

Report to the People

Anson County Center

April, 2011

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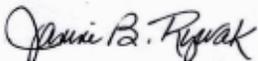
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If you are interested in learning more about any information in this newsletter, contact me at the Extension Center or e-mail me at janine_rywak@ncsu.edu. For accommodations for persons with disabilities, contact me no later than five business days before the event.

Sincerely,



Janine B. Rywak
County Extension Director

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From the Director

As all state agencies struggle through the tug of war that has become our state's budget, we are faced with challenges, uncertainty, and in some cases fear. Cooperative Extension has weathered many storms through the years, and that is because of the high value that the public places on the educational programs that we provide. From preserving rural farmland and increasing our producers' productivity, to developing young minds and improving the health of our families, Cooperative Extension programs have been strengthening our communities for 100 years. Included in this annual report of program impacts are shining examples of how Cooperative Extension has been at work in Anson County. Help us to continue that history of quality programs and service by supporting what we do. With your help, we can face the rocky financial crisis ahead and continue the legacy that has been handed down to us.

Horticulture – *Aimee Rankin, Horticulture Agent*

Anson County Cooperative Extension partnered with Union and Randolph counties to deliver tier 1 of Good Agricultural Practices (GAPs) that consisted of 7 hours of grower training over two days. GAPs tier 1 training is the base level of fresh produce safety training. Participants received a resource notebook and certificate of attendance. Three weeks after GAPs tier 1, Anson County coordinated with NC MarketReady to facilitate the final GAPS training for tier 2. These workshops benefited growers, packinghouse managers, wholesalers and transportation managers who all play an integral role in maintaining the safety of fresh produce as it moves from the field to the consumer. They were also listed in a searchable database open to retailers and the public to indicate their completion of tiers 1 and 2, thus making their products more appealing to buyers and more marketable to restaurants and grocers.



Horticulture Agent Aimee Rankin recently partnered with consulting forester, Jeff Boothby, and Pee Dee NWR to host a basic forestry measurements class for private landowners interested in learning more about forest industry trends, timber cruising tools, and techniques.

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EXTENSION**
Empowering People • Providing Solutions

Family & Consumer Sciences – Janine Rywak, County Extension Director

Weight control programs over the last 20 years have improved short-term treatment effectiveness, but according to some research, have been less successful in improving long-term success. Hence, there is a general perception that weight-loss programs are a losing battle. However, a recent study reports that more than one out of every six adults who has ever been overweight has accomplished long-term weight loss of at least 10%. Additional research has also shown that approximately 20% of overweight individuals are successful long-term. Anson County participants in the spring 2010 Eat Smart Move More Weight Less program prove this. Of the participants that completed at least 10 of the 15-week sessions, 89% have maintained their weight loss for six months after program's end. With the mounting financial costs in medical expenses resulting from weight issues, these Anson County citizens have the opportunity to save over \$2000 per person per year. This is in addition to the \$4000 that survey respondents indicated they had already saved in food costs by choosing to eat healthier and reduce the consumption of fast food.



Janine Rywak, County Extension Director, works with Anson County Advisory Board members Lee Roy Lookabill and Janet Gilreath, at the South Central District conference in January to bag non-perishable weekend student lunches as part of the state-wide "Hungry to Help" initiative.



Richard Goforth, Area Poultry Agent, explains the scalding process to local producers, at the Small Processing Day last fall in Union County. In attendance is Dale Nelson of Anson County.

Poultry – Richard Goforth, Area Poultry Agent

With the rising interest in local food, increasing numbers of small producers and home owners have started small poultry flocks, despite having no poultry experience. These growers found when it came to disease issues facing their flocks, they had very limited resources for help. NC Cooperative Extension partnered with the NCDA Diagnostic Lab to conduct a workshop offering training in disease recognition and prevention. Growers also learned about the diagnostic lab system and 73% said they would use the lab when needed. Biosecurity measures were highlighted that prevent the introduction of disease challenges to their flock, and from spreading to other flocks. 100% of attendees indicated they would use at least one of the techniques taught helping reduce bird loss for local growers and protecting commercial poultry production in NC, that is responsible for over 38% of our agricultural economy.

4-H & Youth – Roshunda Blount, 4-H Agent

A total of 1,058 youth ages 5-19 participated in 4-H programs last year through organized community clubs, special interest and school enrichment programs.

Of those youth, teens stepped up to take on leadership opportunities, volunteered for projects, and participated in many youth leadership and civic conferences, summits and meetings. As a result, 172 increased knowledge in the leadership skills of planning, goal setting, problem solving and facilitation.

They also became active participating and leading community activities. Anson County 4-H'ers were represented in the 4-H Honor Club inductions, NC Association of County Commissioners annual meeting, and NC Spin, a televised political show.



