



Alabama Cooperative Extension System
St. Clair County Office

Extension Newsletter

*Raising Kids, Eating Right,
Spending Smart, Living Well*

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4-H Clover Classroom Coming in July!

Dear Friends of Extension,

Summertime is just around the corner and we have been busy gearing up for our 5th annual 4-H Clover Classroom. We have lots of fun workshops planned. Be sure to visit our website, www.aces.edu/StClair, for more details and to register. Remember, classes fill-up fast, so if your child is interested be sure to register them now!

Both the St. Clair County Extension office and 4-H club are now on Facebook. Be sure to friend us to keep up with the latest classes and events being offered. If you haven't registered already, we are also offering a Rain Gardening, Food Preservation and People, Plants and Pollinators workshop. Registration details are available online or by calling our office.

Until next time,

Lee Ann Clark



Skin Cancer: Protect Yourself

One in every five Americans will develop skin cancer in their lifetime. It may or may not cause death, but it can be painful and disfiguring. Skin cancer is one of the most preventable forms of cancer when some or all of the following sun safety tips are used.



- Wear tightly woven, loose fitting clothing.
- Wear a wide-brimmed hat.
- Use sunglasses that provide both UVA and UVB protection.
- Reduce sun exposure from 10 a.m. to 4 p.m.
- Find shade, trees, or physical structures between 10 a.m. to 4 p.m.
- Apply sunscreen to exposed skin 30 minutes before going outdoors.
- Use SPF 15 or higher.

Examples of skin cancer:

- A flat, red spot that is rough, dry or scaly
- Small, smooth, shiny, pale, or waxy lump
- A lump that bleeds or develops a crust
- Firm, red lump

Remember that infants and children have the most delicate skin and the most years ahead of them to receive cumulative damage. Avoiding sunburn is the single most important health education issue for skin cancer. People of ALL races are affected by skin cancer.



Sleep for the Sake of Your Health

Imagine that you've had your hours reduced at work and you've decided to take a second job to make ends meet. What's wrong with this picture? Nothing providing that you are getting enough sleep. But in these challenging economic times, countless numbers of Americans who are working longer and harder are also skimping on sleep. And in the long run, sleep deprivation alone may render all of this extra work and money nil.

How? For starters, the loss in reaction time puts you at higher physical risk, more prone to accidents—a catastrophe in the making, especially if you are medically uninsured. Also, as a mountain of research findings have shown, you're also increasing your chances of developing several chronic diseases—yet another potential calamity, particularly among those who lack health insurance.

“Sleep deprivation has been shown to affect your health in ways we didn't realize only a few years ago,” says Dr. Robert Keith, an Alabama Cooperative Extension System nutrition and health specialist and Auburn University professor of nutrition and food science. “And one of the really disturbing things is that the worst sleep-deprived people aren't aware of how impaired they are in terms of alertness and attention spans.”

Experts urge adults to get between six and ten hours of sleep each night, though many recommend around eight hours. Children require even more—as much as nine and even ten hours of sleep in some cases. Aside from increased risks of physical injury, sleep deprivation also has been shown to impose severe stress on our long-term physical well-being.

Sleep deprivation causes a number of hormonal changes within the body—changes that contribute to chronic conditions such as metabolic syndrome and ultimately, to a host of other serious medical conditions. “People who are chronically sleep-deprived tend to be heavier,” Keith says, “and the secretion of certain hormones, in turn, make you want to eat more, which only complicates the problem.”

Hormonal changes that accompany deprivation can also affect insulin resistance, which increases the risk of developing full-blown diabetes. In fact, Keith suspects sleep deprivation may be an understated factor behind the nationwide surge in type 2 diabetes. “If you're uninsured, this may mean that you're more likely to encounter the sorts of health

problems you're desperately trying to avoid,” he says.

