years. As this year's recipient of the Ann Barr Endowed 4-H Scholarship at Auburn University, Briana exemplifies the 4-H youth of Alabama. She has fulfilled her pledge to use her head for clearer thinking, her heart to great loyalty, her hands to larger service and her health to better living for her club, school and community. As an active

member and leader of the 4-H Club, she serves as a role model to the members of the largest 4-H club in Autauga County. Briana will be graduating from Prattville High School with an honors diploma and a 4.16 GPA. She is also the local chapter president of Health Occupation Students of America and is employed at Wybenga Family Health Care. She is leading the Revolution of Responsibility by making the best better.

4-H Is For Youth and 4-H Is Fun!

Through 4-H and the opportunities it provides, members have the ability to participate in many events and activities, as well as travel the country, and meet new friends. It doesn't matter if you live in urban Prattville or rural Autauga County; Autauga County 4-H has an opportunity for you! Do you like to take pictures -- then photography is for you! Do you like to learn about the environment and how to save the resources of our world -- then the natural resources project is made for you! How about public speaking, livestock, horses or shooting sports? Regardless of your interest, The Alabama 4-H and Youth Development Program offers many opportunities for both youth and adults to experience 4-H at the local, county, state, and national level. These pivotal experiences build a foundation of leadership and skills for success in their future careers.

To Join the Revolution or learn about adult volunteer opportunities, contact Josine Walter, Regional 4-H Agent, Autauga, Chilton & Coosa County, 334-750-7273 or jaw0023@aces.edu

<http://www.aces.edu/fourh/whatis.php>

<http://www.4-h.org/about/youth-development-organization/>
http://www.4-h.org/about/youth-development-research/positive-youth-development-study/?loc=rotating_promo <http://www.4-h.org/about/revolution/stories-of-responsibility/featured/lindsay/>
<http://www.4-h.org/about/revolution/stories-of-responsibility/featured/lindsay/>

Register for 4-H Fun Days on page 6



JOIN | THE REVOLUTION OF RESPONSIBILITY

2011 Autauga County 4-H Summer Fun Days

- Session 1 Billingsley: June 21st, 9am-12pm
- Session 2 Marbury: July 5th, 9am-12pm
- Session 3 Prattville: July 26th, 9am-12pm



Join us for a fun filled 3 hours learning about 4-H by doing hand-on 4-H activities such as Skins and Skulls, Just Move Alabama, Junior Master Gardener and learning what 4-Her's are doing in Autauga County.

Program is free; however, pre-registration is requested. Mail or bring completed form to: ACES – 4-H, 2226 Hwy. 14 West, Suite E, Autaugaville, AL 36003 For Youth ages 9-14

Name: _____ Age: _____

Address: _____

Phone: _____ E-Mail Address: _____

Current 4-H Member: Yes _____ No _____ Club Name: _____

Session Wanting to Attending: _____

Web Design Contest Winners Announced

Contributed by:

Yvonne Thomas, County Extension Coordinator

Autauga County Area Technology students win scholarships in the 1st Web Design Contest.



Ryan Josey and Brandon King, 18, won first place in the Web Design Contest sponsored by the Autauga County Extension office, Trenholm Technical College, Autauga County Children's Policy Council (CPC), Autauga County Board of Education, Autauga County Commissioners and the City of Prattville.

Josey and King were awarded two-year institutional scholarships to Trenholm Technical College for their work. The scholarships will cover their tuition for the full length of their program.



Josey and King designed the CPC's website, www.AutaugaCPC.org, an online destination where referral resources can be easily accessed by families, educators, non-profit agencies, law enforcement, courts and any other service agencies. This site will assist in identifying services for healthcare, mental health care, educational needs, parenting classes and numerous other services. The site will be up soon.

"I wish I could say the talent of these students amazed us," said Yvonne Thomas, Autauga County Extension coordinator, "but we knew the caliber of skills we have in our school system." "Our youth simply needed the opportunity! We look forward to working with other nonprofits to provide similar opportunities for our youth."

Good, “till” the Last Drop

Contributed by:
Roosevelt Robinson,
Urban Regional Extension Agent



Water may seem like an infinite resource, but during the hot summer months, the threat of drought and increased demand often severely limits its use as public water suppliers may be restricted on how much can be pumped on a daily basis. On average, an American household uses nearly 260

gallons of water each day. This amount climbs to around 1,000 gallons per day during the summer months with some households using as much as 3,000 gallons a day (40% of which is used outdoors). Why? Well, we water our lawn and plants, let our kids run through the sprinkler, take more showers, and since we play more and sweat more, we end up doing more laundry. We all must become more mindful that water is a precious resource and adopt smart water conservation methods to reduce water usage in and around the home. Consider the following tips to conserve and insure water for our needs now and for future generations.

In the home:

- Install water-saving shower heads and faucets.
- One “full” load of dishes in a dishwasher uses water more efficiently than scrubbing dishes by hand.
- Shut off water when not in use.
- Use a full sink to rinse your razor while shaving
- Turn water off while brushing your teeth
- Switch off shower while lathering up with soap and shampoo

- Rinse vegetables or fruits in a container of water rather than running water
- Take shorter showers or shallow baths
- Don’t waste water adjusting temperature.
- Fill tub as water is switching from cold to hot instead of letting cold water go to waste
- Keep a pitcher of water in the refrigerator so it always stays cold instead of turning on the faucet and waiting for it to get cold
- Do not neglect leaking home plumbing; tiny leaks can waste gallons of water over time.

Outdoor water use:

- Water lawn early or late in the day, only when needed. Watering during heat of day causes high rate of evaporation.
- Install a drip irrigation system for more efficient garden watering.
- Mulch your garden and trees, locking in moisture to the soil
- Make or purchase a rain barrel.
- Rain barrels can collect up to 632 gallons of water per 1 inch of rain falling on a 1,000-square-foot roof
- Water can be stored for later uses such as washing automobiles, cleaning windows, porches, etc.
- Taking your automobile to a commercial carwash, as they tend to use water more efficiently and recycle the water.
- When using a hose, utilize a trigger nozzle to easily regulate the flow of water and be sure the connection from the hose to the faucet is tight and leak-free.

