

May/June 2008
Volume 3, Issue 15



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Dear Friends of Extension,

Spring has arrived in St. Clair County! The fresh smell of grass being cut, digging down into the warm soil to plant those vegetables and flowers, and much longer days—all sure signs that Spring has sprung—gives me a renewed outlook on life. I hope it does the same for you.

Speaking of planting, when Lynn Anderson sang the song, “I Never Promised You a Rose Garden” back in the 70’s, she might have reconsidered if the Knock Out rose had been around. These roses are the hottest thing to hit the rose world! Be sure to check out Regional Extension Agent Tony Glover’s Gardening Corner to learn more about this rose that is sure to “knock” your socks off with its beauty, disease resistance and hardiness!

Plans are well underway for our 3rd Annual 4-H Clover Classroom. If you know of a child between the ages of 9-14 who would like to participate please contact our office or go online to register soon. We are offering more fun and exciting workshops than ever and kids don’t have to be a 4-H member to participate.

Until next time,



Heir Property Seminar

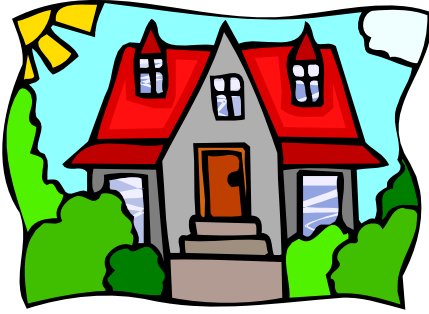
Heir property is land held in common by the descendants (or heirs) of someone who has died without a probated will. Problems associated with holding land as heir property, such as forced tax and partition sales, often lead to land loss. Heir property is the source of many legal and bureaucratic problems, yet remains an important resource for many families. It is important that families are aware of the dangers of keeping land in this pattern of ownership and what measures they can take to protect themselves.

If you are an heir property owner, plan to attend this *FREE* seminar to learn more about heir property by calling Regional Extension Agent, Ruth Brock at (205) 338-9416 or email brockru@aces.edu to pre-register.

When: Thursday, June 12th

Location: Jefferson State Community College, Pell City Campus

Time: 1:00 p.m.—3:00 p.m.



Help Yourself to a Healthy Home

Part 7—Mold & Moisture

Most of us have seen mold or moisture around the home. But did you know that mold is alive? It grows on wet or damp surfaces. It is often gray or black but can also be white, orange, or green. It can grow out in the open on places like walls, clothes, and appliances. But you may also find it in more hidden places—under carpets or in walls and attics. Mold often smells musty. Mildew is a common name for mold. If you live near the ocean or in a damp climate, there may be more mold in your home than in homes in other places.

Mold produces spores, tiny specks you can't see and they float through the air. When you breathe in mold spores, they get into your lungs. This can cause health problems. People with allergies to mold may have reactions. They include watery eyes, runny or stuffed up noses, sneezing, itching, wheezing, trouble breathing, headaches, and tiredness. Mold can even trigger asthma attacks.

We are learning more about the health problems mold causes. Some molds can cause severe health problems in some people, but scientists disagree about what the problems are. Mold is almost everywhere, but it is not healthy to live where mold is growing. Because mold needs moisture to grow, try to keep your home and everything in it dry. Here are some places you might find mold:

- In bathrooms, especially around the shower or tub, and on the walls, ceiling, or floor

- In wet or damp basements and crawl spaces
- Around leaky bathroom and kitchen sinks
- In attics under leaking roofs
- On wet clothes that are not dried quickly
- On windows and walls where condensation collects
- In closets
- In your air conditioner

It's important to fix any moisture problem in your home right away. Mold can grow fast, so it's best not to wait. To stop mold from growing, quickly dry or throw away anything that has gotten wet.

Questions to Ask?

How is Your Family's Health?

- Does anyone have allergies or asthma?
- Does anyone in your home always seem to have a cold—a runny nose, wheezing, coughing, and headaches?
- Do these problems go away when they leave home for a while?
- Are there infants, children, or elderly people living in the household

How Can You Tell if Mold is Growing in Your Home?

