



Morris F. White, III
County Extension Director
morris_white@ncsu.edu

Paul G. McKenzie
Extension Agent - Agriculture
paul_mckenzie@ncsu.edu

Vickie R. Jones
Parent Education Coordinator
Family and Consumer Sciences
vickie_jones@ncsu.edu

Jean Bell
Parent Educator
Family and Consumer Sciences

D. Wayne Rowland
Agriculture Technician
wayne_rowland@ncsu.edu

Arnetta Wilson
Nutrition Program Assistant, EFNEP
arnetta_wilson@ncsu.edu

Ann Burrows
Extension Secretary
ann_burrows@ncsu.edu

Turner A. Pride, Jr.
Extension Agent – 4-H Youth Development
turner_pride@ncsu.edu

Mary M. Rieger
Administrative Assistant
mmrieger@ncsu.edu

INSIDE THIS ISSUE

Rural Development	2
Agriculture	3-4
Parenting/FCS	5
Nutrition Program	6
4-H Activities	7
Events	8

VANCE COUNTY COOPERATIVE EXTENSION

1st Annual Community Resource Fair

Our workforce has changed dramatically in recent years. To assist making our citizens more competitive in a global society the Vance County Cooperative Extension Office's faculty and staff along with their Advisory Leadership Council are excited to announce the 1st Annual Community Resource Fair. The event will be held on Thursday, March 20, 2014 at Southern Vance High School's Gymnasium. The Fair will be open to students during the school day and the community is invited to attend starting at 3:30 pm

Our community partners are USDA/Farm Service Agency, NRCS, Kerr Tar Regional Council of Governments, Kitrell Job Corps Center, Farm Bureau, Vance County Schools CTE Department, Henderson/Vance Economic Development Commission, Henderson/Vance Chamber of Commerce, and Vance County Government. The Community Resource Fair Planning Committee Members are Deborah Price, Paul McKenzie, and Wayne Rowland (**Agriculture & Natural Resources**); Anita Hicks and Vickie Jones (**Family Consumer Sciences/Human Services**); Gene Matthews, Linda Terry and Morris White (**Rural and Community Development**); and Willa Clark and Turner Pride (**4-H and Youth Development**)

There will be a minimum of 50 informational booths/vendors represented at the community resource fair. There will be people there to assist students in making educational and career decisions; assist preparation for post secondary education in career-technical fields and lifelong learning; and assist students for initial and continued employment.

In addition to the booths/vendors there also will be free workshops during the day that will be open to the community focusing on Agriculture and Natural Resources, Community Rural Development, Family and Consumer Sciences/Human Services, and Youth Development. Faculty and staff at the Vance County Cooperative Center will work to arrange and register community members for workshops.

We look forward to seeing you there! For more information please feel free to call our office at (252) 438-8188.



The Vision Unites Us!

Organizations, clubs, and school/church groups give back to the community by helping the elderly, aiding the less fortunate, beautifying the community, preserving the environment, and a host of other good deeds. Service learning projects are defined by North Carolina Department of Public Instruction as an effective framework for curriculum delivery, learning tool, and strategy to engage students, parents, volunteers and the community. Service learning projects have the power to create a more vibrant community when we all work together. Communities thrive when we capitalize on our citizen's efforts and talents.

On Monday, January 20, 2014, the country paused to celebrate Rev. Dr. Martin Luther King, Jr.'s birthday through service to others. This was a great time for our community to participate in service learning projects.

North Carolina Department of Public Instruction research has shown that service learning projects helps to:

- Fosters a sense of care and concern for others
- Positively impacts student outcomes
- Extends the boundaries of the classrooms, community becomes the learning lab
- Provides opportunity for inquiry-based experiential engagement with real-life situations

The vision unites us; service-learning is not limited to just youth. As Rev. Dr. Martin Luther King, Jr. said *"Everyone has the power for greatness -- not for fame, but greatness, because greatness is determined by service."*

Photo to the left: MLK Day of Service with Vance County 4-H Livestock Club and Kittrell Job Corps Center w/ Turner Pride, KJCC student Jamal Brown, 4-H volunteer Carol Edwards, Livestock Club member Lauren Edwards, KJCC student Raheem White, and KJCC Business Community Liaison Joan Robinson

