



*Alabama Cooperative Extension System  
St. Clair County Office*

# Extension Newsletter

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

*May/June 2007  
Volume 2, Issue 9*

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Dear Friends of Extension,

Spring has sprung! I have to admit, with the roller coaster-like temperatures we have been experiencing, I have certainly wondered if spring was really here. Maybe things will settle down this month and we can safely begin planting our gardens and beautiful flowers. I'm ready!

The months of May and June bring us two very important days to remember—Mother's and Father's Day. If you are blessed to still have your parents around, be sure to spend some quality time with them. These special days are set-aside to honor those who have done so much for us, for parents are truly a gift that we all should treasure. I know I do mine!

Until next time,

## Easy Credit? Not So Fast!

### The Truth About Advance-Free Loans

#### Tips to Help Protect Yourself:

**\$** Legitimate lenders never “guarantee” or say that you are likely to get a loan or a credit card before you apply, especially if you have bad credit, no credit, or a bankruptcy.

**\$** If you apply for a real estate loan, it is accepted and common practice for lenders to request payment for a credit report or appraisal. However, legitimate lenders never ask you to pay for processing your application.

**\$** Never give your credit card account number, bank account information, or Social Security Number over the telephone or Internet unless you are familiar with the company and know why the information is needed.

**\$** If you don't have the offer in hand—or confirmed in writing—and you're asked to pay, don't do it. It's fraud and it's against the law.

For more information about how credit laws affect you, contact the Alabama Attorney General or the Federal Trade Commission.

*Source: Federal Trade Commission, www.ftc.gov*



# Help Yourself to a Healthy Home

You want to take good care of your family. You try to eat healthy foods. You take your children to the doctor for regular checkups. You try your best to protect your family from accidents and illness. You want to live in a safe neighborhood and home. But, did you know your home might have hidden dangers to your family or children's health?

Some of the most serious health problems for children may start at home. Why should you be concerned? As the first of a nine-part series, we will take a look at the following topics:

- Indoor Air Quality
- Asthma & Allergies
- Mold & Moisture
- Carbon Monoxide
- Lead
- Drinking Water
- Hazardous Household Products
- Pesticides and
- Home Safety

*Most people spend over 90% of their time indoors.*

## Indoor Air Quality

Is the air in your home healthy? The air inside can be more harmful to your family's health than the air outdoors. Air can be unhealthy if it has too many pollutants. Indoor air pollutants can be lots of things—from oven cleaner to cigarette smoke to mold. It is not always easy to tell if your home has unhealthy air. You may notice bad smells or see smoke, but you cannot see or smell other dangers, like carbon monoxide and radon.

Most people spend at least half of their lives inside their homes. The air inside can be more harmful to your family's health than the air outdoors. Is the air in your home safe to breathe?

It is not always easy to tell if your home has poor air quality. You may notice bad smells or see smoke, but you cannot see or smell other dangers, like carbon monoxide and radon.

*The number of children with asthma has doubled in the past 10 years. One in 15 children under 18 years of age has asthma.*

*The air in your home can be unhealthy if it has too many pollutants in it. To cut down on indoor air pollution, learn where it comes from. Take good care of your home to keep it healthy!*

*Children can spend up to 90% of their time indoors. For their size, children breathe up to twice as much air as adults. That means they are at greater risk for health problems that come from indoor air pollution.*

## *Asthma and Allergies*

If people in your home have health problems or are ill, polluted indoor air can make them feel worse. For example, asthma is a lung disease that affects a growing number of children. Indoor air pollution can make it worse. Insects and other pests can also be a real problem for people with asthma and allergies. For example, cockroach and dust mite droppings cause asthma attacks in some people. Pesticides can help fight these pests but they can be dangerous.

## *Mold*

Mold grows in wet or damp places. It often smells musty. Many people are allergic to mold. Some kinds of mold are toxic, and coming into contact with large amounts of mold may cause health problems. Talk to a doctor if you think mold is causing health problems for you or your family.

## *Carbon Monoxide*

Carbon monoxide is a deadly gas that can come from appliances that burn gas, oil, coal, or wood, and are not working as they should. Car exhaust also has carbon monoxide. You cannot see, taste or smell carbon monoxide.

