



Pulaski County Master Minutes

July 2013

<http://www.arhomeandgarden.org>, <http://www.uaex.edu/pulaski/>

Volume 23 Issue 6

Pulaski County Master Gardener
Ice Cream Social
Tuesday July 16, 2013
9:00 - 11:30 a.m.

Tour four gardens from 9:00-11:00 a.m.
then enjoy refreshing
Ice cream, cookies and lemonade
from 10:30 - 11:30 a.m.

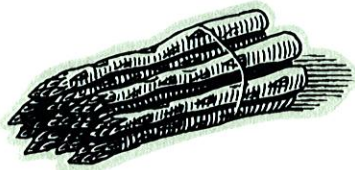
Inside the County Extension Office
2901 Roosevelt Road
Little Rock, AR

Bernice Gardens - 1401 S Main Street
Mount Holly Cemetery - 1200 S Broadway
Dunbar Community Gardens - 1800 S Chester
County Extension Office - 2901 Roosevelt Road

See attached map for directions
Tours count as 4 Continuing Education Points

VOLUNTEERS ARE UNPAID NOT BECAUSE
THEY ARE
WORTHLESS BUT BECAUSE THEY ARE
PRICELESS.
~Anonymous

Asparrow Grass By Lorraine Hensley



We have planted, harvested, and, devised various recipes for asparrow grass (asparagus) for hundreds of years. We have been cooking this vegetable prior to the advent of the ancient Greeks and Romans. Both Julius Caesar and Pliny extolled the plant's virtues and thoroughly enjoyed both cooking and eating it. When Rome fell so did the use of asparagus. Arabs occupied Spain through the eighth century to the fifteenth centuries CE and brought it with them. Asparagus then journeyed from

Spain to France to a most prestigious home in there: a trench in the King's Kitchen Garden. In time, colonists brought this funny looking vegetable to the New World.

Through the centuries this plant has taught avid gardeners a great many of life's truths. It's understood that's a mouthful of credit to give any plant but this one teaches patience, goal focus and perseverance. It also instructs gardeners that the goal must have some bearing on the final cost for your home grown asparagus. Planting asparagus is truly labor intensive. Using a shovel to dig a trench for the plants is not a "fun in the park" way to spend hours simply getting ready to put these plants in the ground. If the gardener would like a harvest for his table it doesn't pay to be in a hurry. However, you will enjoy edible results more quickly if you plant crowns of either 2 or 3 year plants. There may then be a harvest in approximately 3 years—more or less. Patience comes in pretty handy here. However, several blessings come with this vegetable. It's a perennial and requires little care once the trench is well established. Even that from a farmer's market doesn't seem to taste as good as asparagus from your own garden. It may well be that the time effort, labor and money spent on getting it from your garden to the table adds to the delicacy of taste. Asparagus also had designated functions in the medicine box. It was said to be "a specific for everything from congestive heart failure to kidney stones." It "also sharpened the eyesight and was a "preventive for pains in the chest and spine."

However, recent research indicates it "isn't good for anything much but may "ease the miseries" of hangovers. Essentially, asparagus is quite a healthy addition to anyone's diet for it contains foliate, fiber, potassium, and vitamins K, A, and C. in addition to asparagines which are "one of the 20 amino acids that serve as the building blocks for proteins." Through time, those with a low libido have found the vegetable quite helpful. Perhaps because of the plant's penile shape it has been seen and used extensively as an aphrodisiac. King Louis XV's mistress, Madame de Pompadour, had favorite recipes using this vegetable which she then served to the king.

Arkansas Is Our Campus

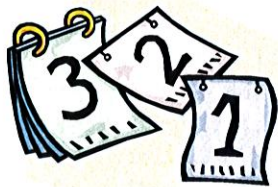
The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/ Equal Opportunity Employer.

She remained his mistress and the royal favorite until her death

About the only truly negative aspect of eating this plant, according to the author, Rebecca Rupp, is it has the propensity to make some folks urine really smell bad.

