



Calhoun County Extension Newsletter February 2012

REMEMBERING ELIZABETH WILLIAMS

By: Marchale Burton, Urban Regional Extension Agent



I begin working with the Cooperative Extension System in January, 2000. The very first meeting I had as an Urban Regional Extension Agent was a meeting with the Calhoun County Homemakers. Elizabeth was the president and conducted the meeting. From the moment I met her, I liked her. She was, for me, the original "Lady In Red". In that meeting the members were discussing an item on their agenda. Looking back, there was a difference of opinion about the issue they were discussing. Elizabeth understood that I had no idea about what they were talking about. She wanted the club to discuss that topic within the "club" and not waste my time with something that I was not familiar with. I must admit I was happy about that suggestion.

Elizabeth was a woman who loved the USA, her family, the Calhoun County Homemakers and Community Leaders (CCHCL) and she loved to travel. When I say that Elizabeth loved to travel, I mean she loved to travel! When it was time to print the newsletter for the CCHCL, Elizabeth would call the office to make sure the secretaries had updated the travel itinerary. If Elizabeth had been to the doctor's office two days before a trip she would make sure her doctor knew that she would be traveling that week. In fact, most likely, her bags were already packed her snacks and lunch already made. When that bus pulled out the next day, Elizabeth was ready to go. Traveling made her happy. It was for her the best medicine that she could ever take.

The trips were an adventure. Traveling with Elizabeth was fun, exciting, adventurous and historical. From beginning to end you would laugh, eat, and listen to heart warming stories about her life. Elizabeth would entertain the travelers with jokes. It always amazed me how some one else could tell the same joke and it would not be funny at all. Elizabeth loved Christmas. I remember her telling me about a Christmas in Germany when she was a little girl. Elizabeth said:

"When I was a little girl times were hard. One year my mother asked me what I wanted for Christmas. I told her the only thing that I wanted for Christmas that year was some sausage. I wanted a piece of sausage that I could have all by myself. Christmas morning under the tree there was a piece of sausage just for me. I ate it all by myself and that was the best Christmas ever."

When I think about that story it almost brings tears to my eyes. It humbles me. And I am sad to say it makes me ashamed at how we waste so much without thinking. Listening to Elizabeth talk about her life before she came to this country and how proud she was to be an American makes me prouder each day of the United States. Elizabeth wore red, white and blue all the time. She would wave her flag higher than anyone I know. Elizabeth's family was her pride and joy. She would always talk about the children when they were little. I loved to hear her talk about their gardens, how her children would always have friends over, and many other family memories.

Elizabeth loved to cook. At the CCHCL meetings she would always bring more than one dish. She always made sure there was plenty of was coffee, and she brought along her German Potato Salad. Everyone loved that potato salad. I cannot end this article without providing her recipe for her famous potato salad.

German Potato Salad
(Elizabeth Williams Holiday Cooking School 2005)

- 8 boiled potatoes
- 1 chopped onion or 1 bunch of green onions
- 1 t. salt
- ½ t. black pepper
- 1/3 c vinegar
- ½ c. oil
- 1 t. mustard

Cook potatoes in skins and cool. Peel and slice very thin. Mix remaining ingredients together and pour over potatoes. Mix well. This dish keeps in the refrigerator for over a week.

Options: Dissolve bouillon cube in hot water, ½ carrot (grated) ½ c. turkey, ham or bacon (chopped).

I know that Elizabeth is busy in heaven - making coffee, preparing potato salad, and planning a trip!

Wreaths Across America

By: Jennifer Yates - Administrator, Outreach & Sustainability

The Calhoun County Extension office, 4-H Green Team members and their parents recently participated in *Wreaths Across America*, a national program that decorates the graves of veterans with Christmas wreaths. The mission of the program is to *Remember, Honor, and Teach*; remembering those who have served our nation, honoring all service men and women who are still serving, while teaching our younger generation about the sacrifices endured for their freedoms.

The 4-H Green Team members and their parents participated in the ceremony, which took place on December 10, 2011, at the Military Cemetery located at McClellan. The 4-H Green Team members worked with other groups to place some 355 wreaths on the headstones at the cemetery. The 4-Hers had the opportunity to meet local veterans, and also received a *Wreaths Across America* ceremony patch. Shannon Petty, a 4-H parent, sang the National Anthem while the 4H'ers placed wreaths at the headstones.

On January 16, 2012 the 4-H Green Team members met with the Wreath's committee to collect the wreaths for recycling. The wreaths were collected and taken to the Calhoun County Recycling Office where they will be separated and chipped for mulch to be used at the Cane Creek Community Garden. The collection of the wreaths was a great opportunity to teach our 4-H youth about making better environmental decisions.



