



# Alabama Cooperative Extension System St. Clair County Office

## Extension Newsletter

May/June 2011

Volume 6, Issue 33

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Dear Friends of Extension,

It's that time of year again—the days are gradually getting longer and the temperatures are on the rise—Spring has finally arrived! What a beautiful, busy time of the year! We at the Extension office have been hard at work planning lots of different workshops and seminars that we hope will be of interest to you. Be sure to check out what we have to offer in this issue of the *Extension Newsletter* and don't forget to sign-up early as classes usually fill up fast.

I have already had lots of phone calls inquiring about our 6<sup>th</sup> annual 4-H Clover Classroom. The series of hands-on, kid-friendly workshops will be held again this year throughout the month of July. If your child is between the ages of 9-14 and would like to participate, please visit our website, [www.aces.edu/StClair](http://www.aces.edu/StClair), to download a registration form or call our office to request one. See page 10 for a list of all the fun, educational workshops we are offering this year.

Don't forget that the St. Clair County Farmers Market, in its 3<sup>rd</sup> year, will hold their grand opening on Wednesday, May 18<sup>th</sup>. On Saturday, May 14<sup>th</sup>, the farmers will be on hand selling strawberries at the Farmers Market Strawberry Festival.

Until next time,

*Lee Ann Clark*

### National Do Not Call Registry



You can register your residential telephone number on the National Do Not Call Registry at no cost by telephone or by Internet.

To register by phone, call 1-888-382-1222 or (TTY) 1-866-290-4236. You must call from the phone number you wish to register.

To register by Internet, you can access the National Do Not Call Registry Web site at <https://www.donotcall.gov/>.

Registering your residential phone number is free, and it will remain on the National Do Not Call Registry for five years. After this five-year time period, you can re-enter your number on the list. You can remove your name from the registry at any time.

Source: Windstream

# Thinking of Canning? Best to Plan Ahead

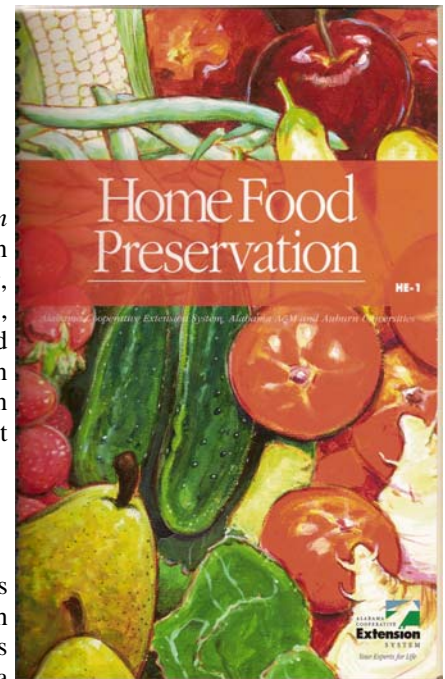
Growing and preserving your own food lets you enjoy delicious, in-season fruits and vegetables throughout the year. For many of us who may not have our very own home garden, there is still a way we can capture the great quality and flavor of fresh fruits and vegetables and indulge in them all year long. Fruit and vegetable growers offer a wide variety of fresh fruits and vegetables, notably squash, okra, greens, and of course, those sweet watermelons during the summer months at local farmers' markets and roadside stands. If you are thinking about canning as a way to preserve food this summer, there are a couple of things you should have in place before getting started.

## Recipes

All home-canned foods should be prepared using research-tested recipes. Research is done continually to provide the latest, most up-to-date recommendations. Many new guidelines have been released over the last couple of years, so make sure your recipes have the latest information to keep your family safe. The St. Clair County Extension office will be able to provide you with this information.

## Equipment

Review the equipment needed for canning and make sure they are ready in advance. A water bath canner is needed for processing fruits and a large pressure-canner is essential for vegetables, meats, fish, and other low acid foods. You should also have a sharp knife, jars, measuring cups, new lids, funnel, sugar, salt, rings, and a jar lifter. Check your jars for chipping, check gaskets for damage and then call the St. Clair County Extension office at (205) 338-9416 to set-up an appointment to have your canner gauge tested. While there you may also want to purchase a copy of the *Home Food Preservation* book sold for \$9.00 each. This book is the only reference and recipe book of its kind in Alabama. *Home*



*Food Preservation* includes information on canning, freezing, drying, jams, jellies, pickles, relishes, and other combination foods and is based on the most recent USDA guidelines.

