

# The Power of Extension

Robeson County Center

February 1, 2016



## Inside This Issue

### Family and Consumer Sciences

Planning Helps Stretch Food Dollars .....	1 - 2
Washing Hands Properly .....	2
ServSafe Training for Latino Clients.....	2
Steps to Health Nutrition Education .....	2 – 3

### 4-H Youth Development

Etiquette Classes .....	3
Overnight Camp .....	3 - 4

### Agriculture

Aquaponics Tour .....	4
Risk Management Workshops ..	4
Ruminant Forage and Nutrition Series .....	5
On-Farm Variety Comparisons .....	5
Upcoming Events .....	6 - 7

## Contact Us

O. P. Owens Agriculture Center  
455 Caton Road  
P. O. Box 2280  
Lumberton, NC 28359  
Phone: 910-671-3276  
Fax: 910-671-6278  
<http://robeson.ces.ncsu.edu>

Facebook:  
Robeson County Cooperative Extension

Distributed in furtherance of the acts of Congress of May 8 and June 30, 1914. North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, veteran status, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

## An Inside Glance into Cooperative Extension

Extension offers something for everyone! We offer programs for children starting at age five and continue to provide lifelong learning opportunities for the young at heart of any age! As County Extension Director, it is my goal to make sure we continue to focus our programs on meeting your needs. North Carolina Cooperative Extension, Robeson County Center, is moving toward focusing our work in three main areas: Agriculture, Food, and Youth.

The Power of Extension Newsletter provides a snapshot of the educational programs conducted by North Carolina Cooperative Extension, Robeson County Center, which impact the lives of Robeson County citizens. As an educational leader, the organization works with citizens to determine the most important and urgent issues to the community. When the issues have been identified, the staff utilizes university resources to help address these needs. Providing research-based and relevant educational opportunities for citizens in Robeson County is our highest priority.

*Christy Strickland*

Christy Strickland  
County Extension Director

## Family and Consumer Sciences



**Planning Helps Stretch Food Dollars --** More than 20 percent of American families continue to live in food insecure homes. When funds are available for food, the last thing the primary shopper thinks about is eating healthy. The Adult Expanded Foods and Nutrition Education Program (EFNEP) in Robeson County partnered with UNCP Healthy Start to offer a series of workshops to limited-resource audiences. One of

the segments had to do with grocery and meal planning, which helps stretch resources, so families can be food secure. When folks know what is in their freezer and pantry, what they can buy on WIC, and what meals they are planning, it allows for smarter shopping. Evaluation and Results - Data was collected through verbal feedback and post evaluations. Through this verbal feedback and written post evaluations, participants noted the planning classes helped them be more efficient

with their funds and become more food secure. Participants stated that by applying MyPlate basic nutrition concepts to plan meals, they are able to stretch their food resources. Now they are feeding their families nutritious meals on a budget.

**Rosemary Crumb-Pipkin, Extension Adult EFNEP Assistant**



**Washing Hands Properly Can Prevent The Flu Virus --** According to the Department of Health, flu germs spread from one person to another by way of coughing, sneezing, or simply talking. One way of preventing the flu virus is by properly washing your hands with warm, soapy water for 20 seconds. To decrease the number of children contracting the flu virus, the 4-H Expanded Foods and Nutrition Education Program (EFNEP) in Robeson County partnered with Rowland Norment kindergarten classes to deliver six nutrition and food safety classes.

During the first lesson, I demonstrated the proper steps to washing hands correctly. Students were given glow germ powder to put on their hands, which is designed to make "germs" appear under a black light. This gave students a realistic demonstration of how germs spread from one person to another. After completion of the demonstration, teachers reported that every child now sings the ABC song when it is time to wash hands. Teachers also reported that students remind each other to cover mouths properly when coughing or sneezing. Teaching children to properly wash hands will lower the risk of students contracting the flu virus, lower parents medical expenses, and decrease the number of absences in schools and in the work place. Due to the success of this program, Cooperative Extension will continue to partner with Rowland Norment Elementary School.

**Tamika McLean, Extension 4-H EFNEP Assistant**

**ServSafe Training for Latino Clients --** In Robeson County, the foodservice workforce includes a growing number of Latinos. Food safety education opportunities for Latinos in their native language is very limited. To meet this need, a Cooperative Extension bilingual specialized committee member volunteered by translating marketing/study materials, making phone calls, and teaching/proctoring ServSafe training/exams. The volunteer gave a minimum of 110 food safety volunteer hours at a rate of \$23.07 per hour. This equates to \$2,537.70 in volunteer time. In addition to written correspondence, the volunteer had over 160 client contacts through E-mail, phone calls, office visits, and training sessions. Food safety training in the Spanish language will continue to be provided in Robeson County.