Wreath-laying ceremony on December 10th



Team members pose with Congressman Rogers



Daulton Yates



Commissioners Henderson & Hodges



Team members pose with Col. Timothy Sullivan, Sgt. Major Jeffery Marcon & Shannon Petty



From left: George Smith, Jeanne Pilkington, Pam Whitley, Jennifer Yates, Barbara Stamper, Maj. Gen. Watson, (Ret.), Daulton Yates, Dylan Yates, Caleb Lambert, Ethan Whitley, Kyle Pilkington, Ryan Whitley



Team members pose with Maj. Gen. Watson (Ret.).



Picking up & loading up!



4-H NEWS

4-H COUNTY CONTEST WINNERS:

Recycled Container

- 1st - Ashley Leath
- 2nd - Gavin Williams
- 3rd - NiJia Parker

Photography - Junior

- 1st - Joshua Broan
- 2nd - Maggie Phillips
- 3rd - Trent Reaves

Nature Ornament

- 1st - Kayleigh Matson
- 2nd - Tucker Marsh
- 3rd - Jayda Fair

4-H Design

- 1st - Macy Masters
- 2nd - Owen Payne
- 3rd - MyKenzie Mitchell

Wood U Build It?

- 1st - Leighton Sparks
- 2nd - Triston Thrasher
- 3rd - Luke Hill

Environmental Poster Contest

- 1st - Jacob Freun
- 2nd - Jasmine Goodson
- 3rd - Christopher Montgomery

Arbor Day Poster Contest

- 1st - Lexi Lloyd
- 2nd - Greenleigh Crossley
- 3rd - Maggie Phillips

Beef Cook-Off - Junior

- 1st - Jarrett Wilkinson
- 2nd - Kyra Parker
- 3rd - Janna Parker

Beef Cook-Off - Senior

- 1st - Jillian Bridges
- 2nd - Joshua Bridges

Chef 4-H - Junior

- 1st - AJ Rayford
- 2nd - Jayda Fair

Chef 4-H - Senior

- 1st - Jillian Bridges
- 2nd - Joshua Bridges



CALHOUN COUNTY 4-H'ER COMPETES IN BEEF COOK OFF

Hot Chipped Beef Dip was Janna Parker's entrée in the Alabama Beef Cook-off in Montgomery on January 21. Janna, the daughter of Christian Parker of Anniston, won the opportunity to compete during the county 4-H Beef Cook-off in December.

Janna was one of thirty five participants from twenty-seven counties to submit beef dishes to the competition sponsored by the Alabama Cattlemen's Association.

While the dishes were being judged, the participants and families listened to presentations by area chef's and got to sample different sauces they prepared.

REGIONAL 4-H COUNCIL PARTICIPATES IN FUNDRAISER

The East region held a canned food drive for the April tornado victims. The East's 2011 Regional Congress also raised funds to donate to the families affected by the April Tornadoes. The dry goods and money donated went to The Rock Foundation to help the families on the West side of Highway 431, South of Gadsden (in the Peak's Hill region and surrounding communities).

Representative and co-founder of The Rock Foundation, Mrs. Wendi Wheeler thanked us for our donations and told us about some of the ways that the donations might be used such as going to help possibly paying for some electrical expenses for a new house being built.

East Counties include: Calhoun, Cleburne, Randolph, Talladega, and Clay counties. East Region State council representatives in-





Choccolocco Creek Watershed Alliance Logo Contest



The Choccolocco Creek Watershed Alliance is looking for a new logo, and YOU can win cash if your design is chosen.

1. Entries must be submitted to the Extension Office, 1702 Noble Street, Suite 108, Anniston, no later than March 2, 2012.
2. Entry form must be completely filled out, and signed by the contestant or the parent/guardian, for contestants 17 and under. Entry forms available at the Extension Office.
3. No computer graphics and no copyrighted material can be used.
4. Logo designs should have a broad appeal and depict the Choccolocco Creek Watershed and the unique flora and fauna of the area. Avoid subjects or symbols that may be offensive.
5. The selected logo will become the property of the Choccolocco Creek Watershed Alliance.
6. 1st place winner will receive \$100, 2nd place \$50 and 3rd place \$35.

For more information, contact Jennifer Yates, 256-237-1621.

IN MEMORY OF ALICE HEARD



Alice Needham Heard, a longtime Calhoun County 4-H Volunteer, passed away in early January. From 1980 until 1996 as a teacher leader, Mrs. Heard started 4-H after-school clubs at Oxford Middle and High schools, where she enrolled more than 300 students, leading 64 students to district competitions and 25 to state competitions.

She also organized a unique 4-H club, the "Luckies" clown troupe, which performed for nursing home residents, participated in parades and conducted a seminar for the Alabama 4-H Volunteer Leader Association. Through this group, 4-H'ers learned leadership, public speaking, organizational skills and community involvement while having fun.