## *Other Indoor Air Problems*

Radon is another gas. It can get into some homes from the ground below them. You cannot see, taste, or smell radon. Radon is found all over the United States. Radon can cause lung cancer. In fact, it is the second leading cause of lung cancer in the U.S. If you smoke and your home has high levels of radon, your risk of lung cancer is especially high.

## *Indoor Air Quality Action Steps*

- Do not smoke in your home or car. *Never* smoke near your children.
- Pay attention to housekeeping. Taking care of food and spills right away keeps bugs and pests away. A clean home is a healthier home.
- Open windows or use fans to let in fresh air whenever someone uses chemicals in the home or garage.
- Ask the salesperson to unroll new carpet and let it air out for at least one day before bringing it into your home. Put in carpet during a season when you can open windows for several days afterwards. Vacuum old carpet well before you remove it to keep down dust.
- Let new furniture and building materials air out for a few days before bringing them inside. Before buying new things for your home, ask for products made with non-toxic chemicals and materials. Sometimes non-toxic or green building products cost more money. You need to decide if the cost is worth it to protect the health of your family.
- Keep pets out of bedrooms and living areas.



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

*Success is not in never falling,  
but in rising every time you fall.*

*-Vince Lombardi*

# The Gardening Corner

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



## Grass & Moss

**Question 1:** How do I kill the moss growing in grass?

**Question 2:** How do I kill the grass growing in moss?

**Answer:** These two contrasting questions came to me in the same week and they brought two idioms to mind. One, the grass is always greener on the other side of the fence. Two, a rolling stone gathers no moss. I am not sure how the second one applies but it was the only saying related to moss that I know.

Both questions can be addressed by understanding what the requirements for growth are for both types of plants. For moss, the conditions for best growth will include most or all of the following: poorly drained soil, persistently wet soils, medium to dense shade, repeatedly scalped turf, compacted soils, low fertility soils and/or very acid soils.

Relative to the first question, if you want to favor grass over moss you should seek to correct any or all of these conditions that may exist in your yard. All of the conditions described above are not necessary for moss to grow because there are numerous species of moss with slightly different requirements. If you want to grow grass rather than moss you should determine which of these factors exist and work on changing them. A good starting point is to have your soil tested and correct the nutrient and pH problems. Once the soil pH and nutrient conditions are addressed you would move onto to the next most likely factor. For instance, you may have heavy shade from trees. In this case removing trees may fix the shade problem but may not be what you want for your landscape. It may be possible to thin trees or to remove lower limbs to allow more light rather than removing entire trees. Topping trees is not a good way to increase light

because the re-growth is often very thick in addition to being weak wood (but that's another article for later).

Don't waste your time trying to kill the moss. Remember, if the problems limiting the grass growth are not addressed, the moss will grow back. The moss is not killing the turf as commonly assumed but is simply filling a niche in the environment where the grass grows poorly.

If all this sounds like too much trouble you may want to read further. Remember the second question was: "How do I kill the grass growing in my moss?"

If moss is growing naturally in some areas but not in others it is due to the same factors mentioned above. There are a couple of things you can do in the short run and others that would need lots of time to have an effect. In the short term you can scalp the area frequently to stress the grass and you could stop fertilizing and lower the soil pH with sulfur as directed by a soil test. The use of non-selective herbicides or herbicides that target only grasses may be used over the top of moss. Mosses are rarely damaged by these herbicides. As mentioned, mosses generally grow best in deep shade, therefore you can plant more trees for a long term approach to favoring moss over grass. Lastly, do not plant moss on a rolling stone as it will not gather there but a stone at rest makes an excellent moss habitat.

For further information go to this web link: [www.ext.vt.edu/pubs/turf/430-536/430-536.pdf](http://www.ext.vt.edu/pubs/turf/430-536/430-536.pdf) at Virginia Tech or check out the book Moss Gardening, by George Schenk.



