Summer is here! With temperatures in the 90’s, it has felt as though summer has been here for a while! This season the Extension Center is hopping! We are having 4-H summer adventures activities and have planned 24 activities for youth. The kids have been having lots of fun so far!

June was a really busy month for all of us. Randy had classes on Bee Diseases; Fresh Produce Safety, and Pesticide Recertification. The classes were well-attended and there was a great deal of interest in bees.

Eve was busy finishing up SNAP-ED nutrition classes at RES and RHS. She also was a chaperone for the Costa Rica Eco-Study Tour. We are all jealous because Eve gets selected - just because she speaks Spanish! The trip is a great experience for the kids. It changes their lives and how they view the world.

Pam has been working on summer activities. Kids loved the Horse Camp led by Annette Ensley. Bay Snyder led the Wild West Day Camp for 4-H. Kids learned a lot about cowboys, pioneers, Native Americans, and the desert. One child went to Marine Science Camp. Two learned business etiquette and two gave presentations at District Activity Day. Whew! There’s still six weeks until school starts!

I have been trying to keep up with county and state budgets. Unfortunately, it looks as though Extension will have large cuts at both the state and county levels this year. Please advocate for us. When you see a county commissioner, please tell them how Cooperative Extension and 4-H has made a difference in the lives of your family.

On a brighter note, Extension was awarded funding from Golden LEAF to renovate space in the Smith Howell Building for a teaching kitchen and meeting space. Our staff feels as though Christmas has come early this year. We are very excited! The county manager hopes the building will be completed in December and we can move in January. That’s a great way to begin a new year!

With all these activities, we are still here to serve the citizens of Graham County. If you have any questions on gardening, landscaping, or food preservation, please call us at 479-7979.

Our staff hopes your family has a wonderful summer!

Teresa Garland
County Extension Director

Randy Collins
Extension Agent
Agriculture

Eve Rogers
Extension Agent
Family & Consumer Science
SAVING ENERGY AND MONEY AT HOME WHILE ON VACATION

Before leaving town for extended periods of time, take some basic, small steps to save money and energy at home, including:

- Turn down your water heater to "vacation mode." Because water heating can account for 14%-25% of the energy consumed in your home and a large percentage of the cost of running a water heater is due to the "stand by" losses, this is probably the easiest and most cost effective money- and energy-saving tip.
- Set your programmable thermostat at a higher temperature than usual.
- Unplug "energy vampires," electronic appliances that even when turned off utilize a small amount of electricity, called phantom loads, including coffee maker and grinder, GPS, headset chargers, laptop computer, TV, rechargeable toothbrush, and a printer. Americans waste approximately one month’s electricity bill each year on vampire energy.
- Keep window shades drawn to help keep the house cool from the afternoon sun.
- Making sure all lights are turned off. For lights on a security timer, use CFLs, which have about 75% energy savings.

It’s always nice reviewing the month’s utility bill and realizing how easy it was to save energy and money at home while on vacation.

Source: Saving Energy and Money at Home while on Vacation by Chris Stewart US Dept. of Energy

COUNTY ACTIVITY DAY

County Activity Day was great. Judges listened to some great 4-H presentations, everyone had cake, and all the presenters received an award.

Here is a list of presenters:
Ellie Brittain—The Holocaust
Lindsay Brittain—Incredible Edible Egg
Josh Jiang—Python Computer Coding
Rebekah Millsaps—Careers
Joey Muehlhausen — Dinosaurs

RECIPE OF THE MONTH

Banana-Blueberry Buttermilk Bread

- ¾ cup nonfat or low-fat buttermilk
- ¾ cup packed light brown sugar
- ½ cup canola oil
- 2 large eggs
- 1 cup mashed ripe bananas (about 3 medium)
- 1 ¼ cups whole-wheat pastry flour
- 1 cup all-purpose flour
- 1 ½ teaspoons baking powder
- ½ teaspoon ground cinnamon
- ½ teaspoon baking soda
- ½ teaspoon salt
- ¼ teaspoon ground nutmeg
- 1 ¼ cups blueberries, fresh or frozen

1. Preheat oven to 375°F. Coat a 9-by-5-inch loaf pan with cooking spray.
2. Whisk buttermilk, brown sugar, oil and eggs in a large bowl. Stir in mashed bananas.
3. Whisk whole-wheat pastry flour, all-purpose flour, baking powder, cinnamon, baking soda, salt and nutmeg in a medium bowl.
4. Fold the dry ingredients into the wet ingredients and stir until just combined. Fold in blueberries. Transfer the batter to the prepared pan.
5. Bake until the top is golden brown and a wooden skewer inserted in the center comes out clean, 50 to 60 minutes. Cool in the pan for 10 minutes, then turn out onto a wire rack. Let cool for about 2 hours before slicing.
District and State Presentations

4-H'ers practiced speeches earlier this month to get ready for the district and state Presentations which are coming up soon!! District Activity Day was June 23. Josh Jiang and Ellie Brittain both won silver medals. Jean-Luc Rivera, West District 4-H President, did a great job as MC.