She was one of 24 inductees in the inaugural class of the Alabama 4-H Wall of Fame, and was honored during ceremonies at the Jule Collins Smith Museum of Fine Art at Auburn University in 2008. Mrs. Heard was nominated by

Ruth Sarro, Regional Extension Agent in Calhoun and Cleburne Counties. Mrs. Sarro said, "I learned valuable lessons from Mrs. Heard, lessons from her experiences and her love of students."

Mrs. Heard was involved in 4-H most of her life, as a 4-H'er, teacher leader and a volunteer following her retirement. As a 4-H'er, Heard was a delegate to the National 4-H Leadership Conference and a member of the collegiate 4-H program. Mrs. Heard was chosen Calhoun County Outstanding 4-H Volunteer in 1983, 1984 and 1985. She was named Alabama's Outstanding Volunteer Leader in 1985 and has been a member of the Alabama Parent Volunteer Association since 1984.



PERENNIAL PLANTS FOR SHADE/DRY AREAS

By: Hayes Jackson, Urban Regional Extension Agent

Whether planting beneath steps or decks, underneath a giant Southern Magnolia, or wooded areas located far from a nearby water source, some plants just seem to revel in dry shade. Personally, I have a large deck that overshadows my foundation and a wooded lot that has allowed me to experiment with growing many shade-loving perennials. Perennials are plants that return or remain from year to year in the garden. Combine the past few years of intense drought and the following plants make a worthy trial in the difficult gardening situation of dry shade.



Nippon-Lily (*Rohdea japonica*)

Some Perennials for Dry Shade

Nippon-Lily (*Rohdea japonica*)

An evergreen leafy perennial for deep shade or woodland conditions. Slow growing, but forms leafy clumps over time. Flowers are not showy, but the bright red fruits are showy in the fall and winter.

Cast-iron Plant (*Aspidistra elatior*)

Leafy evergreen clumps of foliage that comes in an array of varieties with speckled or variegated leaf forms. The interesting flowers are mostly hidden at the base of the plant. There are many other species becoming available from specialty nurseries that offer variations in form and texture. A classic garden plant that deserves use in dense shady areas where many plants will not survive.

Variegated Solomon's-Seal (*Polygonatum odoratum* 'Variegata')

This winter dormant Japanese native forms a spreading clump of delicate foliage that is far tougher than it looks. The round green leaves have a white border that adds brightness to shady areas while pendulous bell-like flowers line the graceful stems.

Bishop's Cap (*Epimedium acuminatum*)

This evergreen Asian species makes wonderful spreading clump or groundcover in woodland areas especially on slopes or in rocky soils. The purple and white flowers appear in early spring in clusters above the foliage. There are many species and hybrids of Epimediums with an array of flower colors that deserve wider cultivation in Central Alabama.



Evergreen Solomon's-Seal
(*Disporopsis* species)



Cast-iron Plant (*Aspidistra elatior*)

Christmas Fern (*Polystichum acrostichoides*)

This woodland native is common on wooded slopes in the eastern U.S. In my garden, this tough fern especially loves rocky slopes and spreads freely from spores. Considered evergreen, the foliage will lay flat upon the ground at season's end. The new growth is a fresh green.

Evergreen Solomon's-Seal (*Disporopsis* species)

These Asian natives are iron tough for dry shade. Although uncommon in nurseries, the plants are well-worth the search for the dark shiny green leaves and small bell-like flowers that hang beneath the stems. Clump forming over time, the plant height can vary to variety or species, but most are less than 2 feet tall.

EATING RIGHT IN 2012

By: Sharon A. Haynes, MS, Regional Extension Agent II, Human Nutrition, Diet and Health



Before I begin to share with you goals on how to eat right for 2012, I want to inform you that the American Dietetic Association (ADA), the largest organization of food and nutrition professionals, has officially changed its name to the Academy of Nutrition and Dietetics. Although the name has changed, the mission is still the same and that is bringing quality nutrition advice to the table as they have done for nearly 100 years.

Now, is this your year to get healthier? If so, have you established a game plan? Is it a solid plan? If not, one of the first steps in achieving your goal is to have a solid plan; one that will set you up for success and not failure. To set yourself up for success, you might want to establish what we call a "SMART" goal. "SMART" represents goals that are specific, measurable, achievable, rewarding and trackable. Below is a guide to help you reach your SMART goal.

Specific: You state exactly what you want to do. For example, instead of saying I will try to eat more fruits. Say, I will eat an apple or banana every day. Always start small, that way you can achieve it.

Measurable: Establish parameters and set a timeline when you want to achieve the goal. For example, by the end of April I will consume two fruits every day.