As you think of the many ways in which you use water every single day, starting thinking of more ways in which you can use water more efficiently. With only 1% of all water available for human consumption, doesn’t it make sense that we treat our current water supply with more respect? “When the well’s dry, we know the worth of water,” Benjamin Franklin.

Continued from page 3...Sugarcane Beetles

Corn fields surrounded by pasture or new corn fields that were previously in pasture are most at risk. There have been reports of some fields that tend to be damaged by the beetles year after year.

Sugarcane beetle adults are attracted to lights at night and can accumulate around houses, shops, offices and other locations because of the lights. They have been known to burrow through tar roofing or window caulk on buildings.

The best control practice for this pest in corn is prevention. There are not any good rescue treatments that can be applied over the top of the corn once it has emerged. The beetles’

burrowing behavior is what makes it difficult to make a rescue treatment in corn. Once the beetles burrow into the soil, they do not come back up to the surface very often.

For specific pest control information in field corn, check out our 2011 Corn Integrated Pest Management guide at the following link: <http://www.aces.edu/pubs/docs/A/ANR-0500-A/VOLI-2011/corn.pdf>

Dr. Blake Layton at Mississippi State has written some information on sugarcane beetles. It can be found at the following link: <http://msucare.com/newsletters/pests/bugwise/2009/bw0209.pdf>

Questions? Contact Rudy Yates, Regional Extension Agent – Agronomic Crops, at 334-295-5959 or yatesrp@aces.edu

Arthritis: Managing the Pain

Contributed by:
Valerie Conner, Regional Extension Agent



Arthritis is a chronic disease and millions of people in the U. S. have it. When left unchecked, it can incapacitate the strongest of individuals. It is one of the most common diseases in the United States. Alabama has over 1,160,000 adults with arthritis.

Research shows that exercise and good nutrition are important components of health care for individuals with arthritis.

Proper exercise promotes optimum joint flexibility, muscle strength, endurance, coordination, and cardiovascular conditioning. People with arthritis need to move their joints daily.

Arthritis Pain Management, a three week series, teaches proper exercise and nutrition for those dealing with the pain. The Pain Management Series were conducted in Autauga County from April 27 through May 12, 2011. Sessions were conducted at Senior Centers in Billingsley and Marbury by Valerie Conner, Human Nutrition, Diet, & Health, Regional Extension Agent and were supported by the Alabama Commission on Aging.



The series' focal point was on range of motion, flexibility, and strengthening joints and bones through gentle movements. The other focus was on increase consumption of water and healthy food choices along with reduction of salt in the diet.

Thirty individuals were reached through both series. Most of the participants reported having some form of arthritis. Of the 30 participants 15 reported an increase in movement, like stretching in the morning to start their day. Ten reported that they reduced their salt consumption, and six individuals increased their water consumption. Thirteen participants reported improvements in eating habits.

Pain, fatigue, and stiffness of joints are part of living with Arthritis, but if managed, people can live successfully with the disease.

"LETS GET PHYSICAL" MOVING TOWARD BETTER HEALTH IN 2011

Contributed by:
Metara Austin, Urban Regional Extension Agent



Physical activity simply means movement of the body that uses energy. Regular exercise and physical activity can reduce the risk of developing disease. For health benefits, physical activity should be moderate or vigorous and add up to at least 30 minutes a day for adults and 60 minutes for children.

Moderate physical activities include:

- ◆ Walking briskly (about 3 ½ miles per hour)
- ◆ Hiking
- ◆ Gardening/yard work
- ◆ Dancing
- ◆ Golf (walking and carrying clubs)
- ◆ Bicycling (less than 10 miles per hour)
- ◆ Weight training (general light workout)



Vigorous physical activities include:

- ◆ Running/jogging (5 miles per hour)
- ◆ Bicycling (more than 10 miles per hour)
- ◆ Swimming (freestyle laps)
- ◆ Aerobics
- ◆ Walking very fast (4 ½ miles per hour)
- ◆ Heavy yard work, such as chopping wood
- ◆ Weight lifting (vigorous effort)
- ◆ Basketball (competitive)

Some physical activities are not intense enough to meet the physical activity recommendations so you should not count these towards the 30 or more minutes a day that you should strive for because they do not increase your heart rate enough. These include walking at a casual pace, such as while grocery shopping, and doing light household chores.

Regular physical activity over long periods of time can produce long-term health benefits. In addition, exercise can be an effective treatment for many chronic conditions such as:

- * Arthritis
- * Heart Disease
- * Diabetes
- * High Blood Pressure
- * Beneficial for people with balance problems, or difficulty walking

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Continued from page 8...Let's Get Physical

The great thing about physical activity is that there are so many ways to be active.

At Home

- Do plenty of housework
- Work in the Garden or mow the Lawn
- Park further away at the shopping mall or store and walk the extra distance
- Stand up while talking on the phone
- Take a short walk before dinner, after dinner or both

At Office

- Walk down the hall to speak with a co-worker rather than using the telephone
- Take the stairs instead of the elevator
- Start or participate in a recreation league at your job
- Walk around your building for a break or during lunch

At Play

- Plan family outings and vacations that include physical activity
- Go sight-seeing and let your legs do the walking, jogging or bicycling
- While exercising play your favorite song.
- Get up and dance by yourself with someone else or take a dancing class
- Make a play date with one of your friends to enjoy an activity you both like

References:

- www.eatright.org
- www.health.gov/DietaryGuidelines
- www.Mypyramid.gov



Plant Propagation Workshop
in partnership with the
City of Prattville

Wednesday, July 27, 2011

Doster Center
424 South Northington St.,
Prattville, AL 36067

8 a.m. to 12:00 noon

**LEARN HOW TO PROPAGATE PLANTS
SUCCESSFULLY!**

**WE WILL BE DISCUSSING: DIVISION,
LAYERING, SEEDS, CUTTINGS, BUDDING,
AND GRAFTING.**

COST: \$5

**for more information call the
Autauga County Extension office at
(334) 361-7273.**

**TO REGISTER, MAIL THIS FORM ALONG
WITH YOUR \$5 CHECK OR MONEY ORDER
PAYABLE TO ACES
2226 HWY 14 W, SUITE E
AUTAUGAVILLE, AL 36003**

NAME: _____

TELEPHONE: _____

EMAIL: _____

ADDRESS: _____

NUMBER OF PARTICIPANTS: _____



**4-H Seniors Celebrate
Their Accomplishments**

Thursday four seniors celebrated their accomplishments with the Autauga County 4-H Horse Club, the largest 4-H club in Autauga County. In their combined 30 years in 4-H, they have developed leadership skills, serve as role models and have fulfilled their 4-H pledge to use their heads, hearts, hands and health to make the best better.

Julee Cranmore, New Life Christian Academy, has been in 4-H for 9 years and plans to attend Virginia College for a career in cosmetology.

Briana Patten, Prattville High School, has received the Spirit of Auburn scholarship, the Alice Barr Technology Scholarship and the Ann Barr Endowed 4-H Scholarship. She will be attending Auburn University studying biomedical sciences.

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AUTAUGA COUNTY ROW CROP, CATTLE OPERATION NAMED ALABAMA FARM OF DISTINCTION

Contributed by:

Yvonne Thomas, County Extension Coordinator

A diversified row crop and cattle operation in Autaugaville, Ala., was named the state's 2011 Farm of Distinction during the Alabama Farm-City Awards Luncheon today in Birmingham.

As this year's winner, Andy and Dawn Wendland of Autauga Farming Company will represent Alabama in the Swisher Sweets

Sunbelt Expo Southeastern Farmer of the Year contest Oct. 18-20 in Moultrie, Ga. Wendland said he's honored to be recognized, but he was quick to share the credit with employees and family members who have helped tend the farm's crops and livestock over the last 100 years.

"I feel fortunate to be that third generation that's kind of taken hold of the reins. Having really good people is a real big part of it, too. That's been a real asset to us," Wendland said.

Autauga Farming Company has about 2,500 acres of cotton, corn, soybeans and wheat, as well as about 750 beef cows. The Wendlands were founding members of Autauga Quality Cotton Association, which has grown to become one of the nation's leading cotton marketing cooperatives -- serving 2,000 producers in nine states. They also joined forces with neighbors to form the Producers Feeder Cattle Sale, which secures premium prices by marketing uniform truckloads of cattle.

Despite good prices for cotton and cattle this year, Wendland said skyrocketing production costs are forcing farmers to find ways to be more efficient. One way the Wendlands have reduced costs is by transitioning their farm almost entirely to conservation tillage. They also are using GPS guidance and swath control to prevent overuse of fertilizer and crop protection materials.

As Alabama's Farm of Distinction winner, the Wendlands received a John Deere Gator donated by SunSouth, Snead Ag and TriGreen Equipment dealers in Alabama. They also received a \$1,250 gift certificate from Alabama Farmers Cooperative, redeemable at any of its member Quality Co-Op stores. The Alabama Farmers Federation and Alfa Health presented the Wendlands an engraved farm sign, and they also will receive a \$2,500 cash award and an expense-paid trip to the Sunbelt Agricultural Expo. The Swisher Sweets Sunbelt Expo Southeastern Farmer of the Year will receive \$14,000, plus several other prizes.

While Wendland admits farming can be difficult, he feels blessed to work at a job he loves and to be able to raise his kids in a wholesome environment.

"I guess it's just a challenge in today's environment to be efficient and productive and economical, and all those things that we try to be," he said. "It's a challenge, but I enjoy doing what I do. I'm always thinking about it and always trying to improve what we do."

Wendland is a leader in the Alabama Farmers Federation and Alabama Cattlemen's Association. He and Dawn are members of the Church Street United Methodist Church. They have five children, Katie, Drew, Will Howard, Dan and Emma.

Five other finalists also were honored during the program, which was held in conjunction with the Alabama Farmers Federation State Women's Leadership Conference. They were Bud Hopson of Creekstand Catfish Farm in Lee County, Webb and Joy Thornhill of Thornhill Farm in Jackson County, Phillip and Nancy Garrison of GoldVine Farm in Cullman County, Andy and Anne Sumblin of Andy Sumblin Farm in Coffee County and Roy and Becky Jordan of Landrum Creek Farm in Marengo County. Each finalist received a \$250 gift certificate from Alabama Farmers Cooperative.

The Farm-City Committee of Alabama presents the Farm of Distinction Award annually. Farm-City Week is observed nationally each year the week before Thanksgiving as a way to help bridge the gap between rural and urban residents.

Reprinted with permission from Alfa Farmers News

Small Seedstock Bull Producers Have Big Challenges!

Contributed by:
Johnny Gladney,
Regional Extension Agent



If you take time to look through your Alabama Cattlemen's Magazine and see the number and size of seedstock producers advertising, you will find that over 70% would be considered small seedstock producers. For this

article we are considering small producers to be selling 15 bulls or less a year, medium size producers selling 20 to 40 bulls a year and large seedstock producers to be selling 50 or more bulls a year. In that same scrolling through the magazine, we find less than 10% of the seedstock providers are in the large seedstock provider category. The producers of course have much more total overhead cost due to size, however, they have a great advantage in the bull selling market due to per head unit cost.

