

COOPERATIVE EXTENSION SERVICE
WEEKLY UPDATE
Week Ending 4/11/08

1. Items for Approval – None this week.
2. Items for Discussion – None this week.
3. Summary of County Visits by Dr. Jon Ort

| DATE | COUNTY VISITED | PURPOSE |
|------|-----------------|---------|
| | None this week. | |

4. Items for Information

- ✚ Tune in this weekend to hear Extension's own Mitch Woodward discuss how to conserve water during dry conditions and how to make the most of limited water supplies in your lawn and garden. Join Mitch and Bruce Ferrell, host of the North Carolina Report, this weekend at stations [across the state](#). If there's not a signal near you, the show will be posted for one week on the same Web page that lists the affiliate stations.
- ✚ In Greene County, a swine farm owner recently was inspected by the Division of Water Quality and an error was found in her Waste Utilization Plan. The error caused her to exceed the amount of nitrogen that the plan allowed to be applied to her Fescue pasture. The Division was preparing to issue the owner a Notice of Violation when the owner consulted with NC Cooperative Extension. Extension regularly amends Waste Utilization Plans to bring them up to current standards. Extension discovered that under present regulations, the Fescue crop is able to receive more than the original Waste Utilization Plan allowed. Extension brought this information before the Division of Water Quality to prevent them from issuing a Notice of Violation. This meant that the farm owner was saved a \$5,000 fine.
- ✚ Often youth, especially teenagers, do not have role models who can help them develop strong life skills such as goal setting. Our 4-H Program Associate with NC Cooperative Extension in Robeson County worked with hundreds of youth through project records, the Junior Fair Board and County Council programs to develop these skills. One youth, Jasmine Bullard strived to use her intelligence to achieve her goals. She knew she wanted to go to college, but with both parents disabled she did not think it was possible. After learning through 4-H that she could achieve her goals, she started applying for scholarships and received the Bill Gates Scholarship. Jasmine is the first member of her family to go to college. She is now a freshman at NC State University and her future goal is to become a medical doctor, which thanks to 4-H, she knows she can accomplish.
- ✚ The health of children is a concern in Cabarrus County as 16% of children in the county are overweight. NC Cooperative Extension in Cabarrus County is addressing the issue of overweight and obesity as a priority. Cabarrus County 4-H offered a class titled "Mission Nutrition" for children 7-12 years old. The class included four, two-hour sessions and topics covered exercise, food groups, food portions and how to eat healthy while eating out. At the end of the class, 63% of the children reported that they would spend at least 60 minutes a day exercising. Additionally, 100% of the children answered correctly that whole milk has more fat than skim and that it is important to eat breakfast. Sixteen children participated in all four sessions and each increased knowledge about making healthy food choices.

☒ Many homeowners do not possess the ability to maintain a home, which can result in the home deteriorating and not holding its market value. To assist homeowners in increasing their knowledge of basic home maintenance and becoming capable of making their own repairs, NC Cooperative Extension in Buncombe County offers a five-class series titled “Basic Home Maintenance Course”. The course is available to all residents in the county desiring to become proficient in home repair. Recently, a course participant reported she had replaced a leaking faucet in her kitchen as a result of what she had learned in the class saving both a plumber’s visit and conserving water during our drought. The same homeowner also reported having a gas leak fixed as a result of the class. Once the leak was repaired, she no longer suffered from the headaches experienced prior to the repair. The latter may have saved her life from CO poisoning.

5. Routine Items – None this week.