Achievable: Your goal should be challenging but also realistic, which will allow you to reach your goal and still have flexibility to make adjustments. The key is to ask yourself "Can I do this?"

Rewarding: Once you reach your goal, decide how you will reward yourself.

Trackable: Find a way to track your progress and your setbacks. This will help you identify ways to adjust your goal as needed.

Another key to eating right in 2012 is to Get Your Plate in Shape, which is the theme for this year's National Nutrition Month. You can get your plate in shape by following these seven (7) steps: 1) Make half your plate fruits and vegetables, 2) Make at least half your grains whole, 3) Switch to fat-free or low-fat milk, 4) Vary your protein choices, 5) Cut back on sodium and empty calories from solid fats and added sugars, 6) Enjoy your food but eat less and 7) Be physically active every day.

NEW FACES!



Sheree Russell is one of our newest employees. Sheree is a native of Calhoun county and a proud graduate of Anniston High School class of 1995. She also received a Bachelors of Science degree in nutrition & foods from Jacksonville State University, and is the proud parent of 2 beautiful children. She will be working with the EFNEP (*Expanded Food and Nutrition Education Program*). EFNEP teaches it's clients how to improve their dietary practices and become more effective managers of available resources, using the "Cent\$ible Nutrition" program. The youth component focuses

on providing food nutrition education to contribute to the personal development of youth from low-income families, using the "Kids in the Kitchen" curriculum. Sheree will also be leading "Have a Healthy Baby", a program designed for new parents & pregnant women. If you have questions about our EFNEP programs, give Sheree a call 256-237-1621.

Carmelita Davis is now working in our front office. Carmelita has two daughters. She is a very big sports fan and with both girls being athletes, she stays busy. When Ms. Davis is not at ball games or track meets she likes to read, take photographs and spend quality time with her family. She is excited to be a member of the Extension family.

Welcome Sheree & Carmelita!!



Alabama Gardener's Calendar

February

FRUITS AND NUTS-Planting season continues for dormant trees. Fertilize fruit trees. Apply half of the fertilizer recommended for grapes now; apply the other half soon after fruit sets. Continue dormant pruning and grafting. Start strawberry plantings.

SHRUBS-Planting season continues. Visit camellia shows to learn of hardy varieties in your area. Graft camellias in Central and South Alabama. Spray all shrubs with a fungicide before new growth starts. Good time to prune all shrubs before new growth starts. Don't prune early-blooming species because flower buds will be removed.

ROSES-Prune hybrid tea roses in South Alabama; delay pruning for a few weeks in North Alabama. Continue planting.

ANNUALS AND PERENNIALS-Replant early plantings of hardy annuals. Prepare beds for summer annuals.

BULBS-Plant cannas, amaryllis, gladiolus, and zephyranthes in South Alabama; delay planting for a few weeks in North Alabama.

MISCELLANEOUS-Houseplants are beginning to show signs of activity. Fertilize with liquid or soluble fertilizer according to manufacturer's directions.

Remember Valentine's Day Why not send roses or a potted plant?

VEGETABLE SEED-Plant some vegetables listed for January in Central Alabama plus collards, salsify, and Swiss chard. Add tomatoes, peppers, eggplants, cauliflower, and Brussels sprouts to coldframes.

VEGETABLE PLANTS-Plant cabbage, onions, lettuce, broccoli, and Brussels sprouts.

March

FRUITS AND NUTS-Continue strawberry and grape plantings. Bud apples and peaches. Start planting blackberries. Remember, if weather conditions prevent prompt planting, heel the plants in by placing the root system in a trench and covering the soil.

SHRUBS--Fertilize shrubs (except azaleas and camellias) according to a soil test. Late plantings may be made, particularly if they are container-grown. Watch shrubs for harmful insects.

LAWNS-Plant bermuda, zoysia, and centipede in South Alabama. Seed bluegrass and grass mixtures in North Alabama. Fertilize established lawns.

ROSES-Watch new growth for aphids. Begin a spray or dust program. Begin fertilizing.

ANNUALS AND PERENNIALS -- Tender annuals may be planted in South Alabama. Check garden centers for bedding plants.

BULBS-Plant gladiolus every two or three weeks if a long blooming season is desired. Plant tuberous begonias in pots. Plant dahlias.

MISCELLANEOUS -- Check and repair sprayers, dusters, and lawn mowers. Control lawn weeds with chemicals. Delay pruning of fruiting shrubs such as cotoneasters, pyracanthas, and hollies until after flowering.

VEGETABLE SEEDS -- Plant hardy crops recommended for January and February. After danger of frost is past, plant tender vegetables.

VEGETABLE PLANTS-Plant cabbage, onions, lettuce, broccoli, and Brussels sprouts in North Alabama; plant tomatoes and peppers in lower South Alabama.