## Canning Process

The canning process should begin as each fruit or vegetable is being harvested. For a nicer product, try to use fruit or vegetables without any sign of insect damage, bruising or wilting. The first step will be to sterilize your jars. As you prepare your recipe, place your canner on the stove. Next, fill jars according to the directions and then seal. After removing them from the canner, put them onto a dry, clean cloth where they can sit for the next 24 hours. The following morning, you should check to make sure you have a good seal. If you do, put them up to enjoy this winter.

## Storage

You might want to make sure you have a good storage area; after all, you've put in a lot of work. Most canned food items are good for up to a year. For a complete list, you can download the Extension publication *Better Safe Than Sorry: Food Storage Chart* from our website, [www.aces.edu/StClair](http://www.aces.edu/StClair) or call and request one from the St. Clair County Extension office. There are many other publications available for home food preservers at our website: [www.aces.edu/StClair](http://www.aces.edu/StClair). Click on publications at the top of the page and search for the information you need. You may also visit the National Center for Home Food Preservation website offered through the University of Georgia at [www.uga.edu/nchfp](http://www.uga.edu/nchfp) for more information.

Finally, you have completed the rewarding job of canning your fresh fruits and vegetables. There is nothing left to do now but sit back and enjoy! For more information about home food preservation, please contact regional Extension agent, Angela Treadaway, at (205) 338-9416 or email [atreadaw@aces.edu](mailto:atreadaw@aces.edu).

*Source: Angela Treadaway, regional Extension agent—Food Safety, Preparation and Preservation*

# Corn Relish

## Makes about 9 pints

16 to 20 ears of corn  
5 cups white vinegar  
2 1/2 cups sweet red peppers, diced  
2 1/2 Tablespoons pickling salt  
2 1/2 cups green bell peppers, diced  
2 1/2 teaspoons celery seed  
2 1/2 cups celery, chopped  
2 1/2 Tablespoons dry mustard  
1 1/4 cups onion, chopped  
1 1/4 teaspoons turmeric  
1 3/4 cups sugar



Use medium-size ears of corn. Remove husks, wash and remove silks from corn.

**Hot Pack:** Place corn in a large pot of water and boil 5 minutes. Then, dip the ears in cold water and cut kernels from cob. Prepare enough to make 10 cups of kernels. Combine red and green peppers, celery, onion, sugar, vinegar, salt, and celery seed in a large pot. Bring to a boil, reduce heat, and simmer 5 minutes, stirring occasionally. Dip out 1/2 cup of the simmered mixture and add mustard and turmeric. Mix well. Then, return this mixture to the pot and add corn. Simmer another 5 minutes. If desired, thicken mixture with flour paste (1/4 cup flour blended in 1/4 cup water) and stir frequently. Fill hot jars with relish, leaving a 1/2-inch headspace. Remove air bubbles. Wipe jar rims and adjust lids. Process in a boiling water-bath canner. Half-pints or Pints, 15 minutes.

Note: You can use six 10-ounce packages of frozen corn in place of fresh corn.

Source: Home Food Preservation Cookbook, Circular HE-01

# Save \$\$

with coupons



**Do you clip coupons and never use them? Or, do you get to the store and think, "I wished I had my coupon for that!"** If so, plan to attend this class to learn how to better organize and put those coupons to good use. You can learn to save as much as 50% off your grocery bill.

**Date:** May 16<sup>th</sup>

**Time:** 4:00—6:00 p.m.

**Location:** Pell City Civic Center,  
Conference Room II

**Cost:** \$5.00

**For more information and to pre – register please call regional Extension agent, Angela Treadaway, at the St. Clair County Extension office at 205-338-9416. Class Limit: 50**

# The Gardening Corner

By: Sallie Lee, Urban Regional Extension Agent  
Home Grounds, Gardens & Home Pests



Carpenter Bees:  
Flying Wood Drills

**Question:** I've moved to a lovely older home with a spacious cedar deck we enjoy using as a spot for entertaining and relaxing. The past couple of weeks, several large, aggressive bees have moved in. They drill very precise holes about the size of a dime in the decking and rails, leave a pile of sawdust, and I'm concerned they'll do permanent damage to my house. What kind of bees are these, and how can I make them go away?