The odor is comparable to that of rotten cabbage or skunk spray. But just as some people's urine smells after eating this vegetable, not everyone can smell the odor. It is sort buyers beware—the choice is still that of the gardener.

All of the factual information used in this article is from *How Carrots Won the Trojan War*, By Rebecca Rupp.



MG July 2013 Calendar

By Phyllis Barrier

Farmers Markets Are Open

Argenta Market

Through October

6th and Main, downtown North Little Rock

Saturdays, 7 am to noon

Bernice Garden Farmers Market

Through mid-November

Sundays, 10-2 pm

1401 S. Main, Little Rock

Hillcrest Farmers Market

A year-round community market on Saturdays at 2200

Kavanaugh Blvd.

Fall-Winter - 8 to noon, Spring-Summer 7 to Noon

Little Rock Farmers Market

Until October

Every Tuesday and Saturday, 7 am to 3 pm

In the River Market, downtown Little Rock

Free parking for shoppers at the market's lot on

Ottenheimer Plaza and at the River Market parking deck.

Shoppers can also ask about Farmers' Market parking

passes. More information: 375-2552

Mount Holly Garden Series 2013

Green Thumb Nursery, Water Features and Water Gardens

July 20

Marcella Grimmett, Herbs in the Cemetery and Garden

August 17

Marianne Ligon, Trees At Mount Holly: Legends and Myths

September 21

Ted Lewis of Floral Express, Holiday Table Decorations

October 19

All lectures begin at 9:00 a.m. and are less than an hour.

Bring your lawn chair, wear your gardening hat and have refreshments at the Bell House, in the heart of historic Mount Holly Cemetery.

Master Gardeners earn education points for attendance.

Sponsored by the Downtown Dames. A \$5.00 donation to Mount Holly Cemetery is suggested.

Travel Committee Trip to Little Rock Urban Farming

30-45 minute tour and refreshments

5910 G Street

Facebook:

<http://www.facebook.com/LittleRockUrbanFarming>

Monday, July 22, 9 a.m.

Please wear your name tags

2013 International Master Gardener Conference

"Alaska Flowers, Fjords and Friends"

September 7 - 14

<http://www.uaex.edu/imgc2013/>

Master Gardener Appreciation Day at Garvan Gardens

September 24

25th Anniversary Celebration of the AR Master Gardener Program

Moss Mountain, P. Allan Smith's Garden Retreat in Roland

Cost will be \$25

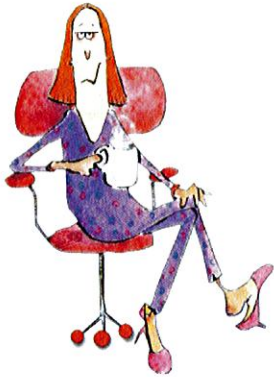
October 14



Pulaski County Master Gardener Christmas Party

Windham Riverfront in NLR

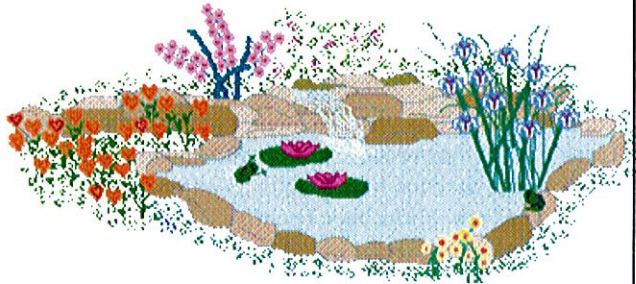
December 5th



Good Morning!

How To Plant Your Garden

First, you come to the garden alone,
while the dew is still on the roses.



