



# The Bulletin

COURTESY OF:  
**FLORENCE EXCHANGE CLUB**  
**THE LONGEST SERVING CIVIC CLUB IN THE SHOALS**

**2017 - 2018  
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Meagan Taylor is from the Shoals area, studied at NWSCC, spent some time in studies at Auburn University, completed degree in Biology (minor in Chemistry) at UNA. Meagan and her husband (a local UPS driver) have a new son that she most definitely enjoys spending time with.



Before Extension Office, Meagan spent some time working on BP Oil Spill, working with children on ACT preparation, and teaching math at NWSCC – all of which she accredits to helping her work better at our local Cooperative Extension Office.

AL Cooperative Extension Office has been in operation since 1914, as a result of the Smith-Lever Act. The Smith-Lever Act of 1914 is a United States federal law that established a system of cooperative extension services, connected to the land-grant universities, in order to inform people about current developments in agriculture, home economics, public policy/government, leadership, 4-H, economic development, coastal issues (National Sea Grant College Program), and many other related subjects. It helped farmers learn new agricultural techniques by the introduction of home instruction.

Meagan’s job at the Alabama Cooperative Extension Office entails much work helping adults and children make healthy living choices. A large part of her work provides education under the Supplemental Nutrition Assistance Program (SNAP) Program in Alabama. The Food Assistance Division administers the SNAP benefit program in Alabama is to end hunger and improve nutrition by providing monthly benefits to eligible low income households to help them buy the food they need for good health.

According to Megan, educating adults on how to use their SNAP benefits to provide healthy meals for families is best accomplished by partnerships with local agencies that also are involved in food pantry giving and through DHR (the local administrator of the SNAP program.) “It’s easy to go to the places where people who need SNAP education are attending – because they’re already there – and we can educate them in an environment that is immersive with what the SNAP program attempts to provide. Being available at DHR, local food pantries, and other areas really does help us educate adults in areas of healthy eating, healthy meal preparation, and good shopping and budgeting techniques,” according to Taylor.

**UPCOMING  
 PROGRAMS :**

- Joe Flippen** Aug 1
- Jimmy Hall** Aug 8
- Board Meeting** Aug 14
- B. W. Gibbons** Aug 15

Do you have an idea for a speaker?  
 Call Fran

One way that Taylor assists adults with education at local food pantries is to provide food demonstrations with the food items that are actually being provided to clients. “If the pantry is providing beans, potatoes, and chicken for the current assistance, I’ll find a recipe with those ingredients to show families a variety of options to make a tasty, health meal.”

For children, part of Taylor’s focus is to provide education to 3rd graders through the “BodyQuest” program offered under the guidance of Auburn University. BodyQuest is a program designed to combat childhood obesity. Third graders are engaged in the 17-weekly Body Quest classes with SNAP-Ed & 4-H educators using a battery of interactive, colorful and anime'-style materials. To promote fruits and vegetables, youth participate in weekly Warrior Tastings where they taste a variety of crunchy fresh produce. Youth are surprised that these foods, especially vegetables, taste good. To make physical activity jazzy, Warrior Workouts are taught with a fruit and vegetable twist. .  
 “BodyQuest is offered to school systems with a 50% or more rate of children on free and/or reduced lunch programs. Currently, those schools are Central, Wilson and Waterloo in Lauderdale County. Because of the BodyQuest program, a lot of kids in the area know me as ‘The Vegetable Lady’”, noted Taylor.

COMMITTEE WORK...



Norm Ross says the benches are ready to be installed in the elementary schools. August 14 will be the first of several all week long. It will be at Forest Hills school, with time to be determined. More information about other installations will set next week.

**Freedom Shrine** - The Freedom Shrine is an impressive, permanently mounted collection of 30 of the most important and historic American documents, including the Declaration of Independence, the Constitution of the United States and the Gettysburg Address. They show our nation's youth the strength and courage of their forefathers by allowing them to read, with their own eyes, the immortal words of inspired Americans who so decisively changed the course of history. This Committee seeks new appropriate locations for the Exchange Club Freedom Shrine, solicit contributions for new shrines where possible, advise the Executive Committee of progress and request for funds for new shrines, order new Shrines from the National Exchange Club, arrange the permanent installation at the new location, and the Dedication Ceremony.

Putt your family in the car and go play.



<p><b>LOCATION:</b>                  Highway 72 East,                  Killen, AL                  across from                  Brooks High School                  (next to ArcMortle)</p>	<p><b>ADMISSION:</b>                  Adults:                  \$4 (for 11-14yrs)                  \$7 (for 15-18yrs)                  Child 10 &amp; under                  \$3 (18 kids)                  \$1 (JC 10185)</p>	<p><b>JULY PARK HOURS:</b>                  Wed &amp; Thurs: 3-9pm                  Fri: 3-11pm                  Sat: 1-11pm                  Sunday: 1-9pm</p>
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