**Answer:** Often mistaken for bumble bees, these are Carpenter bees (*Xylocopa* spp.), so named for their ability to "drill" very precise holes in eaves, window trim, fascia boards, siding, wooden shakes, decks, and outdoor furniture made of wood.

While 'carpenter' and 'bumble' are two of the largest bees we encounter, they have a few distinguishing characteristics. One: carpenter bees live above ground in wood structures (including our houses); bumblebees nest in the ground. Two: a carpenter bee's abdomen is bare and shiny, while a bumble bee has a 'fuzzy butt.'

Both carpenter and bumble bees pollinate crops and home gardens, but unlike honey bees, don't offer any other "goodies," i.e. honey. And when mating season comes along in springtime, male carpenter bees look for sites that might attract a female, and when a likely place is found (your deck, in this case) they protect those sites with endless energy. The equivalent of a male gorilla pounding on his chest, the male carpenter bee counts on his aggressive behavior, such as flying in our faces, to protect his territory. Oh, and he has no stinger, so does not present a health hazard to us.

The female carpenter bee, on the other hand, has a stinger, and although not inclined to use it unless *really* provoked, is the more harmful of the two. She is the

one drilling those perfectly round holes, boring her body's length straight into the wood then turning at a 90 degree angle and stringing a tunnel. Her tunnels run parallel to the wood grain and can extend 4-6 inches but with repeated use of the same tunnel, can go much further into the wood. Therefore, the small, neat holes in your deck and rails are likely to be the handiwork of a fertilized female carpenter bee creating a nursery for her "babies."

Carpenter bees are usually categorized as "nuisance" pests, versus those considered "harmful," but they can cause considerable damage by repeatedly colonizing the same area. Even more annoying, woodpeckers frequently peck through wood surfaces into the bee's tunnels to snack on the larvae inside, which creates additional damage.

Inside the tunnel, females lay their eggs in a series of cells, sometimes constructing 4-8 of these cells. Into each one she lays an egg, complete with its own ball of pollen moistened with nectar. She seals up the cell, and keeps going until she runs out of tunnel, at which point she moves to another location on your deck and repeats the process.

There is no "surefire" method to prevent carpenter bees from setting up housekeeping in the first place, but there are a few practices that might slow them down. Since bare, unpainted or weathered softwood (i.e. pine) is especially attractive to carpenter bees, paint or varnish all wood surfaces. Apply two coats of an exterior primer, followed by at least one coat (preferably two) of finish. Wood stains do little to repel them, and while they don't attack plywood, if nothing else is available, even painted or pressure-treated wood isn't safe from carpenter bees.

*continued on page 10* →

# Butterfly Gardens

Butterflies have long fascinated humans. The ancient Egyptians, and later the Romans, believed they were symbols of the human soul. To make a wish come true, Native Americans suggested whispering it to a butterfly. They were messengers of the Great Spirit. Some native cultures of Mexico and the western United States believed butterflies were symbols of fertile ground. Today tourists flock to the Monterey peninsula and central Mexico's Transvolcanic Belt to see the monarch masses overwintering there.

To invite butterflies to your garden, you will first need to understand their life cycle. Butterflies have four stages of development: egg, caterpillar (or larva), chrysalis, and winged adult. Accommodate the needs of each stage for greatest success.

Adult butterflies lay eggs on host plants so the larvae will have the necessary food to mature. At the end of this larval stage, they need a sturdy, protected place to attach and form the chrysalis. Adults survive eating sweet flower nectar.

## Location

Butterfly gardens should be in full sun. All insects are cold-blooded. Their body temperature is dependent on the environmental temperature. Enhance the sun's warming energy with stepping stones or a gravel path. Butterfly adults will bask in these areas to warm themselves from the radiant heat. Your garden will also benefit, because most of the plants used by butterflies grow best in full sun.

## Shelters

Include a few blooming shrubs in your butterfly garden or have evergreens nearby for shelter. Butterflies will hide in these areas on cloudy days or at night and find protection from the rain and wind when needed. Your garden might even be located near the garage, gazebo, or garden shed. These permanent structures also give shelter and protection.