# Agent Spotlight



## Cheryl Vasse Regional Extension Agent Human Nutrition, Diet and Health

Cheryl Vasse joined the Alabama Cooperative Extension System just over six years ago. She currently serves as Regional Extension Agent in the area of Human Nutrition, Diet and Health. Before joining Extension, she worked as a consulting dietitian, taught adult education classes for military personnel, owned her own business called *Cheryl's Creations* and has held many volunteer positions. Prior to her current position in Extension, Cheryl has also served as an Agent Assistant and Nutrition Education Program (NEP) Agent in Madison County. She is a native of Spokane, Washington and a graduate of Central Valley High School in Spokane. She earned a B.S. degree in a Coordinated Undergraduate Program in Dietetics from Washington State University and her M.Ed. degree from Auburn University. Cheryl lives in Huntsville with her husband, Robert, a retired Army Major. They have two children, James and Stephanie. While not working, she enjoys long walks along nature trails with her husband, spending time with family and friends, traveling, container gardening and quiet evenings at home.



*Cheryl Vasse offers advice on eating healthy by following the new MyPyramid at the 2006 Health Fair.*

Cheryl is housed in Cullman County, but she also serves St. Clair, Blount, Jefferson, Walker and Shelby counties. She is an active member of the National Extension Association of Family & Consumer Sciences (NEAFCS) and Phi Kappa Phi. Cheryl conducted two very successful Diabetic Cooking schools last year in St. Clair County which she really enjoyed because she had the opportunity to meet so many wonderful people. Cheryl truly believes that the participants benefited from the food demonstrations she offered.

If you would like more information about nutrition, diet, and health please contact Cheryl at (205) 338-9416 or email at [vassecl@auburn.edu](mailto:vassecl@auburn.edu). She will be happy to assist you.

## Healthy Lifestyle Nutrition Class Offered

Take the first step toward a healthy lifestyle by learning about nutrition, portion sizes, exercise, heart healthy oils, tips for cooking with less salt, and preparing healthy meals. Recipes will be demonstrated. Participants will have the opportunity to taste each one. To pre-register, please contact the St. Clair County Extension office at (205) 338-9416.

**Date:** May 10, 2007

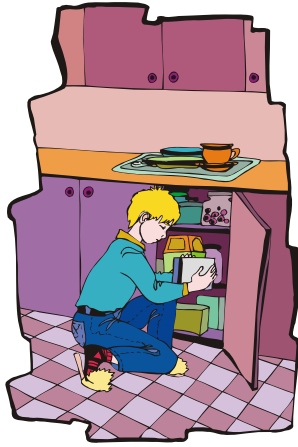
**Time:** 6:00 p.m.

**Location:** Ashville High School

**Instructor:** Cheryl Vasse, Regional Extension Agent

**Fee:** \$10.00





# Cleaning the Kitchen Cupboard: Toss or Save?

Have you looked—REALLY looked—at the foods in your kitchen cupboards lately? Is it time to bid some foods a fond farewell? Should others be moved to a better location and/or storage container? Can you “revive” some aging foods so they still can be used? Read on for tips to help you decide whether to toss, move or try to save common kitchen cupboard foods.

## Storing Kitchen Cupboard Foods

The following storage tips are based on food stored at a room temperature of about 70° F. The times are those generally cited for maintaining best food quality. A range of times and the more conservative recommendations are given to allow for age of the product when purchased, how long it has been open, etc. READ LABELS CAREFULLY—they often contain important storage information and recommended “use by” dates.

### **Baking Powder**—12 to 18 months or expiration date on container.

**Storage Tip:** Store tightly covered in a dry place. Make sure measuring utensils are dry before dipping into the container.

**Testing for freshness:** Mix 1 teaspoon baking powder with 1/3 cup hot water. If it foams vigorously, it still has rising power.

**Storage Tip:** Store tightly covered in a dry place. Make sure measuring utensils are dry before dipping them into the container.

### **Baking Soda**—12 to 18 months or expiration date on container.

**Testing for Freshness:** Place 1-1/2 teaspoons in a small bowl. Add 1 tablespoon vinegar. If it fizzes, then it will still help leaven a food. If it doesn't fizz, use it as an odor catcher in the refrigerator.

