

**Madison County Office
Annual Report
December 2009**

**Take Your Dog
to Work Day®**



June 20th is Take Your Dog to Work Day.



ALABAMA COOPERATIVE
Extension
SYSTEM

Alabama A&M and Auburn Universities



Madison County Extension Office

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Huntsville, Alabama 35801

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MADISON COUNTY OFFICE
ANNUAL REPORT

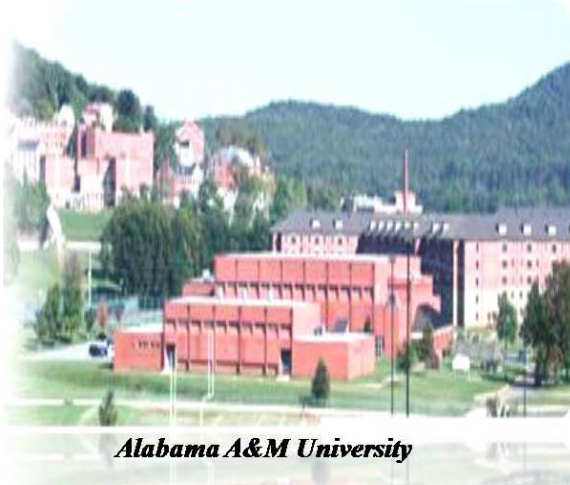
Proudly Serving The People of Madison County



The Alabama Cooperative Extension System, the primary outreach organization for the land-grant mission of Alabama A&M University and Auburn University, delivers research-based educational programs that enable people to improve their quality of life and economic well-being. Extension's vision is to be a world-class educational organization providing real-life solutions to improve the lives of all Alabamians.

The Cooperative Extension System is the largest, most successful informal educational organization in the world. It is a nationwide system funded and guided by a partnership of federal, state and local governments that delivers information to help people help themselves.

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** (formerly *Service*) was created, including Alabama A&M University and Auburn University, with Tuskegee University cooperating. 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, the Alabama Agricultural Experiment Stations, and the expertise of our many partners, to the people. Extension carries out programs in the broad categories of *Agriculture; Forestry and Natural Resources; Urban and Nontraditional Programs; Family and Individual Well-Being; 4-H and Youth Development; and Community and Economic Development*. Extension staff members live and work among the people they serve to help stimulate and educate citizens to plan ahead and properly address the issues that effect them today.



Alabama A&M University



Auburn University

Characteristics of the Cooperative Extension

- *Federal, state and local governments cooperatively share in its financial support and program direction.*
- *It is administered by the land grant universities as designated by the state legislature through an Extension director, Alabama A&M and Auburn University.*
- *Extension programs are non-political, objective and based on factual information.*
- *It provides practical, problem solving oriented education for people of all ages.*
- *It is designated to take the knowledge of the university to those persons who do not or cannot participate in the formal classroom instruction of the university.*



District One
Commissioner Roger Jones



Commissioner Mike Gillespie, Chairman
Madison County Commission Office



District Two
Commissioner Faye Dyer

“Thank You”

*For providing us the opportunity to serve the citizens of
Madison County.*



District Four
Commissioner Dale W. Strong



District Three
Commissioner Jerry Craig



District Six
Commissioner Bob Harrison



District Five
Commissioner Morris Brooks Jr.

MADISON COUNTY EXTENSION PRIORITY TEAM OVERVIEW

The Alabama Cooperative Extension System in Madison County is housed at 819 Cook Avenue in the Charles T. Stone Agricultural Center. The Family Life Center is located at 228F Binford Court. We serve a high number of walk-in clients as well as thousands of telephone contacts each year. Additionally, the Madison County Extension System can be contacted through the statewide www.ACES.edu website.

Under the Cooperative Extension funding formula, all Regional and Urban Regional Extension agents serving Madison County are paid by funds either through Auburn University or Alabama A&M University. These two Universities handle all of the staff administrative costs, including benefits. While salaries are being directed through the Universities, the local part-time 4-H Agent Assistant is being funded by county appropriations. Also, a portion of the County Extension Coordinator's salary is paid through county funds. All travel and most supply expenses for the regional extension agents are paid by state funds; county funds support the local 4-H and administrative travel and supply costs.

Staff members of the Alabama Cooperative Extension System who serve Madison County are committed to providing up-to-date educational programs for the citizens of Madison County. We appreciate the support of our Madison County Commission, our county advisory board, volunteers and donors. We look forward to a continued, positive partnership. We hope you enjoy reading a sampling of our activities from the past year.