Sleep deprivation also has been shown to play havoc on the immune system. “Besides these chronic diseases, you're more prone to colds, flus, and other things that pop up acutely and unexpectedly,” Keith says. Researchers over the last few decades have gained lots of insight into what constitutes effective sleep patterns.

Rule 1: Choose Regular Sleep Over Catnapping

Winston Churchill is remembered as history's most famous proponent of catnaps to make up for sleep deficits. But research conducted over decades has consistently shown that regular sleep trumps catnapping. “Sleep typically involves patterns where you start out with lighter sleep and pass into much deeper sleep—a cycle that may be repeated several times a night,” Keith says. Adequate sleep requires passing through all of these phases—something you don't get with catnaps.

Even sleeping 10 hours to make up for the six hours you missed the previous night is not as effective as a regular sleep pattern, Keith says. Your best bet: Go to bed at a regular hour each night and strive to rise at the same time in the morning.

Rule 2: Avoid Late-Night Caffeine and Alcohol

If you're striving to get regular amounts of sleep, stay away from caffeinated drinks, such as tea and coffee during the hours before bedtime, Keith says. The same rule applies to late-night alcohol. The old bromides about nightcaps are entirely that—bromides, tired notions with little basis in fact. Alcohol nightcaps ultimately are self-defeating—yes, they make you drowsy, but they also disrupt sleep patterns.

Rule 3: Avoid Exercising in the Evening

“Exercise is good for you, but it does gear up your system and can undermine your sleep if it's postponed until late in the day,” Keith says. Despite the best efforts of health experts, Keith says sleep deprivation, much like obesity and sedentary lifestyles, will remain a permanently ingrained problem. He says the conveniences of modern technology, coupled with the stress of the recent economic downturn, will keep many of us on our feet long after the recommended bedtime, he says.

National Women's Health Week: May 9th—15th



Mother's day is May 9th this year. It's a time we recognize the importance of being a female and the beauty and responsibility that entails. However, May is also a time for women to think about health and what they can do to make it better.

One action women can take is to make an appointment with their doctor for screenings they have been putting off doing. Are you aware that women between the ages of 40 and 49 should have a thyroid test done every five years? At age 45, women should have a blood glucose test done if they haven't had one done prior. They should get an eye and ear exam at age 40, then every two to four years or as their doctor advises.

All adults should have a tetanus-diphtheria booster vaccine every 10 years. For more information about women's health screenings visit the following website: <http://www.womenshealth.gov/WHW/health-resources/screening-tool/index.cfm>.

Another step women can do is to look at things in their lives that may be negatively affecting their health, such as smoking, high stress, overeating or obesity. After assessing each situation, decide which areas need changes, learn how to manage these areas better or get some assistance from friends and family that have dealt with the issue successfully.

Talk to a health care professional and let them know you are serious about quitting smoking. Call the free 1-800-QUIT-NOW phone counseling program offered in Alabama. You may be eligible for free nicotine patches.

Vaccinations are important and women often don't take the time to get vaccinated. When women are the caregivers of ill family members, they often don't realize that being vaccinated will help them as well as the people they are caring for.

The Alabama Cooperative Extension System offers many courses that may provide an opportunity for women and men to learn how to make necessary lifestyle changes that will have a positive effect on their health. The Small Steps to Health and Wealth program demonstrates methods to manage health and wealth. A New Leaf: Choices for Healthy Living is a series program that deals with many nutrition and physical activity issues. Sessions will discuss food choices, portion sizes, and healthy weight, among others. For more information about when these programs will be offered in St. Clair County, please contact Regional Extension Agent, Donna Shanklin at (205) 338-9416.

Source: Donna Shanklin, Regional Extension Agent—Health, Alabama Cooperative Extension System and <http://www.womenshealth.gov/whw>



GRAND OPENING JUNE 2ND

(A Strawberry Festival will be held on Saturday, May 15th and a limited opening, with a few early crops, will be held Wed., May 19th & 26th)

- * 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

The Gardening Corner

By: Tony Glover, Regional Extension Agent
Commercial Horticulture
Home Grounds, Gardens & Home Pests



Rain Gardening

Question: The rain barrel I installed this summer seems very small in view of the large quantities of rain we have gotten. What other strategies can I use to reduce the water runoff from my property?

