

*Alabama Cooperative Extension System
Cherokee County Office*



Cornwall Furnace

1526 Chesnut Bypass
Centre, AL 35960

(256)927-3250

2008 Annual Report

Table of Contents

Preface.....	4
How Extension Works for You.....	5
Program Areas.....	6
2008 County Staff and Accomplishments.....	9
2008 County Staff Contact Summary.....	10
2008 Regional Staff and Accomplishments.....	27



Clarene Teague-Johnson
Extension District Director
North Alabama Regional Extension Office
Normal, AL

Greetings from the Cherokee County and Regional Extension System Staff. Our 2008 Annual Report highlights how Extension has been working for the people of Cherokee County.

The Alabama Cooperative Extension System is a combined effort between two land grant institutions, Auburn University and Alabama A & M University. The Alabama Cooperative Extension System provides educational opportunities to enable individuals to make sound decisions about their lives, families, businesses and communities.

Feel free to visit our office, located on the, Clarence E. Chesnut, Jr. Bypass, 1526 Chesnut Bypass, Centre, AL 35960. You can reach us by phone at (256) 927-3250 or by visiting our website at www.aces.edu/cherokee.

Cherokee County Extension Office Staff



Linda A. Starr, County Extension Coordinator, Dorothy Horton, part-time Secretary, David Derrick, Regional Extension Agent, Felissa Morgan, Administrative Support Associate II, Rita Parker, 4-H and Youth Development Agent Assistant, and Mary Shewmaker, NEP Agent Assistant.

Preface

Cherokee County is located in the northeastern part of the state, bordered on the east by Georgia. Cherokee County was created by the Alabama State Legislature Jan. 9, 1836. In an area Indians called "costa," the town of Cedar Bluff was established. Cedar Bluff, established in 1936 as Jefferson, was the original county seat. Since there was another town in Alabama called Jefferson, the name was changed to Cedar Bluff in 1842. Centre was established as the county seat of Cherokee County in 1884 after two referendums were held to change the location to a more central area. The name was chosen and carries the Old English spelling because of this central location. In 1886, Gaylesville was established and is the oldest incorporated town in the county.

The Cherokee County population of 24,525, is 5.5 percent black, 92.8 percent white and .9 percent Hispanic. There are nine educational outlets in the county, including four K-12 schools, one elementary school, one middle school, one high school, one career/technical school, and one two-year college branch, Gadsden State Community College, Centre campus. Sixty three percent of adult residents are high school graduates and 9.7 percent are college graduates.

The major agricultural crops in the county are cotton and commercial greenhouse production. Other crops include corn, soybeans, cattle and poultry. Leesburg Yarn Mill and KTH Products are the major industries in Cherokee County. Tourist attractions include Weiss Lake, Little River Canyon National Preserve Park and Cherokee Rock Village.

The Cherokee County Extension office has six employees which include the County Coordinator, one Regional Agent, one NEP Agent Assistant, one 4-H youth Agent Assistant, one Administrative Support Associate and one part-time secretary. In addition to county based staff, Cherokee County is served by twelve Regional Extension Agents with expertise in the following program areas: Agronomic Crops (Regional Extension Agent housed in Cherokee County); Animal Science and Forages; Forestry and Wildlife, Pond and Fish; Commercial Horticulture; Home Grounds and Pest; Human Nutrition, Diet and Health; Consumer Science and Personal Finance; Family Child Development; Food Safety and Preparation; and 4H and Youth Development

The Cherokee County 4-H youth and development program is one of the most popular Extension programs in the county. More than 1000 youth (ages 9-19) are enrolled in 29 4-H clubs (27 school 4-H clubs, two special interest clubs: 4-H Sportfishing and 4-H Horse Club, and two home school based clubs).

How Extension Works For You

The Cherokee County Extension Office wishes to express appreciation to the Cherokee County Commissioners for your support throughout the year.

The mission of the Alabama Cooperative Extension System is to deliver research-based educational programs that enable people to improve their quality of life and economic well being.

In 1862, Congress passed a law granting land to each state for “agricultural and mechanical” institutions of higher learning. In 1890, Congress granted land to institutions educating Black citizens. In the late 1800s, the school that is now Tuskegee University began using a mule-drawn wagon as a “school on wheels” to teach rural people better ways to grow crops and feed their families.

The land-grant mission and teaching outside the classroom gave rise in 1914 to the national Cooperative Extension Service, whose mission was to “take the university to the people.”

Alabama is the first state to combine the Extension programs at its 1862 and 1890 land-grant universities. In 1995, the Alabama Cooperative Extension System was formally created including Alabama A&M University and Auburn University, with Tuskegee University cooperating.

Over the years, Extension’s knowledge base and capacity have expanded through partnerships with hundreds of organizations—all the way from local to international groups. Through the work of more than 500 Extension agents and other field-based staff, in addition to specialists in many facets of our six program areas, the Alabama Cooperative Extension System is bringing the research and knowledge of the land-grant universities and the Alabama Agricultural Experiment Station, and the expertise of our many partners, to the people.

PROGRAM AREAS

The Alabama Cooperative Extension System transitioned itself from a primarily county delivered program into one in which programs are delivered by traveling regional agents from other counties and county extension agents who are all expert agents in one of 15 newly defined priority program areas. Changing demographics and funding issues are two of the main factors driving these changes.

Extension programs continue to be delivered by trained experts in collaboration with our many partners for the citizens of our county. County and regional extension agents are able to network with colleagues across the state to share the latest and best information available to county citizens. All agents are accessible through their offices and through cell phones.

We hope that you enjoy reading the brief summaries of our activities from the past year.

Agriculture, Forestry and Natural Resources

As we know, agriculture is the number one industry in Alabama. Today there are roughly 45,000 farms in Alabama. Extension helps Alabama's farmers create and maintain healthy, profitable and environmentally sustainable operations. Home gardening and urban horticulture are also major Extension priorities.

Alabama is rich in natural resources. Almost two-thirds of the state is covered in forests, and our water resources are the envy of the nation. Forestry, water, fisheries and wildlife resources bring billions of dollars into the state's economy and greatly enhance our quality of life. Extension is committed to helping people safeguard and develop these resources.

