

The Power of Extension

September 2018

AN INSIDE GLANCE INTO COOPERATIVE EXTENSION

North Carolina Cooperative Extension focuses on three main areas: Agriculture, Food, and Youth. Locally, that means we have three main departments: Agriculture, Family and Consumer Sciences, and 4-H Youth Development. Providing research-based and relevant educational opportunities for citizens in Robeson County is our highest priority. **The Power of Extension** Newsletter provides a snapshot of the educational programs conducted by N.C. Cooperative Extension, Robeson County Center, which impact the lives of Robeson County citizens.

Since the last publication of **The Power of Extension** Newsletter, a lot has happened here at the Robeson County Center. Here are just a few highlights:

- In March, our county hosted the 2018 N.C. A&T Small Farms Week kickoff featuring a panel discussion with local small farmers about successes and challenges of being a small farmer. The day culminated with three farm tours, one of which highlighted the 2017 Small Farmer of the Year, Lucius Epps.
- In March, we hired two Expanded Food and Nutrition Education Program (EFNEP) assistants: Ashley McRae, Adult EFNEP, and Joanna Rogers, Youth EFNEP. They will work together to provide programming for limited-resource families with young children, school-aged youth, and pregnant teens through a series of lessons focusing on making wise food choices, increasing physical activity, managing food resources, and practicing food safety.
- In the past year, several staff members have been recognized for the good work they are doing in the county. Those who received the Pride of the Wolfpack Award for their leadership, customer service, and client focus are: Janice Fields, FCS Agent; Mack Johnson, Horticultural Agent; Jessie Jones, Ag and FCS Support Staff; Wendy Maynor, 4-H Program Assistant; and Christy Strickland, County Extension Director. Taylor Chavis, Livestock Agent, was recognized during this year's North Carolina Association of County Agricultural Agents Conference with the Search for Excellence in Crop Production Team Award for forage research and education, and Nelson Brownlee, Area Farm Management Specialized Agent, received the

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Search for Excellence in Young, Beginning, or Small Farmers/Ranchers Award. Taylor was also recognized with an Achievement Award during the National Association of County Agricultural Agents Conference.

- 4-H has conducted eight Summer Fun camps/events. The summer program offers activities for all youth between the ages of 5 and 19. This summer, at least 70 children were able to take part in experiences that are designed to be fun while enhancing learning.
- We hosted four interns this summer from NC State University, N.C. A&T State University, and UNC Pembroke: Anthony Bullard, Taleek Harlee, Jessie Jones, and Kobe Purdie. They were involved in assisting agents with client needs, programming, developing a watering system for our raised bed gardens, harvesting research plots, working with 4-H Summer Fun, preparation for Food Preservation Classes, and much more!

Christy Strickland

Christy Strickland
County Extension Director



AGRICULTURE



2018 Regional Chicken Project -- There is a growing interest in youth participating in small animal projects. Chicken projects create a more affordable livestock showing option in comparison to the larger species. Cooperative Extension knows the value of livestock projects and the life skills they provide for children. As a collaborative effort between Extension/4-H and school agricultural education classes (FFA), livestock and 4-H agents from seven counties offered the chicken project. Participants could choose between raising laying hens or broilers. Broilers could be given back to be processed and donated to a food bank. The goal was to provide lessons in raising chickens, showing chickens, recordkeeping, and money management. There were 53 youth who participated in the show with 117 people in attendance. Youth raised laying hen chicks from three days old to four months old and broiler chicks from three days old to seven weeks old. There was an organized showmanship contest, breed show, and record book contest. Youth attended two mandatory training sessions. Cape Fear Farm Credit provided financial support for this project, including prize money. Evaluation and Results - Data was collected through an online evaluation prior to the show and at the show. The evaluation was completed by 72 people; 97 percent were very satisfied or satisfied with the overall experience of the project. Evaluations showed that 97 percent of the youth improved on responsibility and work ethic and 95 percent improved on communication skills. Some quotes from participants are: "I have really enjoyed being a part of the project" and "I love seeing all the children with their chickens showing love and companionship."