Chrysalids also benefit from these places. After a couple of weeks (varies by butterfly species), the caterpillars seek something sturdy for chrysalid attachment. If the host plant is sturdy, such as fennel, they'll likely just use a rigid, inner stem. However, not all host plants satisfy this need. If you plan accordingly, woody stems, benches, arbors, or other solid supports will be ornamented with various chrysalids by July.

## Puddles

Male butterfly adults need to puddle. They obtain water and minerals from the shallows of these wet places. To make a permanent puddle, bury a shallow pan of wet gravel or sand to its rims. Fill it with liquids, such as fruit drinks or plain



tap water. You might even sprinkle it periodically with liquid fertilizer when boosting the garden plants. Some butterflies, such as the viceroy, like to drink from rotten fruit. Locate the compost pile nearby and allow rotting fruit to occasionally stay on top.

## Flowers

Flowers provide the nectar food adult butterflies need. Butterfly season in Alabama is early spring to late fall. Choose a variety of plants, including annuals, perennials, and woody shrubs, to have flowers continuously through the seasons. This plant diversity also attracts a greater variety of butterfly visitors. Many of our native butterflies more often visit purple, red, orange, and yellow flowers.

How many insects have you noticed flying in a straight line? Remember, butterflies are insects. Their compound eyes have poor vision for distinguishing tiny details. Large sweeps of each flower are most attractive to these near-sighted creatures.

Also, consider their mouth parts. Butterflies suck liquid food with a straw-like mouth. Tubular-shaped flowers are ideally suited. Butterflies prefer clusters of tubular or flat-topped flowers, but remember to have variety. Different species have different preferences for flower size. Compound flowers, such as verbena, daisies, and butterfly bushes offer numerous nectar containers for sipping in a single stop.

## Nectar

Butterflies have a highly developed sense of smell in their antennae. They seek flowers with rich nectar. Surprisingly, some of our newer plant varieties have little sugary nectar due to the breeding and selection process for other plant traits. Choose open-pollinated, fragrant, flowering plants with a single petal row rather than double. Fragrance is sometimes a nectar signal that you can easily detect.

Keys to choosing flowers in your butterfly garden are long bloom time, a variety of plants, large areas of a single color, tubular-shaped and compound flowers, and rich nectar. For more information or to see a chart for recommended flowering plants to use in a butterfly garden visit our website, [www.aces.edu/StClair](http://www.aces.edu/StClair). Click on publications at the top and search for publication, *ANR-1290 Butterfly Gardens*.

*Source: ANR-1290 Butterfly Gardens*

# Protecting Yourself from Mosquito-Borne Illnesses

Eastern equine encephalitis (EEE) and West Nile virus (WNV) both have claimed victims in Alabama in the last decade. While West Nile virus is more common, EEE is a much more serious disease. Mosquitoes are the primary carriers for EEE and WNV.

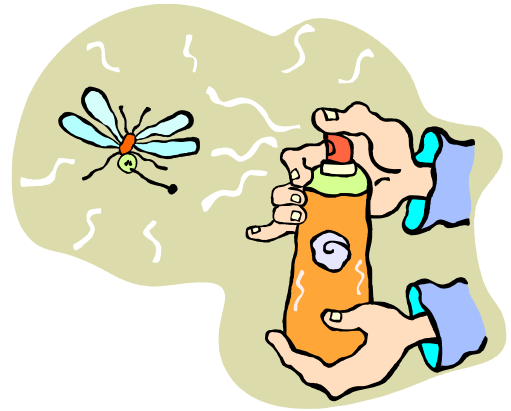
According to Dr. Joan Colfer, executive director of the Collier County Health Department in Florida, the breed of mosquito that transmits equine encephalitis lives in swamps and the breed that transmits West Nile virus thrives in flood-water and ditches after heavy rainfall. In contrast, the mosquito that transmits dengue fever prefers to live in porches and inside homes. They can breed in a cap of water and need only a very small amount of water to breed.

People can reduce their risk of contracting mosquito-borne illnesses by taking some simple steps to reduce mosquito-breeding sites. It is vital that everyone takes appropriate measures to avoid being bitten by mosquitoes. Homeowners should eliminate potential sources of stagnant water in which mosquitoes might breed.

Dispose of any water-holding containers, including discarded tires and soft drink cans. Store containers, such as buckets, in garages or barns, if you must leave them outside, turn them over so that they do not collect rainwater. Turn over plastic wading pools or wheelbarrows when not in use.