The number one problem to us for a small producer is the cost of the access to the commercial cow/calf bull buyer. The advertisements that catch more attention are the color full page ads placed in our more popular beef cattle trade publications. We are not saying that smaller black and white ads do not work, however, the larger seedstock producers can spread the cost of more effective advertisement across more bulls. This

statement would also hold true for sale facilities and labor.

Another issue that comes into effect is the stereotype that many large commercial cow/calf producers have adopted is that finding bulls from small producers takes too much time and those small producers are sometimes unwilling to stand behind their bulls when problems arise. In talking with three different large cow/calf operators in the blackbelt region of Alabama each of them shared stories of bulls they had purchased from small seedstock producers that had obvious problems ranging from infertility to screwclaw. The commercial cow/calf bull buyers found the smaller producers, in these instances, more difficult for one reason or another in handling their claims. These particular individuals stated they like dealing with one person at the larger operations that they could build a relationship based on trust.

So what is the answer for these seedstock producers that are not willing or able to take on a large scale operation? There is no doubt that some of these problems can't be overcome. Nonetheless, three things we have seen that is a must in 25 years plus of being around the seedstock business to be successful for the long term is 1) be known for selling some of the best bulls around, 2) always make the bulls good even if you feel that you probably should not and do it with a smile and 3) be willing to align yourself with other positive thinking seedstock producers to add numbers for selection for bull buyers and to decrease the per head unit cost of advertisement, sale facilities and sale labor.

In closing, the best examples of easily working together that we can think of to

lower that per head unit cost of advertisement, facilities and labor for a sale is the Beef Cattle Improvement Associations (BCIA) sponsored sales. These sales are located throughout the state at various times a year. BCIA bull sales have various test, performance requirements, registration requirements and deadlines that give seedstock producers the opportunity to work with an animal science professional. The animal science professionals affiliated with the particular BCIA sale can, if asked help you evaluate your marketing efforts and your animals.

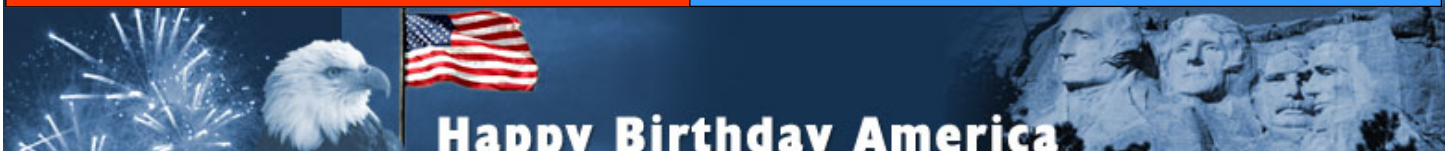
BCIA sales and other consignment sales are excellent opportunities for you the seedstock producer to sell your animal(s). When we say sell we do not mean when the auctioneer is running the bidding process with your bull in the ring. The selling is what you do to get the commercial/cow calf producers to the sale to bid on your bull(s). Therefore, you have to build a relationship with commercial cow/calf producers. You are the one selling, therefore you are going to have to find ways to meet, greet and spend time to learn what they need so that they will come to where your bull is selling.

Thought provoking exercise: Five minutes before your bull steps in the ring take out a sheet of paper and write down all the "who, what, and where's" of your marketing effort. Examples: Who did you contact? Where did you go to make contacts? and What did you do to make contacts to get people to see your bull in the ring?

Did you fill up your piece of paper? Have a Great Day!

Prattville's 10th Annual Independence Day Parade
Monday, July 4th, 9:00 a.m.
The one mile route goes through downtown and ends at Pratt Park

Prattville's Fireworks Presentation
Monday, July 4th, 6:00 p.m. (Gates Open)
Stanley-Jensen Stadium
Enjoy Food, DJ, and a live patriotic program by the Prattville Pops and the Community Chorus. Admission is Free!





Yes You Can!

Contributed by:

Janice Hall, Regional Extension Agent

PACK IT RIGHT

Use Only

- Mason-type canning jars
- Two-piece metal lids

Headspace is critical

- 1 inch for meats & vegetables in a pressure canner
- 1/2 inch for fruits & pickles in a water bath canner
- 1/4 inch for jams in a water bath canner

Follow Directions

- Vegetables, Meats, Poultry, Seafood, any other low-acid food or mixture
- Prepare jars & flat lids as in directions
- Clean, peel, cut & cook food as in directions
- Fill clean jars quickly, leaving headspace
- Release trapped air bubbles
- Wipe jar rim and threads clean
- Place flat lid on jar; screw band down evenly & firmly, just until resistance is felt

CAN IT RIGHT

Pressure Canning (240°F)

- Vegetables, Meats, Poultry, Seafood, any other low-acid food or mixture.

Water Bath Canner (212°F)

- Fruits & fruit juices, tomatoes, pickles, sauerkraut, jams & jellies, any other acid food or mixture.

Follow Directions

- Place filled jars into canner quickly.
- For pressure canning, start with 2 to 3 inches of water in the canner. Start counting process time only after pressure canner has been vented 10 minutes and then brought to desired pressure.
- For water bath canning, make sure jars are covered by 1 to 2 inches of water. Start counting process time only after water boils.
- Water must boil, or pressure canner must be at stated pressure, for the entire process time.

STORE IT RIGHT

If Lid Seals

- Remove metal screw bands.
- Wash off any food or sticky juices.
- Rinse & dry.
- Label jars (content & date).

- Keep jars in a clean, cool, dry, dark place.
- 50 to 70°F is best.
- Check for loss of seals or signs of spoilage before using.
- Use food within 1 year.

Do Your Canned Foods Pass the Test?

