One year old Braydon begins to choke, has no airway and turns blue. In this situation, most people would panic. **This was not the case for two Madison County child care professionals who attended a CPR/First Aid workshop sponsored by NC Cooperative Extension in Madison County, as part of monthly in-service training opportunities. Gleaning from what they had learned AND practiced during this training, they knew exactly what to do and little Braydon is alive today because of these two heroes. One provider remarked, "I have been a child care provider for 25 years and have never had a child choke in my care. Because of this CPR/First Aid workshop, I did not panic, but had the confidence and skills to help Braydon". Cooperative Extension in Madison County coordinates monthly in-service child care trainings that educate 61 child care providers.**

Maximizing profit per acre is the goal of a successful tobacco producer. Tobacco variety selection is a major component of maximizing profit. In 2008, 86% (5,003 of 5,817 acres) of the Duplin County tobacco acreage was planted to above-average-yielding varieties. In 2009, NC Cooperative Extension in Duplin County emphasized tobacco variety selection through a newsletter, an Area Tobacco Production Meeting, publications, and numerous one-on-one consultations. In 2009, 96% (5,731 of 5,970 acres) of the Duplin County tobacco acreage was planted to above-average-yielding varieties. Increased Duplin County plantings of above-average-yielding tobacco varieties translate to an additional $536,422 of gross income for Duplin County tobacco producers.

NC Cooperative Extension in Gates County assisted community members with Medicare Part D enrollment services, resulting in their costs of their prescription drugs being lowered. A total of 43 clients received assistance with Medicare Part D enrollment and/or services during 2009. Each client that is assisted with Medicare Part D enrollment can save an estimated $3,000 to $4,000 annually on their prescription drug costs. **By assisting these 43 individuals with enrollment into a Part D plan, that is a total annual savings of $129,000 to $172,000 for Medicare eligible citizens of Gates County.**

In 2009, six Duplin County producers grew 3,431 total acres of peanuts. All producers participated in 1 of 3 NC Cooperative Extension sponsored Pod Blasting Workshops. Pod blasting determines peanut pod maturity and estimates the optimum digging date. NCSU research reveals peanuts dug 1 week prior to optimum maturity reduces maximum yield 8%. **As a result of this educational effort, 100% of the Duplin County peanut acreage was not dug prior to optimum maturity. Pod blasting added $66,000 in gross sales to Duplin County peanut producers.**

NC Cooperative Extension in Pitt County had 53 returning Master Gardener Volunteers and trained 9 new volunteers in 2009. Volunteers answered 927 phone calls, diagnosed 69 plant disease and insect samples, reached 2,540 people through displays and exhibits, gave 10 educational presentations to 200 people, contacted 620 friends and neighbors related to gardening, and managed 17 demonstration gardens at the Pitt County Arboretum which were viewed by 48,773 visitors. In addition, they helped with 4-H programs, clerical work, community gardens, Pitt County Fair, school beautification, served as speakers, and taught other volunteers. **These 62 volunteers gave 2,455 hours of volunteer time, traveled 12,888 miles to volunteer and raised $2,423 for the program. The value of their volunteer time, contributions, and services totaled $53,809.**
The nursery and landscape industry in North Carolina is increasingly competitive. In order to assist green industry professionals dealing with competition, NC Cooperative Extension in Pitt and Wilson Counties teamed together to provide Certified Plant Professional Training. Thirteen individuals completed the eight-class program in preparation for written and plant identification tests. **Nine of the thirteen participants, or 69% of the class passed both tests and became Certified Plant Professionals, compared to the 10% who became certified, who were not part of the Extension class. In Extension’s class, 12 of 13 in the class (92%) passed plant identification and 10 of 13 in the class (76%) passed the written exam. Post-program surveys showed participants were very satisfied with the program, and moderately to greatly improved their plant identification and maintenance skills. One participant said "I recommend this program to anyone in the green industry". Another increased their income by $50,000 in 2009, due to jobs secured based on receiving this certification.**

NC Cooperative Extension in Lee County receives numerous phone calls and visits from curious homeowners looking for information on their home gardens and landscape. The Master Gardeners of Lee County partnered with NC Cooperative Extension in Lee County to offer a gardener’s help line, manned by volunteers from March through October, which answered 349 phone calls and worked with 116 walk-in clients. In addition, Master Gardener Volunteers held 3 plant clinics in the community, wrote 11 newspaper articles, and gave 23 radio programs in order to assist the gardening public. Through the hard work of 26 volunteers, who collectively contributed over 1,000 hours, over 16,000 contacts were made. The total volunteer program in Lee County has an estimated value of $25,817.