State Presentation Day is July 21 - during NC 4-H Congress!!

4-H HORSE DAY CAMP

YOUTH HORSE DAY CLINIC

July 16 (ages 6-11)
July 23 (ages 12-18)
9:00-4:00
Double 00 Farm
Cost: $25.00

Wear t-shirts, pants, closed toed shoes (heeled or tennis)
Lunch: Pack your own lunch, snack and drinks. Pre-registration is required—Call Annette at 736-4848
Joyce Kilmer Memorial Forest
75th Anniversary Celebration
July 30, 2011
This very special celebration will be held at Rattler Ford Campground and will last all day. There are many events scheduled during the celebration, which will include: 5k and 10k races, Cheoah Ranger District Homecoming, Dedication Ceremony, Food and Refreshments, and much more.

PAM’S PERSPECTIVE
We've hit the floor running this summer! School let out on the 10th and we had our 4-H Horse Day Camp on the 14th. Annette and Carroll Ensley of the Double Ought Farm hosted our program, eight 4-H’ers participated; they had a wonderful time and were not ready to leave when time was up. 4-H’ers learned basic horse care, saddling and riding techniques. Annette will be doing classes this summer for young people, I encourage anyone who has a child that loves horses to sign up for these programs, they are wonderful!

Our next program was on the 16th, Bay Snyder led the Wild West Day Camp, 4-H’ers learned about life in the "Old West". Participants were able to ride horses, thanks to Adam and Cody Patterson for the treat. They played games and ate food like they would have had in the "Old West".

I visited the summer program at the Kid’s Kastle, we did hand washing and hygiene. We also have the raised beds started. Kristen Shuler, Randy Collins, Jonathan and Garrett Holder, Carden Collins and myself worked on this project on June 10th. We would like to thank Rick Parham, Farm Bureau Insurance, Jean Taylor, Graham County Elementary School and the Graham County Health Department for helping us make this project possible. Youth will learn gardening skills and nutrition with this project and have a wonderful salad when our crop comes in.

Josh Jiang and Ellie Brittian participated in the District Activity Day on June 23rd. We are very proud of these 4-H’ers.

Our last outing for the month was Santa’s Land on the 28th. Everyone had a great time. I hope to see you soon, stay safe!

FREEZER JAM
August 30  5:00
Methodist Church
Learn how to turn your favorite fruit into a delicious preserve.
Cost: $5.00

If you have any food preservation questions, call the Graham County Cooperative Extension Center at 479-7979.

The Ball Blue Book is a wonderful guide to preserving!
**IMPORTANT DATES TO REMEMBER**

### 4-H
- **July 4-6**: 4-H Exchange—Yancey County
- **July 7**: WILD Day Camp
- **July 11-13**: Electric Congress
- **July 12**: Holiday Crafts
- **July 15**: Planetarium Trip
- **July 16**: Youth Horse Day Camp—Ages 6-11
- **July 17-21**: 4-H Congress
- **July 19**: Candy Making
- **July 22**: Joyce Kilmer Hike
- **July 23**: Youth Horse Day Camp—Ages 12-18
- **July 27**: Cherokee Challenge
- **July 28**: Clay Day
- **July 28**: Gem Mining
- **July 29**: Hike to Falls Branch

### AGRICULTURE
- **July 7**: Composting Workshop
- **July 19**: Hay Field Day
- **July 22-24**: 25th Annual Wild Herb Weekend

### FAMILY & CONSUMER SCIENCES
- **August 9**: Canning Tomatoes
- **August 16**: Drying and Freezing Foods
- **August 30**: Freezer Jam

### COMMUNITY DEVELOPMENT
- **July 1-2**: Heritage Festival
- **July 30**: Joyce Kilmer Memorial Forest Celebration

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**25th Annual Wild Herb Weekend**

