

Jackson Tennessee Women's Connection To Meet April 10 and May 15

Join us for our "Fun, Fashion and Friends" luncheon, featuring a "Fit for You" fashion show by Stein Mart on Thursday, April 10 at Festivities!. Donna Sembar will speak on "Giving Your Life the Best Possible Fit".

The luncheon is from 11:30-1pm. Cost is \$13.50. It is sponsored by the Jackson Tennessee Women's Connection. It is an interdenominational club open to everyone; there are no dues or memberships.

For luncheon and complimentary childcare (birth-6th grade) reservations, please call Melba at 422-1620 or email jaxtnwc@yahoo.com by noon on Monday, April 7th.

Also, mark your calendar for next month's luncheon on Thursday, May 15.

Tai Chi and Qigong Day at YMCA

The Jackson Family YMCA will be holding a "teach-in" for World Tai Chi and Qigong Day on Saturday, April 26, 10 a.m.-noon. This is a FREE event for everyone, beginners to advanced, over 15 years of age. Learn the basics and health benefits of Tai Chi and Qigong.

Supporters of the worldwide event include The National Council on the Aging, and the Arthritis and Multiple Sclerosis support organizations.

For more information, contact Amber Storey-Knight at 217-3465.



Yada Sisterhood

Debbie Currie is our speaker for the April 17 meeting. Her topic, "Character Counts," is based on the story of Samson. Yada colors for April are "pastels."

On May 15, Daphne Moses will speak on "Mirror, Mirror on the Wall, Do You See Christ In Me at All?" and on June 19, nationally-known Focus on the Family's Lisa Harper and Kim Hill will come to tickle your funny bone, speak to your spirit, and lead us in unbelievable praise and worship.

Yada Sisterhood meets at 6:30 pm at Northside United Methodist Church in Jackson and all women are welcome. Our slogan is *Bring a Friend and Bring a Dish*. Childcare is available for children who are ten years and younger. Please make a reservation by calling 731-668-0900.

Pancake Breakfast to Benefit WRAP

The Wo/Men's Rape Assistance Program is sponsoring a pancake breakfast from 7 to 10 a.m. April 19. It will be at VFW Cocks Daniels Post 1848 located at 3803 Highway 45 N in Jackson.

Tickets are \$4 for adults and \$2 for children 10 and younger. All proceeds benefit WRAP's shelter program for women and children victims of domestic violence.

"I believe in the power of prayer"—Mayor Jerry Gist

In observance of the National Day of Prayer, the Mayor's Prayer Breakfast will be held Thursday, May 1 at 7 a.m. at the Jackson Fairgrounds Park. Tickets are \$5. For information, call Mayor Gist's Office Manager, Toni Campbell, at 425-8240 or tcampbell@cityofjackson.net. The breakfast is sponsored by the Jackson Area Ministerial Association.



Pampered Hearts Ladies Night Out

Join us for our next ladies night, "Moms in the Garden" --a garden party celebrating mothers of all ages--on Monday, May 5 at 6:30 in the new fellowship hall, "The Gathering Place" at Love & Truth Church, 565 Oil Well Road. Diane Yandell, the founder of Pampered Hearts, will be sharing on "The Power of a Mother's Mark".

This is an inspiring and fun evening for women high school age and above. Bring a dish to share with ladies from all over Jackson and the surrounding area as we gather for fellowship, laughter, gifts, prizes, music, drama and a time in the Word. Dress in the color of the evening, lilac and lime, or come as you are. Nursery is provided for ages 0-3 only.

Pampered Hearts Ladies Night Out is a ministry of Love & Truth Church. You need not be a member to attend.

Learn more about us at www.myspace.com/pamperedhearts. Our meeting on June 23 will be "Up, Up and Away", featuring hot air balloons and primary colors. No reservations necessary; just bring a dish and your friends.

Vegetable Garden Basics

by Bob Whitworth



Discussions arise every year about the safe date for planting warm season vegetables and other annual plants. April 20 is generally considered the average frost-free date for West Tennessee. But, one must remember that an average is just that! Obviously, for average date to be April 20, then in half of the years, frost would occur later than the “magic” date and in the other half it would occur earlier than the average.

Gardeners should use their best judgment and the best weather forecasts available when making planting decisions.

Vegetables may be divided into two categories with regard to frost safety and planting date. The first group, called cool-season vegetables, includes beets, broccoli, cabbage, cauliflower, carrots, greens, lettuce, onions, English peas and potatoes. All these may and should be planted before the frost-free date. The other group, warm-season vegetables, includes beans, corn, cucumbers, eggplant, okra, peppers, peas, squash, tomatoes and others.

Some amount of planning should go into your garden prior to planting. Ideally, a scale drawing using graph paper should be made. Decide which vegetables to grow based on expected yields, family size and preferences. Plan for cool-season crops to grow together to facilitate replanting that area when they are finished.

Soil preparation should begin with the removal of old excessive plant material. Of course, any supports or plastic mulches should be removed. The earlier soil is tilled, the more residue can be blended with the soil. Huge amounts of residue are great for soil, but may need six or more weeks to decompose. Be careful never to work soil when it is too wet. If a handful of soil can be shaped into a ball that does not readily crumble, then more drying time is needed prior to tilling.

Tillage equipment need is determined by the garden size. Very small areas may be tilled with a spade, while most home gardens can benefit from a rototiller and very large gardens require the use of tractor-drawn implements. Garden soil should be worked to a depth of at least six inches.

A soil test is the only real way to determine the need for lime and fertilizer. Lime should be applied to attain a soil pH of 6.0-6.8. Once this pH is reached, a test every three years should be sufficient.

In the absence of a soil test, about 50 pounds of agricultural limestone could be applied per 1000 square feet. This rate equates to about one ton per acre. And about 15 pounds of a complete fertilizer (such as 6-12-12) per 1000 square feet equates to about 650 pounds per acre. For most gardens, the full broadcast application of fertilizer prior to planting is preferred. Long-season crops such as tomatoes and okra usually will respond to a sidedress application of additional ammonium nitrate at a rate of 1-1½ pounds per 100 feet of row.

New transplants will need protection from strong winds, sun, or a potential late frost if planted early in season.

Growing vegetables require 1-1½ inches of water per week. This should be applied as a soil soak once a week. The soil should be allowed to dry between waterings.

Weeds should be controlled during the dry time either with mechanical hoe or chemical herbicides.

Keep a sharp eye for insect and disease pests. Visit your local Extension Office to pick up the latest information on control of these pests.

Bob Whitworth obtained both his bachelor's and master's degree from the University of Tennessee, Knoxville and enjoyed a long career in agriculture. He retired as the Director of the Tipton County Extension Office.





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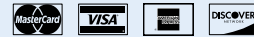
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The West Tennessee Cancer Center

provides complete services to its patients and the community—everything from free screenings to the latest in treatment options through advanced technology. As the area's only accredited cancer program, we provide the most comprehensive care for our patients.

Rebecca Wilson has turned to the Cancer Center more than once for high quality compassionate care. When she learned she had colon cancer, she depended on the Cancer Center for surgery and then radiation and chemotherapy treatments. When she was worried about a spot on her face, she returned for a free skin cancer screening and professional advice.

For Rebecca and many others, we're glad to be here when they need us.

"If someone walked up to me today and asked me, I would definitely recommend the West Tennessee Cancer Center. It can save your life."

— Rebecca Wilson



**Rebecca Wilson,
Cancer Patient**

**Nori Pique,
R.N.**



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