Taylor Chavis, Extension Livestock Agent

Helping Small Farmers Develop Marketing Plans and Strategies -- Small farmers are faced with many challenges as they attempt to manage risks associated with farming. One of the challenges they face is marketing risks. In 2017, the Extension Centers in Robeson and Sampson Counties hosted a series of Risk Management Workshops to address the challenges associated with marketing risks. The workshops were held in partnership with the United States Department of Agriculture - 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 the skills to understand their own operation sufficiently to develop marketing plans and



strategies to make their farm more profitable. Evaluation and Results - After the final workshop, each participant completed a project evaluation, which included a pre and posttest. In January and February 2018, follow-up interviews were conducted by phone and mail. Three daylong workshops supplemented by personal assignments and on-farm visits providing individualized tutoring and counseling was delivered to 62 producers in two locations; 47 of the participants completed personal marketing plans. Many of the participants stated that the actions they completed on their personal marketing plans have made their farms more profitable and sustainable. Evaluations with 31 of these participants showed they have increased their income collectively by \$132,000. 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

Epic Tomatoes -- Everybody enjoys fresh, local, homegrown tomatoes. Tomatoes seem to be the number one fruit (referred to as a vegetable by many folks) that everybody wants to grow. Cooperative Extension receives many calls on tomato culture and cultivar selection in the home garden. Acquiring a speaker that is somewhat of a local celebrity figure attracts more diverse folks who may not normally attend an Extension program. Cooperative Extension, along with the financial support of the Robeson County Extension Master Gardener Volunteers, was able to secure Craig LeHoullier, author of “Epic Tomatoes” and “Straw Bale Gardening,” to present at our 3rd Annual Spring Seminar in March. He presented on his experience growing tomatoes, cultural tips, and variety selection. The event was attended by 46 homeowners, gardeners, and Extension Master Gardeners. Evaluation and Results - The attendants were polled at the end of the program: 94 percent responded positively that they did learn something new and 86 percent agreed they would implement a cultural practice that was highlighted during the seminar, which should improve the quality of their homegrown tomatoes. Upon ending the program, many attendants left stating what a great and enjoyable program it was and that it was a perfect way to spend a cold Saturday morning.



Mack Johnson, Extension Horticultural Agent



Pesticide Disposal Event Saves Thousands -- Inventories of unwanted pesticides (insecticides, fungicides, and herbicides) by pesticide applicators, including homeowners, need to be properly disposed of to prevent health and environmental hazards. Inventories of such products occur by accumulating partially used pesticides in storage from previous years, applicators retiring or no longer in business, or from individuals who acquire property with pesticides left in outbuildings. These individuals are burdened with finding ways to properly dispose of unwanted chemicals. Based on this need, Cooperative Extension held a one-day pesticide disposal collection event in partnership with

the North Carolina Department of Agriculture and Consumer Services, Pesticide Disposal Assistance Program. A certified contractor weighed and counted each container of pesticide as it was delivered the day of the collection event. Evaluation and Results - As a result of the free amnesty event, the certified contractor collected 121 containers for a total of 1,102 pounds of unwanted pesticides for proper disposal. Disposal of unwanted pesticides by private individuals would cost, on average, \$7 per pound. The combined savings for all participants was \$7,714. Since 2012, this free program has saved county participants over \$74,000. Proper pesticide disposal contributes to the improvement of environmental and public health by keeping pesticides out of the environment and reducing the risk of pesticide exposure to all citizens.

Mac Malloy, Extension Field Crops Agent

4-H YOUTH DEVELOPMENT



Speaking Publicly -- Public speaking is listed as the number one fear of most people and many employers now list public speaking as a basic job skill. The Robeson County 4-H Program worked with youth on a three-level public speaking competition. Youth had the opportunity to prepare speeches and presentations for county-level competitions. If they did well on the county level, they had the opportunity to move forward to district and then state-level competitions. Evaluation and Results - Evaluations were based on verbal feedback and overall scores. Of the youth who competed at county, 98 percent had the opportunity to move forward. Of the youth who competed at district, 100 percent had the opportunity to move forward to state competition. At state, 69 percent of the youth competing placed in the top three. Youth and parents alike indicated that because of this series of competitions, the participating youth are more likely to give public speeches and are much more comfortable getting up to speak. Due to the success of this program, we will continue to offer this program.

Wendy Maynor, Extension 4-H Program Associate

Colorful Leadership -- Often, adults and youth find themselves "voluntold" into leadership positions because they are often not confident in their leadership skills. However, the best way to build confidence and skills is to take on the positions and learn while doing. Training to help these new and aspiring leaders is also important. The New Hanover and Robeson County 4-H agents planned a leadership training centering around the Real Colors personality assessment. The goal of the workshop was to identify different personalities, work styles, and leadership tendencies in the teen officers as well as adult volunteers. This would help the agent devise programming styles that they would relate to better and allow them to start working more closely as a team. The three-hour workshop was open to all 4-H members and adult volunteers who attended the teen council meeting. Participants went through an assessment to learn their personality types and then various interactive activities to learn about each color's strengths and weaknesses. Evaluation and Results - Quantitative and qualitative oral and written evaluations were conducted immediately and approximately a week after the training. On the night of the training, 100 percent of the participants said they learned something new about themselves as well as how to more effectively work with others. More than 50 percent of the participants took part in the follow-up survey. All stated they were applying what they had learned in the workshop, and 20 percent said they had improved their communication skills among other colors. All but one respondent said they would like to continue to expand on this training to increase their team working, relationship building, and communication skills.