**July 22-24, 2011**

**Valle Crucis, NC**

The NC Herb Association’s Wild Herb Weekend is coming up soon. This is an amazing weekend in the beautiful high mountain location of Valle Crucis, NC. Our speakers this year include Kathleen Maier, well-known herbalist and director of Sacred Plants Traditions in Charlottesville, VA; Sunshine Brosi, ethnobotanist from Frostburg State University; Alan Muskat, comedian and wild mushroom expert; and many more. There will be something for everyone at this intimate, little conference. Whether you grow herbs for a hobby, use herbs for healing, or want to start a commercial herb operation, you will find many interesting sessions and hands-on workshops and plant walks to participate in. Space is limited, so register soon. Detailed information available at [http://ncherbassociation.com/](http://ncherbassociation.com/).

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If you are interested in any of these programs, call 479-7979 for more information!
**MANAGE YOUR MONEY**
**TO GET WHAT YOU WANT**

Do you manage your money so that you get your important needs and wants from it? Check the answers below that best fit you.

<table>
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<th></th>
<th>Yes</th>
<th>Sometimes</th>
<th>No</th>
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<tr>
<td>1. I pay the rent or mortgage payment and utility bills when they are due.</td>
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<td>2. I plan ahead for big expenses such as insurance premiums, buying another car, etc.</td>
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<td>3. I have a plan for how take-home pay will be spent.</td>
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<td>4. I save 10 percent of my take-home income.</td>
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<td>5. I use credit only for expensive purchases such as cars and appliances.</td>
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<td>6. I keep sales slips, check stubs, etc., as records of payments and to use when figuring income tax.</td>
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<td>7. I get the annual percentage rates of interest from different lenders, such as credit unions, banks, and small loan companies, before deciding where to borrow money.</td>
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<td>8. I compare prices at two or more stores before deciding to buy expensive clothes, furnishings, etc.</td>
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<td>9. I have insurance to cover debts I owe, funeral and burial costs, and injury I might cause others.</td>
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<td>10. I spend no more than 15 percent of my take-home money on installment payments (not mortgage payments).</td>
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To Score Quiz: Give yourself 1 point for each NO answer; 2 points for each SOMETIMES answer; 3 points for each YES answer.

**How Did You Score?**

A score of 25-30 points indicates that you are trying to manage your money and likely have control over your financial situation.

A score of 15-25 points indicates that you need to improve your money management practices.

A score of 10-15 points indicates that you need to increase your knowledge and skills if you want to improve your money management abilities.
DO YOU WANT TO MANAGE YOUR MONEY BETTER?

1. Set Goals
It's important that you decide what is important to you—now, 5 years from now, and later. Set realistic goals that you are willing to work toward.

2. Understand the Difference Between Needs and Wants
It's important that we first spend for needs. This means that money for the rent or mortgage and utilities is a must. Other needs are food and clothing. Transportation is often a need in order to earn an income. Medical needs are important, too. People never get all the things they want, but unless they pay for needs first, they will usually have serious money problems.

3. Know What You Have to Spend
You can only spend what you take home. If more than one person in a family or household earns money, then you need to know the total amount of take-home pay. This is all you have available for needs, wants, and savings.

4. Know What Goes Out
The only way you'll know where your money goes is to keep track of how it's being spent. It's easy if you start with a calendar and write in the large payments such as insurance.

- Divide yearly expenses by 12 and quarterly expenses by 4 to get the average amount you need to set aside monthly.
- List all payments and contributions you make once a month.
- Estimate the cost of clothing, furnishings, etc., you bought and paid for last year. Divide by 12 to get a monthly estimate.
- Keep track of what you actually spend for food, recreation, and other items for a week. Multiply this by 4 to get a monthly "guesstimate."

5. Use a Spending Plan
A spending plan can help you get the things you need and want most.

6. Pay Yourself First
Ten percent of your take-home pay adds up to a sizable amount if it is put into savings and investments. Saving for emergencies such as accident, illness, or unemployment is a real need. Some experts recommend from 3 to 6 months' take-home income for this. Setting aside money each payday can help you make periodic payments.

7. Use Credit to Your Advantage
The smaller your income the smaller the amount of debt you can afford. Ten to fifteen percent of take-home pay going for installment debt (other than a home mortgage) is about all the average income family can afford.

Wise credit use means that you shop for the lowest cost you can find, that you make as large a down payment as possible, and that you pay back as soon as possible.

8. Keep Financial Records
Records can help you manage your money. They tell where your money goes and can help you decide what changes you'd like to make in your spending.