The goal of home horticulture, gardens, and home pests is to teach private homeowners and gardeners how to apply research generated information and knowledge to resolve problems that they encounter in their homes, lawns, and gardens. This not only improves their individual enjoyment of the environment in which they live, but also provides a safe environment for everyone through the wise and correct use of fertilizers, insecticides, herbicides and other chemicals.

Community Resource Development (CRD)

Extension plays a leading role in revitalizing Alabama communities, especially where declining farm populations have resulted in loss of revenue bases and youth flight. Extension programs focus on economic and leadership development, environmental quality and community health, and public policy and strategic planning. The focus of this area is to assist citizens in building a positive community for its citizens.

Family & Individual Well Being

One of Extension's keynotes is helping families and individuals improve their quality of life through food safety, proper nutrition, parenting, family financial management, and community health. Also included is one of the two major nutrition education programs, the federally mandated Nutrition Education Program (NEP), which focuses on educating food stamp recipients.

*Food Safety and Preservation is a concern of commercial, educational, private and consumer aspects of our communities. Whether one is preparing food for a family dinner, a football game tailgate party, meals in a school cafeteria, food in a nursing home, or dinner in a downtown restaurant, the safety of our food and drink is top priority.

*Human Nutrition, Diet and Health has been a foundation of family programs in Extension for years and years. Current initiatives in childhood obesity, Osteoporosis prevention, prevention of chronic health conditions such as high blood pressure, stroke, cancer, arthritis, diabetes, cardiovascular disease, obesity, and maintaining healthy lifestyles are all important issues here in Cherokee County. Community groups and individuals continue to look to Extension for leadership in the areas of Human Nutrition, Diet and Health. This priority area focuses on building networks and programs to provide families individuals valuable information needed to make informed health related decisions on nutrition and health.

*Family & Child Development addresses family and child development issues to advance families into the 21st century. Studies show families have become even more diverse since the 2000 census. Although family structure has changed the general well-being of children and family has not changed.

*Consumer Science and Personal Financial Management programs address financial need of citizens through programs to teach people (youth, adults, and senior citizens) how to manage financial resources wisely and make wise consumer decisions regarding purchase, budgeting, managing money, credit and debt management, saving investments, retirement planning, and estate management. The consumer education programs focus on identity theft, fraud and scams. This area also includes employment and career development programs to address the need for individuals to provide their financial needs through employment.

*Nutrition Education Program (NEP) goal is to provide educational programs that increase, within a limited budget, the likelihood of food stamp recipients making healthy food choices and choosing active lifestyles consistent with the most recent advice reflected in the Dietary Guidelines for Americans and the Food Guide Pyramid.

4-H and Youth Development

Alabama's 4-H and Youth Development program offers young people opportunities to develop their interests and expand their awareness of our world. Extension educators, volunteers, and the young people themselves work together to provide a wide range of hands on –minds on experiences that develop each individual's four H's—head, heart, hands and health.

4-H is the largest youth organization in the world and has been active for over 100 years. In Cherokee County's past year, there were over 1,000 youth that belonged to 4-H through 29 clubs.

Each traditional 4-H Club meets once a month for six months during the school year. During each club meeting, a leader or the 4-H Agent Assistant is responsible for presenting programs that are based on character, leadership and other basic life skills.

There are two home school community clubs and two special interest clubs that meet on a regular basis. The home school community clubs are similar in structure to the traditional 4-H Clubs. The special interest clubs are similar but will have special areas of interest.

4-H'ers participate in county, regional and state competitive events as a tool to promote leadership and skill development, as well as county 4-H camp. There were several county events held that led 4-H'ers to regional events. Some of the events were: Photography, Plant & Soil Science Exhibit, Baked Foods Exhibit, Bicycle Safety, Electric Energy demonstrations, Lawn Tractor & Safety and Public Speaking.

Summer Camp activities give the youth the opportunity to meet new people and make new friends from around the state as they participate in a variety of programs that are based on the "Hands-On/Minds-On" teaching, which is the foundation of 4-H programming. Activities included climbing walls, zipline, working with GPS units, archery, arts and crafts, radical reptiles, canoeing, fishing and swimming. Other fun events include 4-H Talent Show, campfire, and field games with a "Tug of War" competition.

Cherokee County Extension Office Staff and Accomplishment for 2008

Linda A. Starr

County Extension Coordinator
Economic & Community Development
Human Nutrition, Diet and Health
E-mail: glassla@aces.edu

David Derrick

Regional Extension Agent III
Agronomic Crops
E-mail: derride@aces.edu

Rita Parker

Agent Assistant I
4-H and Youth Development
E-mail: rsp0002@auburn.edu

Dorothy Horton

Secretary III
Fill-in
E-mail: hortoda@aces.edu

Mary Shewmaker

Agent Assistant I
Nutrition Education Program
E-mail: shewmme@aces.edu

Felissa Morgan

Administrative Support Associate II
E-mail: whalefj@aces.edu

Contact Information:

Cherokee County Extension Office
1526 Chesnut Bypass
Centre, AL 35960-2814
256-927-3250/3079
Fax: 256-927-2014

Please visit our website at: www.aces.edu/counties/Cherokee/

Contact Report Summary for 2008 for all program areas covered by County Staff members are listed below:

Linda A. Starr, County Extension Coordinator

Non Face To Face Contacts (letters, phone calls, news articles)	19,586
Face to Face Contacts (meetings, office visits, one on one contacts)	4,353

Mary Shewmaker, NEP Agent Assistant

Non Face To Face Contacts	18,895
Face to Face Contacts	9,057

Rita Parker, 4-H Agent Assistant

Non Face to Face Contacts	30
Face to Face Contacts	2161

David Derrick, Regional Extension Agent

Face to Face Contacts	818
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Linda A. Starr
County Extension Coordinator
Cherokee County
Employed in 1978

Educational Background:

B.S. in Home Economics Education,
Alabama A&M University, 1977
M.S. in Home Economics Education,
Alabama A&M University, 1991