- **Overall appearance**
 - * Good proportion of solid to liquid
 - * Full jar with proper headspace
 - * Liquid just covering solid
 - * Free of air bubbles
 - * Free of stems, cores, seeds
 - * Good seals
 - * "Practical" pack that is done quickly & easily
- **Fruit & Vegetables**
 - * Pieces uniform in size & shape
 - * Characteristic, uniform color
 - * Shape retained, not mushy or broken
 - * Proper maturity
- **Liquid or Syrup**
 - * Clear
 - * Free from sediment

Source:

University of Georgia Cooperative Extension System



SERVSAFE FOOD SAFETY CERTIFICATION COURSE

ServSafe is an accredited course in complying with the new Alabama Department of Public Health FDA Food Code adoption. Most food service establishments are required by law to have this certification. At this time, it is considered a critical violation and will result in a 5 point deduction from health rating. New businesses wishing to open will not be able to until this certification is attempted or met. Please contact your local Health Department if you have questions about the regulations.

This training is being offered by the Alabama Cooperative

Extension System. If you have questions about the training, please contact Janice Hall, Regional Extension Agent at 334-415-8658. Or, go online to www.aces.edu/foodsafety to register.

SERVSAFE FOOD SAFETY CERTIFICATION COURSE

DATE: Monday and Wednesday July 11 and 13, 2011

TIME: 7:30am-3:00pm DAILY

(It will take both days to complete this course)

LOCATION: Autauga County Health Department
219 North Court Street Prattville, AL

Registration: \$125.00 register by mail or
\$120.00 register online www.aces.edu/foodsafety



WELCOME
SHONDA WRIGHT!
UNEP AGENT ASSISTANT

We welcome the newest member to our team, Shonda Wright. Shonda currently resides in Selma and has one son, Corbin. She earned a Bachelor degree in Business Administration from Faulkner University, in Montgomery

and obtained her teacher certification from Concordia College in Selma. Shonda looks forward to serving Autauga and Elmore counties as our new UNEP Agent Assistant.

What is UNEP?

The Urban Nutrition Education Program (UNEP) is a nutrition education program that is implemented through the Urban Affairs and New Nontraditional Programs unit of the Alabama Cooperative Extension System at Alabama A&M University. The program is co-funded by the Alabama Cooperative Extension System and the Food Stamp Division of The Alabama Department of Human Resources under the umbrella of the Food and Nutrition Service-United States Department of Agriculture.

The mission of the UNEP program is to empower limited resource families to make wise food choices, to select and prepare safe foods, and to consume a nutrient dense diet of healthy foods. UNEP targets residents of public housing facilities, youth in after school programs, and seniors

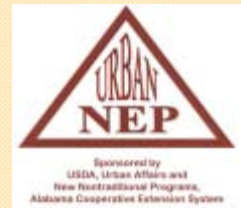
citizens throughout Autauga and Elmore Counties.

Goals of UNEP

Improve knowledge of the importance of good nutrition to foster healthy families and communities;
Educate families and individuals on the American Dietary Guidelines to increase their knowledge and skills in food selection, food preparation, and food safety/storage for improved general health;
Reduce risk factors associated with poor health and chronic diseases by encouraging food choices, and physical and community activities that promote health and prevent disease; and
Improve shopping behavior and management of household food dollars to ensure nutritious foods are available for families and individuals.

UNEP participants will learn how to ...

- Make wise food choices
- Plan healthier meals
- Purchase safe foods
- Apply food safety skills when purchasing, preparing, cooking, and storing foods
- Promote good health, wellness, and fitness through nutrition education



To schedule a program or for more information, please contact Ms. Shonda Wright at (334)361-7273.

Master Gardener Supporter George Bonifay Forever Missed

Autauga County Master Gardeners lost a trusted friend, a dedicated worker and an ardent supporter recently. George Bonifay, the husband of Carol Bonifay, died on April 25th.

Although George was not an official Master Gardener, he was every bit the Master Gardener that any of us claim to be, and, and had been named an Honorary Master Gardener for his contributions to the organization.

Everyone who has been involved with Master Gardeners, even for a short time, realize the time and labor that George gave to the organization and the community. The plain fact is George's service hours would put most of our volunteer efforts to shame.



Summertime is almost here...

Contributed by:

Yvonne Thomas, County Extension Coordinator

Hot days, flowers blooming and birds singing signal that summer is almost here. With this season of renewal comes the time-honored tradition of summer-cleaning! It's time to dust off those shelves and reduce the clutter that's been collected over the last year. Reducing clutter is an important step of integrated pest management (IPM). Boxes, piles of paper, and disorganized food and supply closets can provide many hiding spots for insects and other pests looking for food, water and shelter. Cleaning around clutter is also very difficult. Lots of clutter and lack of adequate cleaning allow dust and dust mites to accumulate. This in turn reduces the indoor air quality in your home and may trigger an allergic reaction or asthma attack in some individuals. Clutter does more than just create chaos; it can also be a health concern. Some helpful tips to begin de-cluttering and summer-cleaning:

- Toss or recycle items you haven't used in the last two years
- Organize remaining things; store items in plastic containers with tight fitting lids
- Break down and recycle empty cardboard boxes
- Keep brooms and mops hung off the floor
- Read and follow the label directions on all cleaning products (use green cleaning practices and products whenever possible)
- Never mix bleach products with ammonia products
- Remember, decluttering and cleaning are ongoing processes. They never end!

For more information on clutter control, visit the Alabama Integrated Pest Management Program at www.aces.edu/anr/ipm/

Source: Penn State Cooperative Extension



Billingsley High School Seniors Experience the "Real World"

Contributed by:

Yvonne Thomas, County Extension Coordinator

Approximately 66 percent of Alabamians further their education after high school. The challenge, as many educators have recognized, is that although the

knowledge taught in school is important and useful, students do not spend a lot of time learning how to apply it. When graduates get their first job, they often have no idea what to do. Despite the link between education attainment level and earning power, too few high school students are aware of the connection. If we fail to provide our youth with a sound understanding of personal finances, we can expect them to make unwise choices as adults.



Research indicates that highly interactive, reality-based courses in money management that provide intense and applied instruction in personal finances are more effective in developing financially competent teens.