Agriculture, Forestry and Natural Resources

Home, Grounds & Gardens

The area of **Home Horticulture** receives more client calls and inquiries than any other area.

Kenneth W. Creel, *Regional Extension Agent* for Home Grounds, Gardens and Pests, is housed in Madison County and coordinates the horticulture program. The horticulture program includes community presentations, the Master Gardener Program, over 3000 annual client contacts, and numerous media contacts.

Doug Chapman, *Regional Extension Agent*, housed in the Limestone County Extension office, provides the leadership for the **Commercial Horticulture** program in Madison County.

Livestock

Gerald Thompson, *Regional Extension Agent* for Animal Science & Forages provides the leadership for the livestock program in Madison County.

Family and Individual Well-Being

Food Safety & 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 a top priority. **Emily Campbell**, *Regional Extension Agent* for Food Safety and Food Preparation, and housed in **Jackson County**, is charged with providing education related to food safety and food preservation in Madison County.

Human Nutrition, Diet, and Health

Providing nutrition education has been a foundation of family programs in Cooperative Extension for decades. 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 Madison County. Community groups and individuals continually look to Extension for leadership in the arenas of Human Nutrition, Diet, and Health.

Nutrition education for those that care for young children is a priority. **Shirley Whitten**, *Regional Extension Agent* and **Sylvia Oakes**, *Urban Regional Extension Agent* for Health & Nutrition was involved in several programs in Madison County, providing education in this priority team area.

PRIORITY TEAM OVERVIEW, CONT.D

Consumer Sciences & Personal Financial Management programs address financial needs of Madison County citizens through programs in Personal Financial Management, Consumer Science, and Employment/Career Development. Leadership for these programs is provided by **Theresa-Ross Carter**, *Regional Extension Agent* for Consumer Sciences & Personal Financial Management.



Family and Child Development programs address family and child development issues to advance families in 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. **Judy Edmond**, **Sylvia Oakes**, and **Donna Gullatte**, *Urban Regional Extension Agents* for Family & Child Development provides the leadership for this program area.

Alabama 4-H... for youth, for life!

4-H is the largest youth organization in the world. It has been active for over 100 years. In Madison County, the 4-H program caters to youth age 9-19 to provide leadership training and assistance with basic life skills and serves approximately 1500 youth in traditional 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 implementing programs that are based on leadership, character, learning by doing and basic life skills.

Several Extension staff members collaborate to insure that a successful 4-H program is maintained in Madison County. Agent Assistant for 4-H **Emily Harris** meets with school clubs on a regular basis and facilitates competitive events. Regional 4-H/ Extension Agent **Wanda Pharris** work primarily in coordinating volunteer efforts and doing volunteer training. Wanda is also responsible for providing leadership in doing screenings and training for 4-H volunteers.



New & Non-Traditional Programs



Relatives and Grandparents Raising Grandchildren (RAPP) is one of many programs led through *Alabama Cooperative Extension System's New & Non-Traditional Programs*. Working closely with volunteers, this program works with grandparents and other relatives who find themselves raising young people. The RAPP program offers instructional, emotional and resource support for the adults. This is a growing program, and already approximately sixty families are participating. Other community agencies are playing active roles in this program. Extension staff who are involved in this program include **Sylvia Oakes**, **Donna Gullatte**, **Judy Edmond**, and **Dr. Wilma Ruffin**.

The Successful Aging Initiative is another program New & Non-Traditional Program that focuses on providing valuable information for senior citizens on issues ranging from financial to health to community services. More than three hundred people attend this annual conference annually. **Sylvia Oakes** and **Donna Gullatte** provide leadership in coordinating this conference for Madison County.

Alabama ranks number two nationally per capita in the occurrences of diabetes. To address this issue, Urban Regional Extension Agent **Sylvia Oakes** has prepared a comprehensive program addressing many aspects of *diabetes education*. She provides programs related to diabetes and health to community groups through Madison and Limestone Counties. Part of the diabetes education program includes cooking schools, participating in health fairs, individual consultation, and distribution of written materials.

Tyrone D. Smith is an Urban Regional Extension Agent with the Alabama Cooperative Extension System currently serving Madison & Limestone Metro Area.

He is responsible for working with **urban youth** and **adults** in the area of youth development, community service learning, and animal science. He provides information and programs through hands on workshops, trainings, day camps, seminars, and animal shows.