- Can you see mold growing anywhere?
- Is there mildew growing on clothes or towels?
- Does any part of your house or apartment smell musty or moldy?
- Do you see color changes on walls or floors that you can't wipe off?

Is There Moisture in Your Home That Could Cause Mold to Grow?

- Has any part of your home been flooded?
- Has there been a water leak or overflow?
- Has the carpet gotten wet and stayed damp for more than 24 hours?
- Can you see moisture on walls, ceilings or windows?
- Do bathroom walls stay damp for a long time after a bath or shower?
- Do basement floor drains ever get clogged and hold water?
- Does your basement or roof leak when it rains? (Check the attic floor)
- Does anyone use a humidifier?
- Does water collect in the drain pan under the refrigerator or air conditioner?
- Do you use unvented space heaters?
- Is there a crawl space under the house?
- Do you live in a humid climate?
- Does rainwater drain toward your home's foundation?
- If your home is raised, does water pool under it?
- Does the air in your home feel clammy or humid?



Action Steps

- Use downspouts to direct rainwater away from the house. Make sure your gutters are working.
- Slope the dirt away from your house's foundation. Make sure the dirt is lower six feet away from the house than it is next to it.
- Repair leaking roofs, walls, doors, or windows.
- Keep surfaces clean and dry—wipe up spills and overflows right away.
- Store clothes and towels clean and dry—do not let them stay wet in the laundry basket or washing machine.
- Don't leave water in drip pans, basements, and air conditioners.
- Check the relative humidity in your home. You can buy a kit to do this at a home electronics or hardware store. Stop using your humidifier if the relative humidity is more than 50%.
- If the humidity is high, don't keep a lot of houseplants.
- Wipe down shower walls with a squeegee or towel after bathing or showering.
- Cut down on steam in the bathroom while bathing and showering. Run a fan that is vented to the outside or open a window.
- Run a fan vented to the outside when cooking.
- If you have a dryer, make sure it is vented to the outside.
- Use a dehumidifier or air conditioner to dry out damp areas.
- If you use a humidifier, rinse it out with water everyday. Every few days, follow the manufacturer's directions for cleaning it or rinse it out with a mix of 1/2 cup chlorine bleach (sometimes called *sodium hypochlorite*; Clorox is one brand) and one gallon of water.
- When you use your air conditioner, use the "auto fan" setting.
- Throw away wet carpeting, cardboard boxes, insulation, and other things that have been very wet for more than two days.
- Increase air flow in problem areas—open closet doors and move furniture away from outside walls where mold is growing. Move your furniture around once in a while.

- Prevent moisture from collecting on windows by using storm windows. If you live in an apartment, talk to your landlord about putting on storm windows.
- Keep people with asthma or allergies away from damp areas of your home.
- Cover window wells if they leak.
- After cleaning up mold, using a high efficiency (HEPA) vacuum or air cleaner may help get rid of mold spores in the air. You may be able to borrow a HEPA vacuum. Call your local or state health department to ask.
- If you find an area of mold greater than 15 square feet, it's best to hire a professional to get rid of it. (You can find them listed in the telephone book under "Fire and Water Damage Restoration.")
- Clean up mold with a mix of laundry detergent or dishwashing soap and water OR chlorine bleach with soap and water. Do not mix chlorine bleach with any product that contains ammonia.
- If you think mold may be causing you or your family health problems, see a doctor.

How Do I Clean Up Mold?

Protect yourself when cleaning up mold. Wear long sleeves and pants, shoes and socks, rubber gloves, and goggles to protect your eyes. Open a window to let in fresh air while you're working.

Throw away things like carpet or mattresses, wallboard (drywall), ceiling tile, insulation, and cardboard boxes that have been wet for more than two days. Wrap anything you're going to throw away in plastic to stop mold from spreading. Cleaning up mold puts the spores in the air so it's a good idea to wear a respirator. Keep small children, elderly and sick people, and anyone with allergies or asthma away during cleanup.