Additional tips include:

- Do not allow water to stagnate in birdbaths.
- Drain outside standing water.



- Aerate ornamental pools or stock them with fish that will eat mosquito larvae.
- Use floating Bt briquettes to control mosquito larvae. One briquette lasts about 30 days and treats 100 square feet of surface water. They are available in pet stores or stores that sell pond supplies.
- Clean and chlorinate swimming pools that are not in use.
- Make sure windows and doors have screens that are in good repair.

Keeping vegetation trimmed low can eliminate resting sites for mosquitoes in the daytime. Residents should minimize time spent outdoors between dusk and dawn. For those who enjoy outdoor activities, always take precautions to reduce the risk of being bitten by mosquitoes by employing personal and household protection measures. Wear shoes, socks, long pants, and a long-sleeved shirt when outdoors for long periods or when mosquitoes are most active. You may want to use an EPA-registered mosquito repellent such as those with DEET, picaridin or oil of lemon eucalyptus, applied according to label directions, when you are outdoors.

*Source: Xing Ping Hu, Extension Entomologist, Alabama Cooperative Extension System*

## Fire Ant Field Day Scheduled:

### Solve Your Fire Ant Problems with Help from the Experts



Fire ants are major pests in pastures, hayfields, home lawns, athletic fields, city parks, golf courses, cropland, rights-a-way, and vegetable gardens. On **Thursday, June 23<sup>rd</sup>** the St. Clair County Extension office will host a Fire Ant Field Day to discuss and demonstrate how to effectively manage ones fire ant populations. This workshop will be held from **9 a.m.—3 p.m.** at the **ALFA/Farmers Federation Building, 32775 U.S. Hwy 231, Ashville**. Cost is **\$10.00 per person**. It will feature topics on fire ant biology and behavior, biological control, methods of management, and a bait application demonstration. Fire ant product exhibits and vendors will also be on hand. Lunch will be provided and included.

The deadline to register is Thursday, June 16<sup>th</sup>. Registration forms are available online at [www.aces.edu/StClair](http://www.aces.edu/StClair) or may be picked up at the St. Clair County Extension office, located on the lower level of the St. Clair County Courthouse in Pell City, Suite 103.

# Master Gardener Association Members Receive Reach for the Stars Awards



Reach for the Stars is a volunteer service recognition program that was approved by the State Master Gardener Board of Directors in February 1999.

The purpose of the program is two-fold:

- 1) To recognize Master Gardeners who have assisted Extension in educating and improving their communities.
- 2) To encourage Master Gardeners to keep records and report volunteer hours as requested by the Alabama Cooperative Extension System (ACES). Recorded hours are utilized in justifying the resources expended by ACES to educate and train Master Gardeners.

A recipient must be a member of their local and/or state association. Although participation in the program is not mandatory, local associations are encouraged to participate.

Requirements for earning stars and badges are as follows:

Bronze Star	100—299 volunteer hours
Silver Star	300—499 volunteer hours
Gold Star	500-900 volunteer hours
Gold Name Badge	1,000—1,999 volunteer hours
Platinum Badge	2,000+ volunteer hours

The following St. Clair County Master Gardeners accepted their stars at the March 17<sup>th</sup> meeting held at Moody City Hall: (pictured l to r) Earl Peoples, 206 hours—Bronze; Pat Demotte, 129.75 hours—Bronze; Bill Dean, 139 hours—Bronze; Nola Shiflett, 835 hours—Gold; Don Patterson, 493 hours—Silver; and Adrienne Bourland, 377 hours—Silver. *Not pictured:* Beth Bastian, 105.5 hours—Bronze; Faye Howard, 232.75 hours—Bronze; Julie Wadsworth, 131.5 hours—Bronze; Ann Price, 440 hours—Silver; Cathy Mezick, 569 hours—Gold.

CONGRATULATIONS to all our star-winning Master Gardeners! We, at the Extension office, appreciate all you do!



## St. Clair County Master Gardener Plant Sale

Mark your calendars now and plan to attend the St. Clair County Master Gardener Association Plant Sale. Proceeds benefit community service projects.

Friday & Saturday, May 6<sup>th</sup> & 7<sup>th</sup>

9:00 a.m.—7:00 p.m.