Program Leadership:

Administrative, Human Nutrition, Diet and Health, CRD, 4-H and Youth Development, Nutrition Education Program (NEP)

Affiliations:

AL Association of Extension 4-H Agents (ALE4-HA)
National Association of Extension 4-H Agents (NAE4-HA)
AL Education Association (AEA)
National Education Association (NEA)
Alabama Cooperative Extension Service Employee's Organization (ACESEO)
Civitan International
AL Family and Community Education (ALFCE)
Alpha Kappa Alpha Sorority (AKA)

Linda A. Starr
County Extension Coordinator

Programming Efforts

- General Supervision of staff and office.
- Trained one new staff member.
- Conducted two programs on Emergency Preparedness (47 attendance)
- Work with REA's in planning extension programs for Cherokee County.
- Worked with one new partner (Gadsden State Community College/Economic Development Director) in establishing a Youth Leadership Class. Assisted in getting a grant in the amount of \$4400 to get started.
- Work with and participate with local EMA boards.
- Participate in community networking opportunities by working with local support groups, boards, agencies, and commodity organizations.
- Member of local Chamber of Commerce where I assist with "Taste of Cherokee" and "Spirit of Cherokee" (Christmas parade).
- Assist Local Red Cross with Annual Souper Supper by serving as chair of food committee.
- Attend and participate in AL Community and Leadership Network meetings.
- Serve on the Youth Leadership Cherokee Advisory Board.
- Held two Cherokee Extension Advisory Leaders Council meetings during the year.
- Worked with Chamber of Commerce in securing a \$5000 grant for Adult Leadership Class. Also presented educational programs monthly to the class.
- Submitted news articles to two local papers written by myself, Regional Agents and Agent Assistants.
- Serve as officer of State ACESEO, Inc. and attended board meetings and state meeting.
- Attended and participated in the first Regional Vision 13 Leadership Plenty Class.
- Assisted REA with the first Youth Learning About Money Management Skills (Reality Check) program.
- Met with Forest Owners on "Forest In The Classroom" program.
- Attended Treasure Forest Training workshop held in Centre.
- Assisted DHR with planning for Job Fair in Cherokee County.
- Attend County, District and State Home and Community Leaders Group. Provide them with update of Extension programs.
- Attended Urban-Rural Interface Conference in Huntsville.
- Attended AL Resource Conservation and Development state meeting in Tuscaloosa.
- Attend quarterly County Extension Coordinator's meeting.
- Serve on the Healthy Woman Board and assisted with the 1st Women's Expo in Centre.
- Attended Web Training in Hartselle.
- Attended Galaxy Conference in Indianapolis, IN as delegate for my region.

Linda Starr, CEC
Cherokee County Programs in 2008

Community Resource Development (CRD)

Community Health

-Implemented 11 County Extension Health Council (CHC) meetings through use of volunteers. There are 77 on the mailing list and an average attendance of 12 at monthly meetings.

-The County Extension Health Council is an organized group of health care professionals and volunteers with an interest in promoting improvement in the health of the citizens of Cherokee County. Speakers are brought in each month by members who serve on the County Council. Topics for 2008 included: Occupational Therapy by local nurses; Healthy Weight; ; Mental Illness Awareness; American Heart Month; Workplace Eye Health; Women's Healthcare; Helen Keller Deaf/Blind Awareness; UV Safety; Family Caregivers month; Cataract Awareness; and annual program planning session.

-In addition to monthly programs, the Council adopts projects to work on for the year. Projects that were selected at the planning meeting for the council to work on during the year included: "Comfort Kits" for the local Red Cross. Over 1000 items have been donated by council members for the comfort kits. The kits are given to families and individuals who are victims of a disaster (ex. fire, tornado). Travel size items such as: soap, wash cloths, toothpaste, toothbrushes, deodorant, mouthwash, shampoo and conditioner, lotion, disposable razors combs, brushes, shaving cream, baby diapers, etc. have been donated.

-CHC members donated 7 turbans for cancer patients, 25 necklaces for breast cancer patients, and one fleece leg throw to Hospice.

-We also adopted "Toys for tots" as a project. Over 35 gifts were presented to the local Optimist Club in 2008.



Emergency Preparedness Kit
CRD

-Conducted two programs on poison prevention and one on lead poisoning to 19 students and 22 adults.

-Attended monthly meetings of Children's Policy Council.

-Attended monthly meetings of the Cherokee County Chamber of Commerce. The meetings are held at various businesses and locations throughout the county.

--Served on the County wide Farm City Field Day for schools held at Sand Rock School for grades K-3.

-Presented brief presentation at Cherokee County Teacher's August Inservice on programs offered by Extension for students through 4-H and NEP (Nutrition Education Program).

Three programs presented to Pre-K students on lead poisoning, being responsible and Valentine -make it and take it program.

-Attended RC&D meetings. Applied for a \$7000 grant for the Leadership Cherokee (Adult) Program. Was awarded \$5000 for the Leadership Cherokee Program for 2008-09. Twelve adults were selected for the 2008 Leadership Class. The Extension Office provided educational programs at each monthly leadership class.

-Cherokee County applied for a \$4600 grant for Youth Leadership through the Rural Alabama Initiative Funding Program and was awarded \$4400. Four high school students from all five high schools were selected for our first youth leadership class in 2008. The Extension Office provided educational training at each monthly meeting on manners as well as poison prevention.

-Served on the Healthy Woman Advisory Council and assisted in implementation of first Healthy Woman's Expo with 200-350 attending Expo and Dinner.

-Assisted in conducting Caregivers Training program with East Alabama Commission on Aging with 27 participants and 18 speakers and other administrative persons.

-Participated in the first regional Vision 13 Leadership class conducted by Larry Lee. This was a 9 month leadership class with participants from 6 counties under leadership of Senator Kim Benefield's Senate District 13. Six participants from Cherokee County making a total in class of 30.

Gadsden State Community College Dedication Ceremony



Representative Richard Lindsey at Gadsden State Community College Dedication.