Clean hard surfaces with a mix of laundry detergent or dishwashing soap and water. You may have to scrub with a brush. Rinse the area with clean water and dry quickly by wiping away the water and

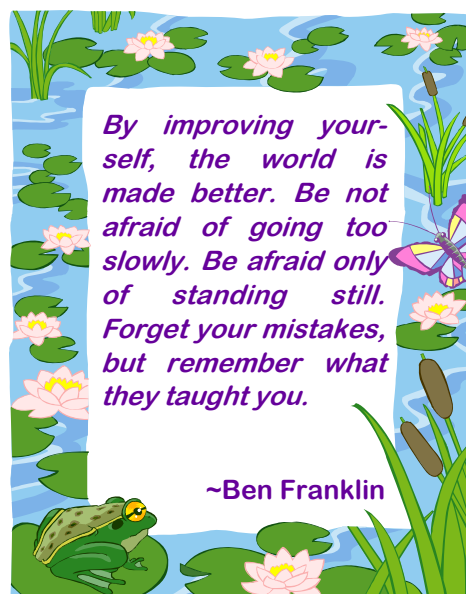
using a fan. Chlorine bleach will kill mold growing on surfaces. It does not kill mold spores in the air and dead mold can still cause allergic reactions.

What About Testing for Mold?

You may have heard about so called *toxic* molds that can cause severe health problems. This may cause worry if you know that mold is growing in your home. See your doctor if you think mold is causing health problems for you or your family. Many experts agree that health problems come more from the length of time you've been in contact with the mold and the amount of mold in your home than the type of mold in your home.

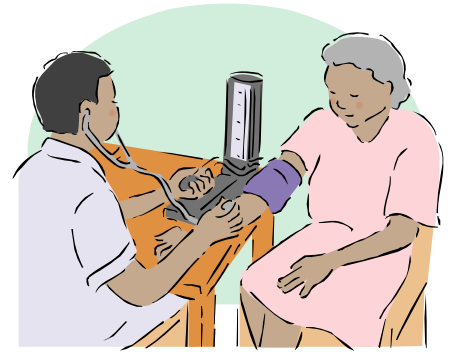
No matter what kind of mold you have, you need to get rid of it and fix the moisture problems that made it grow. Most experts think it's better to spend your time and money on cleaning up the problem than on testing. So act quickly to get rid of the mold and moisture by following the Action Steps mentioned earlier.

Source: HE-838: *Help Yourself to a Healthy Home*



HAPPY SPRING!

Hypertension: Frequently Asked Questions



- ♥ **What is blood pressure?** Blood pressure is the force of blood pushing against the arterial walls. There actually are two kinds of blood pressure, reflected in the top and bottom numbers of the blood pressure reading. The top number, known as systolic pressure, is the pressure in the arteries when the heart beats; the diastolic pressure, the bottom number, is the pressure in the arteries between beats. A reading of 120/80 is considered normal.
- ♥ **What is hypertension?** Hypertension, more commonly known as high blood pressure, is a blood pressure reading equal to or greater than 140/90. Any systolic reading higher than 140 or any diastolic reading higher than 90 qualifies you as hypertensive. Systolic readings of 121 to 139 and diastolic readings of 81 to 89 are considered borderline and should be addressed.
- ♥ **Why is hypertension often described as the silent killer?** High blood pressure often is described as the “silent killer” because it has few outward symptoms until it is too late. In rare cases, people with extremely high blood pressure may experience a ringing sensation in their ears. However, most hypertension sufferers are unaware that something is wrong until they are alerted by a physician or suffer a stroke or other hypertension-related complications.
- ♥ **Why does hypertension pose a long-term health risk?** Hypertension is associated with a wide range of health problems, notably stroke. Weak areas within the arteries of the brain are especially vulnerable to the effects of hypertension. Stroke occurs when this added pressure finally forces a rupture of one of these weakened areas, resulting in internal bleeding within the brain. Likewise, similar weak spots within heart arteries, known as aneurysms, are vulnerable to hypertension. Equally vulnerable are the kidneys as well as blood vessels within the eyes.
- ♥ **What causes hypertension?** There are essentially four causes of hypertension:
 - 1) **Too much fluid in the blood vessels.** One cause maybe too much fluid in the arteries, similar to what happens when a high volume of water passes through a garden hose. Just as pressure within the hose increases with added water volume, pressure on the arterial walls intensifies with the increased levels of fluid.
 - 2) **Diameter within the arteries is too small.** Stress, which tends to shrink the diameter of arteries, is also known to contribute to hypertension. A diameter shrinks, pressure against the arterial walls increases.
 - 3) **Reduced elasticity of the arteries.** The arteries of young people typically expand and contract easily, but, as people age, arteries often tend to become less elastic—a problem commonly described as hardening of the arteries.
 - 4) **Too much resistance to blood flow.** Blood flow resistance is a problem typically associated with overweight and obese people. In a manner of speaking, arteries compensate for the extra body mass by shrinking so that the blood can be distributed as evenly as possible throughout the body. This creates added resistance against the heart muscle as it works harder to pump blood to wider distances. The result is often hypertension.