PRIORITY TEAM OVERVIEW, CONT.D

Radon Education Program

The radon education program in Madison County is the largest radon education program in the state of Alabama. Funded through the Alabama Department of Public Health and the Environmental Protection Agency, the purpose of the program is to provide education about the risks of radon and provide information about on-site radon testing. The EPA and the Surgeon General recommend testing all homes below the third floor for Radon.

Walter Rodgers, *Urban Regional Extension Agent*, **Shirley Whitten**, *Regional Extension Agent*, and **Patricia Smith**, *Regional Extension Agent* has radon education responsibilities in Madison County.

Family Life Center

228-F Binford Dr., Huntsville, AL 35805



The Mission of the **Family Life Center** is to help build strong families by strengthening coping and survival skills. The Family Life Center was established in the Spring of 1999 through a partnership between Alabama Cooperative Extension System's Urban Affairs and New Nontraditional Programs Unit, Alabama A & M University's Family and Consumer Sciences Unit and the Huntsville Housing Authority (HHA) and is located in the L.R. Patton Apartments, a HHA-owned facility.

The Center programs are coordinated by **Dr. Wilma J. Ruffin**, Extension Family and Human Development Specialist and Family Center Director. **Mrs. Donna Gullatte**, Urban Extension Agent, manages the Center's daily operations and conducts on-site programs and activities with the assistance of **Mrs. Cynarra Fuller**, Extension Family and Community Program Assistant and **Ms. Shirley Brown**, Urban Nutrition Education Program Assistant. Other County Extension Agents, Specialists and Family and Consumer Sciences faculty (AAMU) support the Center's programs and activities.

Urban Nutrition Education - UNEP is a nutrition education program that is implemented through the Urban Affairs and New Nontraditional Programs at Alabama A&M University. The UNEP is to empower limited-resource families to make wise food choices, to select and prepare foods, and to consume a nutrient dense diet of healthy foods. Classes are taught in after-school programs at public schools, at senior centers, and participants at public housing facilities. In 2004-2005 15 series of classes have been shared with over 1700 low income clientele. Classes last for a 10-week session.



Sponsored by
USDA, Urban Affairs and
New Nontraditional Programs,
Alabama Cooperative Extension System

The Meadow Hills Initiative is a neighborhood organization staffed by volunteers. Its major goals are community literacy and crime prevention. In the summer, they have a youth enrichment program. Ms. Shirley Brown, Agent Assistant for the Urban Nutrition Education Program (UNEP), taught nutrition classes at the Meadow Hills Initiative Summer Camp this year, and was awarded a certificate of appreciation, presented to her by the Mayor of Huntsville, in recognition of her valuable contribution of demonstrating to camp participants the proper way to prepare and consume food for a healthy life. Thank you Shirley, for bringing UNEP to this most valuable and needed effort.



MADISON COUNTY EXTENSION HIGHLIGHTS

Buen día!

Extensión, Hacia adelante dentro del vigésimo primer siglo!

Extension Moving Forward In the 21st Century



The number of Hispanic students in Huntsville City Schools has doubled in five years to reach 1,143. However, the sudden growth has mostly been clustered in southwest Huntsville, with populations doubling and tripling over the last few years in the schools that feed into Butler High School.

Last year more than a third of the students at McDonnell Elementary were Hispanic, as were a quarter of the students at Ridgecrest Elementary. The numbers have been steadily increasing at University Place, Whitesburg and Morris Elementary schools. More than half of the new students require extra lessons to learn English. Huntsville schools are only the latest to face a growing number of students who don't speak English when they enroll. School officials say they are adjusting lessons and seeking more bilingual teachers to meet the shifting population.

The need to improve communication with Hispanic students and parents in the K-12 school system is a growing concern not only in the Madison County but also statewide and nationally. The Madison County Extension Office, and University of Huntsville in Alabama Division of Continuing Education is providing training to area K-12 educators to help them communicate more effectively, on a basic level with Spanish-speaking students and their parents. It is also an ideal program for the growing number of 'English as a Second Language' educators.

The program is designed to quickly bring participants up to speed on knowing relevant terms and phrases for daily class activities, speaking with parents, handling problems or emergencies. There is no grammar to learn, no rules to memorize, and no prior Spanish experience is necessary.