Shea Ann DeJarnette, Extension 4-H Youth Development Agent

FAMILY AND CONSUMER SCIENCES



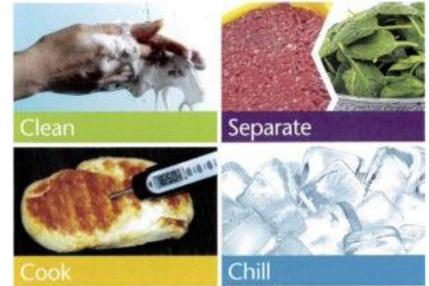
Faithful Families Eating Smart and Moving More -- According to the 2015 State of County Health Report, four of the top five leading causes of death in Robeson County include heart disease, cancer, stroke, and diabetes. Also, these chronic diseases in adults are impacted by a county poverty rate of 32 percent, poor nutrition, and food insecurity. In an effort to address this need, Cooperative Extension provided nine nutrition workshops to 59 participants at a local church, of which 21 attended five or more classes. Evaluation and Results - Written and verbal evaluations were administered at the beginning and end of the series to all participants.

Completed pre- and post-surveys from 14 participants revealed 100 percent increased knowledge and 93 percent changed behavior. Forty-three percent stated they were eating more fruits and vegetables and

71 percent stated they are drinking more water. Furthermore, at least one stated she had lost six pounds since the class had started, was eating more fruits, and exercising more often. Others stated they were more conscious of portion sizes and reading food labels. In addition, several are now practicing safe food-handling techniques such as washing their fruit before consuming and sanitizing surfaces. By adopting healthy and safe eating and physical activity habits, these participants will improve their families' health, save money, and lessen the financial burden on the health-care system. Based on results, Cooperative Extension will continue to offer similar programs.

Janice Fields, Extension Family and Consumer Sciences Agent

Keeping Safe in the Kitchen -- The Centers for Disease Control and Prevention estimates that each year 48 million people get sick from a foodborne illness, 128,000 are hospitalized, and 3,000 die. Researchers have identified 250 foodborne diseases. Contamination can occur at any point during production, processing, distribution, or preparation of food. Cooperative Extension, in partnership with Southeastern Behavioral Healthcare, conducted a 10-week series of Nutrition Education Classes through the Expanded Food and Nutrition Education Program (EFNEP) to teach limited-resource adults about food resource management, increasing physical activity, and food safety. Twenty-nine adult participants participated in the Fix-It-Safe lesson, which focuses on food safety. Participants completed a home food safety inspection questionnaire that aides in identifying if they were practicing food safety before, during, and after meal preparation. Four sections were addressed: cleaning, cooking, separating, and chilling. Glo-Germ was incorporated into the lesson to show how bacteria travels and to reinforce the importance of proper handwashing. Evaluation and Results - Participants were able to identify and explain how to clean, sanitize, cook, and chill food safely. At least 90 percent were able to demonstrate proper handwashing. Participants pledged to purchase food thermometers to measure internal food temperatures, so they could continually practice food safety at home.



Ashley McRae, Extension Adult EFNEP Assistant



Going for Healthier Options -- The Center of Disease Control and Prevention estimates the percentage of children and adolescents affected by obesity has tripled since the 1970s. Obesity can be defined as having excess body fat. National data indicates one in five school-age children and young people in the United States are obese. Cooperative Extension, in partnership with the Lumberton Recreation Center (Bill Sapp) summer camp, conducted a six-week series of classes through the Expanded Food and Nutrition Education Program (EFNEP). Children are

taught lessons on healthy food options using the EFNEP Camp, Cook, and Play curriculum which focuses on using MyPlate and promoting more physical activity. Participants are given healthy snacks as well as examples of things to try at home. Evaluation and Results -- Pre and posttests were given to 106 participants to see how often they eat and ask for healthy snacks and how much physical activity they get each day. On the pretests, over half the children admitted they did not always choose healthy options or participate in any physical activity. The posttests revealed the children were confident in choosing healthy snacks and trying more physical activities.