2009 Regular Session

ALABAMA HOUSE OF REPRESENTATIVES



2008 Leadership Cherokee Class



Job Readiness Meeting



Job Readiness Meeting



Farm City Week Appreciation Dinner

Nutrition, Diet and Health

-Conducted 12 monthly programs at the Centre Senior Citizen Center in 2008 on various nutrition topics such as: Go for the Whole Grain; Nutrition Bingo; Food Safety; Cholesterol: Control your numbers; Time to Eat Colors; Eating Smart; Fat Intake May Affect vision; Healthy Snacking for a Healthy lifestyle; Your Key to Understanding Sugars; Fruits and Veggies—Who Am I?; and Gastronomy Galaxy—Food Pyramid. An average of 34 seniors attend each month for the Extension programs. Over 400 contacts made at Senior Center annually.

-Offered ServSafe Manager Certification Classes in Cherokee County.

-Attended Diabetes Update Conference in Montgomery, AL.

-Offered three New Leaf Series classes taught weekly for 10 weeks. There was 9 in the morning class, 8 in the afternoon class and 14 in the evening class, making a total of 31 adults (male and female) attending these classes to learn to eat healthy and lose weight.



County Health Council Meeting



New Leaf Series Class Exercising

Family and Child Development

- Two programs were presented to head start parents at 3 head start centers in the county on “What you do, and How you think, (marriage education) to 23 parents.
- Attended AL Home and Community Education State meeting in Talladega, AL.
- Attended Annual Family Conference in Huntsville, AL.



Early Learning Centre children



4-H and Youth Development

- Supervised 4-H Agent Assistant.
- Assisted club leaders with programs for 4-H meetings in absence of 4-H Agent Assistant.
- Assisted volunteer leader with 4-H Sportfishing Club (part of Jr. Bassmaster's group) with 7 on an average attending meetings.
- Attended Regional 4-H Congress in Hartselle, AL.
- Assisted volunteer leader with 4-H Horse Club Program.
- Worked with 4-H REA's on Cherokee County volunteer and youth program.
- Organized 4-H clubs for Agent Assistant. Met with principals /assistant principals and leaders to set up club meeting schedule.
- Prepared 4-H Club members handbook and organized meeting kits for local 4-H clubs.
- Organized County 4-H Officer's Training workshop for 2008. Had 91 four-H'ers to participate and over 20 parents/grandparents.
- Assist with county competitive events



4-H Officer Training Workshop



Networked and Partnered with the Following for 2008

- Networked/partnered with the following to extend and expand educational efforts:
 - Cherokee County Health Department
 - Cherokee Medical Center
 - Community Action Agency
 - Chamber of Commerce
 - Local doctors and nurses
 - Day Break Group
 - American Red Cross
 - Head start Program
 - Child Advocacy Center
 - Gadsden State Community College
 - Cherokee County DHR
 - Nutrition Center/East Alabama Commission on Aging
 - Cherokee County Health and Rehab Center
 - Cherokee Hospice Program
 - Board of Education
 - Children's Policy Council
 - County Sheriff's Department
 - Optimist Club
 - Alcohol/Substance Abuse Council
 - Early Learning Center
 - RCD Council
 - Cherokee Crisis Center

Plans for 2009

Community Resource Development

- Continue leadership of 2009 County Health Council meetings.
- Attend Resource, Conservation and Development Council meetings.
- Attend quarterly and state AL Home & Community Leaders meetings.
- Promote Extension youth programs at County Teacher Inservice Institute in August.
- Serve on East Alabama Commission Economic Development committee.
- Assist with Adult Leadership Cherokee Classes
- Assist with Youth Leadership Classes
- Work with Dept. of Human Resources with Job Readiness classes.
- Provide leadership programs to County Home and Community Leaders Council.
- Promote Emergency Preparedness thru programs and exhibits.

Nutrition, Diet and Health

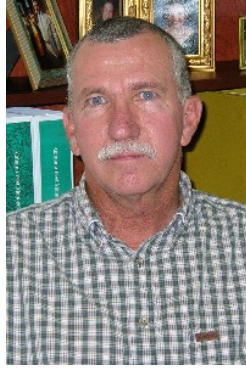
- Monthly programs on Nutrition, Diet and Health to Senior Nutrition Center participants
- Work with REA to provide Nutrition programs to citizens of Cherokee County
- Annual Diabetes Conference
- Conduct programs on Environmental issues as requested.
- Work with REA with New Leaf Series classes.
- Supervise NEP program.

Family and Child Development

- Present programs at Early Learning Center for parents and children as requested.
- Present programs to Head Start parents and students as requested.
- Assist Family & Child Development REA with Caregivers programs.

4-H and Youth Development

- Supervise 4-H Agent Assistant
- Provide training for 4-H Agent Assistant to conduct 4-H meetings and competitive events.
- Assist 4-H Agent Assistant with local and county competitive events and other workshops/ programs for 4-H.
- Work with REA for 4-H in screening volunteers & training of volunteers.
- Assist in planning a 100th year 4-H Celebration in Cherokee County.



David Derrick
Regional Extension Agent
Cherokee County
Employed in 1978

Educational Background:

B.S., Agronomy and Soils, Auburn University, 1978

Program Leadership:

Agronomy—Row Crops, Northeast Alabama

Affiliations:

County Agents Association

Cherokee County Programs in 2008

All Extension Agronomy programs are conducted on a regional basis. Farmers from all counties across the region have the opportunity to participate in meetings, tours, demonstrations and other Extension programs. Listed below are some of the activities for 2008.

*Winter crop production meetings were held to update farmers on the latest crop production practices.

*On farm crop demonstrations were conducted to help farmers with variety selection and pest management.

*Received phone calls and made farm visits to farms across the region.

*Most row crop farmers planted wheat this year in response to good prices and many will store wheat on the farm. A stored Grain Pest Management Workshop was held to assist farmers in protecting grain quality.

*An Area Field Day was held in July for farmers to see the latest in precision ag applications and other row crop innovations.

*An Area Cotton Field was held in September where farmers were able to view the latest production techniques.