The first offering of the program was during the summer of 2008. It was opened to all K-12 educators regardless of school affiliation. The program was well received by eleven participants; therefore, another session was requested and grant funds were solicited by the Extension System and Ann Marie Batista of Huntsville City Schools. The Alabama Mountains, Rivers and Valleys RC & D Council granted \$2,300 toward the class and Ms. Batista was successful in receiving \$4,900 to help offset the costs of the program for the winter 2009 Session. A class such as this is so needed that most of the educators paid the \$360 for the course from their own personal funds. The Extension Office and Ms. Batista continue to look for funding so teachers don't have to use their own funds to pay for this class. Educators received continuing education units for completing, at least, 80% of the course work.

There were 20 participants enrolled in the **January 2009 session**, with approximately 12 more on a wait list. Those on the wait list are being contacted to see when another session would be desirable.

Article Submitted By: Walter Harris, County Extension Coordinator



Tyrone Smith, Urban Regional Extension Agent participated in a special project called Kewl Breeze, which provided electric fans to the elderly in Madison County. Fans were purchased from a \$700 donation from the Extension team project Volunteers in Urban Programs (VIP). Fans were also collected from private donors, Urban Extension professionals, and the Phi Beta Sigma Fraternity, Incorporated. The Madison County Extension Office served as a drop-off location.

This is the first year that Care Assurance System for the Aging and Homebound of Madison County (CASA), VIP, and Project Kewl Breeze partnered to serve Madison County residents. Participants must be age 60 and older and wheelchair and bed bound. The elderly are particularly vulnerable to heat exhaustion due to summer heat and humidity.

"Chronic health problems in older persons require medication that affects the body's natural defenses against heat," stated the Larkin Grant, CASA volunteer administrator. "These fans provide the comfort and relief to cope with the heat and allow an older person to remain healthier in his or her own home".

Last summer CASA supplied 50 fans to residents who met their criteria. This year that number was met and exceeded with help through the Extension VIP partnership.



Youth Training and learning to work with livestock is pretty amazing. However, in 4-H it isn't a rarity to observe a 70-120 pound youth handle a steer or heifer weighing 500-1200 pounds. The **volunteers** with the **Madison County 4-H Beef Club** assist the youth throughout the year with educational facts about their livestock. The **volunteers** discovered a need to have the youth compete locally as well as throughout the region and nationally.

The youth attend educational workshops and clinics sponsored by the



volunteer leaders. The clinics consist of the youth learning about the proper care, feeding, grooming and how to purchase the right steer for their needs. They are taught the proper stance and what they will be judged on at the competition. The youth are eager to participate in the local show to share their knowledge and skills in showmanship. The **volunteer leaders** decided to sponsor an annual steer and heifer show for 4-H'ers. This event is held at the Alabama A&M Agribition Center. This is a **volunteer** led event and **volunteer leaders** secure the location, judges and prepare the stalls. In addition, they also assign the stalls, conduct the weigh-

ins and clean up the stalls after the event is over. The 4-H club members prepare all year to compete locally. The 4-H club shows commercial and angus heifers. The youth's exhibits are judged in three classes of beef: light weight, middle weight, and heavy weight. They are also judged on a Madison County bred heifers. The judge will select a champion, reserve champion, and a champion bred in Madison County.



*Article Submitted By: Wanda Pharris, Regional Extension Agent
4-H & Youth Development*



The Family Life Center is a unique collaboration between Alabama Cooperative Extension System's Urban Affairs and New Nontraditional Programs Unit, Alabama A&M University's Family & Consumer Sciences Unit, and the Huntsville Housing Authority (HHA) evolved. The Center makes available physical space and a network of resource programs for urban limited resource families. The programs include topics that improve and strengthen the resiliency of individuals, youth and families by enhancing coping and survival skills.

Following a needs assessment, programs were designed to meet the identified needs of the 3,897 HHA residents. The Huntsville public housing communities consist of 1,662 households comprising 228 seniors who reside in two senior towers; 867 children ages 0-5, 820 children ages 6-12 and 367 children ages 13-18.

For the youth, The Family Life Center has adopted the curriculum, "Healthy Choices, **Health Rocks**".



This program targets middle school age youth teaching them about drug, tobacco and alcohol prevention and it was taught to local middle schools, community centers and Girls Inc.. They participated in hands on activities to help bring home the message home about being a leader making good decisions, drug facts and consequences, learning about the cycle of addiction and how to say no to drugs. The Health Rocks Program was also a leadership program for teens, who were trained in the program to teach the middle school youth the program. The teens who completed the training also were delegates in the Alabama Cooperative Extension Urban Program **Tween to Teen Conference**. The teen leaders completed the Health Rocks Program with the Health Rocks Retreat-Alabama 4-H Center.

