



**Urban Affairs & New Nontraditional Programs**

**July-September 2017  
Volume 16, No. 4**

**The Heart of a Grandparent**

By Donna Gullatte, Regional Extension Agent

The love of a grandparent is a special kind of love. Grandparents are usually the ones who say, “Yes!” when your parents say, “No!”

Grandparents give special hugs and there are special things that you can only do with them if you are lucky enough to still have your grandparents around. And, it’s a special day when you go to grandpa and grandma’s house because it’s not only a place of love, but a place of safety and special memories.

So, what happens when a child can no longer live in the comfort of their own home with their parents, or when their lives are turned upside down as a result of unforeseen circumstances? Grandparents are often there to pick up the pieces of a child’s life and to take on those added responsibilities they may have thought were long gone.

According to the 2010 census, there are nearly 8 million children living in households ran by grandparents or other relatives. An estimated 6 million reside with grandparents and the other 2 million live with other relatives. In Alabama, there are more than 148,000 children living with grandparents or other relatives and that number has risen since 2010. Many of these children arrive on the front steps of a relative’s home as a result of:

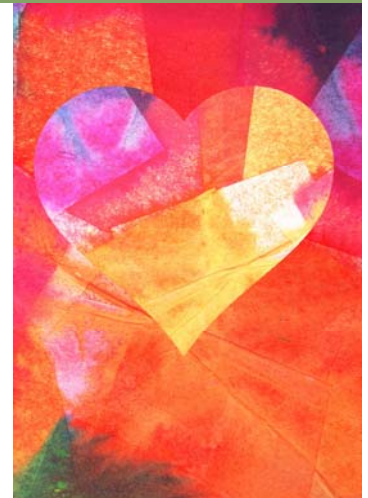
- Divorce
- Incarceration
- Abandonment or neglect or a parent may not want a child to live with them
- Sexual assault against their own or perhaps another child or there is evidence of another type of abuse

- Mental disability or illness that is either terminal or renders one or both parents incapable of rearing a child
- Drug or substance abuse

The Alabama Cooperative Extension System, through the Urban Affairs and New Nontraditional Programs unit, offers the Grandparents and Relatives as Parents Program, otherwise known as Grand RAPP. Grand RAPP provides assistance through program support groups and educational opportunities that prepare parents, grandparents, and relatives to develop parenting skills for traditional and nontraditional parenting roles. Specifically, Grand RAPP focuses on developing stronger parent-child relationships, managing stress, developing coping strategies, recognizing signs of drug use and other risky behavior, and identifying helpful local, state, and national resources.

The Grand RAPP support group in Jackson County, Alabama demonstrates this kind of love every month as it meets monthly at the Care Assurance System for the Aging and Homebound (CASA) office. The group meets regularly to offer support to one another throughout the good and the bad times of their lives. Some members even volunteer their time at CASA by helping others. I guess you could say that grandparents have a “heart” for giving because of the love they demonstrate for their families despite the difficulties they sometimes encounter.

*(Continued on page 6)*



**More than 8 million children in the United States now live in the home of grandparents or other relatives.**



Like us on Facebook  
[ACESUrbanAffairsUnit](https://www.facebook.com/ACESUrbanAffairsUnit)



Follow us on Twitter  
[ACESUrbanAffairs](https://twitter.com/ACESUrbanAffairs)

**WHY NOT SUBSCRIBE TO METRO NEWS TO MAKE SURE YOU DON'T MISS A SINGLE ISSUE!**  
CLICK SUBSCRIBE/FEEDBACK BUTTON AT [WWW.ACES.EDU/URBAN/METRONEWS](http://WWW.ACES.EDU/URBAN/METRONEWS)

## The Many Facets of HIV/AIDS 2017

By Wendi A. Williams, Editor & HIV/AIDS Prevention Educator

*I have written several articles about HIV/AIDS over the years and I still remain committed to the fight against HIV/AIDS worldwide. Therefore, it only seems befitting to end the 16-year run of this newsletter with an updated excerpt of one of my most widely read articles on this disease. You can find the entire article online at [www.aces.edu/urban/metronews](http://www.aces.edu/urban/metronews).*



In 1999, researchers from the University of Alabama found a strain of SIV that was almost identical to HIV in humans.