Answer: Rain barrels or cisterns have their place in water management, but as you have seen they are totally inadequate alone to deal with large amounts of rainfall. There are several ways to deal with excess rain, but clearly the way we do it now in urban areas does not work very well. We have large areas of impervious surfaces and we direct water into storm water systems that often become overwhelmed. What if every home, apartment complex, business or neighborhood could capture the first inch or so of rainfall in any rain event? I believe this could be done and would go a long way towards reducing storm water and associated non-point source pollution problems.

Rain gardens are an old idea whose time has come again. Let's face facts. We in the southeast live in a climate where we always have and always will have a feast or famine of rainfall. Even those with a short term memory can recall the severe drought of 2007. However, those of us with better memories and a few years behind us knew the day would come when flooding would be a problem again. Rain gardens offer a low tech and low cost way of slowing down water, letting it infiltrate rather than contribute to the storm water problem and reducing the amount of non-point pollution that enters our streams and rivers.

Simply speaking a rain garden is a depression or swale in the landscape designed to capture and retain runoff for short periods of time. If designed properly rain gardens should drain in three days or less and provide a

way to direct overflow in periods of continual rainfall such as we have recently experienced in much of the southeast. Rain gardens can and should be a landscape asset both in terms of function and beauty. Ideally they should be located several feet away from the home to avoid contributing to water related problems in the basement or foundation. Water that currently runs off the house, walks, parking areas and driveways should be diverted to these depressions to slowly soak into the ground.

Do not think of a rain garden as a pond that does not hold water very well. Think of it as a true garden in every sense of the word. It is not a landscape feature but a critical component of the functionality and beauty of the landscape. Choose plants that can tolerate both occasional flooding and fairly extreme drought. Fortunately, we have many southeast natives that fit the bill very well because many of them have had a feast or famine relationship with water for a very long time. Because of this long standing weather pattern many native plants have become adapted to these environmental conditions. However, not all native plants will thrive in these conditions so you must do a little research before choosing your plants. Native plants fill niches within our environment so look for those plants that naturally grow in the light and soil conditions you have or will create within a rain garden. Do not forget about the many tried and true non-native plants that also grow well under these conditions.

Many books are available to help you make the right plant choices but for a more comprehensive look at this topic I strongly recommend *Rain Gardening in the South*, by Helen Kraus and Anne Spafford. As the name implies this book focuses on strategies as well as

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Agent Spotlight



Sallie Lee

**Urban Regional Extension Agent
Home Grounds, Gardens & Home Pests**

Sallie Lee joined the Alabama Cooperative Extension System fourteen years ago. She currently serves as Urban Regional Extension Agent in the area of Home Grounds, Gardens, and Home Pests. Before joining Extension, she worked in community development for the city of Birmingham, as a sales manager for Bellsouth Systems and in an aquatic nursery. She is a native of Virginia and a graduate of Wilson Memorial High School in Waynesboro, VA. She earned an Associates degree in Horticulture from Bessemer Technical College, a B.S. degree in English from Longwood College in Farmville, VA and a M.S. degree in Environmental Management from Samford University. Sallie lives in unincorporated Jefferson County near Bessemer with her husband, Bill. They have two children of the four-legged persuasion, Daisy Mae and Bo Diddle. While not working, she enjoys gardening, gardening, and more gardening, beekeeping (which she has just started) camping, hiking—most anything outdoors and reading, mostly about bees at the present.