In Johnston County, the major income producing crops are tobacco and sweet potatoes. Soybeans are an excellent rotational crop and play an important role in farming practices in the county. Typically, soybeans are harvested after tobacco and potatoes. A variety study was initiated by NC Cooperative Extension to examine how yields with soybean maturity groups IV and V compare to groups VI and VII, when combining is delayed due to a delayed harvest of tobacco and potatoes. The study demonstrated that yields with some group IV and V soybeans could be as high as yields with group VI and VII varieties. The attraction to the group IV and V soybeans is that they mature earlier. **In some years, being able to harvest early could prevent potential harvest and grade loses. With current prices, a 5% grade loss would result in $1,000,000 of loss revenue for Johnston county growers.**

Childcare facilities must maintain a certain amount of contact credit hours each year in order to stay up-to-date on state requirements. These credits cost an estimate of $50 per hour at local Community Colleges. NC Cooperative Extension and Smart Start agencies in Beaufort, Bertie, Chowan, Gates, Hertford, Hyde, Martin, Pitt, Tyrrell and Washington counties hosted The Building Quality Child Care Conference at Martin Community College in Williamston. **This conference offered five hours of credit at the reduced rate of $30 per participant, saving each childcare provider $220. With 115 childcare providers attending this conference, the cost for this training represented savings of $25,300 for child care providers in these counties.**

Local growers need to get rid of used pesticide containers in a safe and environmentally conscious manner. NC Cooperative Extension in Wayne County, along with the county’s solid waste department have developed a program that allows all local growers to utilize recycling bins located at four sites throughout the county. All certified pesticide applicators in the county have been trained on proper recycling techniques. **In 2009 over 8,443 containers were recycled, which were not put in the local landfill. The recycling program saved the county an estimated $25,000 in disposal fees and allows the containers to be recycled for future uses.**
The goal of 4-H is to help youth become competent adult leaders. One youth in Currituck County has been involved in every aspect of the 4-H program. During 2009, this 15 year-old 4-H'er truly put the leadership skills she has gained through 4-H to work! This young lady has been instrumental in recruiting both organizational leaders and project instructors for her Special Interest 4-H Dog Agility Club. She has also been involved in the planning stages of a dog agility park that will be added to one of the county’s facilities, and will be utilized for youth to train dogs for dog agility trials. In addition, she served on a youth advisory group and assisted staff with writing a grant proposal to help elementary students increase their academic performance, and has started a tutoring club that will assist with tutoring elementary students. This 4-H'er has demonstrated exceptional leadership ability.

Many youth have limited access to experiential learning opportunities in science due to lack of teacher training, curriculum, and expertise in this area, based on elementary teacher program requirements. To meet this growing need, Richmond County 4-H collaborated with 45 Richmond County School classrooms for the 4-H Embryology Project. Teachers were provided training, curriculum, supplies, and support to complete the project, which involved hatching chicks in the classroom. Nearly 800 students in 1st and 2nd grade classrooms learned about bio-security, record keeping, life cycles and agriculture during the 3-week project. Teachers reported that 100% of their classes showed an increased interest in science and enhanced scientific knowledge and skills. Over 90% of reporting teachers saw an increase in class participation and critical thinking skills, while over 85% saw an increase in goal setting and problem solving skills during the program. The program will be offered again next school year.

The Medicare Part D Prescription Drug Plan enrollment period was held from November 15 through December 31. Choosing a plan continues to be a challenge for Currituck County seniors. A local widow referred by the Social Security Administration office, needed help selecting a prescription drug plan and requested help from a Family Consumer Science program Assistant/ SHIIP volunteer. The FCS program assistant was able to net an estimated savings of $1,800 per year after enrolling her in a plan to fit her physical and financial needs. She was also able to cancel her supplement drug plan, which saved the cost of an additional premium which could be allocated elsewhere in the family budget.

Improper identification of insect pests can cost property owners thousands of dollars in unnecessary pesticide treatments. During fall of 2009, a client entered the Pitt County Center of NC Cooperative Extension concerned about pine beetles damaging trees in his yard. The client had been told by a tree removal company that his trees were being attacked, and showed the client an insect they identified as a pine beetle. The company representative told the client they needed to remove three trees. The client brought the insect to the Extension office for confirmation. The insect in question was identified as an annual cicada shed skin and not a pine beetle of any type. Due to proper identification, the client was able to save $1,400 it would have cost for removal, since cicadas do not harm pine trees. In addition, another client contacted this office in December, to confirm identification of insects found in their home as termites. The insects were brought in and identified as winged ants and not winged termites. The clients were able to control the ants for less than $20 as opposed to the $1,400 they had been quoted by a pest control company to treat their home for termites.