April

FRUITS AND NUTS-Season for strawberry planting continues. Start spray program for all fruits. Plant raspberries and blackberries and continue budding apples and peaches.

SHRUBS-Prune spring flowering shrubs after flowering. Fertilize azaleas and camellias. When new growth is half completed, spray all shrubs with a fungicide.

LAWNS-Planting continues. New lawns may need supplementary watering. Also, fertilize at 3- to 6-week intervals. Keep ryegrass cut low, particularly if overplanted on bermuda lawns.

ROSES-Watch for insects and diseases. Keep old flower heads removed. Plant container-grown plants from nurseries or garden centers.

ANNUALS AND PERENNIALS-Plant early started annuals or bedding plants from nurseries or garden centers. Divide mums or root cuttings. Dig and divide dahlias.

BULBS-Plant gladiolus, fancy-leaved caladiums, milk and wine lilies, and ginger and gloriosa lilies. Feed bearded iris with superphosphate and spray for borers. Avoid cutting foliage of narcissus or other bulbs until it has turned brown naturally.

MISCELLANEOUS-Spray camellias, hollies, etc., for scale insects. Carefully water new plantings of shrubs and trees. Pinching out tips of new shoots promotes more compact shrubs.

VEGETABLE SEED-Plant tender vegetables such as beans, corn, squash, melons, and cucumbers. Plant heat-loving vegetables in lower South Alabama.

VEGETABLE PLANTS-Plant tomatoes, peppers, eggplants, sweet potatoes, and parsley.

To receive a copy of this publication, please call the Extension Office

**CALHOUN COUNTY BEAUTIFICATION BOARD
ANNUAL BEAUTIFICATION AWARDS**

The CCBB is now accepting nominations for its annual beautification awards. Please take this opportunity to recognize those who have contributed to the beauty of Calhoun County. Two (2) awards, one in each category, will be given for each Commission District. Deadline for entry is May 31, 2012. Winners will be announced in mid-June.

Categories are: **COMMERCIAL/CIVIC:** Churches, schools, motels, restaurants, etc.
 RESIDENTIAL: Single family, multiple-family (apartments/condos).

DEADLINE FOR NOMINATIONS IS MAY 31, 2012.
You must include at least 2 recent photos of nominated site.

Judging will be based on: **Appearance** (well groomed, distinctive looking, harmonious, unified)
Landscape Design (plantings relate to buildings in size and shape, creative use of terrain, blending of plants). To make your nominations, fill out this form and return to:

*CCBB Beautification Awards
Alabama Cooperative Extension System
1702 Noble Street, Suite 108
Anniston, AL 36201
For more info, call the Extension Office at 237-1621.*

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Award Category (circle one): Residential Commercial/Civic

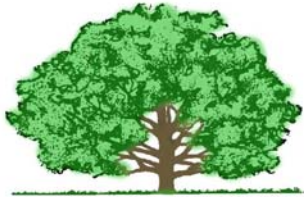
Name of Nominee: _____ Phone: _____

Address: _____

Commission District/Commissioner: _____
(Contact the Calhoun Co. Commission to find out your district – 256-241-2800)

Nomination submitted by: _____ **Phone:** _____

This award should be given because:

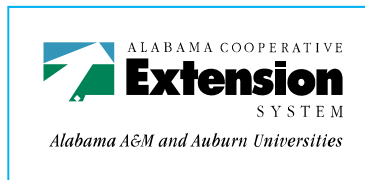


CALHOUN COUNTY ARBOR DAY CELEBRATION



Friday, February 24th ~ 2-4pm
Intersection of Highways 431 & 144 - Foodland Parking Lot

Sponsored by:



YOU'RE INVITED TO LUNCH & LEARN



....a series of free gardening programs sponsored by Calhoun County Master Gardeners & Calhoun County Commission. Held the 4th Wednesday of each month at the Cane Creek Community Garden at McClellan. Noon-1pm ~ bring your own lunch!

April 25th - "Stone Structure Sites on Choccolocco Mountain"
Harry Holstein, JSU Archeology Dept.