FOR THE GARDEN OF YOUR DAILY LIVING,

PLANT THREE ROWS OF PEAS:



1. Peace of mind
2. Peace of heart
3. Peace of soul

PLANT FOUR ROWS OF SQUASH:



1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness

PLANT FOUR ROWS OF LETTUCE:



1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce love one another

NO GARDEN IS WITHOUT TURNIPS:



1. Turnip for meetings
2. Turnip for service
3. Turnip to help one another

TO CONCLUDE OUR GARDEN YOU MUST HAVE THYME:



1. Thyme for God
2. Thyme for each other
3. Thyme for family
4. Thyme for friends

WATER FREELY WITH PATIENCE AND CULTIVATE WITH LOVE. THERE IS MUCH FRUIT IN YOUR GARDEN BECAUSE YOU REAP WHAT YOU SOW. NOT BAD, HUH?!



Checklist by Carol Randle

JULY CHECKLIST

The hot, dry weather of summer is here with a vengeance! Temperatures are heating up, natural rainfall is hit and miss, and insect and diseases have found their foothold. Try to garden smart, working early in the day.

(We worked at Amy Sanders today at 7:30 a.m. and we still found it very hot. Not even a wisp of a breeze was stirring and it was sticky, muggy and hot!! Did you ever have mulch stick to your bare, hot skin? Not a great feeling.) Watering in the early daytime hours is also better - the foliage dries quicker, the moisture can work its way into the roots before the heat stresses the plants, and we lose less moisture to evaporation.

Remember to avoid peak hours when watering. Pay close attention to raised beds and container plants. Cutting flowers for indoor bouquets and harvesting vegetables in the early part of the day can also improve their lasting power and flavor. Mulching will help to keep out the weeds and pests, will preserve moisture so that you don't have to water as often, and will improve your soil and your garden's overall appearance.

We are hitting that time of year when gardeners wonder, "What was I thinking when I planted all those plants this spring?" Water becomes a requirement, when you go on vacation you have to have a game plan for who is going to monitor the needs of your garden. Shade is a hot commodity, but if you are growing vegetables, fruits and flowers in full sun, making sure they are well watered before the heat of the day hits is important.

Many plants were hard hit by last summer and don't need two years, in a row, of drought. Water well when you do water. Don't lightly wet the surface, but use a slow steady supply of moisture. Avoid wet foliage when the sun sets, so that you can cut down on disease issues.

Every garden should have a rain gauge in it so you know how much rain you received in the garden, not just what the weatherman reports.

VEGETABLES

Tomatoes have begun to slow down in production. When temperatures exceed 95 during the day or stay above 75 degrees at night, they quit ripening and setting fruit.

Keep the plants watered and mulched, and they should

rebound and begin to set fruit once the temperatures settle down. If the plants are strong and viable, they can continue to bear through frost. If blights have taken their toll, consider starting some new plants from the suckers of your existing plants, or buying new plants.

Blossom End Rot is a calcium deficiency controlled by Stop Rot. Even moisture prevents cat-facing and fruit cracking. If your Cucumbers are bitter, they are getting stressed by heat and water. Mothballs around the base of cucurbits control vine borers. Try mulching your plants to conserve moisture and water early in the day before the temperatures heat up. Harvesting in the cooler times of the day improves flavor on many herbs and vegetables. Even though it isn't ideal gardening weather, this is the time to start replanting for a fall garden. While many people may be longing for the cooler weather of fall, fall vegetable gardening is upon us. You can plant all of the summer crops again starting in mid-July through early August for a fall harvest. By early August it is time to start planting Broccoli, Cabbage, Onions, Carrots and other fall crops. Fall gardens aren't as easy as early spring gardens, because it is hotter and drier, but also because diseases and insects are waiting to attack. Monitor your garden frequently and catch problems as they arise. In addition to planting more vegetables, gardens that have been watered and maintained are producing a bountiful harvest. Tomatoes are in season, NOTHING is better than biting into a home grown, juicy Tomato (Purple Hull Peas might run a close second!). Remember that Peppers are heavy feeders, to keep them producing you need plenty of nutrition. Use caution when applying fertilizer or pesticides when it is hot and dry. Make sure there is ample moisture in the ground and in the plants before fertilizing. Avoid using many pesticides. If you have to spray, do so very early in the day after you have irrigated. Eggplant, Okra, southern peas and most peppers take the heat in stride and keep on producing, provided they have enough moisture.