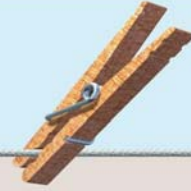
Moody Crossroads (near old CVS Bldg.)

For more information, please contact Mrs. Gigi Sadler at (205) 640-5411 or Mrs. Nola Shiflett at (205) 640-2475.



## Generations on Line

INTERNET MADE SIMPLE FOR SENIORS



Through a partnership with the Middle Alabama Area Agency on Aging (M4A), the St. Clair County Extension office has been able to offer a program called Generations on Line. The program is a national community service initiative which is intended to reduce the digital divide among older adults.

Originally, the plan was to hire one peer coach to work one-on-one with seniors who registered to participate in the free 7-week course. However, due to an overwhelming response to the program, a search for a 2<sup>nd</sup> peer coach is underway.

There have been a few bumps in the road, but M4A is working diligently to make sure all of those who have registered to participate will be scheduled as soon as possible.



*Barbara works with Mr. Thomas Willoughby*



*Marlene Wolfe navigates the Generations on Line program with guidance from Barbara*

Ms. Barbara Wideman is the peer coach who currently works with registered seniors wanting to learn how to navigate the internet. Barbara started working with the program in February. Originally from Huffman, she currently lives in Ashville. She is a widow whose daughter and five grandchildren, ranging in age from 6 to 19 years old, live with her.

Barbara loves to learn new things. Her hobbies include sewing, making crafts, pageants (anything to do with them), baking, cake decorating and painting. She thinks that the Generations on Line program is an excellent opportunity for seniors and looks forward to working with those who have registered for the class. If you would like more information about the class, please contact the St. Clair County Extension office at (205) 338-9416.



## GRAND OPENING MAY 18TH

*(A Strawberry Festival will be held on Saturday, May 14<sup>th</sup>)*

- \* Locally grown produce, cut flowers & honey
- \* Farmers Market Nutrition Voucher Program Redemption Site
- \* Entertainment
- \* Cooperative Extension publications, cooking demonstrations, pressure canner testing, gardening info, and much more

**Every Wednesday from 2—5:30 p.m.**

*Located on Hwy 231 North, just past the Pell City Post Office, in gravel parking lot in front of Mary's Mini Warehouses*



# Agent Spotlight

## Gigi Akinwunmi

Urban Nutrition Education Program



Gigi Akinwunmi rejoined the Alabama Cooperative Extension System (ACES) this past January. Previously she worked with ACES for 4 years as a 4-H Agent Assistant in Montgomery county and then 4 years as a Nutrition Education Program (NEP) agent in Bibb county. Currently Gigi serves as an Urban Nutrition Education program Agent Assistant. She is a native of Montgomery but currently lives in Huntsville. She graduated from Sidney Lanier High School and earned her B.S. degree in Liberal Arts from Auburn University and M.S. degree in Health Studies from the University of Alabama.

Gigi has one son named Matthew who is 7 years old. While away from her job she enjoys spending time with her son, riding bicycles, swimming, tennis and just spending time in the outdoors.

Gigi is housed in St. Clair County, but also serves Shelby county. She believes she has a natural talent and that is teaching people that eating healthy and exercise is a way of life. She plans to spread the good news throughout St. Clair county about knowing the importance of good nutrition and how it can help you to lead a healthy life. For more information about the Urban Nutrition Education program, please contact Gigi at (205) 338-9416 or email at [gza0007@auburn.edu](mailto:gza0007@auburn.edu). She will be happy to assist you.

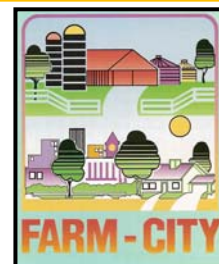


Gigi Educates Students about Nutrition at Odenville Elementary School's Extended Day Program



St. Clair County Wins State Farm-City Awards

The St. Clair County Farmer's Federation Women's Division Farm City Committee, Co-Chaired by Jan Parker and Lee Ann Clark, received both the *Best Civic Activities* and *Best Special Activities* awards in Division I at the State Annual Meeting held Monday, April 11<sup>th</sup> at the Wynfrey Hotel in Birmingham.