Mary Shewmaker
NEP Agent Assistant
Cherokee County
Employed in 1998

Educational Background:

Associate of Arts Degree, Business, Sue Bennett College

Program Leadership:

Nutrition Education Program (NEP)

Affiliations:

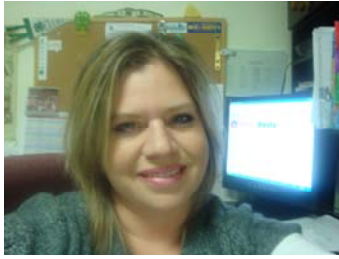
Chamber of Commerce
Children's Policy Council

Cherokee County Programs in 2008

1. Conducted 15 NEP classes in Cherokee County 3rd and 4th grades, reaching 310 students.
2. Conducted NEP programs throughout the year at Cherokee County Department of Human Resources, Women's Health Fair, Farm City week, clubs, mental health and health fairs, reaching 5,809 direct contacts
3. Set up and maintained NEP exhibits at DHR and all Health Fairs.
4. Reached approximately 11,585 indirect contacts through handouts, exhibits and newspaper articles.

Plans for 2009

- * Continue working at the DHR office with food stamp recipients and those that are eligible for food stamps teaching basic nutrition education.
- * Continue working in the elementary schools grades 1-5 using a pre and post assessment to measure learning of basic nutrition and using a "What's for Lunch?" poster before and after teaching classes to measure behavioral changes in eating.
- * Work with the citizens of Cherokee County through the Crisis Center and Community Action Agency, and food bank, teaching how to stretch your food dollar.
- * Work with community projects that reach the people that might fall within the federal poverty guidelines such as health fairs, farmers market, Cherokee County Mental Health M.R.D.D., Cherokee County Fun Day for the mentally and physically challenged.



Rita Parker
4-H Agent Assistant
Cherokee County
Employed in 2008

Program Leadership:
 4-H and Youth Development

Accomplishments for October-November 2008

In-School Community Service

- Handmade and sent Christmas cards to the Armed Forces.
- Created care packages and disbursed to local nursing home residents.
- Toys for Tots
- Canned Food Drive

Leadership and Citizenship

- Club Officer Training
- Training for Special Interest Clubs
- Volunteer Leader Training
- Youth Project Training
- School club meetings
- 4-H Record Book Training

In-School 4-H Club Programs

- Manner's Matter: Sporting Behavior
- Empathy: Put Yourself in Someone Else's Shoes
- Manner's Matter: Meeting and Greeting

In-School Club Contest

- Photography
- Wood Working
- Extreme Birdhouse
- Blocks Rock
- What Wood U Build
- Public Speaking



Rita Parker, 4-H Agent Assistant is shown conducting a 4-H meeting at Gaylesville Elementary School.

4-H Involvement in Cherokee County

- Re-established 4-H in local newspapers
- Held events at local community college
- Promoted 4-H events including Auburn Basketball Day, U.S. Space and Rocket Centre Day, Sleep in the Deep at Tennessee Aquarium, Disney World trip, and Cherokee County 4-H Horse Club events.
- Increased membership of Cherokee County Horse Club by 70%
- Increased membership of Cherokee County Sportsfishing Club by 50%

Cherokee County 4-H Clubs

- There are 29 in-school 4-H clubs, 2 community club and 2 special interest clubs
- There are 917 4-H members in Cherokee County
- Implemented rewards and recognition for local 4-Her's which includes ribbons, badges, certificates and publicity.



4-Her's at Cedar Bluff School wanted to do a community service project and chose to Go Green on Earth Day by picking up garbage on their school grounds.



4-Her's and Cherokee County Master Gardeners worked together to beautify Sand Rock School.



Plans for 2009

- Increase 4-H membership in Cherokee County
- Work with 4-H REA to increase 4-H volunteerism in Cherokee County
- Provide educational programs and leadership for all Cherokee County 4-Her's
- Host field trip for all 4-H members
- Increase community awareness of 4-H in Cherokee County
- Reward all participants for showing interest and leadership in Cherokee County
- Plan all competitive events, leadership training, community involvement, workshops and programs for 4-H member in Cherokee County
- Attend Chamber of Commerce meetings when possible.
- Assist volunteer leaders
- Establish 4-H Community Clubs for youth throughout Cherokee County

*Regional Extension Agents
Serving Cherokee County
2008 Accomplishments*

Amy Burgess

Regional Extension Agent I
4-H and Youth Development
E-mail: burgeap@aces.edu

Judy Edmond

Urban Regional Extension Agent III
Family and Child Development
E-mail: edmonjj@aces.edu

Theresa Jones

Regional Extension Agent II
Consumer Science/Personal Financial Management
E-mail: rosscth@aces.edu

Terry Shackelford

Regional Extension Agent III
Home Grounds, Gardens and Home Pests
E-mail: shacktl@aces.edu

Shirley Whitten

Regional Extension Agent III
Human Nutrition, Diet and Health
E-mail: whittsl@aces.edu

Emily Campbell

Regional Extension Agent III
Food Safety, Preparation & Preservation
E-mail: campber@aces.edu

Tinsley Gregg

Regional Extension Agent III
Animal Science and Forages
Farm Management
Agricultural Enterprise Analysis
E-mail: greggth@aces.edu

Michael Reeves

Regional Extension Agent II
Commercial Horticulture
E-mail: reevemd@aces.edu

Lewis Tapley

Regional Extension Agent III
Aquaculture and Recreational Pond
Management, Forestry, Wildlife and
Natural Resource Management
E-mail: taplell@aces.edu



Amy Burgess
Regional Extension Agent
Marshall County
Employed in 1999

Educational Background:

- B.S. Agricultural Science, Auburn University with a minor in Rural Sociology
- M.S. in Continuing Education from University of West Alabama

Program Leadership:

4-H Youth Development

Affiliations:

- ALAE4-HA
- NAE4-HA

Accomplishments for 2008

Cherokee County 4-H is a community of young people who are learning citizenship, leadership, and life skills. Working with Rita Parker, Agent Assistant and Linda Starr, County Extension Coordinator the past year has been one for identifying volunteers and building 4-H clubs.

