

# Amaryllis Can Live Up Winter Days

Source: Richard Durham, Horticulture Extension Professor

Few plants can live up a winter day like the amaryllis. The large pink, white, red, orange and variegated flowers are truly spectacular. Maybe you received an amaryllis bulb as a holiday gift.

A member of the lily family, the amaryllis rises from a large bulb. The growth habit makes it well suited for blooming during the colder months of the year.

Knowing about its natural habitat in Central and South America will help you successfully grow and flower an amaryllis at home. The plants are adapted to ecosystems with a long, moist growing season, followed by a shorter dry season. At the beginning of the rainy season, the bulb sends forth foliage and flowers. Although the flowers last only for two to three weeks, the foliage grows throughout the moist season during which time new flower buds form within the bulb. It goes dormant during the dry season, but resumes growth and flowers when the rainy season begins.

When you buy an amaryllis, it likely will be a dormant bulb. If so, pot the bulb about six to 12 weeks before you want it to bloom. Use a container with a diameter just slightly larger than the bulb and a potting mix that promotes good drainage. One-third to one-half the pointed

## Extension Notes

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end of the bulb should remain above the soil. Thoroughly water and put the pot in a bright, warm window.

Water when the soil becomes dry to the touch, but don't give it too much water as it will cause the bulb to rot. Never allow water to accumulate in the saucer beneath the pot.

A few weeks later, a flower stalk should emerge, usually before the foliage develops. Rotate the container every few days to keep the flower and foliage from leaning too much toward the light. You may need to stake the flower stalk to keep it upright in a low-light situation.

When the bloom is spent, remove the wilted flowers and cut the flower stalk back to the top of the bulb. Do not remove any foliage because the leaves continue to provide energy for the next season's flowers. Fertilize it every couple of weeks to promote healthy foliage.

If you want to keep the amaryllis and get it to bloom again next year, give the plant as much light as possible after it flowers. It will help to move the plant outdoors when the danger of frost is over, generally around mid-May. Gradually acclimate the plant to brighter light by first putting it under a tree or awning; then moving it to brighter light every few days until the plant is in full sun.

When summer is over, keep the plant in a sunny location, but withhold water. As the foliage begins to die, move the pot to a cool, dry location such as a basement or closet. In the winter, repot the bulb to a new container, again only a few inches larger than the bulb's diameter. As an amaryllis bulb becomes larger, it may produce two or even three flower spikes during the blooming period.

For more information, contact the Russell County Cooperative Extension Service.

### Meetings and Announcements

The Russell County Extension Office will be closed December 23rd through January 1st for the Christmas and New Year holidays. The agents and staff wish everyone a happy and safe holiday season!

Russell County Bee Keepers Club Meeting – January 2nd, 6:00 PM at the Russell County Extension Office.

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## ASK Dr. Angelia

### New Year Intentions

At the end of the year, we start to think about the upcoming year. Some like to set a New Year's Resolution or New Year's Goals – focusing on something to achieve in the New Year. Instead, recommended is setting some intentions. An intention is a guiding principle for how you want to be, live, and show up in the world. Ask yourself, what matters most to you? Your answer could form an intention that guide your actions and align your thoughts.

An intention shouldn't be confused with a goal—it's not something you expect or evaluate. It's the way you want to live. It's a guiding principle, a purpose, or a way you want to present your-

self in the world. Intentions come from the heart, they are not the tangible "lose 10 pounds" or "get that promotion" kind of goals that you set. They are heart-driven and evoke feeling and purpose, like "practice being non-judgmental of myself and of others," "send love out to the world," "inspire people," "open my heart," and "let go of fear..." Setting an intention is a way to bring your heart and mind into alignment.

Wayne Dyer said, "Our intention creates our reality." And how many times have you heard "What you think, you become," or "Thoughts become things"?

Your intention should be closely tied to your personal thoughts, val-

ues and perspective on life. Intentions can be a clear and specific wish, or as simple as a word or phrase you'd like to align yourself with, like "open your mind and heart," "love," "softness," "strength," "compassion for myself and others," "peace," or "freedom." Try to keep the intention positive, so instead of saying "stop being a coward," or "spend less time alone," choose the intentions, "be courageous" or simply, "community".