Sallie checks bee hives at the Birmingham Botanical Gardens

Sallie is housed in Jefferson County at the C. Beaty Hannah Horticulture and Environmental Center (Botanical Gardens), but she also serves St. Clair, Blount, Jefferson, Walker and Shelby counties. She is a member of the Beekeepers Association and the AL Association of County Agents and Specialists (AACAAAS). She assisted with an Organic Gardening workshop held in March and plans to conduct a “People, Plants & Pollinators” workshop on May 21st in Pell City (see below). Other potential programs she plans to offer in the future include: “Bugs: The Dirty Dozen and Friendly Fourteen,” “Challenging Landscapes & Two Second Solutions,” “Plant of Mystery, Plants with History,” and “Fire Ants & Termites for Homeowners: Impact & Control.”

If you would like more information about home grounds, gardens and home pests, please contact Sallie at (205) 338-9416 or email at leesall@aces.edu. She will be happy to assist you.



People, Plants & Pollinators

Come & learn more about our relationships with pollinators and their role in our environment and our gardens. Discover what is happening to their world, and how we can support their survival. Emphasis will be on honey bees, as they are most efficient pollinators, but other “b’s” will also be discussed.

Friday, May 21st
1—2:30 p.m.
Jefferson State/Pell City Campus
Cost: \$5
Registration Deadline: May 14, 2010

Going Green With the Food Budget

Going green means eliminating waste while protecting our natural resources and environment. Americans have lived with excess for so long that we have forgotten how to conserve. It is time to examine what we are doing in our everyday lives and make changes for the better. When we look around our homes, it's easy to see that the kitchen trash needs to be emptied at least once a day. It seems that the bulk of our household rubbish comes straight from the kitchen. There are simple measures to lighten the load of waste and lighten our food budget at the same time.

University of Arizona researcher, William Rathje, has been studying food waste. He estimates that the average American wastes more than a half-pound of food per day, ¼ of all the food that enters a home is thrown away, 17% of any landfill is unwanted food and 40% of all food produced in America is trashed. Just think of all the time, man power and fuel that were exhausted growing, marketing and buying that food.

It's time to make a conscious effort to reduce food related waste in our homes. First, take stock of what is in your kitchen. Do you have staples in bulk or do you have individual-sized packages of convenience foods? Just think about the copious amount of containers in your trash bin. Packaging bulk could be streamlined by buying larger containers and dividing food into smaller portions at home using reusable storage containers. Prepare foods in quantity portioning the cooked foods into reusable storage containers, thus reducing both convenience packaging and energy costs.

If we returned to the basics of preparing healthy meals at home, less junk food would be consumed. So, where do we begin going green in the kitchen? The first step is menu planning followed by making a shopping list. Shop alone and stick to the menu plan avoiding impulse purchases. Neighbors



can form a simple cooperative where for money is pooled, menus are planned and food is divided among participating families. One neighbor can baby-sit while the other shops. Co-ops make each member accountable to the others and less food and money are wasted.

Cutting back on meats, using vegetarian proteins, buying store specials and using coupons are standard cost cutters. Another way we squander health, money and resources is by buying junk foods. Healthy snacks can be made at home, for example, buy the large container of yogurt and add a small amount of honey to sweeten and blend in your choice of chopped fruit.

For more tips on menu planning and food budgets, contact the St. Clair County Extension office at (205) 338-9416. Remember, the most expensive food that we purchase is the food that we throw away.

Source: Jennifer Dutton, Regional Extension Agent

Bing Cherry Salad

- 1 (1-pound) can bing cherries
- 1 (1-pound) can crushed pineapple in unsweetened juice
- 2 (3-ounce) packages cherry gelatin
- 12 ounces cold cola drink
- 1 cup chopped celery
- 1/2 cup chopped pecans



Drain cherries and pineapple and combine the juice. Measure 1 cup of the juice into a small pan and heat to boiling. Pour over gelatin in a large bowl. Stir until dissolved. Add the remaining juice and cola and stir. Chill until it is the consistency of unbeaten egg whites. Then, add the cherries, pineapple, celery, and pecans and stir until evenly distributed. Pour into a 9- x 13-inch baking dish that has been rinsed in cold water. Chill until firm and cut into 15 squares.