On June 5, 1981, more than 36 years ago, the Centers for Disease Control and Prevention (CDC) issued its first public warning about a rare form of pneumonia (*Pneumocystis carinii*) that was found among a group of gay men living in Los Angeles. Similar cases emerged in New York and San Francisco. This rare pneumonia was later determined to be an AIDS-related illness or opportunistic infection (*MMWR*, June 2001). Other opportunistic infections that were common during that time included Kaposi's sarcoma, a type of cancer, and the fungus *Candida*. The sudden disease outbreaks marked the start of the AIDS epidemic in the United States (US). As of February 2017, the CDC reported that more than 1.2 million people are currently living with HIV in the US, and that 15% or 1 in 7 people in this country are still unaware of their HIV status.

### What is HIV/AIDS?

HIV stands for the *human immunodeficiency virus*, which belongs to the lentivirus family. *Lenti* is the Latin word meaning "slow." Viruses that belong to this genus are *slow* to develop and remain in a long state of incubation, which is a common characteristic of HIV (Lentivirus, 2017).

HIV leads to *acquired immunodeficiency syndrome* (AIDS) by destroying the human body's immune system, namely the CD4 cells (T-cells) that help to fight off infections. When someone is HIV-positive, it means that HIV antibodies are present in their system. Antibodies are proteins produced by the immune system to identify and fight germs or infections. However, the presence of HIV antibodies does not mean that an individual has AIDS. A person can carry the virus for years and still have the ability to infect others although they look healthy.

### How do you get HIV?

HIV is transmitted through the bodily fluids of an individual carrying the virus. These bodily fluids are blood, breast milk, rectal (anal) mucous, semen, and vaginal and pre-seminal fluids (HIV.gov, 2017). HIV can be transmitted in the following ways:

- Through the exchange or intake of blood, semen, pre-seminal, rectal, and vaginal fluids usually while having vaginal, anal, or oral sex with someone who is HIV-positive. Sex is the most common mode of HIV transmission.
- By sharing tainted needles or syringes, rinse water, or other equipment (works) used for injection drug use, tattooing or body piercings with someone who is HIV-positive.  
**Note:** HIV can live in a used needle for as long as 42 days depending on the temperature and other environmental factors (HIV.gov, 2015).
- Through mother-to-child (perinatal) transmission when a HIV-positive woman transmits the virus to her fetus during pregnancy, labor, delivery, or to her baby while breast-feeding. However, HIV treatment during pregnancy can help to reduce perinatal transmission.
- Through infected blood from a blood transfusion or organ transplant, although these cases are rare.
- Eating food that has been pre-chewed by an infected person's blood. Such cases have been reported among infants.
- Being severely bitten (extensive tissue damage) by someone who is HIV-positive.
- Through broken skin, wounds, or mucous membranes and HIV-infected blood or blood-contaminated bodily fluids.
- Deep kissing if partners have sores or bleeding gums and infected blood gets into the blood stream.

**Note:** Beware of other bodily fluids that may contain substantial amounts of blood, such as saliva, feces, nasal fluid, sweat, tears, urine, or vomit. Health care professionals should also be careful when handling fluid surrounding the brain, spinal cord, bone joints, or the amniotic fluid surrounding an unborn baby (HIV.gov, 2017).

(Continued on page 7)



HIV/AIDS remains the number one cause of death in Africa.

## Career Planning: *If I knew then, what I know now*

By Elizabeth J. Phillips, Regional Extension Agent

Nothing can match the excitement and anticipation of new graduates' hope for their futures. With educational obligations behind them, high school or college graduates begin the search for the perfect job to catapult them into their anticipated life-long career paths. Some find their way quickly while others awake to an economic reality that does not match their dreams. Still other graduates settle for unrelated jobs in retail or other service sectors or question their academic choices. *Where are the jobs? Is it me, or are others experiencing this same challenge?*

What can make the difference between educational preparation and success in the workplace? The answer is *research*, which should begin in middle school. Parents may assume that schools offer adequate career planning resources. Many school systems do offer career assessment and planning services, but can parents be sure that students are internalizing the information and applying it in their lives? Not necessarily, but they can take proactive positions by regularly researching careers and communicating with children about their ultimate career goals and interests. When parents involve themselves in their sons and daughters career planning formative years, they give their children one of the greatest, most empowering gifts.