The Family Life Center Mission is to provide families educational programs and opportunities and to empower residents with the needed information to have a healthy environment & healthy families. Dr. Wilma Ruffin serves as the Center Director, Mrs. Donna Gullatte-FLC Manager, Mrs. Cynarra Fuller-Community Program Assistant, Ms. Shirley Brown-Urban Nutrition Education Agent.

Urban Youth Farm Day :The Seed That Feeds the World

The Alabama Cooperative Extension System is committed to providing lifelong learning opportunities. The world is changing, and so are our children. The 2007 census of Agriculture profile for Madison County commodities were the bases for planning the Urban Youth Farm Day this year. Youth grades 3-5, from Home Schools, Huntsville City and Madison County schools were invited to participated in the event.

Finding ways to get young people involved in Agriculture at an early age may be the key to a meaningful and viable career for them. The seed that feeds the world concept helped children to understand world hunger, as well as, nutrition and health.

Extension Agents, Community Leaders and Local Farmers planned and implemented a day of fun, for the children to learn more about the food sources around them.

Urban Youth Farm Day was held this year at Alabama A&M's Winifred Thomas Research Station in Madison County and was organized by Sylvia Oakes and Wanda Pharris.

They put together an unusually interesting group of volunteers who taught the kids from local city schools about everything from horses to composting with earthworms.

Nearly 400 students attended the event this year. Mrs. Oakes explained urban and suburban children are so far removed from the farm they have no concept of what it takes to produce food. She and the others involved felt like something needed to be done to rectify the situation. Urban Youth Farm Day is definitely a step in the right direction.



Article Submitted By: Sylvia Oakes, Urban Regional Extension Agent & Wanda Pharris, Regional Extension Agent - 4-H & Youth Development

Redstone Arsenal 4-H Youth OMK Camp Day

The 4-H Youth from Redstone Arsenal spent the day at the Georgia Aquarium in Atlanta, Georgia as part of their summer camp activities. The trip was sponsored by Operation Military Kids Camp Grant (OMK). The youth from Redstone Arsenal visited the world's largest aquarium. They were intrigued with the wonders of the ocean. Coldwater Quest exhibit is home to many sea mammals from the coldest region of the world spanning from Alaska to Russia. The 4-Her's observed the weedy sea dragon, Beluga whales and the giant Pacific-octopus and the Japanese crabs.

The 4-Her's visit to Ocean Voyager salt water tank made them feel like a Scuba diver in the ocean with thousands of fish swimming overhead and all around. Ocean Voyager is a warm water tank with a constant temperature of 76 degrees and is home to the gentle giants of the sea, including the whale sharks and Nandi, the only manta ray in a United States aquarium ever.

There are 8 million gallons of water at the aquarium with a highly sophisticated filtration system to keep it clean and safe with the help of 300 paid staff and 3000 trained volunteers.

The youth enjoyed a hands on experience at the Georgia Explorer gallery which is a highly interactive gallery with touch pools full of horseshoe crabs, sea stars, stingrays and shrimp. This is an Aquarium favorite and must do.

A trip to the Aquarium isn't complete without seeing Deepo's undersea 3-D Wondershow this educational show took the audience on a journey under the ocean with Deepo teaching us not to pollute the ocean and the environment. The 3-D movie brought the undersea to life to realization with great special effects the audience could touch and feel. The movie brought out the fact that what we do above the surface has an effect on every living creature in the ocean.

The day was topped off with a cultural dining experience at the famous Varsity diner to eat before returning. The Redstone Arsenal 4-H youth enjoyed the trip to the Georgia Aquarium ; they had a fabulous time.

Article Submitted By: Wanda Pharris, Regional Extension Agent



Breastfeeding Classes

Judy Edmond, *Regional Extension Agent*, partners with the Madison County Health Depart to conduct breastfeeding classes for moms and moms-to-be enrolled in the WIC program. One of the goals of the WIC program of the Madison County Health Department is to encourage women to breastfeed their infants without supplementing formula. The class dispels the myths some may have about breastfeeding. Researchers believe this may be one way to combat childhood obesity, and cut down on children developing some childhood diseases.



Madison County Health Department

They are taught the benefits of breastfeeding to the baby, which are: early attachment (a bond that last forever); a sense of security; promotes brain development (higher IQ's); less ear infections and allergies; resulting in less trips to the doctor. Mothers can lose unwanted pounds gained while pregnant because of the number of calories required to produce milk.