It is important to understand all of these problems to one degree or another are linked to unhealthy lifestyle factors.

- ♥ **Aren't there some otherwise healthy people who develop hypertension because of their genetic background?** Yes. Some people do have a genetic predisposition to hypertension, despite their best efforts at healthy eating and exercise. However, they comprise only a small percentage of people suffering with hypertension. The vast majority of hypertension sufferers could reverse the problems through lifestyle changes, even though some may be genetically prone to developing the condition.
- ♥ **How pervasive a problem is hypertension?** Rates of hypertension have increased markedly within the last couple of decades. Almost one out of four adults in the U.S. suffers from the condition. The incidence is considerably high among seniors. It is estimated that as much as 50 percent of U.S. elderly (age 60 and above) suffers from hypertension.

- ♥ **Who is at highest risk?** Compared with other racial groups, blacks are at the highest risk of developing hypertension.
- ♥ **Is reducing salt the surest way to control blood pressure?** For a few people, excessive sodium chloride (salt) consumption probably is the major cause of their hypertension. In fact, it's a good idea for all hypertension sufferers to reduce salt intake as much as possible by removing the salt shaker from the table and reducing the amount of salt in food preparation. Processed foods (e.g., canned soups and vegetables, hot dogs, ham, bologna, pickles and cheese) also tend to be high in sodium and should be avoided. Sodium intake should not exceed 2,300 milligrams daily. However, for most people, reducing dietary levels of sodium chloride is a good start but no panacea. It should be accompanied by other lifestyle changes, particularly maintaining an ideal body weight, eating five servings of fruits and vegetables daily, and maintaining a moderate exercise regimen.
- ♥ **What is the biggest single cause of hypertension?** The biggest factor is obesity. It accounts for why hypertension within the U.S. population has risen by more than 20 percent within the last couple of decades. Especially vulnerable are people whose fat is heavily concentrated near the abdomen—so called visceral fat—rather than distributed more evenly throughout the body. Weight reduction, coupled with moderate exercise and healthy eating, can go a long way toward reducing hypertension. People with a body mass index greater than 30 are at significant risk of developing hypertension.
- ♥ **Will I have hypertension for as long as I'm obese?** While maintaining ideal weight should be the ultimate goal, losing 10 pounds may result in a significant blood pressure reduction.
- ♥ **What are some other dietary factors that can help reduce hypertension?** Two minerals have been shown to play a particularly effective role in reducing hypertension: potassium and calcium. Typically, the more one consumes of these two minerals, the lower one's blood pressure. Nutritionists recommend consuming at least 4,700 milligrams of potassium every day, twice as high as the recommended 2,300 milligrams a day of sodium. The recommended daily allowance for calcium is 1,000 milligrams a day. However, for people over age 51, the daily allowance is 1,200 milligrams. Vitamin C and magnesium also have been shown to be effective in reducing blood pressure.
- ♥ **How does one obtain adequate amounts of these vitamins and minerals?** Eating at least the recommended five servings of fruits and vegetables and three servings of low-fat dairy each day virtually guarantees you will receive these nutrients in adequate amounts.
- ♥ **What other lifestyle factors may help to reduce blood pressure?** Any form of aerobic exercise—walking, jogging, biking or swimming, for example—has been shown to reduce hypertension. Sedentary lifestyles, on the other hand, have been shown to contribute to high blood pressure. Sedentary and obese people are particularly prone to developing hypertension.
- ♥ **How much does cigarette smoking contribute to hypertension?** Cigarette smoking is strongly linked to hypertension. Typically, between 30 and 45 minutes of heightened blood pressure follows the consumption of each cigarette. In effect, a pack-a-day smoker should expect elevated blood pressure throughout the day.
- ♥ **What other lifestyle factors contribute to hypertension?** Heavy consumption of caffeine has been shown to increase blood pressure. Excessive alcohol consumption is also a known contributor.