Joanna Rogers, Extension Youth EFNEP Assistant

Recommendations for the use of agricultural chemicals are included as a convenience to the reader. The use of brand names and any mention or listing of commercial products or services does not imply endorsement by North Carolina Cooperative Extension nor discrimination against similar products or services not mentioned. Individuals who use agricultural chemicals are responsible for ensuring that the intended use complies with current regulations and conforms to the product label. Be sure to obtain current information about usage regulations and examine a current product label before applying any chemical. For assistance, contact your county Cooperative Extension agent.

2018 Upcoming Events

WHEN	WHAT	WHERE	CALL TO REGISTER
August 16, 23, 30, September 6, 13, 18, 20, 26, October 4, 11, 18, 25, 31, November 8, and December 6 9:00 a.m. - 12:00 noon	Regional Extension Master Gardener Volunteer Training \$125 Fee - For those who registered by the July 27 deadline	O. P. Owens Agriculture Center 455 Caton Road, Lumberton	Mack Johnson 671-3276
September 4, 11, 18, 25, October 9, and 16 9:45 a.m. - 12:30 p.m.	Med Instead of Meds Cooking Series \$20 Fee - For those who registered by the August 28 deadline	O. P. Owens Agriculture Center	Janice Fields 671-3276
September 5 11:30 - 1:00 p.m.	Family and Consumer Sciences Advisory Meeting	O. P. Owens Agriculture Center	Jessie Jones 671-3276
September 6 8:30 - 9:30 a.m.	Soybean Turn Row Meeting	Walton Farms Intersection of Baxley Road and Odom Home Place Road, St. Pauls	Mac Malloy 671-3276
September 6 7:00 - 9:00 p.m.	Goat Club Meeting	Hoke County Center 116 West Prospect Avenue, Raeford	Taylor Chavis 671-3276
September 6, 13, 20, October 4, 11, and 18 4:00 - 6:00 p.m.	Med Instead of Meds Cooking Series \$20 Fee - For those who registered by the August 28 deadline	O. P. Owens Agriculture Center	Janice Fields 671-3276
September 10 10:00 - 11:00 a.m.	Robeson County Master Gardeners Association Meeting	O. P. Owens Agriculture Center	Mack Johnson 671-3276
September 10 6:00 - 9:00 p.m.	4-H County Council and Volunteer Leaders' Association Meeting - Elections	O. P. Owens Agriculture Center	Wendy Maynor 671-3276
September 17, 18, 19, 24, 25, and 26 1:00 - 5:00 p.m.	Spanish ServSafe Food Safety Certification Training \$125 Fee -- Deadline - September 10	O. P. Owens Agriculture Center	Janice Fields 671-3276
September 18 6:30 - 8:30 p.m.	Robeson County Area Beekeepers Association Meeting	O. P. Owens Agriculture Center	Nelson Brownlee 671-3276
September 20 1:15 - 5:00 p.m.	Small Farm Outreach Meeting: Linking Resources to Farmers and Landowners	Bladen County Center 450 Smith Circle Drive, Elizabethtown	Nelson Brownlee 671-3276
September 25 10:00 a.m. - 12 noon	Pesticide Recertification Training Private Applicator V	O. P. Owens Agriculture Center	Mac Malloy 671-3276
September 25 1:00 - 3:00 p.m.	Pesticide Recertification Training - Spray Drift Management -- Pesticide Credits Available: A, B, D, G, H, I, K, L, M, N, O, T, and X	O. P. Owens Agriculture Center	Mac Malloy 671-3276
September 27-October 6	Robeson Regional Agricultural Fair robesoncountyfair.com	Robeson County Fairgrounds 3750 Martin Luther King, Jr., Drive Lumberton	
October 4 8:15 a.m. - 5:15 p.m.	N.C. Cattle Industry Referendum Voting Day	O. P. Owens Agriculture Center	Taylor Chavis 671-3276
October 4 7:00 - 9:00 p.m.	Goat Club Meeting	Hoke County Center 116 West Prospect Avenue, Raeford	Taylor Chavis 671-3276
October 8 10:00 - 11:00 a.m.	Robeson County Master Gardeners Association Meeting	O. P. Owens Agriculture Center	Mack Johnson 671-3276
October 11 6:00 - 8:00 p.m.	Backyard Chicken Class	O. P. Owens Agriculture Center	Taylor Chavis 671-3276
October 11 - 21	North Carolina State Fair http://www.ncstatefair.org/2018/index.htm	N.C. State Fairgrounds, Raleigh	
October 16 6:30 - 8:30 p.m.	Robeson County Area Beekeepers Association Meeting	O. P. Owens Agriculture Center	Nelson Brownlee 671-3276
October 22, 23, and 24 8:45 a.m. - 5:00 p.m. October 30 - Review 8:45 a.m. - 1:00 p.m. October 31 - Exam 1:00 - 5:00 p.m.	ServSafe Food Safety Certification Training \$125 Fee -- Deadline - October 11	O. P. Owens Agriculture Center	Janice Fields 671-3276