**Janice Fields, Extension Family and Consumer Sciences Agent**



**"Steps to Health" Nutrition Education --** The Robeson County obesity and overweight rate for children ages 2-4 rose to over 38 percent in 2012. Children today have a shorter life expectancy than their parents for the first time in 100 years due to the growing weight gain and lack of physical activity. If this obesity trend is not slowed, it will eliminate the progress made in reducing the burden of weight-related chronic disease such as heart disease, cancer, and diabetes. In addition, Robeson County is the most economically challenged county in the state with a poverty rate of 32

percent and over 80 percent of school-aged children enrolled in free/reduced price lunch. Since 2010, Cooperative Extension has partnered with the public schools to offer “Steps to Health” nutrition education to 1,929 pre-K, kindergarten, second, and third grade students in Robeson County. One of the main goals of the nine-week series focused on helping children increase their fruit and vegetable consumption. Students participated in tasting sessions, providing an opportunity to try foods not experienced previously. Evaluation and Results - Parent feedback forms were sent home with all students during the eighth session to collect qualitative and quantitative data, and teacher feedback forms were also used to assist in determining the effectiveness of the program. Over the past five years, results have shown an 87 percent increase in the students’ willingness to try fruits and vegetables.

**Christy Strickland, County Extension Director**

## **4-H Youth Development**



**Etiquette Classes** -- The lack of knowledge and understanding of proper etiquette when attending formal functions can cause anxiety and stress for adults as well as youth. Many youth and adults find themselves in uncomfortable and awkward settings, because they are not aware of etiquette guidelines, costing them college acceptance, jobs, and possibly affecting their future. Cooperative Extension 4-H partnered with Family and Consumer Sciences and the Pinehurst Resort and held a one-day Etiquette Class for 22 youth. Participants were trained in place setting, manners, and etiquette.

Evaluation and Results - The evaluation process involved a formal lunch at Pinehurst Resort and a meet-and-greet social with volunteers at the end of the workshop. Participant parents completed a follow-up evaluation two weeks after the program that collected quantitative and qualitative data. Evaluations revealed 22 youth learned proper etiquette when eating in a formal setting. Parents stated all youth gained knowledge by greeting parents, shaking hands while looking them in the eye, and being more polite than ever. Evaluations indicated 65 percent of youth changed their behavior. Due to the success of the program, we will offer it again in the future.

**Wendy Maynor, Extension 4-H Program Assistant**

**Why Overnight Camp is Important in Robeson County** -- Many youth are unable to experience the opportunity to gain life skills in safe and nurturing environments. These skills can make the difference in a child becoming an independent, successful adult rather than a dependent one. The Cooperative Extension 4-H agent in Robeson County partnered with Indian Education, United Way, and two donors to provide camping opportunities for more than 60 youth for a weeklong overnight camping opportunity. At this camp, the youth had the opportunity to make new friends, gain responsibility skills, try new things, and be on their own for the first time in a safe and nurturing environment. Many of these youth traveled outside the county for the first time as a part of this experience. Evaluation and Results - After camp, an online written evaluation was sent to parents that collected both qualitative and quantitative data. Almost 20 percent of the parents responded to the evaluation. Of those who responded, 100 percent stated that when their children came home, they were more willing and capable of accepting responsibility. While 75 percent of the parents noted their child had a better appreciation for diversity and were more caring toward others. When it came to making friends, more than half, or 62 percent, of the parents commented they were impressed with the new social skills their children had with making friends. Parents also noted their children



were more willing to try new things, seemed more self-confident, and were willing to do things around the house like make their bed. Due to the impact of this program, we will continue to work with other agencies to allow children to take part in this opportunity.