Makes 15 servings: One serving: 1 square

One serving contains: 66 calories; 0 mg cholesterol; 14 mg sodium; 14 g carbohydrates; -1 g protein; 1 g fat or 17% total calories.

Recipe taken from the Auburn Cookbook which can be purchased from the St. Clair County Extension office for \$10.00. The cookbook makes a great wedding or birthday gift. Purchase your copy today!



Farm-City Committee Wins State Award

The St. Clair County Farmer's Federation Women's Division Farm City Committee, Co-Chaired by Jan Parker and Lee Ann Clark, received the Target award in Division I at the State Annual Meeting held Monday, April 12th at the Wynfrey Hotel in Birmingham. The St. Clair County Committee incorporated the national focus of animal care and the state theme of "Farmers Care: For Animals and You" into their Farm-City activities by hosting a trade show; Pell City and Springville Kids Day on the Farm; Mobile Dairy Classroom; Scarecrow display; and 4-H Clover Classroom Horsemanship workshop. This committee worked to bring the importance of farming and ethical practices to the attention of all who attended these events. An estimated number of 45,000 people were reached by all activities hosted.

Also, Mr. & Mrs. Garry Staples of Steele was recognized as a Farm of Distinction district winner. **CONGRATULATIONS!!**

Get the Jump on Spring Stains

As the weather warms, activities move outdoors. There are garages to clean, fences to paint, gardens to weed and sports to be rediscovered. A whole new group of stains seems to appear!

When these stains come out of hibernation, here's how to send them packing:

- **Bicycle grease:** Pretreat using a prewash stain remover, then launder using the hottest water that's safe for the fabric. If the stain remains, apply a concentrated heavy-duty cleaner (one that's labeled for use on grease stains) directly on the grease spot. Scrub gently, using a small brush or old toothbrush, and then launder again.
- **Grass:** Pretreat using a prewash stain remover. Launder, using the hottest water that's safe for the fabric. If any stain remains, launder again with detergent and chlorine bleach, if safe for the fabric, or oxygen bleach.
- **Mud:** Let the mud dry, then brush off any excess. Pretreat using a prewash stain remover. Launder, using the hottest water that's safe for the fabric. If any stain remains, launder again with detergent and chlorine bleach, if safe for the fabric, or oxygen bleach.
- **Perspiration:** Check to see if the stain has changed the color of the fabric. If so, apply ammonia to fresh stains and white vinegar to old ones. Then, treat with a prewash

stain remover or rub the stain with a bar of soap. Launder using the hottest water that's safe for the fabric. If the stain



remains, launder again with detergent and oxygen bleach.

- **Rust:** Use a commercial rust remover, which is available in most supermarkets and hardware stores. These products contain toxic acids, so be sure to read and follow the label directions carefully. Never use a product containing bleach on a rust stain, as it will permanently set the stain.
- **Water-based paint:** Scrape off the excess paint. Working from the back of the fabric, flush the stain with warm running water. Mix a solution of one part liquid hand-dishwashing detergent to one part warm water and sponge the solution onto the stain. Using a brush with equal-length bristles, gently pound the stain with an up-and-down motion (called "tamping") to break up the paint residue. Rinse. Repeat sponging, tamping and rinsing the stain until the paint is gone. Launder, using the hottest water that's safe for the fabric.

Source: The Soap and Detergent Association



Friend of 4-H Award

Mr. Dallas Davis



St. Clair County 4-H is proud to announce Mr. Dallas Davis as this issue's winner of the *Friend of 4-H Award* in recognition of his outstanding volunteer service.

Mr. Davis is in his 4th year of volunteering for 4-H in St. Clair County. In 2006, he became the St. Clair County Equine Club leader. He shares this responsibility with three other leaders: Jeff, Aimee and his wife, Sharon. The leaders set-up a website to keep their members informed about upcoming activities: <http://home.windstream.net/dssk/>.