Source: Nutrition & Food Series: Timely Information—Human Nutrition, Diet & Health; Written & compiled by Jim Langcuster, News & Public Affairs specialist, AL Cooperative Extension System, in conjunction with Dr. Robert Keith, Extension nutritionist and Auburn University professor of nutrition and food science.

AL BCIA Announces 2007 Extension Agent of the Year

The Alabama Beef Cattle Improvement Association (BCIA) named Kent Stanford, northeast Alabama Regional Extension Agent, the 2007 BCIA Extension Agent of the Year. Stanford was recognized during the BCIA annual meeting and awards program on February 1st.

Stanford's first experiences with Extension are from childhood involvement in his county's 4-H program. Stanford said that he had a dedicated 4-H Agent who encouraged him in the program. This spurred his interest in a career with Extension.

Currently, Stanford works in St. Clair, Blount, Cullman and Marshall counties as a Regional Extension Agent. He has taken leadership roles with the Master Cattlemen's training program and worked with a team of his fellow agents to give educational tours to cattle producers in his area. Stanford also collaborated with other agents to begin the Alabama Youth Livestock Judging Camp to help young people hone their evaluation skills.

Through his Extension programming, Stanford works extensively with

BCIA. He provides hands-on training in cattle conformation and phenotypic evaluation at open house events and educational sessions. Stanford coordinates the North Alabama heifer sale and assists with the North Alabama Bull Evaluation Center. Stanford worked with 28 BCIA members in St. Clair, Blount, Cullman and Marshall counties during the 2006 year and 15 additional active members in the same counties during the 2007 year.

Stanford said that he enjoys working with BCIA because the people are "progressive people that are willing to listen." Stanford also said that when the BCIA people are motivated, he is motivated.

A 1994 graduate of Auburn University, Stanford has a degree in Animal Sciences. He managed a large commercial cattle and timber operation in Georgia after graduation. In 1995, Stanford took a position with the Alabama Cooperative Extension System (ACES) in St. Clair County.



(l to r) Regional Extension Agent Kent Stanford & Tim Donaldson, Cullman County BCIA member

Stanford was reassigned to a Regional Extension Agent position in 2004. He currently remains in that region.

The Alabama BCIA is a non-profit organization seeking to promote, educate and facilitate the use of performance data, record keeping and marketing opportunities to improve the Alabama cattle industry. BCIA is composed of persons, firms, partnerships, and corporations in the State of Alabama who are engaged in the production and marketing of purebred and commercial beef cattle. Formed in 1964, BCIA cooperates with the Alabama Cooperative Extension System (ACES) of Auburn University under a formal agreement and is guided under a 20 member board consisting of producers, industry leaders, research personnel and Extension professionals.

Source: Lindsay Graber,
ACES Communications Intern



*Don't forget
Father's Day!
Sunday, June 15th*



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a great wedding gift idea!