**Shea Ann DeJarnette, Extension 4-H Youth Development Agent**

## Agriculture

**Aquaponics Tour** -- Many small farmers are seeking ways to diversify for continued sustainability. Cooperative Extension has been contacted by many of these farmers asking for guidance or advice on aquaponics and/or hydroponics. Finding relatively little written information to share with the inquiring clients, Cooperative Extension organized a tour to visit Lucky Clay Farms, a farm with a successful aquaponic component, and North Carolina State University's aquaponics research facility on Lake Wheeler Road, Raleigh, managed by Tyler Nethers. Evaluation and Results - A post evaluation was sent electronically to all 15 participants and 11 responded with a completed evaluation. Participant results indicated 100 percent gained knowledge on the importance of the water chemistry used in aqua/hydroponic systems. Ninety-one percent gained knowledge in pest and disease control, and 82 percent have greater understanding of the need and correct use of a bio-filter. Seventy-three percent are now better educated on selecting appropriate fish species for an aquaponic system, and 64 percent are now better equipped to select appropriate plant material to grow in these systems. One hundred percent would recommend the tour to others. When asked to place a dollar amount on the tour and knowledge gained, participants placed a \$150 value on it.



**Mack Johnson, Extension Horticultural Agent**



**Risk Management Workshops Help Increase Farm Income** -- Small farmers are faced with many challenges as they attempt to manage risks associated with farming. These challenges include high input and energy costs, fewer off-farm employment opportunities, increased financial and marketing risks, and weather. In 2014, Cooperative Extension hosted a series of Risk Management Workshops to address these challenges. The workshops were held in partnership with the USDA Risk

Management Agency and National Crop Insurance Services. A team of Extension agents assisted in recruiting potential participants and making follow-up contacts with participants. The objective of the program was to teach farmers how to understand and implement farm business planning principles for successful risk management decision-making. Evaluation and Results - After the final workshop, each participant completed a project evaluation. In the fall of 2015, follow-up interviews were completed. A total of 14 farmers attended the final workshop. The farmers learned about new risk management tools and services along with those already established. Each of these farmers completed a personal risk management plan. Follow-up interviews and surveys with 10 of the 14 participants showed they have increased farm income by a total of \$19,300, collectively, by implementing the changes listed on their personal plans. Some of the changes included: adding high-tunnel greenhouses, installing new irrigation systems, reducing input costs, and increasing crop yields. With these tools, local farmers can build the confidence they need to deal with both future risks and opportunities.

**Nelson Brownlee, Extension Area Farm Management Agent**

**Ruminant Forage and Nutrition Series** -- In the livestock industry, the largest expense on a farm is feed costs. By becoming more knowledgeable about ways to decrease feed costs, producers can learn and decide what works best for them to increase profit on their farm. In an effort to help area cattlemen increase the profitability of their operations, livestock agents from Bladen, Cumberland, Hoke, Robeson, Sampson, and Scotland Counties joined forces to offer a Ruminant Forage and Nutrition Series. Producers attended three classroom sessions. There were 13 participants who attended the series. Evaluation and Results - An evaluation was given at the last class and all 13 participants completed the evaluations. The evaluation showed 100 percent of the participants were satisfied or very satisfied with the relevance of information to their needs, subject matter knowledge of instructors, and overall quality of the series. One hundred percent learned new ideas on mineral supplementation, summer and winter annuals, and grazing management. Ninety-two percent increased their knowledge on supplementation, nutritional disorders, and hay management. The 13 producers collectively own 156 cows, 366 meat goats, and 42 sheep. Seventy-five percent or more reported they would take soil samples, supplement their feeding program, use annuals to improve their grazing, use rotational grazing, and determine their hay needs to improve their feeding program. If farmers adopt new practices, there is a potential to save over \$7,500 in feed costs.



**Taylor Chavis, Extension Livestock Agent**



Weigh wagon with scales being used to record individual plot yield.

**Helping Growers Through On-Farm Variety Comparisons** -- North Carolina is a deficit producer of grain for animal feed, importing as much as 20 percent of its feed needs for the pork, poultry, and cattle industry annually. To alleviate this deficit and reduce grain hauling transportation costs, NCSU and North Carolina Cooperative Extension initiated a program to work with the agricultural industry to increase crop yields 10 percent. Extension agents in nine southeast North Carolina counties, including Robeson, supported this initiative by participating in a multi-county corn variety demonstration program. This annual

demonstration gives local farmers an opportunity to make side-by-side comparisons of variety performance from numerous companies in multiple growing environments. Evaluation and Results - The ultimate goal of this program is to enable farmers to evaluate the most suitable varieties for their farms with the goal of generating more consistent average yields in poor, fair, and excellent growing seasons. In 2015, results showed a combined yield average of 143 bushels per acre in 9 locations. Given a \$4 per bushel price, selecting the improper variety in 2015 could have cost a grower as much as \$84 per acre when comparing the top yielding variety to the lowest yielding variety. With an average of 62,000 acres of corn planted each year, making proper corn variety selection could have resulted in a combined gain of \$5.2 million for all Robeson County corn producers.