If you don't have a vegetable garden of your own don't forget all the wonderful produce available in your local farmers' markets. Not only do you have a ready source of vegetables, but they are also great places to socialize.



INSECTS

Just as we had flowers and vegetables early this season, the insects and diseases were around early and by now have really had a chance to build up in larger numbers.

Aphids, white flies and spider mites are all poor swimmers and thrive in dry conditions. Using a spray from the garden hose can knock them down, but pay attention and try to catch them when they get started.

There are numerous insecticides on the market that can work. Many people are complaining about the sticky stuff all over their windshields. We want to park in the shade, to keep our cars cooler, but aphids that are feeding on the foliage of the trees drop the sticky honeydew down. If this is occurring at your home, consider taking a hose and really blasting the lower limbs where the aphids are directly depositing their honeydew. Insecticides would work, but the insects aren't really hurting the trees that much, it is more of a nuisance.

Another late season insect which is becoming a problem is grasshoppers. We found three very big ones today on our *Crispiti Vitae* at the Library. We found them while we were picking off bagworms. We have this bagworm problem, it seems, every year. We really get tired of picking them off, one by one. They can ravage a plant in a short amount of time, so move quickly when you see problems. The larger they get, the harder they are to kill. As with any pest problems, the sooner you catch them, the easier they are to control.



ROSES

Roses started blooming earlier than ever this spring, and blackspot reared its ugly head early. If you have blackspot susceptible plants, continue to spray with fungicides. You do not have to use fungicides on the earth kind Roses like "Homerun", "Easy Care", "Knock-outs", and Flower Carpet. If your Roses are looking a little leggy, try giving them a light pruning now and fertilize. Pruning may reduce some flowers in the short term, but most Roses could use a bit of a "siesta" right now, to regroup, fill out and be able to give you a great

fall display. Of course, water is always important. For Blackspot, use a registered fungicide (i.e. Funginex) or an organic one (i.e. 4 t. baking soda + 1 t. liquid soap or vegetable oil per gallon of water) on affected foliage (try not to spray the soil) for fungal problems.

FLOWERS

Perennials and annuals give us an abundance of color, since we had a mild winter, many of our annuals acted like perennials this year and we have great plants.

Deadheading- removing the spent flowers after they bloom, pruning back leggy plants, fertilizing and watering can keep these plants lush and full of flowers. Keep flower beds well weeded. Remove faded blooms. Make sure you keep the soil moist, but not soggy, around Ferns. They may become dormant if they get too dry.

Now is the time to pick those beautiful perennials for a fresh bouquet indoors. This will also encourage more blooms on most perennials. Salt deposits can build up in the soil of container plants. This will cause the foliage to burn. Flush out these deposits with water once during the summer. If you have annuals that have stopped blooming, a little extra care now can give them renewed life and keep them going through fall. If you have ignored them too much, and there isn't much hope of recovery, pull them and replace them. Look for plants that add to your fall color - ornamental peppers can take the heat and give you colorful fruit up until frost.

Zinnias come in a range of colors, but many have shades of orange and white, which blend well with fall. You can also find some great bargains at nurseries and garden centers with tropical foliage and flowers. They have months of color to give and can perk up a heat stressed landscape. Late blooming perennials are beginning to put on a show. From Goldenrod to Japanese Anemones we are beginning to see some new color. Purple coneflower (*Echinacea purpurea*), Blanketflower (*Gaillardia*) and Blazing Star (*Liatris*) are all blooming nicely. Bearded Iris can be divided in mid-July; if the plants are too crowded, they won't bloom well.