This week, set some Intentions. And so, be Grateful in all things, Live in Faith, Peace, and Grace. Love God and All People. Amen.

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## Truex Jr. Gets New Crew Chief

Steve Mickey, NASCAR Columnist

Joe Gibbs Racing owned the headlines in the NASCAR Cup Series in 2019 as his Toyota operation dominated the sport as it put three drivers in the Championship 4 with the opportunity to run for the title in the last race of the season at Homestead Miami. JGR's Kyle Busch, Denny Hamlin and Martin Truex Jr. all three took the green flag on that day with the title within their grasp but it was Kyle Busch who took the checkered flag and with it the series championship.

Truex finished second to Busch both at Homestead and in the championship battle but it was just a few weeks later that his team may have made one of the biggest headlines of the year in the series when his long time crew chief Cole Pearn announced that he was stepping down to spend more time with his family. It was a sudden ending to one of the most successful combinations in the sport and left many wondering if Truex could continue his winning ways with a new crew chief on top of his pit box.

Truex showed glimpses of the potential that he had when he posted a win at both Richard Childress Racing and Michael Waltrip early in his career before landing at Furniture Row Racing in 2014. In his first year at FRR based in Denver, Colorado he was paired with Todd Berrier as his crew chief. The following year, Truex was united with Pearn and the two would begin their steady climb to the top of the sport.

In their time together at Furniture Row, Truex and Pearn won seventeen races and took home the title in 2017. The pair was always a threat to win at any stop on the schedule but the run at FRR came to an end after the 2018 season when it could no longer attract the sponsorship dollars it needed to continue to compete at the highest level.

Furniture Row and Joe Gibbs Racing had an alliance between the two since both operations competed in Toyotas and it was no secret that the manufacturer wanted to find a ride in one of its Toyotas for the highly successful pair. Gibbs made a change with one of his four teams that opened up a seat for the 2019 season so when it was announced that Truex was joining the organization it came to no surprise that Pearn would be announced as his crew chief.

There was no learning curve for the two once the season got underway because of their alliance with JGR, the chemistry that the team had formed over the years continued and it showed on race day. Truex's team made seven trips to victory lane while posting fifteen top-5 and 24 top-10 finishes. That level of success in the sport is rare now because of the amount of talent in the sport and sustaining it over a long period of time is difficult.

Gibbs just recently announced that James Small would be taking over as crew chief immediately for Truex as the team prepares for the start of the 2020 season. Small is no stranger to Truex as he has been part of his team for the last three years which spans both Furniture Row and Gibbs. This past season he was the lead engineer for Truex's Toyota so he should feel comfortable in his new role but will now face the pressure that Sprint Cup Series crew chiefs face on a daily basis and not just on the weekends at the track.

This will be his first full time crew chief job in the series but he does have two races under his belt from on top the pit box. He filled in as Erik Jones' crew chief in 2017 at Furniture Row and posted a third place finish at Michigan International Speedway and a tenth place finish at Watkins Glen.

## An Honor for Russell County Public Library



Cheyenne Popplewell  
The Times Journal

The Russell County Public Library were honored this morning with the presentation of a POW MIA flag and a

special donation of wartime memories for our local history/genealogy collection. Veterans attending represented all branches of the military as well as the DAV (Disabled American Veterans).

## Russell County Attorney Continues Tradition



Jailer, Bobby Dunbar pictured with Derek Helm

Cheyenne Popplewell  
The Times Journal

Jailer Bobby Dunbar would like to say a BIG THANK YOU to Attorney Derek Helm for providing everyone at the Russell Co Detention Center with their own personal pizza and soda pop for Christmas! This is the third year in a row Derek has displayed the Christmas Spirit here at RCDC. Everyone wanted Derek to know how much they appreciate his kindness. Jailer Dunbar thanks Derek for being so generous during this holiday season. God Bless!!

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