May 23rd - "Land Conservation in Alabama"
Josh Holmes, Alabama Land Trust

June 27th - "Succulents"
Hayes Jackson, ACES

July 25th - "Cleaning up Choccolocco Creek"
Michael Buntin, Alabama Aquatic Biodiversity Center

Aug 22nd - "Getting to Know the Talladega National Forest"
Karen McKenzie, District Ranger

Sept 26th - "Native Plants"
Hayes Jackson, ACES

Dates/Speakers subject to change.
Call the Extension Office for more information. 256.237.1621
www.aces.edu/Calhoun

Upcoming Events:

- March 6 & 7th Mississippi Greenhouse Tomato Short Course, Raymond, MS. Reg \$125 in advance, \$150 at the door. Visit www.greenhousetomatosc.com or call Dr. Rick Snyder at 601-892-3731.
- March 13th Forage Basics / Mini-Series, 6:30pm, Ohatchee Municipal Complex, Hwy 77. Contact Henry Dorough, 256-299-0512 to register
- March 20th 2012 Vegetable Growers Workshop, 9am-3pm, Cane Creek Community Gardens.
- March 29th Rain Barrels & Cisterns, Long Leaf Botanical Gardens. Funding by Legacy, Inc., Partners in Education.
- April 10th Forage Basics / Mini-Series, 6:30pm, Ohatchee Municipal Complex, Hwy 77. Contact Henry Dorough, 256-299-0512 to register
- April 21st Master Gardener/Tree Amigos Plant Sale, 8am-11am, Cane Creek Community Gardens.
- May 5th Master Gardener/Tree Amigos Plant Sale, 8am-until all plants are gone. Longleaf Botanical Gardens.
- May 15th Forage Basics / Mini-Series, 6:30pm, Ohatchee Municipal Complex, Hwy 77. Contact Henry Dorough, 256-299-0512 to register
- July 19th Rain Barrels & Rainwater Harvesting, Longleaf Botanical Gardens Contact Hayes Jackson for more info. 256-237-1621.



ALABAMA DAIRY NEWSLETTER CALENDER

- March 3, 2012 - Dairy Judging Workshop, Wedowee, AL
- April 3, 2012 - Alabama Dairy Field Day, EV Smith Research Center Headquarters - Shorter, AL
- April 21, 2012 - DAIRY Goat U - Elmore County
- May 5, 2012 - DAIRY U 3rd Term - Auburn, AL
- May 15, 2012 - Deadline for Winning County Posters for Seniors & Juniors due to Boyd Brady
- June 5, 2012 - State Dairy Judging & Quiz Bowl Contests - Shorter, AL
- September 23, 2012 - 4H National Dairy Conference - Madison, WI (Leave 9/23 and return 9/27).

For more information on any of these events, contact Boyd Brady, Extension Dairy Specialist, 334-844-1562.



ATTENTION FARMERS MARKET VENDORS:
 It's time to renew your Growers Permits for 2012. Just stop by
 the Extension Office between 8am-4:30pm.

FARM CITY WEEK 2011



Dr. Gary Lemme, Extension Director, speaks at the Kiwanis Farm City Luncheon, November 2011.



Dr. Paul Brown
Farmers Federation Farm City Banquet
November 2011

Calhoun County Master Gardeners

Our 2012 Master Gardener Interns
Kristine Schmit, Belinda York, Janet Evans, Jim & Linda Wakefield, Alicia Edgeworth, Claude Gaddy, Sandra Kelly, Mike Limerick, Janice Cain, Keli Wigley, Christina Parker and Carol McGinnis.

Classes began February 1st, and we're looking forward to a great year!



Thanks to the Pocket Park volunteers, Dora Mattox and Armstrong Florists for their help with the holiday decorations.



Jane Auiler receives the "Red Bandana Award" for exemplary volunteer service from Truman Norred,



Sherry Blanton taping her segment for our 2011 Holiday TV Special.

2012 Master Gardener Officers

President: Truman Norred
Vice President: Diana Martin
Secretary: Sheila Ann Webb
Secretary: Carolyn Patton



The December meeting was followed by the annual Holiday Party.



Water You Doing this Summer?

A guide to the Alabama Scenic River Trail's events of 2012 - including our first week-long paddle - and an invitation to our third annual Terrapin Tri-County

Explore the Delta! Camp from your boat! Celebrate Earth Month!

This great paddle will be led by local paddling expert Bob Andrews. We'll gather for registration at Blakeley State Park (self-camping) beginning at 5:00 April 20th or just roll into the Stagecoach Café for breakfast on Saturday morning the 21st. We'll leave for nearby Rice Creek Landing by 9:30, where arrangements have

been made to leave our cars safely until our return the next day... no time-wasting shuttles!

Our destination will be Bartram Canoe Trail's Twin Rivers Campsite, where we'll spend the night and eat, drink and sleep in whatever we brought with us—self-cooking and camping at its best. On the way to the campsite we'll land twice—once to see the state's immense Champion Bald Cypress, and again to visit Mound Island which abounds with mounds.

Our route will make a loop through the Delta, returning a different way from whence we came, our Sunday destination and event close upon arrive at Rice Creek Landing. If we get back in time, the Stage Coach is serving until 3:00 p.m. If we don't, there are great seafood choices nearby if a great gulf meal is on your agenda before heading home.