Eric Schavey

Northwest Regional Extension Agent Agronomic Crops

Cell: 256-230-5727
Office: 256-353-8702

Agronomic Crops in Northwest Alabama covers a large Range of crops such as: Corn, Soybeans, Cotton, Wheat, Canola, Sunflowers, and Sesame. The focus of the Agronomic Crops Team is mainly on row crop producers to help with decisions concerning standard agricultural practices and soil conservation throughout assigned territories. Team members also participate in many community events such as farm days to educate both children and adults of the importance of agriculture in their everyday lives.



Farm City Day Red Bay, Alabama



In Northwest Alabama agriculture is a way of life for many residents, not only as a source of income, but as a source of food as well. Agriculture touches the lives of all those in a community beginning from the one who farms the land, to the barge captain who carries the product to the mill, to the vegetable producer, and finally to the consumer who purchases and prepares meals for their family. We all have a role in agriculture.

Many events take place in the Northwest to help educate residents. This season Extension's Agronomic Crops Team offered several grower meetings that emphasized points about Stored Grains, Hessian

Fly control in Wheat, control and monitoring of glyphosate resistant pigweed especially PALMER AMARANTH, commonly known as Palmer Pigweed. Many helpful points were discussed in these meeting that were conducted in central locations around the North East. These meetings are not only for the producers, but are open to anyone desiring a better understanding of the production methods in the agricultural community. I urge all residents of Northwest Alabama to become more informed about their local agriculture by attending these meetings. Various sources throughout the year will broadcast incorrect, unfounded information about the negative effects of agriculture in our environment. We at Extension are here to answer with research based information any questions one might have on agriculture and how it affects our world.



Late Herbicide Application damage-two varieties

All the information on meeting schedules, contact information, and pest management guides can be accessed via internet at www.aces.edu or by contacting your local Alabama Cooperative Extension Office. For Agronomic Crops information in Colbert, Franklin, Lauderdale, Lawrence, Limestone, Madison and Morgan counties please contact me directly at (256) 230-5727 or via e-mail at ets0003@aces.edu

Small Steps to Health and Wealth

Health and personal finance are related in many ways. People “invest” in their health through healthy lifestyle choices, just as they invest in wealth-building assets such as stocks. Good health increases human capital by preventing loss of work due to illness, savings from lifestyle changes such as smoking cessation, and reduction of money spent on medical care. Perhaps the simplest association is with the high cost of unhealthy habits. If one kicks a \$5 a day smoking habit, for example, they can save \$1,825 annually. If this money is invested, almost \$100,000 could be accumulated over a 25 year period. With respect to another health problem, obesity, the U.S. Department of Health and Human Services (2003) reports that just a 10% weight loss will reduce an overweight person’s lifetime medical costs by \$2,200 to \$5,300.

In other words, the healthier people are, the fewer wealth-eroding medical expenses and work absences they will generally incur.

Regional Extension Agents Shirley Whitten (Human Nutrition, Diet and Health) and Theresa Jones (Consumer Science and Personal Financial Management) partnered with staff at Our Place to conduct a series of seven sessions of the Small Steps to Health and Wealth program. Our Place is a consumer-run, non-clinical center for adults with mental illness. Staff and Regional Agents recognized that participants at Our Place are particularly vulnerable to making poor choices in use of money and have a tendency to have poor nutrition and physical habits.

A series of six sessions were initially conducted at the center, with a follow up session being conducted two- months later. Each session covered behavior change strategies for both health and financial-well being. Topics covered included:

- Track Your Current Behavior and Unloading Childhood Baggage
- Put Your Mind to It and Committing to Make a Change
- Defy Someone or Defy the odds and Think Balance-Not Sacrifice
- Control Your Destiny and Make Progress Every Day
- Get Help and Be Accountable and Meeting Yourself Halfway
- Say No to Supersizing and Convert Consumption to Labor
- Reading Nutrition Labels for Good Choices and Examining Cost and Nutrition Content of Favorite Beverages
- Physical Activity for Everyone (included exercises recommended by the Arthritis Foundation)

Follow-up evaluations are currently being conducted, but staff and some participants have reported behavior changes in spending and nutrition habit