**Mac Malloy, Extension Field Crops Agent**



## Upcoming Events

WHEN	WHAT	WHERE	CALL TO REGISTER
February 1 6:00 - 7:00 p.m.	4-H County Council and Volunteer Leaders' Association Meeting	O. P. Owens Agriculture Center 455 Caton Road, Lumberton	Wendy Maynor 671-3276
February 2 4:00 - 8:00 p.m.	Cape Fear Regional Cattle Conference	Southeastern N.C. Agricultural Events Center, 1027 Highway 74 East, Lumberton	Taylor Chavis 671-3276
February 4 6:00 - 8:00 p.m.	Southeast Peanut Production Meeting	Powell Melvin Service Center 450 Smith Circle Road, Elizabethtown	Mac Malloy 671-3276
February 4 7:00 - 9:00 p.m.	Goat Club Meeting	Hoke County Center 116 West Prospect Avenue, Raeford	Taylor Chavis 671-3276
February 6 - 7	4-H Volunteer Leaders' State Conference	McKimmon Center, Raleigh	Shea Ann DeJarnette 671-3276
February 8 10:00 - 11:00 a.m.	Robeson County Master Gardeners Association Meeting	O. P. Owens Agriculture Center	Mack Johnson 671-3276
February 10 3:00 - 8:00 p.m.	Pesticide Recertification Training 3 - 5, Private Applicator V 6 - 8, Private Applicator X and Commercial A, B, D, G, H, I, K, L, M, N, O, and T	O. P. Owens Agriculture Center	Mac Malloy 671-3276
February 11 6:00 - 8:00 p.m.	Robeson County Livestock Group Interest Meeting	O. P. Owens Agriculture Center	Taylor Chavis 671-3276
February 16 10:00 a.m.	N.C. Forages and Grasslands Council Winter Conference	165 Agriculture Drive, Kenansville Register at: <a href="http://www.nccattle.com/fgcwinterconferenceregistration.aspx">http://www.nccattle.com/fgcwinterconferenceregistration.aspx</a>	Taylor Chavis 671-3276
February 16 6:30 - 8:30 p.m.	Robeson County Area Beekeepers Association Meeting	O. P. Owens Agriculture Center	Nelson Brownlee 671-3276
February 19 12:00 – 3:30 p.m.	Tri-County Grain Production Meeting	O. P. Owens Agriculture Center	Mac Malloy 671-3276
February 20 10:00 a.m. – 12:00 noon	Regional Fruit Tree Pruning/Training	Geraldine's Peaches and Produce 10728 Highway 41 North, Lumberton	Mack Johnson 671-3276
February 23 1:00 – 4:00 p.m.	North Carolina Pesticide Exam	O. P. Owens Agriculture Center	Pesticide Section 919-733-3556
February 23 5:30 – 9:00 p.m.	First-On-Scene Training	Workforce Development Building BB&T Room, RCC 5160 Fayetteville Road, Lumberton	Mac Malloy 671-3276
February 25 12:00 – 2:00 p.m.	Agriculture Transportation Law Update	O. P. Owens Agriculture Center	Mac Malloy 671-3276
February 29 4:00 – 5:00 p.m.	4-H Embryology Teacher Training/ Incubator Distribution	O. P. Owens Agriculture Center	Shea Ann DeJarnette 671-3276
March 1 6:00 – 8:00 p.m.	Robeson County Farmers Market Meeting	O. P. Owens Agriculture Center	Mack Johnson 671-3276
March 3 7:00 – 9:00 p.m.	Goat Club Meeting	Hoke County Center 116 West Prospect Avenue, Raeford	Taylor Chavis 671-3276
March 8 - 9 8:45 a.m. - 5:00 p.m. March 10 - Review March 11 and 14 - Exam	ServSafe Food Safety Certification Training Fee - \$125 (check or money order only) DEADLINE - February 16 (\$140 after)	O. P. Owens Agriculture Center	Janice Fields 671-3276 Come by to pay and register
March 10 6:00 – 8:00 p.m.	Local Foods – What Does It Mean?	O. P. Owens Agriculture Center	Mack Johnson 671-3276
March 12 1:00 – 3:30 p.m.	4-H County Activity Day	O. P. Owens Agriculture Center	Shea Ann DeJarnette 671-3276
March 14 10:00 - 11:00 a.m.	Robeson County Master Gardeners Association Meeting	O. P. Owens Agriculture Center	Mack Johnson 671-3276
March 15 6:30 - 8:30 p.m.	Robeson County Area Beekeepers Association Meeting	O. P. Owens Agriculture Center	Nelson Brownlee 671-3276