**Storage Tip #1:** Store in tightly closed container in a cool, dark place.

### **Shortening**—3 to 8 months opened; 8 to 12 months unopened.

**Storage Tip #2:** Times reported by shortening companies and other sources varied. For more specifics, see “Kitchen Cupboard Management 101” at the end of this article for suggestions on how to contact the company for more information.

**Storage Tip #3:** Shortening that has been stored too long will go rancid and develop an undesirable taste and odor. If you haven't used a shortening for a while, smell it before using it in a recipe.

### **Canned Foods**—1 to 2 years

**Storage Tip #1:** The Canned Food Alliance <[www.mealtime.org](http://www.mealtime.org)> recommends eating canned food within 2 years of PROCESSING for best quality. Many cans will include a “for best quality use by” date stamped somewhere on the can. In a well run and busy store there should be constant turnover of canned goods, with cans on the shelf only a short time before you purchase them. Some products contain a code, which varies among companies, that identifies the production date. If you have concern over how old a food is, call the company's toll-free number (if listed on the can) or write to the address on the can.

**Storage Tip #2:** Avoid refrigerating OPENED canned foods in their can. Food can develop an off-odor from the can, once opened. Transfer to another storage container.

### **Popcorn (other than ready-to-pop microwave popcorn)**—2 years

**Storage Tip #1:** Store in airtight glass or plastic container in a cool place, such as a cupboard.

**Storage Tip #2:** The National Popcorn Board <[www.popcorn.org](http://www.popcorn.org)> recommends AGAINST storing popcorn in the refrigerator. The kernels are more likely to dry out and do not pop as well when stored in this manner. It's the water inside a popcorn kernel that expands when the popcorn is heated, causing the kernel to explode or “pop.”

## Spices and Herbs—1 year for herbs or ground spices, 2 years for whole spices.

**Storage Tip #1:** Air, light, moisture and heat speed flavor and color loss of herbs and spices. Store in a tightly covered container in a dark place away from sunlight, such as inside a cupboard or drawer. For open spice rack storage, choose a site away from light, heat, and moisture. Keep moisture out of containers by:

- Avoiding storage above or near the stove, dishwasher, microwave, refrigerator, sink or a heating vent.
- Always using a dry spoon to remove spices or herbs.
- Never sprinkling directly from the container into a steaming pot.

**Storage Tip #2:** Refrigerate paprika, chili powder and red pepper for best color retention, especially in summer or hotter climates. Be aware herbs and spices can get wet if condensation forms when a cold container from your refrigerator or freezer is left open in a humid kitchen.

## White Flour—6 to 12 months

**Storage Tip #1:** Store in a cool, dry place. It's important to store flour in an airtight container or freezer bag to preserve the flour's moisture content. Exposure to low or high humidity will affect the flour's moisture content and may influence the outcome of a recipe.

**Storage Tip #2:** For longer storage, keep white flours in the refrigerator in an airtight container. All-purpose and bread flour will keep up to 2 years at 40° F in your refrigerator, according to the Wheat Foods Council. They can be stored indefinitely in the freezer.

**Storage Tip #3:** As a general rule, if measuring flour from refrigerated or frozen flour, allow your measured portion to come to room temperature before using it in baked goods. Remove the flour for your recipe a few hours before use, so it doesn't affect the action of other ingredients such as baking powder or yeast.

## Honey—12 months

**Storage Tip:** Honey stores best at room temperature. It tends to crystallize more rapidly, a natural process in which its liquid turns solid, in the refrigerator.

**Revitalizing Crystallized Honey:** The National Honey Board recommends revitalizing crystallized honey by placing the jar in warm water and stirring the honey until the crystals dissolve.

## Brown Sugar—4 months to 6 months for maximum flavor

**Storage Tip:** It's VERY important to store brown sugar in an airtight container to retain its moisture and prevent it from becoming hard. Either store it in its original plastic bag, tightly closed, or transfer to an airtight container or a heavy moisture-proof plastic bag, such as a freezer bag.