An initial probe of workplace trends is essential in steering toward a successful life after schooling for those students entering middle school and the parents who support them. Delaying this research leaves students aimlessly wandering into academic choices in high school, and later in community colleges, training programs, or universities. There is probably nothing more discouraging than investing time, money, and intellectual effort in a program of study or training only to find that students are not interested, are ill-suited, or are not well-matched to a profession they chose. Parents do not welcome a "change in major" or a decision to quit a training program from the young adults in their care. Such changes are costly and also frustrate students who may interpret their mismatched fit to a specific academic major, occupation, or profession as a personal failure. How many students graduate high schools and colleges each year never having researched and evaluated the job market? It is sobering to talk to new graduates to learn that many, if not most, did not do remedial research on the state of the market, job trends, and especially jobs that are on the decline in America.

### The Two-Step Process

Two key initial steps should be part of career planning strategies. First, assess interests and skills. Typical career assessments align personal characteristics, interests, and traits with existing occupational groups, and even job titles to suggest a likely fit between an individual and his or her place on the career ladder. The second step in the initial career planning process should include the study of identified occupations and professions for basic explanations of what a particular job entails, the minimum education or training required to enter the field, and even a review of the average salaries. Such information can be obtained from the website of the United State Department of Labor (DOL) at [www.dol.gov](http://www.dol.gov).

The DOL's Careerinfonet.org site provides a Career Resource Library section with links to assessment guides along with free online assessments and tests. The Occupational Information Network, also called O\*NET OnLine ([www.onetonline.org/](http://www.onetonline.org/)), is another DOL resource that offers career exploration and job analysis tools. Or parents and students can visit the United States Bureau of Labor Statistics at [www.bls.gov](http://www.bls.gov) to find additional resources such as the Occupational Outlook Handbook at [www.bls.gov/ooh/](http://www.bls.gov/ooh/).

As parents or guardians, it's important that you periodically reassess career interests with your children. It is not unusual that interests change over time. However, staying attuned to the potential best possible matches between what students want to be when they grow up, and the realities of the world of work, can mean the difference between failure to launch, and maximizing their full potential as adults.

While middle school is an ideal time to begin the career planning process, it is never too late to begin. This personalized career assessment and planning process can prove valuable throughout high school, college, or in later life if a mid-career change becomes a goal. The success of this process is the same at all stages of a career. Do your homework by conducting your own personal assessment and career research. Know the job market or possibly risk settling for far less than you deserve.



Career assessments should begin in middle school.



Explore career interests routinely since interests or job market options may change.





Fire ants belong to the genus *Solenopsis*, which are also known as *stinging ants*.

## Fighting Fire Ants

By Allyson Shabel, Regional Extension Agent

Fire ants are at the top of the list of bugs we love to hate. Their bites can be quite painful and fatal to people, livestock, and pets. They are capable of damaging lawn equipment, invading buildings and patios, and damaging electrical wiring systems. Overall, they cost the United States \$6 billion annually, which includes treatment and prevention costs.

With the advent of spring, fire ants wake up and begin a new year of reproduction and colony expansion. As the colony matures, their trademark mounds grow upward. In peak production, the queen will lay up to 1,000 eggs per day. The workers spend the warm summer days foraging for foods, and are known for their aggressive behavior. So how can we deal with a fire ant infestation?

### How to Get Rid of Fire Ants

Alabama Cooperative Extension System (ACES) specialists recommend a two-step method to deter fire ants from invading your property. The first step is to look for a product that is called broadcast bait. A bait product consists of a chemical dissolved into a food source. These baits are spread evenly over the entire infested area. Ants will pick up the bait and take it back to the nest, where they eventually find their way to the queen. The colony will be destroyed once the queen is killed.

For a bait to work it must be applied when the soil temp is above 60 degrees. This is when the ants begin to forage. It must also stay dry for 12 hours after the bait is applied, so check the forecast before using these products. Make sure the bait has a clean nutty smell. Fire ant products do not have an expiration date, but old or rancid products will not work. By broadcasting a bait product once or twice per year, you can reduce the fire ant population by about 80%. Broadcasting bait around the perimeter of vegetable gardens or raised beds will help reduce infestations in gardens with edible crops.

The second preventive step is to use individual mound treatments as needed throughout the summer. These products come in the form of dusts, drenches, baits, or granules, and should always be applied according to label directions. Mounds should be treated mid-day in cold months and early in the morning during summer months. Over applying mound treatment products, however, can result in the colony relocating to another area on the property. If using a drench product, it is recommended to mix up two gallons of chemical to apply to the mound. The selection of products you can safely use in vegetable gardens is very limited.