WHEN	WHAT	WHERE	CALL TO REGISTER
March 17 10:00 a.m. - 3:00 p.m.	Pesticide Recertification Training 10 - 12, Private Applicator V 1 - 3, Private Applicator X and Commercial A, B, D, G, H, I, K, L, M, N, O, and T	O. P. Owens Agriculture Center	Mac Malloy 671-3276
March 19 10:00 a.m. – 12:00 noon	Raised Bed Gardening	O. P. Owens Agriculture Center	Mack Johnson 671-3276
March 22 6:00 – 8:00 p.m.	Totally Tomatoes	O. P. Owens Agriculture Center	Mack Johnson 671-3276
April 4 6:00 - 7:00 p.m.	4-H County Council and Volunteer Leaders' Association Meeting	O. P. Owens Agriculture Center	Wendy Maynor 671-3276
April 7 7:00 – 9:00 p.m.	Goat Club Meeting	Hoke County Center 116 West Prospect Avenue, Raeford	Taylor Chavis 671-3276
April 11	4-H Embryology Teacher Incubator Distribution for Round 2	O. P. Owens Agriculture Center	Shea Ann DeJarnette 671-3276
April 11 10:00 - 11:00 a.m.	Robeson County Master Gardeners Association Meeting	O. P. Owens Agriculture Center	Mack Johnson 671-3276
April 19 6:30 - 8:30 p.m.	Robeson County Area Beekeepers Association Meeting	O. P. Owens Agriculture Center	Nelson Brownlee 671-3276
May 5 7:00 – 9:00 p.m.	Goat Club Meeting	Hoke County Center 116 West Prospect Avenue, Raeford	Taylor Chavis 671-3276
May 9 10:00 - 11:00 a.m.	Robeson County Master Gardeners Association Meeting	O. P. Owens Agriculture Center	Mack Johnson 671-3276
May 17 6:30 - 8:30 p.m.	Robeson County Area Beekeepers Association Meeting	O. P. Owens Agriculture Center	Nelson Brownlee 671-3276
June 2 7:00 – 9:00 p.m.	Goat Club Meeting	Hoke County Center 116 West Prospect Avenue, Raeford	Taylor Chavis 671-3276
June 6 6:00 - 7:00 p.m.	4-H County Council and Volunteer Leaders' Association Meeting	O. P. Owens Agriculture Center	Wendy Maynor 671-3276
June 13 10:00 - 11:00 a.m.	Robeson County Master Gardeners Association Meeting	O. P. Owens Agriculture Center	Mack Johnson 671-3276
June 21 6:30 - 8:30 p.m.	Robeson County Area Beekeepers Association Meeting	O. P. Owens Agriculture Center	Nelson Brownlee 671-3276
June 27 – July 2 8:30 a.m. - 3:30 p.m.	4-H Junior Master Gardener Day Camp Ages 9 - 13	O. P. Owens Agriculture Center	Denese Prevatte 671-3276
July 5 - 8 8:00 a.m. - 5:00 p.m.	4-H Millstone Day Camp Ages 9 - 13	O. P. Owens Agriculture Center	Denese Prevatte 671-3276
July 7 7:00 – 9:00 p.m.	Goat Club Meeting	Hoke County Center 116 West Prospect Avenue, Raeford	Taylor Chavis 671-3276
July 10 - 16	4-H Overnight Camp Ages 9 - 14; \$400	Betsy-Jeff Penn 4-H Center Reidsville, NC	Denese Prevatte 671-3276
July 11 10:00 - 11:00 a.m.	Robeson County Master Gardeners Association Meeting	O. P. Owens Agriculture Center	Mack Johnson 671-3276
July 19 6:30 - 8:30 p.m.	Robeson County Area Beekeepers Association Meeting	O. P. Owens Agriculture Center	Nelson Brownlee 671-3276
July 25 - 30 8:30 a.m. - 5:00 p.m.	4-H Junior Chef Academy Ages 9 - 13	O. P. Owens Agriculture Center	Denese Prevatte 671-3276
August 1 - 6 8:30 a.m. - 5:00 p.m.	4-H Biotech Day Camp Ages 9 - 13	O. P. Owens Agriculture Center	Denese Prevatte 671-3276

For more information about additional upcoming educational opportunities, please check out our calendar at:  
<http://robeson.ces.ncsu.edu>