**To Soften Brown Sugar:** Brown sugar becomes hard when the moisture in it has evaporated. Several methods have been suggested to help restore the moisture to brown sugar; here's an overview of those mentioned most frequently:

- **Oven Method.** Heat the brown sugar in a 250° F oven for a few minutes. Watch it carefully and as soon as it is soft, measure the amount you need. When the sugar cools, it will become hard again. Warning: the sugar will be very hot.
- **Microwave Method.** Place brown sugar in a microwave-safe container and cover loosely with a clean, white, wet (but not dripping wet) paper towel. Microwave on high (100% power) and check about every 30 seconds. When the sugar cools, it will become hard again. Warning: the sugar will be very hot.

## White Granulated Sugar—2 years

**Storage Tip:** Store sugar in an airtight container or a heavy moisture-proof plastic bag, such as a freezer bag. Properly stored sugar keep indefinitely.

**To Soften Hardened White Sugar:** When white granulated sugar absorbs moisture, it becomes hard. Here are some possible suggestions for breaking up hard sugar:

- Put hard sugar in a sturdy food-quality bag and pound it with a hammer, meat pounder or flat side of a meat mallet.
- Break up small pieces in a spice grinder.

## Vegetable Oil—1 to 6 months opened; 6 to 12 months unopened

Times vary according to type of oil, method of processing, etc. Some companies recommend up to 1 year opened and 2 years unopened for certain types of oils. Some of the oils that may have a shorter storage life include walnut, sesame, hazelnut and almond oils. Oil that has been stored too long will go rancid and develop an undesirable taste and odor. If you haven't used an oil for a while, smell it before using it in a recipe. You can prolong the life of oils by storing them in the refrigerator. Some, such as olive oil, may become cloudy in the refrigerator but usually clear after sitting at room temperature to warm up.

*Source: Alice Henneman, MS, RD, Extension Educator, Cooperative Extension in Lancaster County*



**NEW!**

## 4-H Afterschool Program

We would like to extend a warm welcome to Shellie Self, our new 4-H Afterschool Program Agent Assistant at Odenville Middle School (OMS). This position was made possible through a 21st Century Learning grant received by OMS and the hard work and perseverance of Assistant Principal, Mr. Joe Goble.

Alabama 4-H Afterschool is part of a national initiative that provides extraordinary learning opportunities to school age youth in urban, suburban, and rural communities across Alabama. The programs and resources available through 4-H Afterschool help youth achieve social, emotional, physical and academic success while developing healthy lifestyles and behaviors. 4-H Afterschool is a collaborative effort of the Cooperative Extension System—state land grant universities, state and county governments and the Cooperative State Research, Education, and Extension Service, United States Department of Agriculture—and the National 4-H Council.

For young people...4-H Afterschool provides opportunities to participate in fun, exciting programs while developing valuable skills with lifelong benefits. For parents and family members... 4-H Afterschool creates safe, healthy, enriching environments that enhance young people's social, emotional, physical, and academic success. The St. Clair County Extension office is thrilled to have the opportunity to offer the 4-H Afterschool Program at Odenville Middle School!



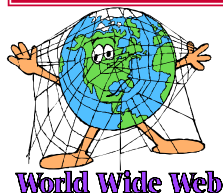
## 4-H T-Shirt Design Contest

Tayrn Devenport (left), a fifth grade student at Springville Middle School created the design that will be printed on this year's 4-H Club t-shirts.

4-H members from across the county were asked to turn in designs for the t-shirts. Taryn's design was chosen out of about 200 entries.

Tayrn is pictured with her winning design, See The World Through 4-H, and her teacher at Springville Middle School, Ms. Maynard.

The 4-H t-shirts are on sale now for \$10 each. Proceeds from the sale will help fund 4-H projects and events. If you are interested in purchasing a t-shirt, please contact 4-H Agent Assistant, Tonya Tomlin at (205) 338-9416.