- Daily mileage: 8 to 10.
- Meals: own your own, both at restaurants and at overnight camp.
- Camping: optional, own your own at nearby Blakeley or Meaher State Parks.
- Cost: \$50 for ACA members plus \$5.00 personal insurance component for ACA non-members. \$35 for Alabama Scenic River Trail



Terrapin Tri-County Adventure Race coming April 28! Register now and save. Above is an example of the banner ad we are running on USAT websites. Click it and find out everything there is to know about the race, including how to register online.

Or, discover more at www.alabamascenicrivertrail.com



Gadsden First Friday Paddle Weekend ~ June 1, 2, & 3

Fun and food in this rural-to-urban paddle showcasing the best of this great river city!

Gather and camp at spacious Nickie's Landing on the banks of the Coosa on Friday, June 1. Shuttle provided to the Gadsden First Friday events from 5:00 p.m. until 11:00 p.m. First Friday turns Gadsden's downtown into a beehive of activity, bursting with energy, people, arts and crafts, fun things to do, food vendors, six blocks of frolic, hundreds of classic cars and mega bargains, too. Any participant signed up for the trip will be eligible for a TWENTY FIVE PERCENT Discount at Coosa Outfitters in Downtown that night. Attend a concert from 9:00 p.m. until 11:00 p.m. Anyone interested in quieter activities or arriving late can learn square dancing from Nickie at the campsite. The campsite will have our two warm showers, and has a great fire ring, superb flat grassy camp area, and has two water spigots. Portable toilets will be set up at this primitive private campground.

Anyone wishing to stay for Gadsden's RiverFest which will be next weekend may camp at Nickie's. Anyone who has a non-paddler with them can call and get a spot at the very nice RV camp 200 feet from 759 Park. A Hampton Inn is nearby.

Discover more and register online at www.alabamascenicrivertrail.com

GET THE 4-1-1 ON RADON....

Alabama residents have a new way to get the latest information on radon. The Alabama Cooperative Extension System's radon education program is reaching out to consumers with a new toll-free number.

State radon program coordinator Pat Smith says the toll-free number will enhance people's access to radon information.

"Our new number is 1(855) ALRADON or 1(855)257-2366," says Smith. "People should call during regular business hours and will be able to talk with a knowledgeable professional."

She adds the only time callers will get an automated message is during non-business hours or if staff is assisting other clients.

Callers will be able to get information on a variety of radon topics including testing and how to contact certified mitigation specialists if their home has elevated radon levels.

Radon is a colorless, odorless and tasteless radioactive gas that occurs naturally in most rocks and soil. It is produced by the breakdown of uranium in soil, rock and water. Several Alabama counties have a high risk for radon pollution. Most are located in north and east central Alabama. Highest Radon Risk Counties: Calhoun, Franklin, Limestone, Cleburne, Jackson, Madison, Clay, Jefferson, Morgan, Colbert, Lawrence, Shelby, Coosa, Lauderdale, Talladega.

Radon is harmlessly dispersed in outdoor air, but when trapped in buildings can increase the risk of lung cancer, especially at elevated levels. According to the Surgeon General, exposure to radon is the second leading cause of lung cancer in the United States. According to the EPA's 2003 Assessment of Risks from Radon in Homes, radon is estimated to cause about 21,000 lung cancer deaths per year.

Learn more about radon at its Extension website <http://www.aces.edu/fcs/hndh/radon/index.php>. Short-term radon test kits are available for \$5 at the Calhoun Co. Extension Office, 1702 Noble Street, Suite 108, Anniston.

CHRISTMAS TREE RECYCLING

Once the holidays had come and gone it was time to recycle paper, cardboard andChristmas trees! Our office partnered with Home Depot in an effort to recycle their Christmas trees. The trees were collected and taken to the Calhoun County Landfill where Mr. Butler Green will be chipping them for mulch to be used on the capped landfill areas.



USE YOUR TAX REFUND FOR DEBT RELIEF

By: Isaac Chappell, Regional Extension Agent

Do you spend weeks eagerly anticipating your tax refund? When the money finally comes in, is it gone tomorrow? Many people view tax refunds as unplanned bonuses. They see the money as a gift from the government, to use for splurges or treats. A tax refund provides the opportunity to improve your financial situation. Use these tips to get the most value from your refund check.