When asked why he believes 4-H is so important he said, "It seems like the most popular way for kids to organize with other kids is through sports. There are a lot of kids that not do sports. I think 4-H is a great for kids, that do and don't do the mainstream sports, to work together and make new friends that they may never meet any other way. I also appreciate the core values of 4-H. There is a lot to be learned through this organization that kids may not learn anywhere else." Mr. Davis says he likes volunteering for 4-H because it gives him the opportunity to give a little back to the community. He also likes working with kids and went on to say that we have a great group and they are a lot of fun.

Mr. Davis is originally from Indiana, but lives in Springville with his wife, Sharon, and to children Skylar and Kelsey. He graduated from Centerville High School in Centerville, Indiana and earned a 2-year associates degree from Ayers State in Anniston, Alabama. While growing up he always wanted to participate in 4-H. Unfortunately, 4-H was mostly offered after school and he did not have a way home from after school activities because his family lived a good distance from town. In his free time, he stays busy transporting his daughter to horse shows on the weekends where he enjoys watching her compete.

Congratulations Mr. Davis and thank you for the countless hours you have dedicated to St. Clair County 4-H! If you would like to be a 4-H volunteer or nominate someone for this award, please contact the St. Clair County Extension office at (205) 338-9416.



Mr. Davis Conducts
4-H Club Meeting

~The Gardening Corner continued from page 4~

plants that work for southern conditions. The plant lists are great even though there are many plants that would work that are not included and a plant or two I would avoid that are included, such as Japanese Flowering Apricot. However, the information on design is well worth the modest cost of this book. Even though rain gardens are low tech they are not simple given that they are a small ecosystem unto themselves. Therefore, careful attention to design is important to make certain it functions as intended. For instance, you do not want to build a mosquito haven and this must be addressed early to avoid costly "do overs."

Fall is an excellent time to build a rain garden and an even better time to establish trees, shrubs and many perennials that may be used. It won't rain forever, so start working on your plans and when it dries out get your shovel and go to work. Don't forget to call before you dig to avoid costly and potentially dangerous encounters with underground utilities. Contact "Alabama One Call" at 811 or check their web address: www.al1call.com. For further information on building your own rain garden visit the Alabama Cooperative Extension System web site at: www.aces.edu and type in rain garden in the search box at the top. You can also learn more by registering to attend our upcoming Rain Gardening Workshop that will be held on May 14th at Jefferson State in Pell City.



County 4-H Winners Named

St. Clair County 4-H held their County Competition on Thursday, April 22nd at Springville Middle School. Pictured (l-r): Tonya Tomlin, 4-H Agent Assistant; Alex Booker—1st place, AL Quilters Next Generation and 2nd place The World I See Photography; Rebecca Parker—1st place, Freestyle Showcase; Victoria Booker—1st place, The World I See Photography and 2nd place, AL Quilters Next Generation; Jacob West—1st place, Blocks Rock Lego Design; and Paul Wirth—1st place, Project Green Thumb and 2nd place, Blocks Rock Lego Design. CONGRATULATIONS to all our winners for a job well done!

2010 Alabama Junior Beef Expo Champions



Carter St. John (*left*), of Pell City, showed the Reserve Champion Bred and Owned Hereford Heifer at the 2010 Alabama Junior Beef Expo. The Expo was held March 12th—14th at Garrett Coliseum in Montgomery. He placed 2nd in Class 15 showmanship in Montgomery and 2nd in his class of showmanship at the 2010 North AL Jr. Beef Expo in Cullman.

Jared Perry (*right*), also of Pell City, exhibited the Reserve Champion Charolais Heifer at the 2010 Alabama Junior Livestock Expo held in Montgomery. Jared also won fifth place in the Class Twenty-Five showmanship.