Real World is an active, hands-on experience that gives youth the opportunity to make real life choices similar to those they will make as adults. The youth learned how occupations effects income; Uncle Sam is Real; how to utilize a checking and saving accounts; the importance of giving back; the cost of dependent care; and they participated in the Real Choices - Real World simulation.

Turn Your Clutter into Cash

Contributed by:

Yvonne Thomas, County Extension Coordinator

Have you completed your spring cleaning and are wondering what to do with your clutter? Have a garage sale! The spring and summer seasons are the perfect time to get rid of your junk and help someone else find themselves a treasure. Below please find tips for having a successful garage sale.

Make your signs visible

Signage is of utmost importance. You can count on a lot of yard and garage sales this spring and summer so be creative, spend some extra time and a little extra creativity making sure your signs will stand out in a crowd. Use bright, vibrant colors to draw attention to your sale from those who pass by. Consider adding balloons the day of your sale!

Let shoppers know you're open

Early bird shoppers will arrive well before the opening bell. These bright-eyed shoppers are often serious buyers, such as shop owners and antique or flea market vendors. An open and closed sign is a good way to let everyone know when the fun begins. Block the entrance to your driveway and sale area with a closed sign. Don't forget to indicate the time the sale will begin.

Plan ahead

If you are having a multi-family sale (which is highly recommended) you will need to keep track of sales per family. Make a fun garage sale notebook to record all transactions. Each family should be assigned a different color for tagging their items. This will simplify the check-out process and keep the line moving along quickly.

Be creative

Have a little fun and get creative with your price tags. Consider using old coin wrappers or paper measuring strips. Whatever you do, don't forget to remove the plain annoying gummy stickers.

Think Competitively

Make sure you have small bills and quarters on hand to make change and a fanny pack or apron to keep your

money secure. Have a power strip and batteries ready to show people that electrical items work. Remember to offer your shoppers bags: Plastic, paper or unused tote bags.

Make sure you're ready at the promised start time.

Let the shopper see

If you have sale items in a box, open it up so people can easily see the content. If the box is missing content add something appropriate.

Be honest

If something is broken, tell the shopper and provide them ideas for alternative uses.

Pricing is priority

Although the items you're selling have sentimental value for you (or you remember what you paid for them), you can't count on getting a lot for them at a yard sale. Your customers are expecting a good deal. Some general rules apply: Books are usually 50 cents or \$1 and CDs are \$1. Most things go for 12 to 15 percent of their original price. You may get 30 percent to 35 percent of what you paid for drinking glasses, dishes and some linens.

Make it easy for moms

If you have a bucket of tiny toys, put them into small, clear grab bags and tie them up with a ribbon. Display them nicely and kiss them good-bye!

Know what sells

The things that sell best tend to be furniture, sporting goods, kitchen wares and tools. Toys and games can be good sellers if they are in good condition. Kids' clothes can also draw a good crowd.

Refreshments

Consider offering some lemonade or water.

Lastly, don't forget it's unlawful for any person to conduct a yard sale in the City of Prattville without a permit. The permit fee is \$5.00. For more information, contact the City of Prattville at 361-3612 or 361-3690.

Source: Whitney, Sue (2009) Junk Beautiful: Outdoor Edition. Retrieved June 8, 2009, from <http://today.msnbc.msn.com/id/310896374/?pg=1>

Continued from page 14...Real World



Twenty-four students participated in the program. Data were collected through student self-assessments and volunteer feedbacks. The evaluation assessed the benefits of the program. Eighty-three percent of graduating seniors strongly agreed that the program was interesting; 88 percent strongly agreed the information was useful; 86 percent strongly agreed the activities were helpful; and 92 percent of the youth stated what they learned will help them in the future. According to the evaluations, 79 percent of participants learned to balance their checkbook, 71 percent were introduced for the first-time to developing a spending plan. Ninety-five percent of the adults strongly agreed the program held the youths' attention. One hundred percent of the adults believed the information will help the students in the future.

For more information on the Real World program, contact Yvonne Thomas at (334) 201-5209 or thomayd@aces.edu

Tornado Recovery

Special Contribution by:
Dr. Bill Morgan

Chair of Autauga County Volunteer Organizations Active in Disaster (VOAD)



Thanks to volunteers who have helped in the clean-up efforts, much has already been accomplished in Autauga County. Even though we are now covered with a FEMA

declaration, there will still be unmet needs.

The best way you can help is to donate to the Autauga County Disaster Relief Fund at Bank Trust. This fund was established several years ago when tornadoes came through Autaugaville. It is an ongoing fund with all the money used for Autauga County residents. The money is for needs not covered by any other agency. Case management is the process of identifying those needs. This confidential look at a family's financial situation, insurance coverage and other avenues of assistance is how the Unmet Needs Committee of the Volunteer Organizations Active in Disaster determines who to help. The purpose is to help families get back on their feet after a disaster.

Our ability to assist is directly related to your generosity.

Southeastern Equestrian Trails Conference Set for Auburn

Set for July 21 through 23 at Auburn University, the 2011 Southeastern Equestrian Trails Conference will bring together trail riders, land owners and public land managers who are interested in building, maintaining and enjoying equestrian trails. The theme of this year's conference is "Creating, Coordinating and Conserving a Trail Friendly Environment."

Dr. Cindy McCall, an equine specialist with the Alabama Cooperative Extension System, says the conference will offer a variety of seminars related to trail development and trail riding.

"It will feature workshops on development, preservation and sustainability of trails as well as rider protocol and horse care," says McCall. "The Southeastern Equestrian Trails Conference strives to foster the education and development of a conservation force that will influence land-use policies at local, state, regional and national levels."

Dr. Susan Stormer will give the keynote address on Friday, July 22. Stormer, who is both an active trail builder and a doctor of clinical psychology, will discuss nature deficit dis-

order. Nature deficit disorder refers to the decreasing amount of time children spend outdoors, which some say has negative impacts on children's physical and social well being. Saturday's keynote speaker will be Garth Rumsmoke, writer for *Trail Rider* magazine and leader of many trail improvement projects that engage trail riders.