SHRUBS

Spring blooming trees and shrubs are setting their flower buds now for next year's blooms. Don't let them get too dry now, or it could impact your flowers next spring. To have great blooms next year, do not prune on these plants any more this season. For most trees and

shrubs, all you should be doing now is making sure they have water when dry. Fertilization should have occurred in the spring, and we are good to go until next spring. If your Gardenias and Hydrangeas need pruning because they are big and overgrown, now is the time to do it as they finish blooming. They set buds in the fall. Shear back Gardenias by selectively thinning branches and growth. Hydrangeas need older canes to be removed down to the ground line. Lightly fertilize after pruning.

Heat and humidity may take their toll on humans, but tropical plants are in their element. The more humidity, the better they like it. Since we grow most of our tropical plants in containers, water is still a vital element for success. Soil in containers dries out much more quickly than soil in the ground. Because we water so frequently, we also need to fertilize more often. Water soluble fertilizers have less potential to burn our plants, but even so, we don't want to use fertilizer amended water on bone dry plants. Many gardens are a sea of color in the spring, but by midsummer we have green gardens. If your garden needs some color consider shrubs and perennials that bloom now. Crape Myrtles are a standard bearer for summer color and they come in all sizes. Clethra is blooming now, along with Althea and Summer Spirea and many Hydrangeas are still blooming their hearts out. Repeat bloomers like Endless Summer and Blushing Bride will continue to bloom through fall.



FRUIT

Rabbiteye Blueberries, Blackberries and Peaches are in season. Keep canes that are bearing fruit moist throughout the summer. Remove old canes after they have finished producing fruit. If your fruit trees appear to be producing too much fruit, make sure you thin it out some. Keep grass around your fruit short. Grass deprives the trees of Nitrogen. Throw any fruit you find that has been afflicted by scab (a fungus).



HERBS

Harvest blooms of Lavender now to keep the plant tidy and encourage more blooms. Cut sprigs of Rosemary and freeze whole for future use. Cut back about three-quarters of the new growth on your Thyme plants

regularly throughout the summer. For nice fragrance in your kitchen, tie several branches of Sage together and hang it upside down in your kitchen. Pinch the stems of Basil regularly to prevent flowering. Harvest about once a week. Clip the flower stalks off Garlic. Once the leaves have turned brown Garlic can be harvested.

PERENNIALS

Perennial plants that are in their prime now include the Echinaceas (Coneflowers). Rudbeckia, Hostas, and the Agastache or Hyssop. Coreopsis will be ending its bloom cycle at the end of summer, so allow the last set of flowers to set seed. Save the seeds to sow in October. Hardy Hibiscus plants are blooming now as well. The dinner size blossoms are a show stopper. Be sure to give them ample moisture and sunlight for the best performance. Varieties range in mature size from 24 inches to six feet or more. Choose based on maximum size. Flower colors range from whites, pinks, and reds.

ANNUALS

Mid to late summer is a great judge for heat tolerant annuals. Geraniums have gotten smaller, if they are blooming at all, and Petunias and Callibrachoa are slowing down if they have not been kept fertilized. Sweet Potato Vine, Angelonia, Lantana, and Melampodium are blooming like crazy. The new Snow Princess Lobularia has not stopped since it was planted, and the Diamond Frost Euphorbia looks like a mist of white. Deadhead plants as needed and cut back leggy annuals. A shot of fertilizer and a quick haircut can help them rebound. If it isn't a lost cause, they can be back in bloom in no time and continue to bloom until a frost. For those that are still blooming well, can't cut them back, but do continue to water and fertilize. Annuals are in the ground for one season, so we want to get our money's worth of blooms. If they are too far gone to save, buy some new plants. In today's nurseries, annuals are available almost year-round.