The REA works collaboratively with county-based field staff, state specialists, and clientele to assess and implement programs based on clientele needs within the mission of the Alabama Cooperative Extension System. Program implementation includes, but not limited to:

- Volunteer training
- Assist with county program planning
- Conduct County Workshops as needed
- Fund development in the form of grants, sponsors, donors, partnerships, and coalitions and expand programming
- Conduct regional programs
- Maintain regional advisory council

Estimated value of volunteer hours in Cherokee County: \$10,732.50 (530 hours x \$20.25 per IRS rate)

2008 PROGRAMMING EFFORTS

In 2008, programming efforts were focused on improving the inner workings of the existing special interest and community clubs and identifying the needs and wants of the young people in Cherokee County in order to form new clubs. In order to do this, the REA conferred with county staff members to formulate a county plan of work that helped to identify potential volunteers and areas of interest.

The REA helped identify, screen and train three new volunteers to work within the Cherokee County 4-H program: 2 to work with the Cherokee County Wranglers 4-H program and 1 to work with the Cherokee County 4-H Robotics Club.

The REA also worked with Felissa Morgan, the Administrative Assistant in keeping the 4HPlus Enrollment program up to date. This enables staff to track the progress of clubs, members and also to identify needs within the county's young people.

REA met with the county's 4-H Robotics club and presented a program on the future of science, engineering and technology. This club met 8 times throughout the year with an average attendance of 9.

The REA also met with the Wranglers 4-H Horse Club twice throughout the year and presented programs on passive education projects, keeping records, opportunities within the 4-H program and safety. This club met 8 times throughout the year and had an average attendance of 15 youth and numerous adults. This club also worked on mastery of their project work that will come to fruition at the 2009 State 4-H Horse Show in which Cherokee County will have 5 participants this year.



REA met with the 4-H Sport fishing club and discussed safety and ethics with members. This club met 10 times throughout the year and has an average of 5 youth in attendance. This club also worked on mastery of their project this year which is evident in their success at various junior bass master contests throughout the state.

The REA creates, maintains and disseminates a regional 4-H newsletter in which every leader, volunteer, supporter and donor of 4-H receives a copy to make them aware of the happenings within the 4-H program.

REA also worked with other Regional Extension Agents in North Alabama and all county staff to put on the Regional 4-H Congress in which Cherokee County 4-H'ers, parents and leaders took part. Finally, maintaining an active and productive Regional 4-H Council in which Cherokee County 4-H'ers, parents, and leaders can take an active role in the planning and implementing of programs in North Alabama is also part of my programming efforts.



Goals for 2009

- Continue to enhance the already existing in-school, community and special interest clubs.
- Continue to grow membership within each club.
- Continue to strive to increase Cherokee County youth's participation in the Regional Council.
- Continue to work with county staff in delivering new and innovative programming.
- Continue to seek out and train caring adults to work with young people in the area's of beef, cooking, gardening, and wildlife particularly. Two volunteers have already been identified to work within the program for the upcoming year.
- Establish a Forest in the Classroom-Classroom in the Forest project in Cherokee County, in which area 4th, 5th and 6th grade classes can participate.
- Continue to encourage Cherokee County youth to master project areas, in addition to participating within them.
- Work to promote the 4-H program more throughout the county by attending speaking engagements, local festivals, and such to make the citizens of Cherokee County more aware of the 4-H program and its benefits



Emily Russell Campbell
Regional Extension Agent
Jackson County
Employed in 1981

Educational Background:

B.S. Home Economics (Child Development),
Auburn University, 1970
M.S. Home Economics (Nutrition and Food Science)
University of KY, 1984

Program Leadership:

Food Safety, Preparation, Preservation

Affiliations:

National Association of Extension 4-H Agents

Objective: nationally accredited “ServSafe” (SS) training for food service workers, primarily in restaurant settings, through-out the state and the “Serving It Safe” (SIS) training for child nutrition (school lunchroom) workers in the state. In addition, food preservation training is provided to individuals and food processing assistance is offered to the food industry, with special emphasis on the Hazard Analysis Critical Control Point (HACCP) method of quality assurance. HACCP training is also offered to child nutrition workers in the state. Food preparation and preservation assistance is offered through workshops and as needed for clientele through telephone, direct mail and electronic means. Since October 2004, Emily Russell Campbell has been trained and certified to teach and proctor exams in both the SS and SIS curricula. In 2007 she completed public preparedness training presented at the AL Agricultural Security Conference.

Accomplishments for 2008

August/September: Two presentations on Altering Recipes for Health as part of New Leaf (12 participants)

April: Taught Food Safety to Care Giving Training (19 participants)



Plans for 2009

Servsafe Food Service Manager Certification training and exam at Cherokee Co. Health Dept on May 19 and 20.
(27 participants)

New Leaf and Care Giving Classes
Food Preservation Classes if kitchen facilities can be located.



Judy Edmond
Regional Extension Agent
Madison County
Employed in 1995

Educational Background:

- B.S., Home Economics Education, Alabama A & M University
- M.S., Nutrition and Hospitality Management, Alabama A & M University

Program Leadership:

- Family and Child Development

Affiliations:

- Member Voices for Alabama Children
- AL Cooperative Extension System Employee Organization (ACESEO)
- Relatives As Parents Program (RAPP)

Cherokee County 2008 Accomplishments

- Conducted 4 sessions of Stress Management at “Home Caregivers Training” during the months of July and October. Partnered with Alabama Cares/Project Reach. Training was for individuals caring for sick or disabled relatives or friends in the home.
- Conducted Child Safety at the monthly Health Council meeting during the summer. Presentation included safety rules for children from infants to 4 year olds; in and around the home, in the car, and during shopping trips. Each year 90% of accidents that occur with children under the age of 6 years are due to negligence.