### Where to go for Help

Fire ants can be a nuisance for the whole family, but with a little work they are easily kept away. For a complete listing of treatment costs and products available in stores, download the ACES fact sheet *2017 Fire Ant Control Materials for Alabama Homeowners, A/ ANR-0175-A* at <http://www.aces.edu/pubs/docs/A/ANR-0175-A/ANR-0175-A.pdf> or visit <https://articles.extension.org/fire+ants> for more information.



Fire ant queens are usually the largest in the ant colony.

You can also contact your county Alabama Cooperative Extension System office (blue pages of the phone book) for more information.

## Alternative Pet Treatments for Fleas and Ticks

By Robert Spencer, Regional Extension Specialist

The warm temperatures of summer allow fleas and ticks to thrive, populate, and become a nuisance for your dogs, cats, and you. These pests transmit diseases and can bite and infest your animals, carpeting, and bedding, thus creating health concerns for all family members.

Fleas have an average life cycle of 14 days and a female can lay up to 30 eggs a day. Ticks also have life and reproductive cycles. So, by utilizing any treatment you are simply trying to break the life and reproductive cycles of these insects. While there are many forms of treatment, the best methods are to take preventive measures, including natural or organic alternatives.

### Prior to administering any treatment (manufactured or organic):

- Read all direction and warning labels.
- Consider doing a test treatment in a small area with brief observation to make sure there is no skin reaction.
- Consider wearing latex or nitrile gloves when washing or treating your pet so your skin does not become dried out or irritated from frequent use.
- If any type of skin irritation becomes obvious rinse several times and consult with your appropriate veterinarian or family doctor.
- Assess how tolerant your pet is to getting a bath. Hopefully, they adapted at a young age. Dogs rather than cats will likely be more tolerant of getting wet.

### The following are some suggestions for natural or organic forms of flea and tick prevention and treatment.

- Wash your pets using a mild liquid dish soap or dog shampoo that is free of dyes and perfumes. Not only is this likely to kill or wash away most if not all fleas on your pet, it will wash away flea eggs from your pet's skin and fur. Since this is for mild infestations, you may have to wash your pet weekly or biweekly.
- Repel fleas and ticks by lightly applying a diluted mixture of citrus and water or apple cider and water to your pet's fur several times a week. Mix equal parts of citrus juice or apple cider vinegar with water. Either mixture can be applied utilizing a cloth dampened with the mixture or a spray bottle holding the mixture. Do not allow this mixture to get in pet's eyes.
- Add brewer's yeast to your pet's food. This can be done daily or every other day. As brewer's yeast is absorbed into the animals' body it is excreted through the pores and repels nuisance pests (that means it has an odor). Be sure to consult with your veterinarian before initiating this treatment to determine if it's appropriate based on breed, weight, and age of your animal.
- Prepare a dip (bath), wash, or spray using rosemary, lavender, or other essential oil diluted with water. Fleas and ticks do not like these types of fragrances; therefore, the odor acts as a repellent.
- Make sure there is no evidence of skin reaction when using these products. If sprayed or wiped on the animal's outer fur, it will need to be massaged into the fur to be more effective. You may choose to wear gloves if this process is done frequently.

As stated earlier in this article, there is no scientific evidence these practices are effective, but they serve as alternative treatments for those who prefer to avoid using chemical treatments. Chemical treatments in the form of dips, applications, and collars are known, however, to be quite effective.



**Ticks feed on the blood of mammals, including humans, birds, and reptiles and amphibians on occasion.**



*Fleas are wingless-flightless insects that also feed on the blood of their hosts.*

## *The Heart of a Grandparent* (continued from page 1)

It takes special people to offer a home to children that are not their own... that's what makes grandparents and other relatives that care for children in their families extra special. Here is a poem that captures the "heart of a grandparents raising grandchildren."



### **A Tribute to Grandparents Raising their Grandchildren**

We would like to celebrate you for all you've done  
 For caring for your granddaughter and your grandson  
 You took on this awesome task that no one else could do,  
 Because no one loves and cares for your grandchild quite like you.

You had the courage to start all over again  
 Raising your grandchildren at an age when  
 You thought you might retire, travel and rest  
 But the children needed caregivers, and they needed the best.