State Essay Winner

Also, Victoria Booker (*above right*), a 4-H'er and 8<sup>th</sup> grade student at Springville Middle school, who won 2<sup>nd</sup> place in the state Farm-City essay contest. Pictured (*front l to r*): Kim Booker; Victoria; Alex Booker; and Victoria's teacher—Kathy Ronderos; (*back l to r*) Former 4-H Agent Assistant (who recently accepted Coordinator position in Clay County), Tonya Tomlin; and Tommy Booker. CONGRATULATIONS!!



## St. Clair County 4-H Clover Classroom Coming in July!

Our sixth annual summer workshop series, the St. Clair County 4-H Clover Classroom, will be held throughout the month of July. All youth, ages 9-14, are eligible to participate and are not required to be a 4-H member. The fee for each class is \$5. You must pre-register your child to attend. All classes are limited to 20. Participants will receive a 4-H Clover Classroom t-shirt. If your child is interested in participating, please contact County Extension Coordinator, Lee Ann Clark for more information at (205) 338-9416. Registration forms are available at the Extension office, located on the lower level of the St. Clair County Courthouse in Pell City, Suite #103, or can be downloaded from our website at [www.aces.edu/StClair](http://www.aces.edu/StClair). The exciting workshops being offered this year include:

- \* **Cooking Camp** (you must have taken the Beginner class in order to participate in all other cooking camp classes)
  - 1) **Beginner** (limited to 1<sup>st</sup> time students only) Tuesday, July 12<sup>th</sup>; 9 a.m.—12 p.m.; lunch provided; Moody FCS Dept.
  - 2) **Healthy Snacks** Tuesday, July 12<sup>th</sup>; 1—3 p.m.; Moody FCS Dept.
  - 3) **Frosting Fun** Tuesday, July 19<sup>th</sup>; 9 a.m.—12 p.m.; lunch provided; Moody FCS Dept.
  - 4) **Candy Making** Tuesday, July 19<sup>th</sup>; 1—3 p.m.; Moody FCS Dept.
  - 5) **Cooking Around the World** Tuesday, July 26<sup>th</sup>; 9 a.m.—2 p.m.; lunch provided; Moody FCS Dept.
- \* **Cross Stitching** Thursday, July 14<sup>th</sup>; 9 a.m.—12 p.m.; lunch provided; St. Clair County High School Art Dept.
- \* **Kids on Canvas** Thursday, July 14<sup>th</sup>; 1—3 p.m.; St. Clair County High School Art Dept.
- \* **Scrapbooking** Monday, July 18<sup>th</sup>; 9 a.m.—1 p.m.; lunch provided; St. Clair County Extension Office Auditorium.
- \* **Sportfishing** Wednesday, July 20<sup>th</sup>; 9 a.m.—3 p.m.; lunch provided; Village at Cook Springs Pond
- \* **Archery** Thursday, July 21<sup>st</sup>; 9 a.m.—2 p.m.; lunch provided; Ashville Middle School
- \* **Auburn University Road Trip** Wednesday, July 27<sup>th</sup>; 7:30 a.m.—5 p.m.; lunch & transportation provided



A special thanks to our sponsor,  
the St. Clair County Commission

### ***Gardening Corner (continued)***

In recent years, paints impregnated with a pesticide have been introduced as a repellent, but the material usually breaks down after a season. And in a “thumbs up” for vinyl siding, it is safe from carpenter bee attacks.

If you are trying to control activities of an existing carpenter bee problem, try spraying or dusting insecticide directly into the bee’s entrance or surface adjacent to the entrance. Perform these activities in late afternoon or at dusk when the bees are inside their tunnels. Then, 24 hours later, seal the tunnel entrances with a caulking compound to kill the bees inside and prevent re-use of the tunnel by other bees. If there are many carpenter bee holes, this can be a time-consuming and/or dangerous activity, depending on how far up on your house the bees have drilled.

A frustrated homeowner recommended using an old tennis racket; it relieved his stress, was environmentally friendly, and removed 35 carpenter bees from his property (permanently) in one weekend!

## St. Clair County 4-H'er Elected to State 4-H Council

Members of the 2011-2012 Alabama 4-H State Council were recently elected and inducted in a ceremony at the 4-H Mid-Winter Teen Leadership Retreat held at the Alabama 4-H Center in Columbiana. Rebecca Parker, pictured 3<sup>rd</sup> from left on 2<sup>nd</sup> row, was elected as secretary. Rebecca is the daughter of Tim and Jan Parker of Odenville.