Cherokee County Goals for 2009

- Partner with the Cherokee Home and Rehabilitation Centre to train home care givers using the “Caring for the Caregiver” curriculum.
- Conduct the Relatives as Parents Program (RAPP) monthly or quarterly meetings. The Relatives as Parents Program is an educational and support group for grandparents or relatives who have become the primary caregivers of grandchildren or young relatives.
- Partners for RAPP include the Department of Human Resources, CAPNA Head-Start of Northeast Alabama, Children’s Advocacy Centre, AARP and The Children’s Policy Council.
- Conduct a Caregiver Conference, RAPP. (time to be determined)

The main goal of the conference is to address issues that are relevant to grandparents and/or relatives who have become the major caregivers for their grandchildren or other young relatives. Conference participants receive information about services available, from legal, financial, and parenting the second time around, and coping skills.



Tinsley Gregg
Regional Extension Agent
Etowah County
Employed in 1982

Educational Background:

B.S., Animal Science, Auburn University, 1976
M.S., Agriculture, Auburn University, 1987

Program Leadership:

Animal Science and Forages

Affiliations:

AACAA-Alabama Association of County Agricultural Agents

Cherokee County 2008 Accomplishments

- Farm Management Program for 51 farmers to learn about how to be more profitable on their farms by reducing expenses where possible
- Livestock Program so local 62 cattle producers can be aware of up-to-date production methods such as a shorter breeding season and soil testing
- 20 Newspaper Columns to help individuals be more aware of the value of agriculture locally, provide examples of how farming benefits the land and helps the economy
- Farm/City Week activities for the public to learn how agriculture is important to all of us
- Weekly Marketing Newsletters that provided the latest information so producers can market livestock better and be more aware of recent price trends
- 22 office consultations and phone calls for individual contacts to explain more about information provided
- 31 forage surveys to provide up-to-date details on conditions for pastures and livestock
- Over 20 farm visits in Cherokee County for more detailed recommendations to tell farmers about different options that will work on their individual farm

Cherokee County 2009 Planning

- Farm Management Program for farmers to learn about how to be more profitable on their farms
- Livestock Program so local cattle producers can be aware of up-to-date production methods
- Attend Agriculture Expo. In Georgia with county farmers to see new developments in forage harvesting
- Regional Newspaper Columns that help individual be more aware of the value of agriculture locally
- Livestock Scale demonstration to show the need for record keeping
- Fire Ant Control demonstration so that farmers can be aware of the latest control methods
- Farm City Week activities for the public to learn how agriculture is important to all of us
- Weekly Marketing Newsletters that provide the latest information so producers can market livestock better
- Office consultations as needed for individual contacts
- Weekly Forage Survey to provide up-to-date details on conditions
- Farm visits in Cherokee County that will allow for more detailed recommendations for farmers



Theresa Jones
Regional Extension Agent
Madison Co.
Employed in 2004

Educational Background:

M.S., Agri-Economics
Alabama A & M University, 1998
Agri-Business Management
Alabama A & M University, 1995

Program Leadership:

Personal Financial Management
Consumer Science
Employment/Career Development

Affiliations:

-Limestone-Morgan Co. Community Service Planning
Council
-Alabama Cooperative Extension System
Employee Organization (ACESEO)

My ETP program covers three major areas. These areas are Personal Financial Management, Consumer Science, and Employment/Career Development. The objectives are but not limited to, providing programs that are designed to teach youth, adults, and senior citizens how to manage financial resources wisely and to make wise consumer decisions regarding purchases, budgeting, managing money, credit and debt management, saving, investing, retirement planning, and estate management. The consumer education programs focus on identity theft, fraud and scams.

Lastly, the employment and career development programs address the need for individuals to provide their financial needs through employment. This involves job search and career planning issues which are used to increase career awareness among youth. All age groups are provided with the knowledge and skills to access and utilize labor market and career information to make effective employment and career decisions.

Cherokee County Programs in 2008

Conducted one Reality Check Orientation at Cedar Bluff, Spring Garden, Cherokee High, Sand Rock and Gaylesville High Schools for Youth Learning About Money Management Skills program also known as Y-LAMMS. A total of 266 students received orientation to prepare them for the Y-LAMMS event. Students were taught how write checks, log information into a check/saving ledger, and how to budget their money.

Conducted one Reality Fair Event with all high school sophomores in Cherokee County. Over 400 students and volunteers participated. A grant was applied for and approved for the support of this program. There were three workshops conducted along with the big event "Reality Check." Speakers talked to students about Investing and Saving, Credit as well as, Youth Starting their Own Businesses. Lunch was provided to all students and volunteers by the Alabama Cooperative Extension System and Alabama Securities Commission/Investor Trust through using a grant.

Attended several Advisory Board meeting in this county.

Plans for 2009

Continue to work with Cedar Bluff, Spring Garden, Cherokee High, Sand Rock and Galesville High Schools to bring money management programs to help students to learn about handling money and being able to save.

Work with family programs Regional Extension Agent to conduct a Care Giving program to increase the participant's knowledge about Record Keeping and Fraud/Scams.

Establish a Small Steps to Health and Wealth Program by partnering with our Regional Extension Agent. This program will help participants to make the connection between health and wealth while teaching them techniques to help them to have both.

Conduct an Heir Property Meeting to help inform people in the community about options and the pros and cons they have concerning their property.



Mike Reeves
Regional Extension Agent
Morgan County

Educational Background:

Program Leadership:
Commercial Horticulture

Affiliations:

Mike Reeves is a member of Extension's Commercial Horticulture Team. The Commercial Horticulture Team is responsible for educational programming and technical support for Alabama's commercial horticulture industry. This team is composed of six Regional Agents, who cover the state, as well as team leaders and Extension Specialists.

Mike covers the northeastern portion of the state, with responsibilities in Blount, Calhoun, Cherokee, Cullman, Dekalb, Etowah, Jackson, Marshall, Morgan, and St. Clair Counties. The clientele served in this region are primarily fruit and vegetable producers, but the nursery industry is also supported. Assistance is also provided to the Alabama Master Gardener program through class instruction and workshops. The producers are served in each county in the region through personal communications, farm visits, and regional production meetings. Regional meeting topics range from crop production methods and variety selection to irrigation needs and pest control issues. Growers are also invited to meetings available on a multi-region or state-wide offering. The best example of this is the annual Deep South Fruit and Vegetable Growers meeting held each December in Mobile.