Some came to you in pampers® and most in tears  
 Needing nurturing and someone who cares.  
 Others came as toddlers, exploring the world on the run  
 You couldn't believe this happened – after you thought that you were done.

Still others came at school age, when they needed guidance and direction  
 Science may have you baffled but you are great at giving affection.  
 And some of you have teenagers, oh my, what can I say.  
 Just keep reminding yourself that they won't stay this way.

We know it has not been easy – often quite a heavy load  
 And there have been many bumps along the road.  
 You've been misunderstood, labeled and denied the services you need  
 Often criticized and not recognized for your labor or your good deed.

But we are here to honor you who have done so much  
 To change the lives of children with your special touch.  
 We thank you grandparents: we thank you once, we thank you twice  
 And know you are appreciated for the rest of your life.

Thank you, grandparents.

© by Rolanda Pyle (Granted permission to reprint by author.)

## The Many Facets of HIV/AIDS

(continued from page 2)

### HIV/AIDS in the United States

In the United States, the CDC estimates that approximately 700,000 Americans have died as the result of AIDS-related illnesses, and as many as 1.1 million people are currently living with HIV. On average, an estimated 40,040 people are now diagnosed with HIV annually compared to 56,000 less than a decade ago.

In the early 1980s, HIV was more prominent among white gay males; however, there has been a steady increase in the number of cases among racial and ethnic populations, as well as among gay and bisexual men, and *other* men who have sex with men that may not classify themselves as being gay or bisexual. For example, in 2015, African-American women accounted for 60% of all new infections of HIV among women compared to 19% among white women and 16% among Hispanic women. Between 2010 and 2015, the rate of new HIV infections increased among American Indians/Alaskan Natives and Asians increased while the rates for African Americans, Hispanics/Latinos, Native Hawaiians/Pacific Islanders, whites, and persons of multiple races decreased overall. And of all new HIV infections in 2015, 44.3% occurred among African Americans compared to 16.4% among Hispanics, 14.1% among Native Hawaiians/Other Pacific Islanders, 12.2% among persons of multiple races, 8.8% among American Indians/Alaska Natives, 5.5% among Asians, and 5.3% for whites (CDC, 2015). In 2015, 58% of new HIV diagnoses among African Americans were attributed to male-to-male sexual contact and 34% were attributable to heterosexual sex.

Furthermore, among the HIV cases that advanced to Stage 3 AIDS, 21.8% occurred among African-Americans, 9.4% among persons of multiple races, 6.8% among Hispanics, 4.1% among American Indians/Alaska Natives, 3.9% among Native Hawaiians/Pacific Islanders, 2.4% among whites, and 1.9% among Asians (CDC, 2015).

Also in 2015, 70% of all HIV infections were attributed to male-to-male sexual contact *and injection drug use*, while 24% occurred among heterosexual contact. Therefore, sex remains the primary mode of HIV transmission (CDC, 2015).

### HIV/AIDS in the South

According to the CDC's 2015 *HIV Surveillance Report*, the South (Alabama, Arkansas, Delaware, District of Columbia, Florida, Georgia, Kentucky, Louisiana, Maryland, Mississippi, North Carolina, Oklahoma, South Carolina, Tennessee, Texas, Virginia, and West Virginia) continues to have the greatest number of people living with HIV/AIDS at 16.8% compared to 11.6% in the Northeast (Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, and Vermont), 9.8% in the West (Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington, and Wyoming), and 7.6% in the Midwest (Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, and Wisconsin).

Unfortunately, in rural areas, it is not uncommon to find a high concentration of new HIV cases. The virus is globally prominent among cultures or communities with high joblessness, substance abuse, teenage pregnancy, sexually transmitted diseases, poverty, and limited access to healthcare and prevention education.

Since 1982, the Alabama Department of Public Health (ADPH) has conducted HIV and AIDS case surveillance on all patients diagnosed with HIV in Alabama. Confidential, name-based reporting began in 1987 when the Alabama Notifiable Disease Laws were amended requiring all facilities, private and public, including laboratories and hospitals, to report all HIV cases. Since 2011 all positive HIV tests, CD4 test results along viral loads became reportable to ADPH under Alabama Public Health Law. Therefore between 1982 and March 2017, an estimated total of 20,499 cases of HIV infection among Alabama residents have been reported to ADPH. A breakdown of these cases by race and ethnicity is as follows:

Race/Ethnicity	Cumulative HIV in Alabama
African American	13,179 (64.3%)
Hispanic	386 (1.9%)
Multiraces	591 (2.8%)
Unknown	135 (0.7%)
White	6,208 (30.3%)

### Safe Health Practices

The only way to tell if you have HIV is by being tested. A person living with HIV is diagnosed by a physician as having AIDS when they have one or more "opportunistic infections" associated with an impaired immune system, or when there is evidence their immune system is "depressed" by a diminished supply of CD4 cells in their blood. A person who is diagnosed as being HIV-positive has undergone an antibody test to confirm they are infected with the virus.