Extension: Bringing the University to the People



In the thirty plus years that I have lived in St. Clair County I have seen a lot of changes. Old family farms are now being replaced by subdivisions and shopping centers as St. Clair County has become the fastest growing county in the state.

Despite these changes one thing has remained the same—the Alabama Cooperative Extension System continues to serve the people of St. Clair County. Traditionally, Extension has served the needs of rural America. Today, as our world is quickly growing more urbanized, our agency has evolved to meet the needs of its residents in the 21st century.

If you are new to St. Clair County or just have not had the time to visit your county Extension office lately, I would like to take this opportunity to welcome you to visit and learn more about what we have to offer. If you are not familiar with the Alabama Cooperative Extension System, let me tell you a little more about us.

Where We've Come From Extension's roots go all the way back to 1862, when Congress first passed a law granting land to each state for "agriculture and mechanical" institutions of higher learning. In 1890, Congress granted land to institutions educating Black citizens. In the late 1800's, the school that is now known as 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.

This land-grant mission and teaching outside the classroom resulted in the formation of the national Cooperative Extension Service in 1914. The mission was to "take the university to the people." Ninety-six years later, we continue to bring research-based information to the people of Alabama.

Our Name Change Some people still know us as the "Extension Service," but our name officially changed in 1995. We are now known as the "Extension System." This name change resulted when Alabama became the first state to combine its 1862 and 1890 Extension programs at Alabama A&M and Auburn University to form what is now known as the Alabama Cooperative Extension System. Tuskegee University is a cooperating partner.

Extension agents and specialists are faculty members of either Alabama A&M University or Auburn University. They are housed on both university campuses, in each county, and at regional centers throughout the state.

Other Changes The old adage—"the more things change, the more they remain the same" is certainly true when it comes to the recent changes taking place in the Alabama Cooperative Extension System.

Historically, county agents have been "jacks-of-all-trades"

teaching in a variety of subjects. However, in July, 2004, our re-organization changed this old concept to a new system of traveling regional extension agents who are highly specialized in one of our 14 newly defined program priority areas. All 67 county offices, led by a coordinator, are still open to serve you, the people of Alabama.

Despite these significant changes in our organization, we remain the same in our dedication to bringing the knowledge and expertise of our land-grant universities directly to you.

The Program Priority Areas Fifteen regional extension agents serve St. Clair County as experts in the following program priority areas: Agronomic Crops; Animal Sciences and Forages; Aquaculture and Recreational Pond Management; Poultry; Family and Child Development; Community Resource Development; Consumer Science and Personal Financial Management; Farm Management and Agricultural Enterprise Analysis; Food Safety, Preparation, and Preservation; Forestry, Wildlife, and Natural Resource Management; Commercial Horticulture; Home Grounds, Gardens, and Home Pests; Human Nutrition, Diet, and Health; and 4-H and Youth Development.

Extension Today Our legacy continues to be one of helping Alabamians improve their quality of life. From the early days of the home and farm demonstration agents who met the needs of rural farm families to today's regional and county agents, we remain committed to our mission by relying on highly specialized educators who are trained to meet the ever-changing needs of twenty-first century families, businesses and communities.

Extension continues to rely on a network of public and private partners with financial support coming from county, state, and federal governments.

Where is My Local Extension Office? The St. Clair County Extension office is located on the lower level of the St. Clair County Courthouse in Pell City, Suite #103. You can stop by our office, contact us by phone at (205) 338-9416 or email us. We are open Monday-Friday, 8:00a.m.-12:00p.m. and 12:30p.m.-4:30 p.m.

Information 24 Hours A Day Visit us on the web at www.aces.edu for Extension articles and publications written by our specialists and researchers, with links to additional information on a broad range of topics like gardening and insect control issues to food safety and nutrition issues. Be sure to click on St. Clair County and then bookmark www.aces.edu/stclair for updates on programs and activities available in the county. Our website puts the best of Extension information at your fingertips 24 hours a day.