Any time is the perfect time for you to develop your own service-learning project. The Vance County Cooperative Extension Center located at 305 Young Street, Henderson, NC . is a great place to visit if you need assistance in developing a project for your group. The center's 4-H clubs are known for their hands on projects that benefit Vance County. They have successfully cleaned up litter at Kerr Lake and become stewards of the environment. For more project ideas you may want to visit the following sites to spark your creativity in designing your own project to make a difference:

Corporation for National and Community Service

<http://www.nationalservice.gov/>

NC Department of Public Instruction

<http://www.dpi.state.nc.us/servicelearning/>

Journal of Extension

<http://www.joe.org/joe/1998october/comm1.php>

Make a Difference Day

<http://makeadifferenceday.com/>

For more information on service learning projects contact the Vance County Cooperative Extension Office at 252-438-8188.



D. Wayne Rowland
Agricultural Technician

Beware An Undetected Killer: Carbon Monoxide

Carbon monoxide is an odorless, colorless gas caused by incomplete combustion. From carbon based fuel burning appliances and motors. These fuels can be gasoline, kerosene, natural gas, wood, diesel fuel, and charcoal. Appliances using these fuels are wood stoves, gas ranges, portable generators, and kerosene heaters. Even your automobiles, tractors, and lawnmowers give off carbon monoxide gas. The problem with carbon monoxide occurs when fumes from these appliances and motors build up in enclosed spaces and partially enclosed areas in the home, garage, or farm shop.

Why be concerned about this gas?

Carbon monoxide can kill you even at low levels. It is estimated that over 500 people die from accidental carbon monoxide

Kerr/ Tar Beekeepers Meeting
February 10, 2014 7pm
Cooperative Extension Vance
County Center
305 Young Street, Henderson, NC

Page 3

poisoning each year across the United States. Instruments can only detect this gas. Carbon monoxide restricts your blood in its function of carrying oxygen throughout your body.

Recognize Carbon Monoxide Poisoning

The most common symptoms are headache, weakness, confusion, nausea, chest pain, vomiting. If you are in an enclosed area having these symptoms you could have Carbon monoxide poisoning.

How to prevent Carbon Monoxide Poisoning

Install carbon monoxide detectors on each floor level of

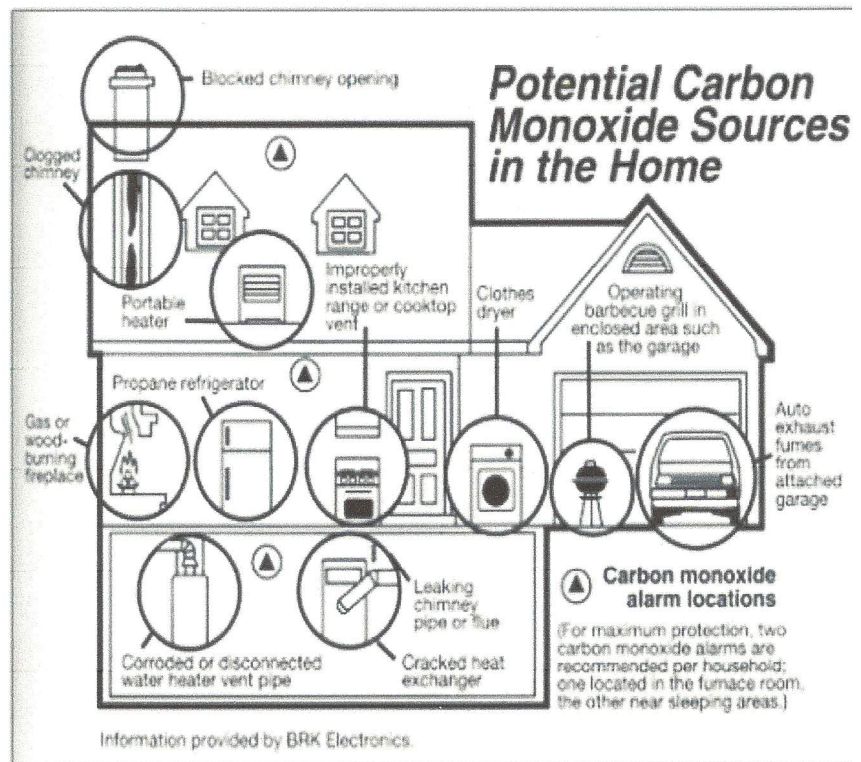
the home, garage, and farm shop.

Check the detector monthly.