Dr. Gene Wood, a retired Clemson Extension trails specialist, will discuss how fostering horse trails can affect local economies. Jan Hancock, author of *Equestrian Design Guidebook for Trails, Trailheads and Campgrounds*, will discuss building and maintaining sustainable trails. The conference is filled with many additional speakers, workshops and activities.

McCall says this year's conference also will feature special programs for youth involvement, and non-equestrians are encouraged to attend to share their perspectives with those who value recreational use of horses on trails.

Extension and Auburn University are two of several organizations sponsoring the conference. For more information on the conference agenda and registration information, visit the conference website at www.southeasternequestriantrails.com.

Continued from page 9... 4-H Seniors

Ethan Smith, Lowndes Academy, received the Mr. & Mrs. Howard S. Powell Telecommunication Scholarship and the Troy Leadership Scholarship. He will be attending Troy University and has joined the Air Force Reserve 908th Airlift Wing, 25th Airport Squadron at Maxwell.

Sara Thompson, Prattville High School, has been in 4-H for 8 years. She will be attending Troy University studying Pre-Vet. Sara has made the Troy Rodeo Team.



Congratulations!

4-H Senior Graduates
Pictured left to right:
Ethan Smith, Julee
Cranmore, Sara
Thompson, Briana
Patten

Friends of the Forest

Contributed by:
Yvonne Thomas, County Extension Coordinator

Four hundred and sixty-nine local fifth-graders, teachers and parents enjoyed a learning experience outside the classroom the first week of May.



The students, representing public and private schools, along with their teacher and parents "learned by doing" as they participated in hands-on activities on the 960-acre Autauga County woodland during the annual Friends of Forest event hosted by Mr. and Mrs. Jimmy Hughes.



The three-day event was funded by the Autauga County Extension Office and the Autauga County Commissioners. Local partners were the Autauga County Forestry Commission, Autauga County Board of Education, Autauga County Master Gardeners, Autauga County Natural Resources Council and Autauga County PALS.



The program was designed to engage all students in hands-on, minds-on activities that teach the importance of private forestland and private forest landowners regarding multiple-use management of our natural resources. The program was also intended to involve private landowners and stakeholders in the education of our youth, concerning the significance of our natural resources. Both goals are designed to

correlate with the fifth grade, Alabama Science Course of Study.

Incorporating experiential learning in the outdoor classroom allowed the landowners and stakeholders to provide the youth with a rewarding and fun experience. Based on the program feedback and observations, we've concluded that embracing lessons that use multiple senses can increase retention of what is learned. The "discovery" of knowledge and solutions builds self esteem in youth. If youth are actively engaged in learning, they have more interest in the outcome of what they learn, thus they are less likely to create challenges.



Thank you volunteers for making Friends of the Forest a huge success!

Summer Survival Tips

Contributed by:
Yvonne Thomas, County Extension Coordinator

Want to enjoy summer and vacations without feeling resentful and exhausted? Let's take back control of our lives with these three steps.

1) Create order and structure that is settling. Develop three simple traditions that you keep every day, throughout the day, no matter where you are...to replace the settling nature of school routines.

Use the "Choices and Promises" approach so kids learn to make choices and own their consequences. Make your promises concrete. Don't just say, "Oh, we'll do that later." Say no upfront if you can't do it. Or tell kids a specific time so they can plan.

Give kids ownership by asking them to plan activities for the week. Consider a tech day, a family board game day, a park day, library day; or other activities the kids enjoy.



Continued on page 19

Hurricane Season is Here!

Contributed by:

Yvonne Thomas, County Extension Coordinator

The 2011 hurricane season (June 1 – November 30) has officially begun. Unfortunately, almost every week there's a story in the news about a tornado. While there is no way to tell ahead of time when a disaster will strike or how bad it will be, we can prepare! One of the best things we can do now to help protect ourselves, our families, and friends is to make an emergency plan and get ready. The more we are prepared now, the better chances we will have for living through and recovering from a future disaster.

What should you do?

Prepare now by storing enough food, medical supplies and other supplies to last at least two weeks. Every time you go grocery shopping, pick up a few extra items on sale. You don't have to do it all at once! Food should be nonperishable (will keep for a long time) and not need refrigeration. Food should also be easy to prepare in case you are unable to cook.

Examples of foods to store include:

- ready-to-eat canned meats and fruits, vegetables, and soups
- protein or fruit bars
- dry cereal or granola
- peanut butter or nuts
- dried fruit
- crackers
- canned juices
- bottled water (one gallon of water per person per day - two quarts for drinking and two quarts for preparing food and staying clean)
- cans or jars of baby food and formula
- pet food

As you stock food, think about the needs and tastes of the members in your household. Try to include foods they will enjoy and that are high in nutrition.

Give special attention to food for household members with special diets and allergies, and for babies, toddlers and the elderly. Nursing mothers may need liquid formula in case they are unable to breastfeed.

Include favorite and comfort foods. Be sure to have a manual can opener. Check your supplies regularly to be sure nothing has expired or spoiled.

Examples of medical supplies include:

- prescribed medications and medical supplies (such as asthma inhalers, heart medication, glucose and blood-pressure monitoring equipment)
- medicines for fever and pain relief, such as acetaminophen (Tylenol™) and ibuprofen (Advil™) or

Motrin™). (Do not give aspirin to infants, children or teenagers.)

- cleansing agents
- thermometer
- anti-diarrhea medication
- fluids with electrolytes
- sanitizing solution, to clean and sanitize toys, frequently used objects, and surfaces with plain bleach and 1/4 cup measuring cup (add 1/4 cup of bleach to one gallon water) Label the container, "sanitizer." Do not use this water for drinking.