Mike has developed several e-mail lists of growers so they can be made aware, in a timely manner, of upcoming events as well as be updated, throughout the year, concerning current production issues and marketing opportunities.

While 2008 was an exceptional year for fruit and vegetable producers, farm visits were made to producers in the region needing help with various issues such as insect and disease identification and associated control methods. Increasing throughout the region is interest from potentially new growers. Numerous contacts have been made and information has been provided to this group throughout the season.

Contacts and visits in the region ranged from established growers, like Jeremy Calvert at Bremen, to new growers like Cricket Adams at Altoona. All growers were invited to regional meetings in Blount and Cullman Counties as well as other meetings throughout the state.



Terry Shackelford
Regional Extension Agent
Dekalb County
Employed in 1974

Educational Background:

B.S., Agriculture Education, Alabama A&M University
M.S., Agribusiness Education, Alabama A&M University

Program Leadership:

Home Grounds, Gardens and Home Pests

Accomplishments for 2008

- Worked with homeowner's on Home Grounds, Vegetables and Home Pest Problems
- Worked with the supervisor of the Wal-Mart Garden Center in Centre, AL by providing a display of Extension publications on the subject of lawn care, fruits, vegetables and home pest problems for customers who visit the garden center.
- Wrote news column on horticulture subjects for local newspaper.
- Worked with homeowner's on home grounds, vegetables and home pest problems through the Northeast Regional Horticulture Hotline. The hotline is headquartered in Etowah County and covers eleven counties including Cherokee County from April through September each year.

Plans for 2009

- Agent plans to organize and conduct a twelve week Master Gardener Class in Cherokee County.
- Agent plans to organize a Cherokee County master Gardener Association after the class is over.
- Agent plans to continue to work with homeowner's on home grounds, vegetable and home pest problems.
- Agent plans to write news column on various horticulture subject for local newspaper.
- Agent plans to work with and encourage Cherokee County Master Gardeners in the area to work with the Regional Horticulture Telephone Hotline.



Lewis Tapley
Regional Extension Agent
Jackson County
Employed in 1981

Educational Background:

B.S. Agricultural Engineering, Auburn University, 1980

Program Leadership:

Forestry, Wildlife, Natural Resources

Affiliations:

Alabama Association of County Agricultural Agents

Cherokee County Programs in 2008

- Made contacts with the County Forestry Planning Committee
- Interest in managing recreational fish ponds has really grown the past few years. Several visits and phone calls were conducted to assist pond owners with weed control, stocking and fertilizing.
- The growing population of man brings us closer into the home range of wildlife. Along with this come encounters with wildlife that most homeowners need help with to solve. Request range from skunks under the house to snakes in the house.
- Responded to phone calls from Cherokee County residents on Wildlife Management.
- Presented Wildlife Management program to the Sand Rock FFA chapter
- Professional Logger Manager classes were conducted
- Assisted with Sport Fishing Program



Shirley L. Whitten
Regional Extension Agent
Madison County
Employed in 1981

Educational Background:

B.S., Home Economics Education, Auburn University
M. Ed., Home Economics Education, Alabama A & M University

Program Leadership:

Human Nutrition, Diet and Health

Affiliations:

National Extension Association of Family Consumer Sciences
Epsilon Sigma Phi (Extension Professionals' Association),
President

Current initiatives in childhood obesity, osteoporosis prevention, prevention of chronic health conditions such as high blood pressure, stroke, diabetes, and cardiovascular disease and maintaining healthy lifestyles are all implemented in numerous ways in Cherokee County.

The area of Nutrition, Diet, and Health also receives a high number of individual client inquiries. Both **Shirley Whitten** and **Linda Starr** responded to client calls on the numerous topics related to nutrition, food preparation, dietary guidelines and recommendations, and health.

Programs Conducted in Cherokee County in 2008



- ◆ Prepared nutrition and health exhibit for **Healthy Woman Expo** in July. Promoted upcoming Extension programs and answered nutrition-related questions for participants.
- ◆ Conducted three series of programs “**A New Leaf: Choices for Healthy Living**” in Centre. Programs were held at 10:00 a.m., 3:30 p.m. and 5:00 p.m. for eight weeks.

Topics included Portion Control, Fats and Fibers, Altering Recipes for Better Health, Reading and Understanding Food Labels, Becoming Physically Active, and What Can I Eat If...I Have Diabetes, Hypertension, High Blood Cholesterol? Regional Agents for Health and Food Safety and Preparation presented two sessions.

Most sessions included some form of physical activity and participants were encouraged to start a walking program and record physical activity. Local exercise specialists and Blue Cross Blue Shield personnel were presenters for two sessions. Pedometers were provided for participants.

Pre and post 24-hour food recalls and food frequency assessments were completed by participants. Weight and waist measurements were also recorded. Several incentive items were offered to those completing the program.

Conducted follow-up session, **Ten Strategies for Preventing Weight Gain During the Holidays,** for participants in the New Leaf program in December.

- ◆ Conducted sessions on **“Table Etiquette”** and **“Telephone/Cell Phone Etiquette”** for high school students in the Cherokee Youth Leadership series...
- ◆ Conducted **Just Move** (nutrition and physical activity program) for FCCLA at Sand Rock High School

Programs Planned for 2009

- ◆ Conduct program on **Money Wi\$e Food Shopping.**
- ◆ Conduct **Healthy Cooking** program, or series, as travel budget permits.
- ◆ Provide subject matter assistance to county staff and clients as needed.
- ◆ Participate in at least one health fair or community event, if possible, to provide education on nutrition/health or Healthy Homes/indoor air and environmental topics.
- ◆ Conduct other programs as requested by advisory board or clientele.

Prepared by Felissa Morgan, Administrative Support Associate II

Published by the Alabama Cooperative Extension System (Alabama A&M and Auburn Universities) in cooperation with the U.S. Department of Agriculture. An Equal Opportunity Educator and Employer.