Never operate a motor vehicle, tractor, or other fuel powered motor or appliance in an enclosed structure without having proper ventilation to carry fumes from these motors or appliances to the outside of your home or garage.

Have your gas-operated appliances, chimneys inspected professionally on an annual basis.

If Carbon Monoxide poisoning is suspected consult a health care professional immediately.



Paul G. McKenzie – Extension Agent
Agriculture

LATEST VANCE COUNTY EXTENSION UPDATES

Vance County Cooperative Extension partnered with Granville County and the local Farm Bureaus to hold a Farm Safety Workshop on January 14th. Approximately 50 farmers from Vance, Warren and Granville Counties received instruction on the safe operation of tractors, chainsaws, landscape equipment, and much more. Presenters from the NC Highway Patrol provided updates on safe operation of trailers and other farm equipment on state roads and highways.

Progress is also continuing on the Vance County Regional Farmers Market, which is on track to open this Spring. Construction is virtually complete, and the County Commissioners appointed an Advisory Board to begin drafting rules and operating procedures. An Open House and

ribbon cutting is tentatively planned for April 3rd.

In December, the Vance/Warren Extension Master Gardener Volunteers celebrated another year of service. Altogether they contributed over 1000 hours of volunteer time, working on a variety of educational projects. Below are some timely tips from the February edition of their Garden Path Newsletter, which is available for download from our website.

MASTER GARDENERS' TIPS

1. Keep in mind that newly set plants need water and that cold winds are very drying. If there is a dry spell, it might be necessary to water some of your new plants.

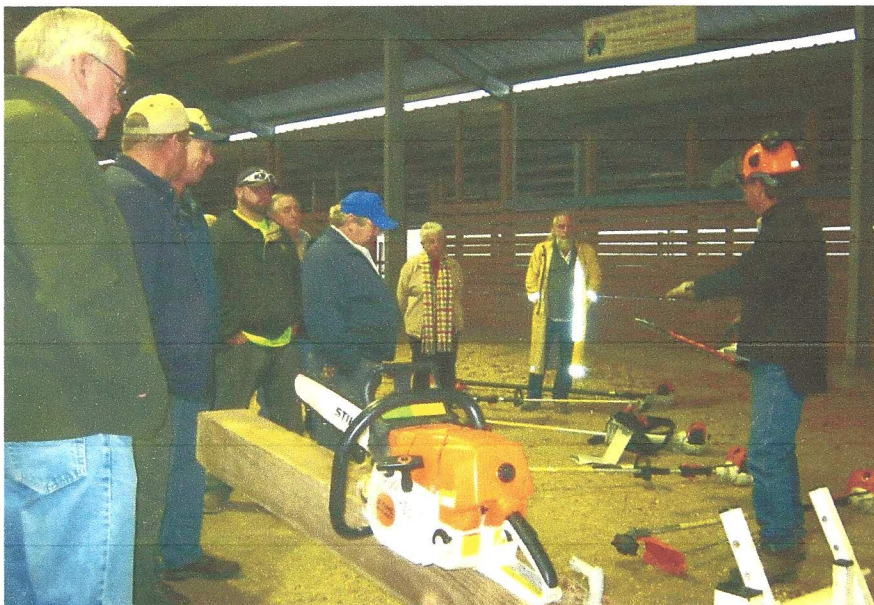
2. Check any bulbs you have in storage and throw out any with rot.

3. Fertilize spring flowering bulbs when 1" of growth appears above ground.

4. General pruning may be done in late January/early February. Remove diseased and dead wood. Shearing should be confined to hedges. Keep the natural form of shrubs by cutting limbs at different lengths.

5. Ornamental grasses and monkey grass (Liriope) should be cut back before new growth starts.

6. Fescue lawns should be fertilized around Valentines Day.



"Local farmers receive training on safe use of chainsaws and other equipment at the farm safety workshop held in January."



Family Consumer Sciences Vickie R. Jones – Parent Education Coordinator

Vance County Parenting Task Force & the Vance Parenting Education Program

The Vance County Parenting Education Program (Vance PEP) has incredible news to share!

After programming the Incredible Years in Vance County for the past 4 years, Cooperative Extension and Vance PEP have graduated the largest series since its inception. On December 18, 2013, eleven Series One participants completed the Incredible Years BASIC Parenting Program.

Participants that completed the series received a certificate of completion and a \$25 gift card during the closing celebration. Priceless were the smiles of joy on the faces of participants as they beheld their certificates, realizing they fulfilled a very important step towards becoming the best parents they can be.