Article Submitted By: Shirley Whitten, Regional Extension Agent



Madison County Staff

Walter Harris
County Extension Coordinator
Employed in 1991

- Shirley Brown**, *Agent Assistant*; Urban Nutrition Education Program (UNEP). Employed in 2003.
- Kenneth W. Creel**, *Regional Extension Agent*; Horticulture, Master Gardener Program Coordinator. Employed in 1998.
- Judy Edmond**, *Regional Extension Agent*; Family & Child Development. Employed in 1995.
- Cynarra F. Fuller**, *Program Assistant*; Family and Community Programs. Employed in 2000.
- Donna L. Gullatte**, *Urban Regional Extension Agent*; Family and Child Development. Employed in 1991.
- Emily Diane Harris**, *4-H Agent Assistant*. 4-H and Youth Development. Employed in 2009.
- Tanja Havekost**, *Administrative Support Associate*. Employed in 2004.
- Theresa Jones**, *Regional Extension Agent*; Consumer Science and Personal Financial Management. Employed in 2004.
- Elaine King**, *Administrative Assistant*. Employed in 2003.
- Sylvia G. Oakes**, *Urban Regional Extension Agent*; Family and Child Development; Human Nutrition, Diet and Health. Employed in 1988.
- Wanda J. Pharris**, *Regional Extension Agent*. 4-H and Youth Development. Employed in 2008.
- Walter Rodgers**, *Urban Regional Extension Agent*; Community Resource Development. Employed in 1998.
- Tyrone Smith**, *Urban Regional Extension Agent*; Animal Science and Youth Development. Employed in 1994.
- Shirley L. Whitten**, *Regional Extension Agent*; Human Nutrition Diet and Health. Employed in 1981.

Regional Extension Agents Serving Madison County

- Emily Russell Campbell**, *Regional Extension Agent*. Food Safety, Preparation and Preservation. Housed in Jackson County.
- Lloyd D. Chapman**, *Regional Extension Agent*. Commercial Horticulture. Housed in Limestone County.
- William Holt Hardin, Jr.**, *Economist*. Farm Management and Agricultural Enterprise Analysis.
- Robert L. Page**, *Economist*. Farm Management and Agricultural Enterprise Analysis.
- Eric T. Schavey**, *Regional Extension Agent*. Agronomic Crops. Housed at the Tennessee Valley Regional Research and Extension Center.
- Donna R. Shanklin**, *Regional Extension Agent*. Human Nutrition, Diet and Health. Housed in Cullman County.
- Patricia W. Smith**, *Regional Extension Agent*. Radon Education Coordinator. Housed in Lauderdale County.
- Gerald L. Thompson**, *Regional Extension Agent* - Animal Science and Forages. Housed at the Tennessee Valley Research and Extension Center, Belle Mina, Alabama.

North Alabama Regional Extension Office

Clarene Teague-Johnson, *Extension District Director*
Juanesta Green, *Administrative Assistant*
Debra Scruggs, *Administrative Secretary*

