



**NC COOPERATIVE EXTENSION
WEEKLY UPDATE
Week Ending 10/3/08**

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
10/1/08	Pamlico County	County Visit with Staff and Advisory Leaders
10/2/08	Carteret County	County Visit with Staff and Advisory Leaders
10/2/08	Greene County	County Visit with Staff and Advisory Leaders
10/2/08	Duplin County	Bio-Diesel Field Day Dinner

4. Items for Information

- Childhood obesity must be stopped for the health of this generation and generations to come. To help combat this growing trend, a collaborative effort between NC Cooperative Extension, NC 4-H and the Brody School of Medicine at East Carolina University created *Take Off 4-H Health*, a healthy lifestyle camp for overweight youth. Teaching the nutrition education lessons were Family and Consumer Science Agents from Tyrrell and Dare Counties. As a result of the camp, 29 campers lost about 2 pounds a week, had a decline of greater than 1 BMI unit and reduced waist measurements by more than 2 inches. Campers reported feeling more energy, more confidence and a reduction in their clothing size. One camper with Type 2 Diabetes requiring insulin and oral hypoglycemic medication treatment prior to camp returned home with excellent blood sugar control off all medications.
- In 2004, agritourism ventures generated an estimated \$37.75 million for NC farms. Pumpkins are a significant part of many agritourism ventures and protecting these crops from disease is an important part of the crop management plan. Eastern North Carolina’s harsh summer climate generates significant Powdery and downy mildew fungal pressure in pumpkin crops. Repeatedly using fungicides with the same mode of action – how they attack the spores - allow fungal spores to develop resistance. This makes fungicides ineffective and improper rotation of fungicides increases the environmental risk associated with these applications. To offset this environmental risk NC Cooperative Extension worked with a Craven County grower to demonstrate proper selection and application of fungicides with varying modes of action to control Powdery mildew in pumpkins. The improved spray program increased yield 60 percent in 2008 compared to 2007, and generated an estimated \$3,600 per acre in sales.

5. Routine Items – None this week.