Inscription: What Cancer Cannot Do!!

It cannot invade the soul
Suppress memories
Kill friendship
Destroy peace
Conquer the spirit
Shatter hope
Cripple love
Corrode faith
Steal eternal life
Silence courage

I believe you could use any problem (be it health or other) in place of the word cancer above.

Lake Waccamaw
Thanks to those that donated new and or used items to Lake Waccamaw. Several of us met Gary in Wilmington to give him all that we had collected. He was very pleased that you all see Lake Waccamaw as a project and hope that we continue. Their donations have really decreased over the last few years and of course they still have children in need.

We shared with him that if he needed anything special throughout the year to please let us know. I am also going to see if I can get him time at the State meeting in October to see if other counties may start taking them on as a project.

The members that went me had a good time. We met Gary, shopped a lot and then had a great lunch at Longhorn. Those that had planned to go with us and could not due to illness or home improvements – we really missed you.

Sure hope more can go with us next year!!

Do Your Own Thing
At our September meeting I would like for someone from each club to share what your club did for “Do Your Own
thing”. I have heard of some nice plans and that is one way we can educate each other of what there is to do in our own county.

**Drink Mixes**
Thanks to those that have given me your drink mixes already. For those that have not – please put drink mixes on your grocery list so you can bring them to the September meeting if not before.

We will complete our project for the state meeting at our September meeting.

**County Council**
Barbara Nichols, County Council President, called all of our presidents requesting them to vote on giving the Senior Expo a Walmart gift card of $25 for a door prize. The presidents all agreed and Donna Williams will purchase the card and get it to me. I will then make sure Kathy Cook has it in time for their booklet.

**County Fair**
Just a reminder that the county fair will be here sooner than we think. Please start thinking about what your club is going to do your booth on.

**Scrapbook Contest Money**
I know I have several of you call and inquire about your check for your Scrapbook check from the Daily News. They are doing things differently now and I have to write them a letter explaining what you do and what we do before they will write the checks. Please continue to be patient and know that this money will come sooner or later.

**Medicine Bottles and Stamps**
We are going to be able to continue to collecting medicine bottles. We have found a grocery store in the middle of the state that participates in a program called, Gimme Five. We have taken several boxes already and Ruth Clifton and I have a two day meeting in August and we will take some more.

I do need to ask you to separate your number one and two bottles from your number five bottles. If you recycle at home you can put your one and two bottles in your recycling but if you don’t please bring them to us and we can recycle them for you. Most of the one and two bottles are white in color. The green, red, brown and blue bottles are normally fives.
Stamps
We will no longer be collecting stamps. Very few people are sending them plus since we are not mailing the bottles it really isn’t necessary to send the stamps since they are so few.

Coupons
Please continue collecting your coupons. They are truly helping out our military families that are living in other countries.

Please be safe in the hot weather.

SPOTLIGHT FOR AUGUST

Lisa Rayburn – Extension Agent, Horticulture
I’d like to take a minute to introduce myself. I am the New Horticulture Extension Agent here in Onslow County. I work in consumer horticulture – helping homeowners care for their gardens, lawns and landscaping.

I was lucky to be born into an agricultural family. I was raised on working family farms in western New York and West Virginia. My parents raised pick-your-own strawberries, beef cattle, dairy goats and a large vegetable garden.

After studying Horticulture and Environmental Protection at West Virginia University. I moved to the mountains of western NC. There I managed a greenhouse growing native rhododendrons and azaleas from seed. I also started and managed a small plant tissue culture lab at the local community college. After several years in the greenhouse, I transitioned to teaching at the community college. My favorite topics include plant propagation, plant science, fruit and vegetable production and plant identification. I moved to Onslow County this winter to pursue a career with Cooperative Extension and have been busy teaching classes and answering questions since.

In order to make information more readily available to the public, I am offering the following series of gardening classes this fall at the public libraries:

August 19: Fall Vegetable Gardening 2-3 pm Main Base Library, Camp Lejeune
September 10: Planning for Perennials 10-11 am Richlands Branch Library
September 10: Gardening in Problem Areas 1-3 pm Jacksonville Public Library
September 24: Planning for Perennials 10-11 Swansboro Branch Library
September 28: Lunch and Books Fall Gardening Tasks noon – 1 pm, Camp Johnson Branch Library
All Classes are free and open to the public. I will also be offering a similar spring gardening series. If you have questions or suggestions for classes, please let me know. You can stop by our office, call me at 910-455-5873 or send me an email at lisa_rayburn@ncsu.edu. I look forward to meeting you and happy gardening.

EASY MINT CHOCOLATE CHIP ICE CREAM

Ingredients
- 2 cups 2% milk
- 2 cups heavy cream
- 1 cup sugar
- 1/2 teaspoon salt
- 1 teaspoon vanilla extract
- 1 teaspoon peppermint extract
- 3 drops green food coloring (optional)
- 1 cup miniature semisweet chocolate chips

Directions
1. In a large bowl, stir together the milk, cream, sugar, salt, vanilla extract and peppermint extract until the sugar has dissolved. Color to your liking with the green food coloring.
2. Pour the mixture into an ice cream maker, and freeze according to the manufacturer's instructions. After about 10 minutes into the freezing, add the chocolate chips. After the ice cream has thickened, about 30 minutes later, spoon into a container, and freeze for 2 hours.
   (for a serving of 8)