480 pages and only \$10 each

Now available at the Extension office



Fire Ant Home Remedies Becoming Urban Myths

A quick Internet search using the words “fire ants” and “remedy” will generate thousands of hits. Some will take you to sound research-based information from colleges and universities. Others will take you to sites with far less reliable information.

An entomologist with the Alabama Cooperative Extension System says that every year or two a new home remedy for the stinging pests pops up. Dr. Kathy Flanders says most of these are just a kind of urban myth.

“People don’t like fire ants,” says Flanders. “The appeal of a quick, easy fix based on something readily available that is not a pesticide gets people’s attention.”

The problem, she says, is that most of these do not work. Few home remedies succeed in eliminating fire ant colonies. Many household products are said to control fire ants. The list includes chlorine bleach, ammonia, gasoline, various detergents, plaster of Paris and drain cleaners.


“These are not labeled for control of any type of pest, and some are dangerous to pets, children and wildlife,” she says. “Some may kill a few fire ants, but they generally only cause the ants to move to another location.”

The newest alleged ant cure involves pouring club soda into a mound. The theory is that this kills the ants with carbon dioxide. Flanders says this one, like many, has a good thesis—it is environmentally sound and kills the


colony with carbon dioxide.

“It is highly unlikely that the quantity of carbon dioxide in the club soda would be sufficient to replace the air in a colony that may extend 12 feet in the ground,” she says. “It might make the colony move since the fire ants do not like being disturbed.”

You can find more information about managing fire ants as well as the facts about home remedies at www.eXtension.org. The eXtension fire ant resource area has information about safe and effective methods of fire ant control, including the Fire Ant Control Made Easy Video and the Managing Imported Fire Ants in Urban Areas Learning Lesson. Consumers may want to try the Customize Fire Ant Management Decision Tool, which helps people develop a fire ant management plan.



Alabama Cooperative Extension System
St. Clair County Office
2007 Annual Report



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

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www.aces.edu/StClair



Coconut Toast

- 1 cup flaked coconut
- 1 egg
- 1 teaspoon vanilla
- 1/2 cup sugar
- 1/2 cup butter, melted
- 11-12 slices bread

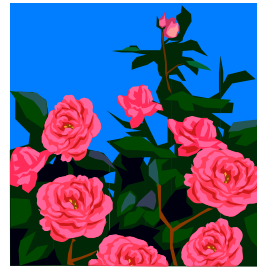
Combine first five ingredients; mix well. Spread over each slice of bread. Place on ungreased baking sheet. Bake at 350°F for 15-20 minutes until lightly browned. Mixture will keep well in refrigerator. (Warm in microwave to spread easier).
Recipe courtesy of: Mrs. Cindy Madaris, St. Clair County Farmer's Federation Women's Committee.

The Gardening Corner

By: Tony Glover, Regional Extension Agent

Commercial Horticulture

Home Grounds, Gardens & Home Pests



Knock Out Roses

Question: I love roses but they are just too hard to care for because of all the diseases they get. What roses can you suggest that don't require so much spraying with chemicals.

Answer: Roses are making a come back for gardeners like me that refuse to grow things that need constant spraying. The hybrid tea roses are beautiful but they are not for the "carefree" gardening crowd that I belong. The "Knock Out" rose has changed my attitude toward roses and they may be the hottest thing to ever hit the rose world.

The "Knock Out" rose was developed by Wisconsin rose breeder William Radler who has been growing roses since his youth. He was the long time director of the Boerner Botanical Garden in Minneapolis and has recently served as consulting rosarian for the Chicago Botanical Garden.

His breeding efforts began about 20 years ago and focused on developing repeat blooming, cold hardy roses that didn't get disease, especially black spot. In the early stages of his breeding career, he raised about 600 seedlings a year under fluorescent lights in his basement.

