Green Living Expo 2011

Featuring Urban Gardens & Topiary Artist Pearl Fryar...

Program & Ad Book

www.aces.edu/urban
About the Green Living Expo 2011

Featuring Urban Gardens
The Alabama Cooperative Extension System at Alabama A&M University and valuable sponsors are proud to bring you the Green Living Expo 2011. Although we continue to highlight “green products and services” that are available in this geographical area, the focus of this event is on “urban gardening.”

This year you will have a chance to learn more about herb, raised bed, faith, and container gardens, as well as how to create and sustain a topiary garden by our special guest, Mr. Pearl Fryar. Perhaps you have noticed that across the nation, communities and individuals are finding fulfillment in the resurgence of gardening concepts as they reap the benefits. Research has further proven that community gardens contribute to our well-being and are becoming widely recognized by health and community professionals for their economic value, their ability to reduce food insecurities, and their ability to foster healthy physical engagement and neighborhood interactions. Why not consider starting a home or community garden today!

Purpose of Green Living Expo
The Green Living Expo, formerly the Urban-Rural Interface Conference, is designed to educate participants about environmental issues and to raise awareness about how consumers can incorporate “green living” into their daily lives.

The Green Living Expo strives to:

- Increase the capacity of urban communities to respond to green living issues through engaged partnerships.
- Educate consumers, businesses, and organizations on how to become “eco-friendly!”
- Provide information on green-living programs and other resources.

Please take the time to enjoy the live demonstrations, exhibits, entertainment, food, and prizes, but more importantly, pick up some valuable information to help you become better stewards of our environment and natural resources.

We hope to see you again next year!
Welcome from the Director

April 14, 2011

To: Green Living Expo Attendees

From: Gaines Smith, Extension Director

Subject: Welcome!

Welcome to the Green Living Expo 2011. We in the Alabama Cooperative Extension System are glad you joined us today. Our Extension educators and sponsors are pleased you are here to learn more about green living.

Today, you will learn about environmental issues and how you can incorporate “green living” into your daily lives. It’s your opportunity to become an eco-friendly consumer.

The Green Living Expo features activities for the whole family, including a free lunch, door prizes, entertainment, a Kids Zone, and live gardening demonstrations such as a demo by topiary horticulturist Pearl Fryar. Topiary is a horticulture practice of clipping trees and shrubbery into various shapes or “living forms of sculpture.”

Other exhibits will include: BeadforLife, beautiful handcrafted Ugandan jewelry made from recycled paper; Melaleuca, a producer of more than 350 environmentally friendly products for the home and families; Green Mountain Glass, Inc. that uses processed glass to make commercial products such as landscape sand and mulch; and a whole lot more, including the WEUP van from 11:00 a.m.-1:00 p.m.!

Enjoy your day here on the Alabama A&M Campus – and improve your life and our world at the same time.
Pearl Fryar is not one that plotted greatness. He never dreamed that he, the son of a sharecropper, would one day be the vehicle that the poorest county in South Carolina hung their hopes. Nor did he ever guess that he would be the focus of admiration of governors, bank presidents, writers, artists, university and museum patrons, celebrities and countless everyday folks that make their way to his front steps. Nor did he envision that one day he would offer a scholarship to needy students or be asked to give the commencement address for Berkley University. No, Pearl Fryar did not see any of that happening, but it did.

His incredible road started with a desire to do something a little different. With a goal of capturing the Yard of the Month award, Pearl Fryar took a 15-minute lesson in topiary along with some discarded plants and embarked on a personal journey. He not only fed his passion to do something more than ordinary, but enabled many to share his vision.

The wonderland garden in Bishopville, South Carolina has been nurtured by Pearl for more than 20 years. In those years, his art and message has spread internationally. A 2005 documentary, created by film makers Scott Galloway and Brent Pierson, captured more than Pearl’s art, but also his wisdom and philosophical outlook. Always the optimist and the encourager, Pearl is able to reach the young, and even the disenfranchised, with his message.

He travels year round throughout the country to speak about his garden, but the subtler point, the one that has many people quietly wiping away a tear, is his message of rising above hardship, following your own passion and setting your sights on personal excellence with a sprinkling a peace and goodwill thrown in for good measure.