Examples of other emergency supplies include:

- soap
- alcohol-based hand cleaner
- flashlight, extra batteries
- portable radio
- personal hygiene supplies
- plastic garbage bags with ties
- tissue, toilet paper, disposable diapers
- bottled water

2. Make an emergency plan for your family. Communicate and practice the plan.

At home: Do you have a plan to protect your property? Flood insurance is critical for financial protection of your property from flood damage—a real risk during a hurricane. In addition to insurance, there are several practical steps you can take now to protect property if you experience a hurricane.

- a. If you are in an area that may experience high winds, make sure your hurricane shutters are in good working condition. Alternatively, assemble and label precut plywood for covering all your windows.
- b. Determine indoor locations for all outdoor furniture, decorations, garbage cans and anything else that is not tied down.
- c. Keep trees and shrubs well trimmed so they are more wind resistant.
- d. Install a generator for emergencies.
- e. Reinforce garage doors.

3. Be informed. In addition to high winds, hurricane hazards include lightning, tornadoes, flooding, storm surge and even landslides or mudslides in some regions. Learn about each of these hazards.

Weather terms with which you should be familiar:

Hurricane watch means a hurricane is possible in your area. Be prepared to evacuate. Monitor local radio and television news outlets for the latest developments.

Hurricane warning is issued when a hurricane is expected in your area. If local authorities issue an evacuation notice, leave immediately.

Source: Get A Kit (2011), Retrieved June 7, 2011, from <http://www.ready.gov/america/getakit/index.html>

Continued from page 17...Summer Survival

Continually reset expectations to minimize surprises. Summer is an excellent time to teach our kids to embrace boredom. Plan down time and keep to it. Take time for yourself. If you are worn out and overwhelmed, you'll snap and be impatient.

2) Stimulate your child's brain and meet sensory needs. Begin the day with exercise. The more vigorous, the better. Swimming is great because it wears (some) kids out and meets sensory needs.

Give kids very purposeful missions and responsibilities--keep their brains engaged. Have another adult give them jobs. Volunteer, start a business, sell lemonade. Expect them to act like grown-ups. Praise more than you punish.

Small snacks throughout the day, especially protein (trail mix, almonds, nuts), will regulate blood sugar levels and keep everyone more balanced. Say NO to sugar, food dyes, soda, juices and junk candy. Drink water. It saves lots of money, too!



3) Teach your kids how to control themselves. Consider creative ways to incorporate teachable moments. Have your kids earn spending money and establish a reasonable budget BEFORE your trip. Put each child's money in an envelope so it's concrete and finite. On the first day, when they want to blow \$35 on a souvenir, show them they only have \$15 left. Walking away shows self-control.

Don't forget to plan for things to go wrong. It rains. The lines are too long. A ride is closed. If we grab an upset child's arm and yell, "You are not going on ANY more rides if you don't shape up right now!" we will escalate the situation and make life miserable. Do you have a calming routine already planned out as the leader? Have

you practiced it?

Summer--and everyday life--can be free from power struggles, sibling fights and yelling. Practice the above strategies this summer. You deserve peace and relaxation. Are you ready to draw a line in the sand and say, "No, this is NOT the way our family is going to live!?" I am!!

Adapted from Celebrate Calm, LLC

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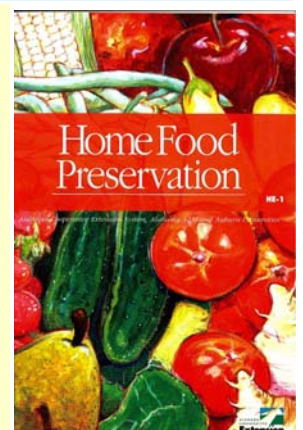
For Christmas delivery, orders must be received by Friday, December 15

Cookbooks available at the Autauga County Extension Office
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Safety Warning of Heat Danger for Outdoor Workers

Contributed by:
Yvonne Thomas, County Extension Coordinator

During the summer months heat illness is a very serious concern for outdoor workers. Symptoms can include weakness, headache, dizziness, lightheadedness, irritability or confusion, upset stomach, rapid breathing, hot, dry skin or profuse sweating and loss of consciousness. To prevent heat illness, avoid heavy exertion in direct heat, take breaks in the shade, monitor your condition and that of fellow co-workers, drink plenty of water-one cup every 15 minutes, and know the symptoms of heat illness. If affected, move to a shady location and apply cool water to the skin. Seek immediate medical attention when necessary. There are more tips and information available at this website (<http://www.cdc.gov/niosh/topics/heatstress/>).

PRATTVILLE
AUTAUGA
 Farmers Market
TUESDAYS
 3-6pm
SATURDAYS
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All-American Corn on the Cob

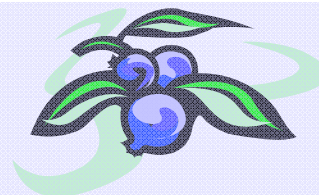
There are few dishes more American than corn on the cob, and this is the perfect month to joyfully revel in that fact. To grill corn, peel back the husks, strip the ear of its silk, and then push the husks back up. Grill for seven or eight minutes, turning frequently. Serve with butter and salt and pepper.

Blueberry Pudding Cake

2 cups blueberries
 1 tsp. cinnamon
 1 tsp. lemon juice
 1 cup all purpose flour
 $\frac{3}{4}$ cup sugar
 1 tsp. baking powder
 $\frac{1}{2}$ cup milk
 3 Tbsp. margarine (melted)

Topping:

$\frac{3}{4}$ c sugar
 1 Tbsp. corn starch
 1 cup boiling water



Toss blueberries with cinnamon and lemon juice. Place in a greased 8" square baking dish. Combine sugar, flour and baking powder. Stir in milk and butter and spoon over blueberries. Combine sugar and corn starch and sprinkle over batter. Slowly pour boiling water over all. Bake at 350° for 45-50 minutes.

Submitted by Jeanette Hollon



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