Sixteen teen 4-H'ers from across Alabama pledged their "Heads, Hearts, Hands and Health" to the betterment of Alabama 4-H as well as to support various local, county, regional and statewide programs and activities. Youth who serve on the 4-H State Council are also responsible for assisting with an innovative and high-profile State Council Community Service Project as well as their major role of planning and implementing the 4-H Mid-Winter Teen Leadership Retreat. Youth are elected by region to represent the more than 78,000 Alabama 4-H'ers statewide. CONGRATULATIONS, Rebecca!



## 2011 Alabama Junior Beef Expo Winners Selected

Carter St. John, St. Clair County 4-H member, exhibited the Reserve Supreme Champion Bred and Owned Heifer at the 2011 Alabama Junior Beef Expo in Montgomery on March 13<sup>th</sup>. Carter's heifer was also the Champion Hereford heifer and Champion Bred and Owned Hereford heifer. In the showmanship classes, Carter placed second in class seventeen.

*Carter St. John (left) shows his winning heifer at the 2011 Alabama Junior Beef Expo*



First time exhibitor, Stewart Gallups, also a St. Clair County 4-H member, placed fifth in Rookie Showmanship class one. Rookie showmanship classes are open to youth who are showing for the first time at the Alabama Junior Beef Expo. The Alabama Junior Beef Expo was held March 11<sup>th</sup> through 13<sup>th</sup> at Garrett Coliseum in Montgomery.

*Payton Allen of Chambers County (far left) won first place in Rookie Showmanship Class One at the Alabama Junior Beef Expo. Joining him are left to right: second place – Dustin Woodham, Coffee County; third place – Jessie Eason, Chilton County; fourth place – Hunter Ramsey, Calhoun County, and fifth place – Stewart Gallups, St. Clair County.*

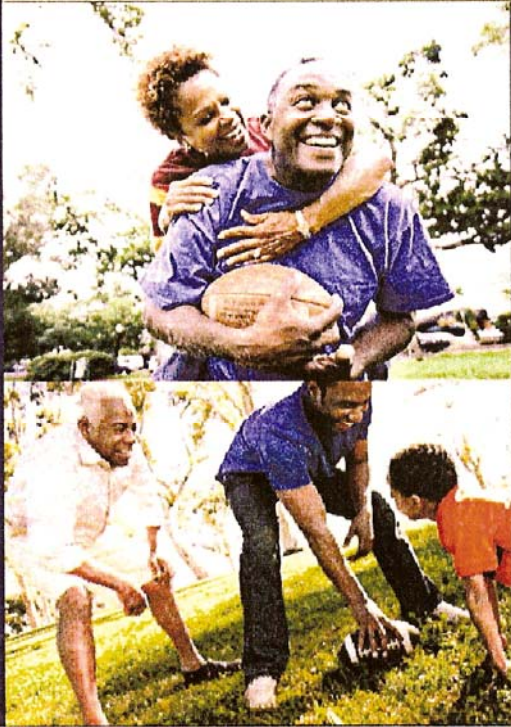


FREE

FREE

# CALLING TEAM PLAYERS

TEAM UP WITH YOUR PHYSICIANS AND LOCAL ORGANIZATIONS TO TACKLE PROSTATE CANCER. KNOWLEDGE SAVES LIVES.



## WHO SHOULD ATTEND?

General Public (18 & older), Cancer Survivors, Health Professionals, Clergy, Community Leaders, Social Workers, Educators, Police Officers, Fire Fighters, Spouses, and all interested in learning more

## WHY SHOULD YOU ATTEND?

- To increase Prostate Cancer knowledge among Alabama residents
- To improve communication among physicians, patients, and family members

## WHAT WILL YOU RECEIVE?

Cap, Educational Tote Bag, Desk Clock and Lunch

Contact : **St. Clair County Extension Office**  
205-338-9416

Location: **Pell City Civic Center**  
2801 Stemley Bridge Road  
Pell City, AL 35128

**\*\*Space is limited to 50\*\***  
**Don't delay, register today!**

Date: **June 25, 2011**

Time : **10:00AM-2:00PM**



FREE

FREE



*Alabama A&M and Auburn Universities*

### Alabama Cooperative Extension System St. Clair County Office

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