



NC COOPERATIVE EXTENSION - STATEWIDE IMPACTS

Week Ending 4/10/09

- ◆ Volunteers have long been advocates of North Carolina Cooperative Extension. They work within the mission and vision of the organization by reaching residents of Beaufort County through acts of community service and benevolence. The Beaufort County Extension and Community Association has a long-standing history, rich in heritage that goes back for many generations. Their numbers are now small, with one active club, but they have performed 30,000 hours of community service in the past 3 years. This volunteer service has an economic impact of \$585,300 by helping to improve the quality of life of people living in Beaufort County.
- ◆ The Durham Life and Science Museum Butterfly House Director has finished installing (2) 1,700 gallon underground cisterns to capture stormwater from the Butterfly house pavilion. They will use this captured stormwater to irrigate the butterfly garden around the facility. This will insure irrigation during the summer months regardless of the weather. The Butterfly house director informed Cooperative Extension that this would not have been possible if our Extension Agent in Durham County had not informed them of available money through a cost-share assistance program. Through this program, the museum received \$4,000 toward the \$10,000 cost.
- ◆ The First Annual Furniture Finishing Workshop was held on February 26 at NC Cooperative Extension's Guilford County Center in partnership with the Color Lab of Sherwin-Williams. This workshop was sponsored by the US Forest Service Wood Education and Resource Center's Under Utilized Species Project and NC State University's Wood Products Extension Department. Attendees included personnel from large and medium sized furniture manufacturers and small woodworking shops. These same groups also sponsored the First Annual Wood Products Gluing Workshop in March in Virginia. Attendees at this workshop learned the importance of applying gluing knowledge to making better quality wood products.
- ◆ Horse owners continuously strive to find ways to reduce healthcare and management costs in their herds in 2009. Each year, NC Cooperative Extension in Caswell County and the Caswell County Horsemen's Association provide an equine health clinic for local horsemen in February. The clinic offers vaccinations and Coggins Testing for horses at a reduced rate with help from a local veterinarian; this veterinarian also waived their farm call fee. The clinic also promotes proper herd health management practices. At this clinic, 46 horses were tested and vaccinated, which saved owners a total of \$3,200 in on-farm veterinarian costs.
- ◆ Computers, televisions and other electronic items can introduce contaminants into the environment when disposed of in landfills (even more so when illegally dumped in ditches and elsewhere). As of April 2011, discarded computer equipment will no longer be allowed in NC landfills. In addition, the switch to new television signals will result in the disposal of large numbers of older televisions. To help meet Craven County's increasing need for electronics recycling opportunities, NC Cooperative Extension organized and led a one-day *Clean Sweep* household electronics recycling event in January. The recycling contractor accepted a total of 12,800 pounds of various computer parts, printers, TVs and other electronics items. Master Gardener volunteers provided the support needed for accepting and sorting the items into bins. Publicity leading up to the event increased public awareness of the importance of electronics recycling and the existence of local recycling opportunities.

- ◆ NC Cooperative Extension in Cherokee County, in partnership with the Cherokee County School system and the Hiwassee Valley Pool and Wellness Center continues to address the problem of childhood obesity in the county. As a follow up to the Murphy Elementary *Health Rocks* program, school officials have noted one child's success. The child in the follow-up had an initial BMI in the obese category. He lost ten pounds by the end of the 10- week program. Three months after the completion of the program, the child's mother stated that he had lost an additional 14 pounds. Cheri Wells, school nurse for Murphy Elementary stated that his self-esteem seems to have improved and he has shown significant improvement with his defiant attitude since the weight loss.
- ◆ In order to stay competitive and remain in business, Caswell County beef cattle producers must find ways to lower input costs. NC Cooperative Extension works with producers to assist them in identifying areas where costs can be trimmed, while maintaining their current production level. One area of Extension education for the beef cattle producers included the purchase of tractor-trailer lots of mineral supplementation for beef cattle farms. With proper mineral requirement data and bids from major mineral companies, beef producers in Caswell County made the first purchase of beef cattle minerals for \$12.90 per bag at a ton price with 15 tons being purchased at the beginning of this program. This resulted in a savings of \$4.55 per bag or \$182 per ton. These first seven participants in this particular beef cattle mineral purchasing program were able to save \$2,730 in mineral costs alone.
- ◆ The Family and Consumer Sciences Agent in Beaufort County conducted a one-on-one nutrition session with a woman in the Army Reserves who was overweight. The Army advised her that she needed to lose 15 pounds before her February 5th re-enlistment date. After attending eating healthy nutrition sessions and adopting the knowledge gained in the *Eat Smart, Move More, Weigh Less* curriculum, the participant reported losing 18 pounds and has re-enlisted in the Army Reserves potentially saving North Carolina \$1,533 per year in health related expenses associated with being overweight.
- ◆ Employees of Moog Industries in Cherokee County have realized initial success with NC Cooperative Extension's program, *Eat Smart, Move More, Weigh Less*. The average weight loss in the first six weeks of the program has been 4.5 pounds. Nutritional information, group sharing, goal setting and exercise have been the focus of the program. Anita Moss, plant nurse for Moog states that problems associated with employees being overweight contribute to the overall job performance at Moog. Employees have also participated in a lunch program focusing on nutritional information for diabetics and their families sponsored by NC Cooperative Extension in Cherokee County.