4-H Agent Roshunda Blount helps Ciera Lowery and Katie Griffin make soap and candles as part of "Craft and Hobby" week during 4-H day camps last summer.



4-H Youth Promise – *Erin Dempsey, Program Director*

Adjudicated youth in the Anson County 4-H Youth Promise come with a variety of problems. Most issues prevalent are low self-esteem, poor grades and attendance in school, peer pressure and the lack of leadership skills. Structured After School and Community Service/Restitution Programs are designed to turn these negative behaviors around, and the results have been positive. For example, through participation in the program, one teen not only improved his grades and started attending class on a regular basis, but was selected as captain of the wrestling team. His coach attributes his turnaround to the positive impact that 4-H Youth Promise is playing in his life. He reports, “The child has completely changed and is making a great leader for the team.”

Case Manager Yolanda Wilson works with after school students on the Tuesday/Thursday schedule in top left while Erin Dempsey, Program Director, in the bottom rights, unloads after transporting from the schools.

News to Note –

Rosalind Redfearn, Anson County Home Demonstration Agent from 1913 – 1948, will be inducted into the FCS Hall of Fame on May 25 in Raleigh. After submission of her accomplishments for consideration last fall, she will be among the inaugural class of inductees.

Five offices in the Extension Center have **new carpet**. Amazingly, the new carpet replaced original carpet that was installed when the Extension Center was first built in 1974. They don't make it like they used to.....

Jessica Anderson, MS in Extension Education and BA in Animal Science from NCSU, will join the Cooperative Extension staff on June 1 with responsibilities in livestock, row crops and forages. We are excited to have her on board.

If you have not been in the office in a while, our Horticulture Agent is no longer Aimee Marshall. She is now **Aimee Rankin**. Aimee took a week of annual leave last November and came back with a new name. Congratulations to her and her husband Nat of Richmond County.

Betty Garris, Program Assistant with 4-H Youth Promise, retired December 31, 2010 with 5.5 years with the county. Although not in the office as much, she is still around quite a bit, as she is a volunteer, advisory member and 4-H leader.

Be on the lookout for Horticulture Agent Aimee Rankin's “**tweets**” on her “**Twitter account**”. She will be announcing upcoming programs, pest & disease alerts, news, and other interesting posts. Contact Aimee on how to set up an account and follow her updates and activities.

The 2011 Anson Ag Expo & Fair will feature the South Atlantic Woodsmen's Association **lumberjack sports competition** on Saturday, September 24. When the date for People Fest was already booked, we were happy to be their host.

Anson County's newest 4-H Club, the **RoboWolves** from the New Tech High School, was among seven rookie teams to compete in the second NC FIRST statewide robotics competition. They placed 32nd out of 52 teams in very difficult competition.

Family and Consumer Science Programs in the state are **100 years old** this year. A kick off celebration will be held in Raleigh, followed by various events throughout the year, including a coffee table history book, “*Ordinary Women, Extraordinary Service.*”



When it comes to office support, Administrative Secretary Ruth Ann Pope, right, and Extension Secretary Pam Layfield, left, are the best. We salute them this April in honor of Administrative Professionals Day.

Livestock –

Participation in value-added marketing programs is essential for commercial beef cattle producers to increase their net returns. In 2010 as a result of programming efforts by N.C. Cooperative Extension, eleven Anson County beef cattle producers marketed 198 beef steers or 154,440 pounds of beef through value added sales such as pre-conditioned off-the-farm sales. These were done as cooperative co-mingled sale events on three occasions. When compared to the next highest level value added marketing method such as a Beef Quality Assurance (BQA) sale, these producers added \$6,580 or \$33 per head to their net income. When compared to weekly marketing methods, these producers added \$30,800 or \$156 per head to their net income.

Cooperative Extension's Mission –

**North Carolina
Cooperative Extension is
an educational partnership
helping people put
research-based
knowledge to work for
economic prosperity,
environmental
stewardship and an
improved quality of life.**

The success of Cooperative Extension programs over the years is due in large part to the service of countless volunteers. Anson County is fortunate to have a wealth of volunteers who regularly assist with programs, events and activities. In 2010, over 450 volunteers served in various roles and donated more than 1700 hours of their time to Extension programming. Volunteers were active as advisors, club leaders, teachers, judges, fundraisers, workshop presenters, committee members and workers at the annual Ag Expo & Fair. They helped teach Beekeeping classes, spoke on behalf of Extension to elected officials, donated canned food, raked sawdust shavings, and even manned the Extension Center when the staff was out in the field, just to name a few. Valuing their time at the standard IRS rate, volunteers gave \$36,126 to Anson County Cooperative Extension last year. We cannot thank them enough!



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Official Business