LAWNS

The main thing we are concerned with, in our lawns now, is mowing and watering. If you have an automatic sprinkler system, you are probably watering the lawn more than it actually needs to keep up with flower and shrub irrigation. While we may all want a lush, bright

green lawn, lawn grasses can get a bit dry in between watering and still survive. Many gardeners like to apply one last application of fertilizer in August to early September. Pay attention to the weather. Applying fertilizer when it is extremely hot and dry can burn the grass. Deep water lawns, trees, and shrubs to encourage deep rooting and to avoid heat stress. Watch out for yellow patches, leaf curl, or poor growth. Increase watering if you notice any of these signs. Set your lawnmower at a higher level. Longer grass will shade the roots from heat. Don't forget to save your clippings for the compost pile but never add your cuttings after a weed treatment. Feed lawn with slow release nitrogen fertilizer. If you want to control any weeds, now is the time to do it before they get too large. You will find that some weeds are easier to kill than others. Nut Sedge is tough. Sledgehammer is probably your best bet. Always read and follow label directions. If you want one final application of fertilizer, mid to late August is the time to do it. Pay attention to the weather conditions.

SOME PLANTS TO BEAT THE SUMMER HEAT

The Arkansas Gardener Magazine mentions some plants that can beat the summer heat. Three that caught my eye are: Incrediball smooth Hydrangea (*Hydrangea arborescens* 'Abetwo'), Snowflake Oakleaf Hydrangea (*Hydrangea quercifolia* 'Brido'), and Hemerocallis 'Hyperion' Daylily (this one is a lime green color).



JULY BLOOMS

Althea, Anise Mint, Artemisia, Balsam, Beautyberry, Belamcanda, Buddleia, Butterflyweed, Cannas, Chive, Cleome, Clerodendrum, Coneflower, Coreopsis, Crape Myrtle, Crinum, Dahlias, Daisies, Echeveria, Euphorbia, Feverfew, Gaura, Gladioli, Hibiscus, Hostas, Hydrangea, Kerria, Lantana, Liatris, Lilies, Lythrum, Lycoris, Marigolds, Marjoram, Miscanthus, Nicotiana, Oxalis, Petunias, Phlox, Portulaca, Roses, Rudbeckia, Salvia, Scabiosa, Snapdragon, Tuberosa, Verbena, Zinnia.

Pulaski County Master Gardener Board Meeting Minutes

Tuesday, May 21, 2013

St. James United Methodist Church

By Coralee Maxwell

Members Present: Walter Jennings, Don Ford, Beth Phelps, Georgia Harris, Susan Crawford, Earline Zahn, Bren Coop, Marcella Grimmett, and Coralie Maxwell.

President Marcella Grimmett called the meeting to order at 10:00 a.m.

Marcella asked for corrections to the April, 2013, Board meeting minutes. There being none, the minutes were accepted as written.

REPORTS:

Bren Coop gave the treasurer's report and distributed a summary of the current state of financial condition. The report was reviewed and approved by the Board.

Walter is winding down the delivery of new project signage. Marcella asked that a list of project workdays be made available to interested members. Walter agreed to assemble this. Beth reports the PCMG Facebook page is ready to go and it will be presented to the membership today. It is expected to be a good tool for recruitment and education.

OLD BUSINESS:

Don has talked to the supervisor in charge of the building at the greenhouse we wish to use for storage and hopes to have confirmation of this possibility soon.

NEW BUSINESS:

Beth reports the State MG Leadership Conference will be held in Hot Springs on September 23 & 24. Early registration for two attendees is subsidized at \$50 each.

After 140 participants are subsidized, cost is \$80. Open registration is July 1 - September 6. Don moved and Georgia seconded that the Board pay registration fees for Walter and Bren to attend the Leadership Conference. The motion passed. Bren will see this is done. Don moved and Earline seconded that the Board pay the subsidized registration fee for any Board member who wishes to attend the Leadership Conference. The motion passed.

Beth reported that MG Appreciation Day at Garvan Gardens is scheduled for September 24th.