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

[www.aces.edu/StClair](http://www.aces.edu/StClair)



# County 4-H Winners Named



St. Clair County 4-H held their County Round-Up Saturday, April 14th at Coosa Valley Elementary School. Winners pictured are (back row 1-r): Cameron Crenshaw-Project Green Thumb-1st; Rebecca Parker-Chef 4-H-1st; Jade Kirkwood-AL Quilters Next Generation-1st; Dex Patterson-Blocks Rocks Lego Design-3rd; Taylor Darden-The World I See Photography-1st; Cody Nock-Blocks Rock Lego Design-1st; Steven Powers-Extreme Birdhouse-1st; Christian Wilson-Blocks Rock Lego Design-2nd; 4-H Agent Assistant Tonya Tomlin; (front row 1-r) Kendall Smith-The World I See Photography-2nd; and Carlyn Brewer-The World I See Photography-3rd & Have I Got a Story-1st.

## Party Cheese Ball

8 ounces cream cheese, softened  
 1 cup sharp cheddar cheese, grated  
 1-1/2 tsp. green pepper, finely chopped  
 1-1/2 tsp. pimento, finely chopped  
 1-1/2 tsp. onion, grated

1-1/2 tsp. Worcestershire sauce  
 1/8 tsp. garlic powder  
 1/8 tsp. salt  
 1/8 tsp. hot sauce  
 1/2 cup pecans, finely chopped

Mix all the ingredients except pecans in a bowl. Shape into a ball. Chill for one hour. Roll in pecans. Serve with crackers.

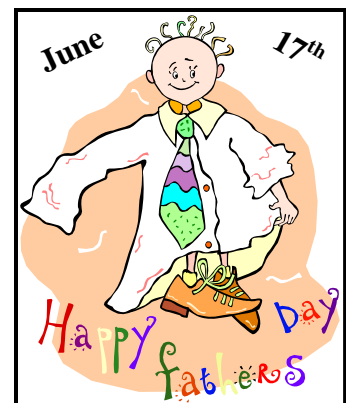
Yield: 16 servings

*Recipe provided by: Miss Rebecca Parker, 1st place 4-H county events winner, Chef 4-H competition.*



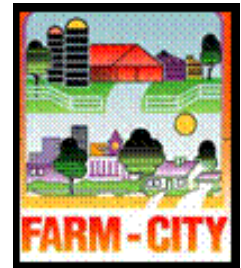
### 4-H Volunteers Needed!

Do you have a talent or craft you would like to share? If so, St. Clair County 4-H is looking for you to lead a special interest club. If interested, please contact Tonya Tomlin, 4-H Agent Assistant or Nancy Graves, 4-H Regional Agent at (205) 338-9416. Training opportunities available.





## Farm-City Committee Wins State Awards!



The St. Clair County Farmer's Federation Women's Division Farm City Committee, Co-Chaired by Jan Parker and Lee Ann Clark, received two awards at the State Annual Meeting held Monday, April 16th at the Wynfrey Hotel in Birmingham. Awards were won in both the *Scrapbook* and *Special Events* category in Division I.

The winning scrapbook showcased Farm-City events and programs from 2006. The Kids Cooking Camp, a part of the St. Clair County 4-H Clover Classroom, was the activity submitted and chosen to receive the *Special Events* award. **CONGRATULATIONS!!**



## Water Fitness

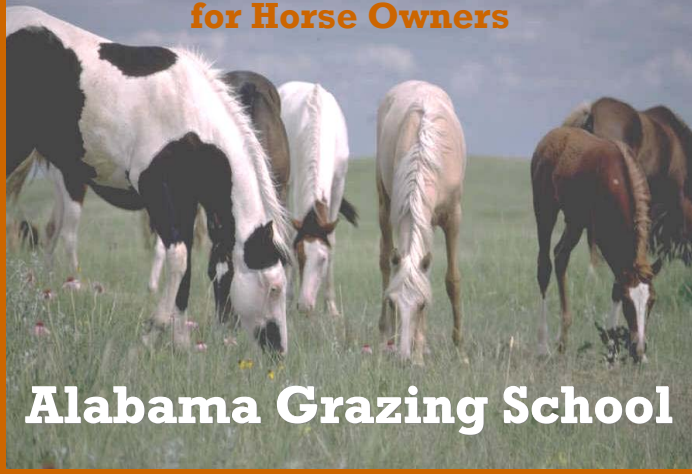
If you have been searching for a way to exercise that won't leave you feeling tired and sore then get ready to take a dip in the pool. Water exercise, also known as aquatics, is one of the best non-impact fitness activities available that provides a fun alternative to other, more strenuous exercises. Water exercise can be beneficial to pregnant women, senior citizens, overweight individuals, anyone with arthritis or back problems as well as anyone recovering from an injury.