About Madison County

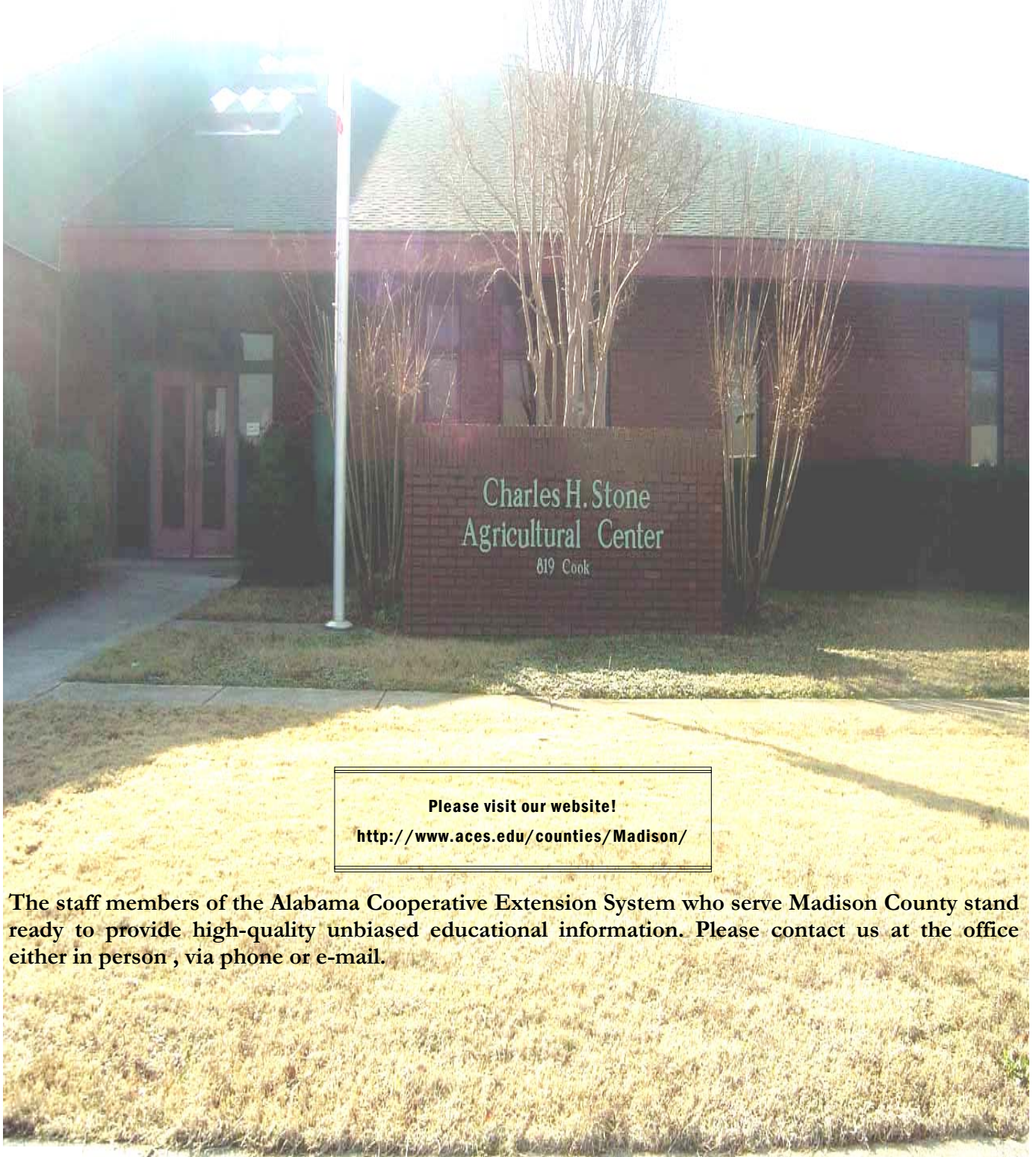
Madison County is Alabama's third most populated county with a per capita income second only to Shelby County, Alabama. The county covers 806 square miles. Demographic information is as follows:

Total population	304,307
5 to 9 years <i>(target 4-H audience)</i>	21,292
10 to 14 years <i>(target 4-H audience)</i>	20,148
15 to 19 years <i>(target 4-H audience)</i>	22,665
64,105 youth eligible to participate 4-H programs	
White	216,682
Black or African American	71,811
American Indian and Alaska Native	1,135
Cherokee tribal grouping	N
Chippewa tribal grouping	N
Navajo tribal grouping	N
Sioux tribal grouping	N
Asian	6,649
Asian Indian	1,949
Chinese	1,016
Filipino	339
Japanese	192
Korean	1,375
Vietnamese	1,659
Other Asian	119
Native Hawaiian and Other Pacific Islander	0
Native Hawaiian	N
Guamanian or Chamorro	N
Samoan	N
Other Pacific Islander	N
Some other race	2,800
Two or more races	5,230
White and Black or African American	767
White and American Indian and Alaska Native	2,211
White and Asian	750
Black or African American and American Indian and Alaska Native	231
Median household income (in 2006 inflation-adjusted dollars)	51,359
Per capita income (in 2006 inflation-adjusted dollars)	27,065
Families below poverty level	7.6%
Individuals below poverty level	11.3%
Total housing units	134,731

Alabama Cooperative Extension System

819 Cook Avenue / Charles Stone Agriculture Building Ste., 106
Huntsville, Alabama 35801

Phone: 256-532-1578 * Fax: 256-532-1581
E-mail: wharris@aces.edu



Please visit our website!
<http://www.aces.edu/counties/Madison/>

The staff members of the Alabama Cooperative Extension System who serve Madison County stand ready to provide high-quality unbiased educational information. Please contact us at the office either in person , via phone or e-mail.



ALABAMA A&M AND AUBURN UNIVERSITIES, AND TUSKEGEE UNIVERSITY, COUNTY GOVERNING BODIES AND USDA COOPERATING

The Alabama Cooperative Extension System offers educational programs, materials, and equal opportunity employment to all people without regard to race, color, national origin, religion, sex, age, veteran status, or disability.