In 2000, his efforts won him the prestigious All-America Rose award, and it was introduced into the trade that same year. This new rose quickly became the fastest selling rose in history, with 250,000 sold the first year alone. The selection was called "Knock Out" (Rosa 'Radrazz') and it is a shrub rose that grows about three feet tall and wide. It produces

terminal clusters of single, three-inch diameter cherry red blooms. As long as it continues to grow through the summer, it will continue to bloom. Some claim it's one of the longest blooming roses on the market.

Part of Knock Out's success is because of marketing skills but a lot of it is because "Knock Out" is just a great rose. Reports from about anywhere roses are grown indicate it is disease resistant and just keeps blooming.

The principle of breeding and selecting plants in an environment where the plant is to grow is certainly not new, but many rose breeding companies ignored the principle. Until recent years, most roses were bred in California where disease pressure was almost nonexistent. No wonder rose growers had become so frustrated with modern roses.

Radler has introduced a number of sister lines including pink and blush varieties, and the "Double Knock Out" that is now available.

Like most roses, "Knock Out" is best in full sun or light shade in a fertile, well drained soil. These are shrub roses, so their wintertime appearance leaves a bit to be desired, so use it with low evergreen shrubs to compensate for its winter nakedness. Prune it in the spring just before new growth starts as you would other shrub roses. Prune during the growing season as needed to control size. Water and fertilize as the season progresses to ensure plants continue to grow and set new flower buds. Sit on the porch and enjoy your (almost) carefree roses.



Agent Spotlight



Mike Reeves

**Regional Extension Agent
Commercial Horticulture**

Mike Reeves joined the Alabama Cooperative Extension System nine years ago. He currently serves as Regional Extension Agent in the areas of Commercial Horticulture, replacing Dan Porch who now serves as County Extension Coordinator in Blount County. Prior to coming to Extension, he worked as a full-time fruit and vegetable grower. He is a native of Hartselle, Alabama in Morgan county and a graduate of Morgan County High School (now Hartselle High). He earned a B.S. degree from Auburn University in Horticulture and a M.S. degree from Alabama A&M University in Plant and Soil Science.

Mike is housed in Morgan County, but also serves St. Clair, Cullman, Blount, Etowah, Calhoun, Marshall, Dekalb, and Cherokee. He and his wife, Lynn, an accountant in nearby Decatur, reside in Hartselle and have three children: Mary Virginia, a freshman at UAH; David a junior at Hartselle High school; and Jackson, a freshman at Hartselle. While not working, Mike enjoys following his kid's sporting activities. Mary Virginia plays basketball for UAH and David and Jackson play both football and baseball for Hartselle. He also likes to hunt and fish.

Mike will be working directly with producers in St. Clair County, providing information about the various crops they produce. He also plans to do region-wide grower meetings at various locations and some on-farm demonstrations (variety trials, etc). He is currently working on compiling an email list of growers and their crops in an effort to be more efficient in getting the latest information to them. If you would like more information about commercial horticulture, please contact Mike at (205) 338-9416 or email at reevemd@aces.edu. He will be happy to assist you.

eXtension

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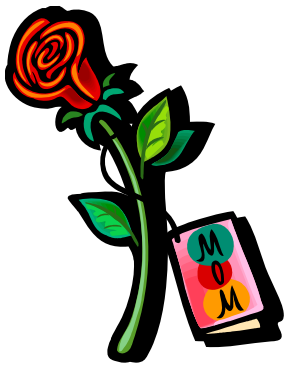


St. Clair County Captures Alabama's Top Farm-City Awards

The St. Clair County Farm-City Committee, chaired by Jan Parker and County Extension Coordinator Lee Ann Clark, took home top honors Monday, April 14th at the State Farm-City Awards Luncheon held at the Wynfrey Hotel in Birmingham. Not only did they take top honors for **Best Farm-City Committee in Division I**, which includes counties with populations of 35,600 or more, but they also won **Best Overall Farm-City Committee** in the state. The county was also judged to have the **Best Media Coverage and Proclamation** and won a **National Award** for having the Best Farm-City Committee. To view the article that recently headlined Alfa Farmers News visit www.alfafarmers.org.