Walter reminded the "Bring a Friend to Your Project" time starts in June.

Beth received a nice thank you note from St. James for the work PCMGs did on the grounds of the church yesterday.

There being no further business, Walter moved and Susan seconded that the meeting be adjourned at 10:45 a.m. The motion passed.

Pulaski County Master Gardeners General Meeting

Tuesday, June 18, 2013

St. James United Methodist Church

Marcella Grimmett called the meeting to order at 11:33 and presented her "Good Egg" award to Paul Pilkington of the Arkansas Art Center Project.

Congratulations, Paul!

ANNOUNCEMENTS:

David Werling, Facebook Committee, encouraged all to visit the PCMG Facebook page and tell friends about it.

Marylea Gazette, Programs, reported the Ice Cream Social and Garden Tour is to be Tuesday, July 16th from 9 - 11:30. The four gardens to be visited include Bernice Gardens, Mount Holly Cemetery, Dunbar Community Gardens and the

County Extension Office Gardens. Watch emails for more information.

Jackie Walker, Travel Committee, reminded members of the trip to Heber Springs on Saturday, June 29th, including stops at Aromatique, gardens and a nursery, and lunch at the Red Apple Inn.

Beth Phelps asked for mentors for the new PCMG class in the fall. To be a mentor, just be welcoming to the new member, meeting them at the November meeting and inviting them to the January meeting. See Rochelle Greenwood if this is something you can do.

Beth reminded us that there is no general meeting scheduled for July or August.

If anyone knows an interested person for the PCMG program, contact Beth or the Extension Office so that an application can be sent to them. Applications will go out in July.

Save the date for the PCMG Christmas Party, December 5th. It will be a sit-down dinner at the Riverfront Wyndham in North Little Rock.

Marylea introduced the program speaker, the horticulturist at the Governor's Mansion, board member for the Arkansas Flower and Garden Show, a past Pulaski County and State Friend of Master Gardener, Holly Morgan.



<https://www.facebook.com/PCMasterGardeners>



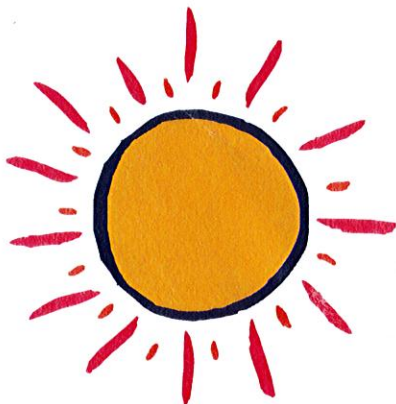
Dig In Here...

For answers to your gardening and horticultural problems, try these helpful resources:

- **Master Gardener Website:**
<http://www.arhomeandgarden.org/mastergardener/mastergardeneronly>
 Username: mastergardener
 Password: compost
- **PC Cooperative Extensions Website:**
<http://www.uaex.edu/pulaski/mastergardeners/default.asp>
- **U of A Cooperative Extension Website:**
<http://www.arhomeandgarden.org>



Pulaski County Master Gardeners are trained volunteers working with the University of Arkansas Cooperative Service and Pulaski County Government to provide demonstration gardens and horticultural - related information to the residents of the county. In 2012, these volunteers gave **12,478** hours of service. Elisabeth J. Phelps, County Extension Agent, Staff Chair



Everyone is encouraged to submit interesting information, committee reports, newsworthy photos, etc. to the newsletter. Bring your information to the Master Gardener meeting, or send it to:

Jennice Ratley
 22 Cobble Hill Road
 Little Rock, Ark. 72211
gardenrat@comcast.net
 412-8299

The deadline is the **second Friday** of each month. For late breaking news after the deadline, send information to:

Beth Phelps
 Pulaski County CES
 2901 W. Roosevelt Road
 Little Rock, Ark. 72204
bphelps@uaex.edu
 340-6650

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