- Compliments of True North Snacks

Welcome to Huntsville & Alabama A&M University Mr. & Mrs. Fryar!
What you can expect to see & enjoy today…

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
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<tbody>
<tr>
<td>Pearl Fryer</td>
<td>11:30 a.m. - 12:30 p.m.</td>
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<tr>
<td>(Live Demos)</td>
<td>1:30 p.m. - 2:30 p.m.</td>
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<tr>
<td>Exhibitors</td>
<td>Wonderful exhibits featuring “green” products &amp; services</td>
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<td>WEUP Van</td>
<td>11:00 a.m. - 1:00 p.m. (Parking Lot)</td>
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<tr>
<td>Gardens</td>
<td>Container, faith, herb, raised bed, &amp; topiary</td>
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<td>Wildlife</td>
<td>Beekeeping &amp; ants busy at work</td>
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<tr>
<td>Kids Zone</td>
<td>Featuring Germ City, potting plants, exercises with Huntsville Hospital staff, &amp; other fun stuff!</td>
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<tr>
<td>Music</td>
<td>Alabama A&amp;M University Choir &amp; the Uptown Jazz Band</td>
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<tr>
<td>Prizes</td>
<td>Door prizes every 30 minutes</td>
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Alpha Kappa Alpha Sorority, Inc.

Environmental Stewardship and Sustainability

Gamma Mu Chapter of Alabama A&M University

PiNK goes GREEN

Brittany Carson- President  Dr. Elica M. Moss- Graduate Advisor  256-372-8219
Dollar General is a friend of the environment... its cardboard recycling program saves the equivalent of 3 million trees a year!
The Benefits of School Gardens

By Jerry Chenault, Urban Regional Extension Agent

Learn & Serve is a hands-on horticulture program that combines community service with project-based learning in horticulture. Funded by the Alabama Department of Education and the Lawrence County School System, it is implemented at the Alternative High School at the Judy Jester Learning Center in Moulton, Alabama. In this program, approximately 40 students commit two days a week to horticulture projects such as building raised bed gardens for senior centers, growing and selling vegetables, landscaping at schools, or pruning trees and shrubs. The results have been fairly substantial.

The Learn and Serve program has witnessed significant improvements in student grades, student behaviors, school attendance, graduation rates, and even student attitudes during the program’s three-year history. While students participate as a reward for good classroom behavior, they also get an opportunity to “give” rather than “take” from their community. Urban Regional Extension Agent Hayes Jackson has seen similar results with the Coosa Valley Youth Services horticulture program in Calhoun County.

Studies routinely show that school gardens improve academic achievement and self-esteem, promote healthier lifestyles, encourage community and social development, and even instill a sense of “place” in the participants. The National Environmental Education and Training Foundation (2000) reported that the environment, “from classroom to schoolyard to local nature centers and parks has been discovered by schools across the nation as a remarkably effective means to achieve our educational goals and to serve the needs of individual students.”

But why would all this be such a surprise to us? Gardening has been used as therapy for centuries! Dr. Benjamin Rush, a signer of the Declaration of Independence, documented improvements in the conditions of mentally ill patients in 1798 by only using horticulture therapy. Horticulture therapy was also used during World War II as well as for physical and occupational rehabilitation. Even in the 1980s, horticulture therapy proved to decrease the length of hospital stays and the need for medication, while making patients feel calm. Based on documented evidence, the question is not whether school gardens are beneficial, but could horticulture therapy be vastly underutilized?

Here’s what some students in the Learn and Serve program have to say.

**Codey Schepp:** “This program teaches you how to work! It’s shown me how to become a man…learn new things…and work. It’s good because you get a rhythm of working and it gives you work skills that’ll really help you when you get out of school. It has really helped me with my grades and my attendance because I get to go out and work with ‘Mr. B’ on Thursdays and Fridays. I had missed 30 days of school last year, and this year I’ve only missed 7 or 8. I’m doing good on my grades, doing all my work, and am about to pass the graduation test this Friday!”

**Jessica Hill:** “The activities we do seem to help keep me out of trouble. It has taught me a lot of things, such as how to plant and grow things, how to cut lumber and build things, etc. I enjoy coming out to do the Learn & Serve work and it has definitely affected my school attendance. My grades have improved tremendously! My attitude has really, really, changed a lot, and because I don’t want to get in trouble…because if we get in trouble we can’t come out here and experience things.”

**Julio Palacios:** “The Learn & Serve Program has mostly helped me with my attitude. It’s a reward to me, so it helps me not to argue over things with other people like I used to. It’s helped me a lot with team work, and it has made a lot of difference in my attendance. I’ve missed only 2 days since I started…it’s because I enjoy doing the things we do.”