The weight of a person is reduced by approximately 90 percent because of the buoyancy of the water. The reduced weight relieves stress on weight-bearing joints, bones and muscles. For this reason, it is unlikely that a water workout will result in injuries or sore muscles. Just because the workout does not hurt does not mean it is not working. Water exercise can include all of the components of various fitness levels, including cardiovascular fitness, muscular strength and endurance, and flexibility. When done regularly, water exercise can even help reduce body fat. People, who find movements such as running, striding, kicking, leaping and dancing too jarring on land, will discover that the same movements performed in a pool are much smoother.

Water resistance provides a great alternative to bulky and heavy weights. One of the easiest ways to create resistance in the water is to cup your hands and push the water away from your body and then pull it back toward your body. Other devices, such as paddles and water chutes can be used to create even more water resistance, resulting in a more intense workout. Another benefit of water exercise is the effect it has on flexibility. Stretches that might otherwise be difficult on land, are easier to perform in the water. And because the effects of gravity are lessened, joints can move through a wider range of motion to achieve long-term flexibility.

Once you have decided to try water exercising, finding the right class for your personal fitness level is important. Check with local health clubs or a YMCA to see if they offer aquatics classes. A good class should include a warm-up, a period of cardiovascular and muscle conditioning that gradually increases and then decreases in intensity, and ends with a cool down. The cool down should include plenty of flexibility exercises for the entire body.

## Special Course for Horse Owners



## Alabama Grazing School

Got horses? Here's a class for you! Learn from Auburn University experts about pasture management at this one day course which will be held on Wednesday, May 16th in Hayden. Topics to be covered include: Grazing Methods; Physiology of Forage Growth; Environmental Impacts of Grazing; Pasture Economics; Forage Response to Grazing; Economical Fertilization in Pastures; Poisonous Plant ID; Fencing and Water Technology; Animal Nutrition on Pasture; Minimizing Hay Requirements; and Weed ID & Control. The cost of participating in this One-Day Management Course is \$50 per person and must be paid in advance.

For more information about the course or to pre-register please contact Kent Stanford, Regional Extension Agent, at (205) 338-9416 or [stanfmk@auburn.edu](mailto:stanfmk@auburn.edu). Registration forms are also available on the St. Clair County Extension website.

## Pressure Canner 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!

## Oneydayful Kids Summer Youth Event



Is your child 6-10 years old and looking for something fun to do this summer? If so, we are hosting our 15th Annual Summer Youth Event, Oneydayful Kids in June! This event is geared toward providing children one-day-full of fun and learning during the summer and best of all, it is absolutely **FREE!** For more information, please contact Lee Ann Clark, County Extension Coordinator at (205) 338-9416 or email at [clarkla@auburn.edu](mailto:clarkla@auburn.edu).

*Don't ever give up  
your dreams . . .  
and never leave  
them behind.  
Find them;  
make them yours,  
And all through your life,  
cherish them,  
and never let them go.  
-Elisa Costanza*

## Horticulture Hotline

## Now Available!

**Home Grounds & Gardening Info**

**Open: Monday-Friday**

**9:00 a.m.—4:00 p.m.**

**Call: 1-800-644-4458**





# 4-H Clover Classroom Coming in July!

Our second annual summer workshop series for youth ages 9-14 will be held in 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](http://www.aces.edu/St.Clair). The following exciting workshops will be offered:

- **Rocketry**
- **GPS Scavenger Hunt (Geocaching)**
- **Sport Fishing**
- **Kids Fit to Ride ATV Safety**
- **Kids Cooking Camp (Beginner & Advanced Level)**

**DON'T WAIT!**

**REGISTER TODAY!**

**CLASS SIZE IS LIMITED!**

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



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[www.aces.edu/StClair](http://www.aces.edu/StClair)