WHEN	WHAT	WHERE	CALL TO REGISTER
October 22 6:30 - 8:00 p.m.	4-H Master Volunteer Training Deadline - October 15	O. P. Owens Agriculture Center	Denese Prevatte 671-3276
October 26 6:30 - 9:30 p.m.	4-H Volunteer Appreciation Night Deadline - October 19	O. P. Owens Agriculture Center	Denese Prevatte 671-3276
October 29 6:00 - 8:00 p.m.	Joint Extension Advisory Leadership System Meeting	O. P. Owens Agriculture Center	671-3276
November 1 7:00 - 9:00 p.m.	Goat Club Meeting	Hoke County Center 116 West Prospect Avenue, Raeford	Taylor Chavis 671-3276
November 3 10:30 a.m. - 2:30 p.m.	Southeast District 4-H Volunteer Fall Day \$5 Fee for Robeson County Volunteers -- Deadline - October 26	O. P. Owens Agriculture Center	Denese Prevatte 671-3276
November 5 6:00 - 7:00 p.m.	4-H Club Leaders Organizational Meeting	O. P. Owens Agriculture Center	Wendy Maynor 671-3276
November 7 9:00 a.m. - 4:00 p.m.	Animal Waste Training 6-hour class	O. P. Owens Agriculture Center	Taylor Chavis 671-3276
November 12 10:00 - 11:00 a.m.	Robeson County Master Gardeners Association Meeting	O. P. Owens Agriculture Center	Mack Johnson 671-3276
November 20 6:30 - 8:30 p.m.	Robeson County Area Beekeepers Association Meeting	O. P. Owens Agriculture Center	Nelson Brownlee 671-3276
December 6 7:00 - 9:00 p.m.	Goat Club Meeting	Hoke County Center 116 West Prospect Avenue, Raeford	Taylor Chavis 671-3276
December 7 6:30 - 8:30 p.m.	4-H Youth Achievement Night Deadline - November 30	O. P. Owens Agriculture Center	Denese Prevatte 671-3276
December 10 10:00 - 11:00 a.m.	Robeson County Master Gardeners Association Meeting	O. P. Owens Agriculture Center	Mack Johnson 671-3276
December 18 6:30 - 8:30 p.m.	Robeson County Area Beekeepers Association Meeting	O. P. Owens Agriculture Center	Nelson Brownlee 671-3276
January 3 7:00 - 9:00 p.m.	Goat Club Meeting	Hoke County Center 116 West Prospect Avenue, Raeford	Taylor Chavis 671-3276
January 14 10:00 - 11:00 a.m.	Robeson County Master Gardeners Association Meeting	O. P. Owens Agriculture Center	Mack Johnson 671-3276
January 15 6:30 - 8:30 p.m.	Robeson County Area Beekeepers Association Meeting	O. P. Owens Agriculture Center	Nelson Brownlee 671-3276
February 5 4:00 - 8:00 p.m.	Cape Fear Regional Cattle Conference	N.C. Agricultural Events Center 1027 Highway 74 East, Lumberton	Taylor Chavis 671-3276
February 7 7:00 - 9:00 p.m.	Goat Club Meeting	Hoke County Center 116 West Prospect Avenue, Raeford	Taylor Chavis 671-3276
February 11 10:00 - 11:00 a.m.	Robeson County Master Gardeners Association Meeting	O. P. Owens Agriculture Center	Mack Johnson 671-3276
February 19 6:30 - 8:30 p.m.	Robeson County Area Beekeepers Association Meeting	O. P. Owens Agriculture Center	Nelson Brownlee 671-3276

For more information about additional upcoming educational opportunities, please check out our calendar at:

<http://robeson.ces.ncsu.edu>



ABOUT N.C. COOPERATIVE EXTENSION

N.C. Cooperative Extension is a strategic partnership of NC State Extension, The Cooperative Extension Program at N.C. A&T State University, USDA's National Institute of Food and Agriculture (USDA-NIFA), and local governments statewide. Extension professionals in all 100 counties and with the Eastern Band of Cherokee Indians connect millions of North Carolinians with research-based information and technology from NC State and N.C. A&T. Educational programs specialize in agriculture, food and nutrition, 4-H youth development, community development and the environment.