To avoid being infected, it's important to make smart decisions. Alcohol and drugs greatly impair the decision-making process. Get tested regularly for HIV regardless of your marital status, age, sexual orientation, or socioeconomic background since everyone is vulnerable to HIV/AIDS. In the state of Alabama, you can get tested for sexually transmitted diseases at the age of 12, which includes HIV screenings.

### Where to Go for Help in Alabama

If you do not have a physician and/or cannot afford medical care, then contact your local county public health department, an AIDS service organization (ASO), or call the Alabama AIDS Hotline in Montgomery at 1.800.228.0469. An AIDS service organization is just as its name implies. It is an organization that provides HIV/AIDS services such as counselling, screening, shelter, or medical treatment for individuals and families that are affected by HIV and AIDS. You can also find the nearest ASO by typing in your city, state, and/or zip code at <https://www.hiv.gov/>.



# Metro News... *Making Extension Connections*

**Metro News** will become a news blog starting in October 2017. This is the final newsletter in this format. We hope you will continue reading and contributing to *Metro News* in the years ahead!

Look for us on Alabama Extension's Urban Affairs and New Nontraditional Programs Facebook page at <https://www.facebook.com/ACESUrbanAffairsUnit/>.

---

## Contributors

**Donna Gullatte, Regional Extension Agent, Madison County Extension Office**

**Elizabeth J. Phillips, Regional Extension Agent, Mobile County Extension Office**

**Allyson Shabel, Regional Extension Agent, Lauderdale County Extension Office**

**Robert Spencer, Regional Extension Specialist, Alabama Agricultural and Mechanical University**

**Wendi A. Williams, Editor & HIV/AIDS Prevention Educator, Alabama Agricultural and Mechanical University**

## **Metro News Editorial Team - Alabama A&M University**

**Julio Correa, PhD, Associate Professor & Extension Animal Scientist**

**Wendi A. Williams, MS, Editor & Extension Communications Specialist (Newsletter Design)**

**Photos:** Tissue heart by Samantha Hahn, Flickr at <https://www.flickr.com/photos/samanthahahn/5435125798/>; Jackson County Grandparents, Courtesy of Donna Gullatte; <https://commons.wikimedia.org/wiki/>; HIV by imgarcade.com at <https://aids-hiv.wikispaces.com/home>; Red Ribbon by hernán, Flickr at <https://www.flickr.com/photos/freizeit/3073488376/>; Youth career guide program, US Army at [http://shs-business-massa.wikispaces.com](https://www.flickr.com/photos/familymwr/4903133377/Your future at http://shs-business-massa.wikispaces.com); Fire ants by Scott Bauer, Wiki at [https://commons.wikimedia.org/wiki/File:Fire\\_ants02.jpg](https://commons.wikimedia.org/wiki/File:Fire_ants02.jpg); Fire ant queen, worker, and male by S. E. Thorpe, Wiki-Public domain at <https://commons.wikimedia.org/wiki/File:Solenopsis.jpg>; [File:Ctenocephalides\\_felis\\_ZSM.jpg](https://commons.wikimedia.org/wiki/File:Ctenocephalides_felis_ZSM.jpg); and *Amblyomma americanum* tick by James Gathany at [https://commons.wikimedia.org/wiki/File:Amblyomma\\_americanum\\_tick\\_2.jpg](https://commons.wikimedia.org/wiki/File:Amblyomma_americanum_tick_2.jpg)

Please visit us online at [www.aces.edu/urban/metronews](http://www.aces.edu/urban/metronews). *The online HTML version of this publication contains a complete listing of article references.* For inquiries, please contact the editor at 256-372-4953 or [williw1@aces.edu](mailto:williw1@aces.edu).

The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) is an equal opportunity educator and employer. Everyone is welcome!