Daylilies

Daylilies are beautiful, easy-to-maintain, perennial garden flowers that bloom from early summer into fall. Daylilies belong to the genus *Hemerocallis*, which is derived from the Greek words for *beauty* and *day*, creating the idea “beauty for a day.” Indeed, each flower normally opens for just one day, and there is a succession of flowers throughout the blooming season. Flower colors of modern cultivars include almost every color of the rainbow, except true blue and pure white. In addition, flower shapes may vary, and more than one color can be found on a single bloom in a wide variety of patterns. Daylilies can range in height from 8 inches to 5 feet, and flower size can be as small as 2 inches or as large as 8 inches. Given the range of choices available, there is a daylily cultivar suitable for almost every landscape situation and purpose.

Daylilies can survive and, in some cases, thrive with little care. Older cultivars can often be found scattered around abandoned homesites, still growing and blooming after years of neglect. This tenacity, in part, may be because of their adaptability to a wide range of soil, water, and light conditions and their relative resistance to insects and diseases. Such a tough plant is well suited for those who desire summer color with low maintenance. Use daylilies as accents in shrub borders or in mixed plantings with other perennials. Daylilies may also be used as ground covers in areas that are difficult to mow on slopes or other out-of-the-way places. Daylilies are not only useful in the home landscape, they are eminently suitable for public places, such as pedestrian areas, parks and outside hotels, offices, and hospitals.

Since many daylily hybrids come in bold, warm colors, an odd assortment of plants arranged haphazardly should be avoided. Carefully planning the landscape before planting

helps prevent the “collection” appearance. Generally, daylilies are most effective when planted in groups of three to five or more of the same type. Grouping makes plant care easier and increases visual



impact from the flowers. Particular attention should be given to surrounding landscape features. For example, pastel colors of soft yellow or pink show up best in front of a dark background of wood, brick, or evergreen shrubs. Conversely, a light background enhances the darker flowered types. In mixed plantings, pay particular attention to adjacent colors; orange and dark red colors may clash, for example. If a mass planting of daylilies in different colors is planned, arrange the colors to blend from lightest to darkest either left to right, right to left, or front to back.

For more information about light requirements, planting, watering, hybridizing, cultivars, etc...please call the St. Clair County Extension office and request publication ANR-201—Daylilies. It is also available for download. Visit www.aces.edu/StClair. Click on publications at the top and search for daylilies.

Source: *Daylilies*, ANR-201



**We're on the Web!
Check Us Out At**

www.aces.edu/StClair



**Free
Pressure Canner
Lid Testing
Available**

If you preserve by pressure canning, plan to have your pressure canner lid tested yearly to determine if it is operating at the correct pressure and temperature. The St. Clair County Extension office offers **FREE** testing for these type canner lids. Just call our office to set-up an appointment at (205) 338-9416.

During your visit, be sure to ask for up-to-date food preservation instructions. Free publications are available!

Home Garden Questions?

Call the
Master Gardener Helpline
toll free
1-877-252-GROW (4769)

(Choose Option 5 for St. Clair County)

Open: Monday-Thursday
9:00 a.m.—3:30 p.m.





ST. CLAIR COUNTY 4-H CLOVER CLASSROOM COMING IN JULY!

Our fifth 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. If your child is interested in participating, please contact 4-H Agent Assistant Tonya Tomlin or County Extension Coordinator, Lee Ann Clark for more information at (205) 338-9416. Registration forms are available at the Extension Office or can be downloaded from our website at www.aces.edu/St.Clair. The following exciting workshops will be offered:

- **Sportfishing**
- **GPS Scavenger Hunt (Geocaching)**
- **Archery**
- **Kids Cooking Camp (Beginner & Advanced Level)**
- **Auburn University Road Trip (*new this year!*)**

DON'T WAIT!

REGISTER TODAY!

CLASS SIZE IS LIMITED!



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

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Pell City, Alabama 35125

Phone: 205-338-9416
Fax: 205-338-9417
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