*Consider starting a garden at your school today!*
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Facts About Recycling Glass

By Wendi Williams, Extension Communications Specialist

According to the United States Environmental Protection Agency (EPA), Americans generated 11.8 million tons of solid waste glass in 2009. However, only 26% of that glass was recovered and recycled. Most glass comes from food and alcoholic and non-alcoholic beverages, while the other percentage is collected from furniture, appliances, and electronics. The good news is that glass is 100% recyclable and 90% of that glass is used to make new glass containers (EPA, 2011).

All glass can be melted down and used over and over again to make various glass products. However, not all glass is the same. Some glass may contain materials or chemicals that are unsuitable for recycling and could cause imperfections in recycled products. Therefore, it’s wise to do some preliminary research and find out what type of glass the recycling center in your area collects.

Glass also comes in various colors for a reason. For example, brown glass absorbs more ultraviolet (UV) radiation from the sun or UV that is converted from other lighting sources, and it offers the best protection from harmful light. Green glass offers some protection, but not as much as brown glass. The most common glass color is clear for products that are not easily affected by light (Dobransky, 2011).

Recycling Glass Tips

Here are some tips for you to consider if you are serious about recycling glass.

- Call your county public works department or other glass recycling companies to find out what type of glass they recycle. You can also call 1-800-CLEANUP for state-by-state recycling facts.

- Glass containers should be rinsed and placed in a recycling bin without lids since lids are usually made of another material. Multi-colored or broken glass should be discarded. Also, avoid recycling glass from mirrors, windows, light bulbs, and ovenware.

- Some states have “bottle bills” or “container deposit laws” that require a minimum refundable deposit on beer, soft drinks, and other beverages to encourage a higher recycling rate among consumers. Unfortunately, Alabama does not have a bottle bill. The state of California does, however, and is expected to recycle a record 18 billion beverage containers this year. Other bottle bill states include Connecticut, Delaware, Hawaii, Iowa, Massachusetts, Maine, Michigan, New York, Oregon, and Vermont (CRI, 2010).

- Recycling glass projects can be done at home as well as on the job. This might be a project that an environmentally conscious employee or family member may want to undertake. Glass recycling containers can be placed in individual offices or at designated locations.

In closing, beverage containers make up 40-60% of litter and 80 percent of all containers sold in America (CRI, 2010). When melted down, recycled glass is more likely to become another glass product, making it an ideal and highly preferred waste to recycle in America and around the globe.

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RockTenn supplied the recycling bins for the Green Living Expo 2011!
When we think about water use and how we can conserve this natural resource, we immediately flash to the dripping tap, the toilet that runs, or the irrigation system that isn’t working quite right. Maybe we envision a neighbor’s automatic irrigation system that comes on when it is raining or the business down the street that waters the parking lot more than the landscape. But have you ever thought about how much water it takes to make a car, grow an apple, or produce your favorite hamburger?

According to GOOD Magazine it takes 37 gallons of water to process beans for a cup of coffee and 9 gallons of water for a cup of tea. It takes 31 gallons of water to produce a tossed salad and another 634 gallons of water just to make our favorite burger. For a juicy steak, it takes a whopping 1500 gallons of water! Apples and oranges require 18 and 13 gallons respectively just to grow one, and if you make apple jelly or orange marmalade out of them, add 9 more gallons. Soda uses 33 gallons of water to put 16 ounces of liquid in a can. And it takes 39,000 gallons of water to make a new car, which adds up to enough water to support a person’s water needs for a full year!

I am certainly not suggesting you forget coffee, quit eating meat, or walk to work everyday. But what I am suggesting is that you take steps to reduce your water footprint.

**How to Reduce your Water Footprint**

- Eat a salad and a small burger, or share a steak.
- Keep your car for more than one or two years.
- Check for water leaks.
- Make sure the toilet isn’t running. It’s been said that you can save water with low water toilets, but you can also install less expensive “fixes” so you don’t have to put in a new toilet. Put a brick or plastic bottle filled with sand and pebbles in your toilet tank or install an adjustable toilet flapper.
- Don’t let the water run when you brush your teeth.
- Wash only full loads of clothes. There are also cleaning aids that will allow you to wash colors and whites together without turning light-colored clothes pink.

What about outside water use? We actually use almost as much watering lawns, washing cars, filling pools and cleaning sidewalks as we do for household use. Try using drought resistant plants and grasses in the yard. Also, be sure to mulch all of the beds to reduce water use. Water the lawn only when it needs it and never during a drought. To tell if your lawn needs water, step on it and then move your foot. If the grass springs back, no water is needed. When you decide to water, water deeply but not frequently. Most lawns need one inch or less of water a week. Apply water on calm days in the early morning or late evening to reduce evaporation. Make sure the sprinkler is not watering your driveway or sidewalk (eartheasy, 2010).