- **Pay down your debt.** Use your refund for some much needed debt relief. Pay off your credit card balance. If you have an outstanding balance on more than one credit card, try to pay off the smaller, high-interest rate balances first. That will free up more funds to put toward larger balances. Alternatively, you can apply your refund toward other debts, like a car loan or a home equity loan.
- **Consider your financial goals.** Trying to save for a house or car down payment? Hope to contribute to your child's college tuition? Consider applying your tax refund toward these goals. If you don't yet have a set of short-term and long-term financial goals, put one together. You'll be more conscientious about how you spend your refund or any other extra money that comes your way.
- **Save for a rainy day.** Why not give yourself an even bigger return on your tax refund by putting the money into a savings account, CD or retirement fund? Your tax refund will continue to grow if you put it into savings or invest the money. It's always helpful to have a savings account to draw from when a major car repair bill, medical emergency or other unexpected expense comes along. That way, you don't have to borrow money and add to your debt-load.
- **Keep things in perspective.** Working your way out of debt can seem like a daunting task. Perhaps you assume that a small tax refund check won't make enough of a dent in your debt. Think again. Every little bit helps. Paying down debt takes time, but steadily increasing your monthly payments does have an impact. Just stay focused on the end goal. It may take years to pay off your debt, but your ultimate reward will be well worth the effort.
- **If debt is a continuing problem.** Certified credit counselors can help educate you on money management and teach you how to make the most of your hard-earned income. If you're having problems paying down debt, contact the local Consumer Credit Counseling Service at 490-5620. They can also enroll you in a debt management program.
- **If you're doing okay.** Even if your finances are in good shape, your refund check provides the opportunity to improve your life or the lives of others. Use the money to spruce up your home (replace the siding, stain the deck, etc.) or make it more energy-efficient (buy a new heater or replace drafty windows). You could improve your career opportunities by taking a class or training course. Use your refund to teach your older children how to handle money. Give them a portion of the refund and help them budget for school, clothing and entertainment expenses and savings. Finally, you may want to donate your tax refund to a worthy charitable organization. You'll help improve the lives of others, and your charitable gift may reduce next year's tax burden.

Remember, you work hard for your money and you deserve to enjoy a healthy financial lifestyle. Put some thought into how you use your tax refund. Making smart financial decisions is not always easy, but it will definitely benefit you and your family over the long term.

Use the **30-40-30 Plan** to pay for your **PAST, PRESENT and FUTURE:**

PAST: Designate 30% of your refund to paying off debt & catching up outstanding bills.

PRESENT: Earmark 40% for current use.

FUTURE: Use 30% to jump start an emergency fund for long term savings.

AMERICA SAVES WEEK PIGGY BANK PAGEANT

February 23, 2012, 6pm - Anniston City Meeting Center, Room C



To celebrate **America Saves** week, here is your chance to go "Hog Wild"! Create your own piggy bank from a milk carton, soda bottle or any other form of your choice. You can create a Pig with personality, such as a Pretty Pig, Happy Hog, Serious Sow, Pudgy Piglet, or any other pig you can design and make. You can also dress up and decorate an existing piggy bank with markers, crayons, picture cutouts, fabric, or anything you can think of.



Contest rules:

- Piggy bank must be able to hold coins as savings, i.e., hollow at least in part.
- They should be no larger than 18 inches x 18 inches x 18 inches.
- Only one entry per child in the appropriate age category: 7& under, 8-12, and 13-17.
- Piggy banks must be created or decorated by the contest entrant (child) with little or no adult help.
- Pageant registration forms are available at the Calhoun County Extension Office, 1702 Noble Street, Suite 108, Anniston, or online at www.aces.edu/Calhoun.
- You must register by **2/21/12**.
- A total of 9 monetary prizes will be awarded: 1st, 2nd, and 3rd, in each of the three age categories.
- Student must bring their banks to the Pageant, and must be present to win.
- Entries will be judged by a panel of judges. The decisions will be final.

Name: _____

Parents' Name: _____

Address: _____

Telephone Number: _____ Email: _____

Name/Theme of Piggy Bank: _____

Age Category (circle one): 7 & under 8-12 13-17

A total of 9 prizes will be awarded: First, second & third place in each of the three age categories. Students **MUST** be bring their banks to the pageant, and be present to win.



Return form no later than February 21st to:
 Isaac B. Chappell, Jr.
 Alabama Cooperative Extension System
 1702 Noble Street, Suite 108
 Anniston, AL 36201
 (256) 237-1621
 FAX (256) 236-8630

*Sponsored by
Calhoun County Master Gardeners/Tree Amigos to benefit the 4H Program at Coosa Valley Attention Home*

**Longleaf Botanical Gardens
8am - until all plants are gone!
Saturday, May 5th~**

**8am - 11am
Saturday, April 21st ~ 8am - 11am
Cane Creek Community Gardens @ McClellan**



Upcoming Plant Sales



Alabama A&M and Auburn Universities

Alabama Cooperative Extension System
Calhoun County Office
1702 Noble Street, Suite 108
Anniston, AL 36201
Phone: 256-237-1621
Fax: 256-238-8630
www.aces.edu/calhoun