



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

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
10/8/08	Stanly County	Back Home Visit with Robin Hayes

4. Items for Information

- Women often gain too much weight during pregnancy and often more with each successive pregnancy, and it is difficult to lose this weight once the baby is born. The Expanded Food and Nutrition Education Program (EFNEP) teaches participants about weight gain and encourages participants to eat a healthy diet, rich in nutrients, yet as low in calories as possible. Our Extension EFNEP Program Assistant in Carteret County recently graduated a participant who told her she did not gain nearly as much weight with her second pregnancy, due to what she had learned in EFNEP classes. She said this was because she had cut down on her sugar intake, increased her fruit and vegetable consumption and was now drinking more water and being more physically active. During her first pregnancy she gained 40 pounds, but during her second pregnancy, she gained only 25 pounds.
- Delivering quality service and practicing good customer service skills can bring in more customers to a business, as well as keep old customers returning. Twelve Roanoke Valley area business employees attended the *NC Hospitality-Making our State a Better Place to Be* workshop. The workshop was offered in partnership through Halifax and Northampton County NC Cooperative Extension offices and sponsored by the Halifax County Chamber of Commerce. Through written evaluation, 66% of the participants thought the *7 Habits of Hospitality* were excellent and that the program exceeded their expectations. Seventy-five percent of the workshop participants had never attended an educational program conducted by North Carolina Cooperative Extension. 100% of the participants agreed to share what had been learned and that the information was useful. The response to this program makes it evident that hospitality training is and can be vital in our area for developing customer service and economic development.
- Durham Technical Community College requested assistance in helping identify two individuals who would be interested and capable of teaching restorative health horticulture programming to inmates in the local prisons. Two individuals who were actively seeking employment in the horticulture industry and had received horticulture training at NC Cooperative Extension in Durham County were hired by the community college to teach and train the inmates. Both individuals were grateful for the help in finding a job and improving their finances and the community college was also extremely glad to find willing instructors.

- In 2007, North Carolina experienced the worst drought in decades. Homeowners looked for ways to help conserve water, yet needed water to maintain gardens and heirloom plants. Rain barrels are one way to help do this while also keeping harmful pollutants out of storm drains. Environmental Stewardship Greensboro teamed up with North Carolina Cooperative Extension in Guilford County along with the Glenwood Neighborhood Association to write a \$10,000 county grant that would provide 100 rain barrels to this culturally diverse and predominantly low income neighborhood. In order for residents to get these rain barrels, they had to attend an environmental landscape classes, part of the Carolina Yards and Neighborhood Program. The result of this program is that 100 homeowners are actively collecting water and reducing potable water usage. With the 100 rain barrels, residents will keep 187.89 pounds of nitrogen out of the storm drain over the next 20 years.
- Feeder cattle producers need assistance in marketing their calves. Wilkes County ranks 3rd in the number of feeder calf producers in North Carolina. The Wilkes Area Feeder Calf Sale is coordinated by NC Cooperative Extension, who works with other agencies to group uniform lots of cattle which typically command higher prices than traditional marketing programs. This sale marketed 562 head from 42 consignors and increased returns an estimated \$20,000. Additionally, producers are educated on the type of feeder cattle that buyers want to purchase.

5. Routine Items – None this week.