Do you want to know more about how to manage your money and other resources? If you do, contact the Graham County Cooperative Extension at 479-7979.

Prepared by Extension Family Resource Management Specialists
This publication was previously published by the North Carolina Cooperative Extension Service as publication HE-170
Within one to three years, lime moves little in the soil and neutralizes acidity only in the zone where it is applied. To be most effective, lime must be uniformly spread and thoroughly incorporated. The poorest, but most common, method of application to field crops is by spinner spreader. Double spinner spreaders apply more uniformly than single spinner spreaders; however, both types normally apply more lime immediately behind the spreader than to its sides. In practice, rates are adjusted after checking the spreader pattern and making appropriate correction. If the application is not correct, strips of underlimed and overlimed soil could result, possibly reducing crop yields.

Lime can be applied more evenly using full-width (box) or boom spreaders. Full-width spreaders allow lime to fall to the ground by gravity.

The rate is determined by the size of the openings in the box and by ground speed. Boom spreaders use drag chains, augers, or air pressure to move lime out the booms and drop it on the ground. If adjusted properly, both types of spreaders are vastly superior to the spinner type. The main limitations to their use are the high initial cost and more complex operation.

Most commercial farmers likely will continue using spinner spreaders, but every attempt should be made to spread lime evenly.

Lime can be applied to yards and gardens by hand or with small manual or garden tractor spreaders. The best way to achieve uniform application at the appropriate rate is to measure the amount needed to cover the entire area, apply half while traveling with swaths oriented in one direction, and apply the other half with swaths oriented perpendicularly.

The most commonly used lime incorporation tool for field crops is the disk. Its main limitation is that it incorporates lime only about half as deeply as the disk blades penetrate.

### COMPOSTING WORKSHOP

North Carolina Cooperative Extension will be holding a workshop dealing with the various aspects of home composting. Topics will rage from creating your first compost pile, to increasing the efficiency of compost piles and composting with earthworms. This program is free to the public, but interested individuals must call (828) 479-7979 to register for this workshop. The workshop will be held Thursday, July 7th at 6 p.m. at the United Community Bank in Robbinsville.
School has been out for several weeks and you may start hearing your kids say, “I’m bored; there’s nothing to do.” The freedom from the school routine and the excitement of summer vacation fades quickly for some children. But, it doesn’t have to be that way. There are lots of things you can do to help your children find fun, constructive activities to do in their spare time.

There is much research suggesting that today’s children have an attention span of about 30 minutes, the average length of a TV program. There is additional research suggesting that many children are so used to being shuffled between activities that they do not know what to do with free time. So in your efforts to reduce their boredom, try to stimulate your children’s imagination by asking questions instead of providing a list of suggestions.

Ask questions like, “It’s nice outside, what would you like to do outdoors?” Or, “What have you been thinking about doing today?” Be sure to wait for your child to think of a response before jumping in with your suggestions. When you permit your children to come up with their own solutions to boredom, you’re helping them develop important problem-solving skills. When your child comes up with ideas, take time to listen and discuss any necessary precautions.

Another idea is to make a list of things your child can do when he’s bored. Include inside and outside activities. Write activities on slips of paper and put them into a jar. Label the jar as the “Boredom Jar.” As the summer progresses, new ideas are added to the jar. Then when your child gets bored, he picks something to do from the jar. Now is the perfect time to make a “Boredom Jar” with your children. Start with an empty clean jar, peanut butter, or any other clean container and some slips of paper. You’ll want to let your kids come up with their own suggestions; but I encourage you to suggest a variety of physical activities as most children do not get the recommended amount of (60 minutes) of physical activity each day.

Listed below are some ideas to get you started:

- Have a treasure hunt in your backyard.
- Have a picnic lunch under a tree.
- Learn a new household skill, like washing the dishes.
- Wash the car, pet or windows and have some water fun.
- Write a story about a fun place you’ve visited.
- Plan and serve a meal.
- Bake cookies or make a salad.
- Jump rope.
- Collect leaves for a leaf collection.
- Read a book.
- Play a board game.
- Play "Rock, Paper, Scissors."
- Write a poem.
- Do charades.
- Practice money skills – like making change.
- Go for a walk.
- Ride a bike.
- Turn cartwheels.
- Write a letter to a friend or relative
- Start a scrapbook
- Watch clouds to see what shapes you see.

Source: Strengthen Your Family; Andrea Bressler; Clearfield County; Penn State University