Also, congratulations to Erin Smith (*above right*), a 4-H'er and 4th grade student at Ashville Elementary, who won Honorable Mention in the State Farm-City poster contest. Not only did she win a cash award, but her poster will be featured in the 2009 Farm-City calendar. Pictured with Erin are her parents, Rick and Beth Evans-Smith. She is the granddaughter of Dave and Margaret Evans of Greensport. Mrs. Evans is the Chair Woman of the St. Clair County Farmers Federation Women's Division.



Mother's Day
May 11th

M—O—T—H—E—R

“M” is for the million things she gave me,
 “O” means only that she’s growing old,
 “T” is for the tears she shed to save me,
 “H” is for her heart of purest gold;
 “E” is for her eyes, with love-light shining,
 “R” means right, and right she’ll always be,
 Put them all together, they spell “MOTHER,”
 A word that means the world to me.

Howard Johnson (c. 1915)

4-H Fun Facts...

The Emblem & Name

The 4-H emblem is a green four-leaf clover with the white letter “H” placed parallel to the mid-rib of each leaf. The H’s stand for **head, heart, hands and health**.

The four-leaf clover symbolizes good luck and achievement.

*The emblem is protected by copyright held by the U.S. Department of Agriculture.

Economic Stimulus Payment Schedule

You have probably heard about the Economic Stimulus Payment being issued by the government? The big question on most of our minds is—when will I get my money? Well, the IRS shares the following information about when you can expect to receive (if applicable) your stimulus check. The exact date you receive your money will depend primarily on the last two digits of your Social Security number.

Payments will be sent out starting May 2nd, on a staggered schedule based on the last two digits of your Social Security numbers. For taxpayers who file by April 15 (IRS says returns must be “processed” by this date, not merely “filed”) and get their tax refund deposited directly into a bank or other financial account, the IRS will send stimulus payments between May 2 and May 9. For taxpayers who file by April 15 but don’t choose direct deposit, the IRS will mail checks from May 16 through July 11 (see schedule below).

For Check Payments (last two digits of SSN...mail date):

00—09...May 16

10—18...May 23

19—25...May 30

26—38...June 6

39—51...June 13

52—63...June 20

64—75...June 27

76—87...July 4

88—99...July 11

For Direct Deposit (last two digits of SSN...payment date):

00—20...May 2

21—75...May 9

The IRS also announced a new online calculator that taxpayers can use to figure how much their stimulus payment will be. You’ll need to have a completed 2007 tax return on hand to use the calculator (<http://www.irs.gov/app/espc/>).



Master Gardener
Association Plant Sale
May 2nd and 3rd
8 a.m.—5 p.m.
Springville 4-Way Stop
(behind rock house)
*Proceeds Benefit
Community Service Projects*



**Please Support
St. Clair County’s
4-H Clover Classroom!**

Four-H is a “learning by doing” education program that enables youth to become productive individuals. St. Clair County 4-H would like to request your support (either through a monetary donation or by volunteering your time, or both) for its 3rd Annual 4-H Clover Classroom being held in July. Your help will enable us to reach more children and offer a quality program. If you would like to assist us with this very beneficial program, please contact Lee Ann Clark or Tonya Tomlin at (205) 338-9416.

Visit Us On the Web!
www.aces.edu/StClair

4-H Clover Classroom



Our third annual summer workshop series for youth ages 9-14 will be held throughout the month of July. 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:

- Archery
- Junior Master Gardener
- Sport Fishing
- ATV Fun & Safety
- Robotics I & II
- Quilting
- Scrapbooking
- Kids Cooking Camp (Week Long)

DON'T WAIT!

REGISTER TODAY!

CLASS SIZE IS LIMITED!

**Children do not have to be a member of 4-H to participate.*



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

1815 Cogswell Avenue
Suite 103/B04
Pell City, Alabama 35125

Phone: 205-338-9416
Fax: 205-338-9417
www.aces.edu/StClair