If you want to be more involved in water conservation, build a rain barrel. Rain barrel Extension programs in Alabama saved more than 1 million gallons of water in 2010. Your local Alabama Cooperative Extension System office will be happy to provide information on building a rain barrel or may even have workshops available where you can actually do just that. An even more aggressive approach is the installation of a water collection tank (much larger than a rain barrel). A 1,000-gallon or larger water tank can be used for landscape or garden irrigation or even flushing your toilet. Just be sure to consult local health department codes prior to installation. In an average household of four, you can reduce your water consumption by 25% by connecting your toilet to a rainwater system. If you want to use the water in summer for your yard and your toilets in winter, be sure you have an outdoor connection in the system and you can turn off the water running to the toilet.

An aggressive approach to water conservation can reduce water consumption by 35%. Whether you put a bottle of pebbles in your toilet tank or install a 10,000-gallon rainwater collection system, your efforts will be appreciated by future generations.
The Alabama A&M University’s Department of Natural Resources and Environmental Sciences offers degree programs in Plant Science & Molecular Genetics; Environmental, Soil & Water Science; and Forestry, Ecology & Wildlife.

For more information contact:
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How’s Your Green Vocabulary?

By Wendi Williams, Extension Communications Specialist

Most of us are familiar with the acronyms we use to send text or e-mail messages or to chat online, but do you know what it means to be “green?” In other words, how’s your green vocabulary? Here are some common “green” terms to help you get started.

**Alternative energy**: Energy made from sources that do not deplete natural resources or cause harm to the environment.

**Bio-based product**: An agricultural product made from a renewable source such as a plant, animal, or marine materials.

**Biodiversity**: A variety or diversity of plant and animal life in one habitat or the world.

**Biomass**: Organic waste, including wood-based materials, agricultural crops, or gas from landfills that when used as a source of energy is considered to be renewable energy.

**Biosphere**: A place where organisms live on the earth’s surface and in the earth’s atmosphere.

**Climate change**: Another term used for global warming when greenhouse gases (carbon dioxide, methane, etcetera) raises a climate’s temperature.

**Compost**: Organic waste is derived from plants, rich in nutrients, and generally used to fertilize gardens or plants used for landscaping.

**Eco or environmentally friendly**: Products and services that reduce harmful impacts to the environment.

**Ecological footprint**: Impact we make on the environment as a result of using raw materials, modes of transportation, etcetera.

**Ecosystem**: An ecosystem is where organisms interact within a natural habitat or community that sustains life.

**Fair trade certification**: Ensures consumers that economic, social, and environmental standards were adhered to in the production of agricultural products.

**Fossil Fuel**: Fossil fuel is petroleum-based fuel such as gasoline, natural gas, oil.

**Green living**: Green living is developing a lifestyle that helps to preserve the environment and reduce our ecological footprints.

**Greenhouse effect**: Involves the trapping of heat in the atmosphere that warms the surface of the earth.

**Organic**: Products that are natural and free of pesticides or fertilizers.

**Natural fibers**: Certified organic fibers that are obtained from cotton, bamboo, or hemp.

**Recycling**: Processes that involve turning waste into new products.

**Renewable energy**: Energy from sources that are recurring or regenerated, including wind energy or hydro energy.

**Repurposing**: Refurbishing or cleaning a floor product, then reusing it in its current form that helps to extend its life.

**Sustainability**: Man’s ability to sustain and/or preserve current resources without compromising the needs of future generations.

**Waste-to-energy**: Burning waste to generate energy such as steam, heat, or electricity.

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Living Green as an Urban Teen

By Amanda Outlaw, Urban Regional Extension Agent

The newest buzz words are “living green” or “being eco-friendly.” But how can a teen do it with all of the commercials blasting from the media on your smart phone’s and on your favorite social networking site? The answer is simple enough, I think. Can you remember those famous and sometimes constant reminders from your parents to cut the lights off when you leave a room? Don’t open the refrigerator door until you know what you want to get from it. Don’t throw paper on the ground — put it in the recycling bin. Also, the reminders from the grocery store clerk, “Will that be paper or plastic?” Or do you have your own reusable bag that you keep in the car?

Living green or being eco-friendly is all about making choices and taking action to lead a healthier and more sustainable life. Teens can take the lead to live a life that is conscious of the effects that our wastefulness has on the earth. You can start small but remember, great changes are made in small deliberate steps. Every time advertisers tell us the latest and greatest smart phone will be released soon, do we just have to have it now or can we use the one we have for a little while longer?

Walking is a lost art to some teens. Jumping in the car to go two blocks seems quicker. But how about getting together with a friend to walk those two blocks? There are some great benefits from walking. One benefit is a healthier and fitter you. A second benefit, you can help reduce our dependence on fuel, which is going to be more expensive as we start planning spring breaks and summer vacations. A third benefit is reviving the lost art of face-to-face communication. Talking with friends and family as you take that walk will help you discover new insights into your relationship.

Being green is never all or nothing. We can start everyday by making smart or better choices. Change can be hard but when we look at the consequences of bad choices that affect our earth, change is a better choice we can live with. Just imagine the impact you can make if you start and challenge your friends to do the same. We are stronger together than we are standing alone.

The weather we have experienced in the last weeks and in prior years have come from the disruption of the climate. Tsunamis, Hurricane Katrina, and wildfires in the West have shown us that our green machine earth is breaking down. It’s not too late to do our part by acting more thoughtfully and consciously as individual teens. You might inspire your family, your friends, and school, especially when you charge your phone, MP3 player, or laptop with a solar charger.

Remember the five R’s when thinking and living green:

- **Reduce.** Ask yourself if you can use less water for showering or less plastic bags?
- **Reuse.** Can you reuse something instead or throwing it away? (Many organization reuse cell phones for soldiers in the military and for homeless shelters for women and men.
- **Rethink.** Do you really need a new flat screen television or a new cell phone?
- **Recycle.** Consider recycling paper, plastic, compact discs, computers, and other electronics.
- **Refuse.** Live with what you have instead of buying something new.

Teens can make an impact today by standing up and making being green a part of their everyday life.
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Spring has arrived with all its splendor and long anticipated wonders of new birth, green gardens, weather watches, and giggly brides with ambitious visions of June celebrations. But, with so much attention on the state of the economy, do young brides-to-be dare to dream dreams of fairy tale weddings? Weddings are increasingly becoming a primary budget consideration for families, and something all frugal parents have pondered. Research shows that the average cost for a wedding has escalated to a range between 25,000 to 30,000 dollars. And, this is the wedding alone, not factoring in the honeymoon get-away or the cost of the rings.

So what’s the solution when daughters can’t be disappointed on that big day when the family budget won’t accommodate the wedding planner’s estimate? Go Green! Yes, go green with your wedding, and don’t be confused by information that tells you that green has to be expensive.

Start by going green with greenery for your décor. Greenery is far less costly than cut flowers, and can provide a fresh neutral background for weddings. But if color is a must-have on the bride’s wedding list, choose flowers that are in season. Seasonal flowers are more affordable and easier to obtain locally, saving on the cost of shipping and handling that might be incurred with more exotic blooms.

Cutting down on paper is an eco-friendly gesture to save trees for more worthy benefits such as energy conservation resources. Keep invitations simple. A basic card with no enclosures can convey the message of the big event at a small cost. The lighter weight will also save on mailing expenses.

Think intimate, think small, and think location, location, location. Where the wedding is held can be a major consideration for an eco-friendly setting. Cutting down on travel with a centrally located venue can be a tremendous cost saving for you and your guests. Less travel means less fuel usage and more energy conservation for a big boost to the environment. An outdoor wedding is the ultimate eco-friendly setting providing cost free natural backdrops, fragrant fresh air, and free lighting that sets awesome moods from dawn until sunset and into the evening.

Go ahead and get sentimental. Family heirlooms for gowns and jewelry are sophisticated and spot on for going green. Every eco-conscious bride needs something old, something new, something borrowed, and something blue to recycle her way into earth-friendly promises to cherish. For the creatively gifted bride who sews, vintage gowns can be transformed into a whole new look for a more modern presentation at an affordable price. Remember, simple is the new chic that can make your wedding memorable, affordable, and forever green.
On-Site Exhibitors 2011

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The Alabama Cooperative Extension System recognizes that much of the outreach we conduct for residents across the state of Alabama would not be possible without our partners and sponsors. We understand that with the many environmental challenges facing the world today, it takes businesses, organizations, educational institutions, and individuals to sustain our environment and to monitor the ecological footprints we leave behind. So, we extend a special thank you for your sponsorship!

In addition, we would like to thank our exhibitors, Mr. and Mrs. Pearl Fryar, Albert’s Flowers & Morris Greenhouses, Extension staff, Bruce Dupree (cover photo), volunteers, and to all Green Living Expo participants for helping to make this event a success and for helping to keep our communities environmentally strong!

The articles in this booklet can also be found online at www.aces.edu/urban/metronews. Thanks to all contributing authors as well!

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