As excited as Jean Bell and I are about this accomplishment, we yet celebrate as an additional two participants from Series One, that were not able to complete the series with their original series members

have complete the series with their original series members have transferred to Series Two and are on track to complete with that group on January 30, 2014.

As preparations are being made to begin our third parenting series of the current fiscal year, Parent Educators eagerly await word of funding from the Franklin-Granville-Vance Smart Start to continue providing evidence-based parenting programs to the citizens of Vance County. On November 20, 2013 a Request for Proposal was submitted to continue funding this very valuable program in Vance County.

Stay tuned for news from L. B. Yancey Elementary School where we will host Series 3 of the Incredible Years.

Parents' Tip

Teach your child Social Skills

Children who have social skills, like being friendly, taking turns, and showing kindness, have an easier time making friends. Learning and using positive social behaviors will help your child be someone other children want to spend time with.

Help your child notice positive social behaviors by pointing them out and describing them for him. "Oh look, your sister wants to share her toys."

Notice when your child uses positive social behaviors. Reward her with your positive attention by describing her social behavior. "That was a friendly thing you did, letting your brother go first this time. Good job taking turns!"

Upcoming Events

Incredible Years, Series 2	September 26, 2013-January 30, 2014
Incredible Years, Series 3	February 6, 2014-May 29, 2014
Vance County Parenting Task Force Meeting	February 6, 2014

Family Consumer Sciences

Food Program Assistant EFNEP- Arnetta Wilson

Seafood Tips

Seafood is an important part of a healthy diet. Try to include seafood at least twice a week with a goal to eat 8 ounces per week. A few tips can help you choose fresh fish.

Whole Fresh Fish:

Choose fish that smells like the ocean. Fresh fish should not have a strong odor.

Look for bright, clear eyes. Dull eyes indicate that the fish is old.

Look for a fish with shiny, tightly connected scales.

Choose fish with firm flesh. It should spring back when touched.

Look for bright red gills.

Frozen fish:

Frozen fish is often a good buy. If you live inland, frozen fish will likely be less expensive than fresh fish. Today, much of the frozen fish is flash-frozen within just a few minutes of being caught. Here are a few tips for choosing frozen fish:

Check the packaging. Avoid loose, damaged, or torn packages.

Look for moisture-proof packaging. Vacuum-sealed packages offer the most protection to preserve the quality of the fish.

Choose only fish without ice crystals. Frost or ice crystals on the fish could mean that the fish was thawed and re-frozen or has been stored for a very long time.

Festive Fish Taco

Make 4 servings

Serving Size: 2 tacos

Salsa ingredients:

1 mango finely chopped

¼ cup green bell pepper, finely chopped

¼ cup cucumber, finely chopped

½ cup red onion, finely chopped

1 ½ teaspoon chili powder

2 tablespoon cilantro, finely chopped

1 tablespoon lime juice

Directions: Mix all ingredients together, set aside

Slaw Mix ingredients:

2 cups cabbage, finely shredded

¼ cup fat-free ranch dressing

1 teaspoon chili powder

Directions: Mix all ingredients together, set aside

Fish:

4 tilapia filets

non-stick cooking spray

pepper and paprika to taste

Broil filets for 6 minutes

4 corn or flour tortillas

Wrap tortillas in damp paper towels and heat in microwave for 30 seconds.

To assemble place half of a cooked filet in each tortilla, top with slaw and salsa.

Nutritional information per serving: 260 calories, total fat 4.5g, Saturated Fat 1g, Protein 24g, Total Carbohydrate 29g, Dietary Fiber 2g,



Turner A. Pride
4-H Youth Development Extension Agent

Vance County 4-H Robotics Club visits East Carolina University for FIRST robotics kick-off

On Saturday, January 4th the KerrBots, Vance County 4-H robotics club attended the FIRST robotics kick off at East Carolina University in Greenville, NC. The FIRST Robotics Competition is an annual competition that challenges high school students working alongside professional mentors to design and build a robot. The purpose of this event is to give teams the opportunity to compare notes, get ideas, make friends, find mentoring teams, learn the game, pick up the parts for the robotics kit, and get situated for the competition. This event is the beginning of the design and build phase for each



of these teams. FIRST robotic competition will hold two kickoff events in North Carolina this year where organizers discuss the requirements for the 2014 robot. Teams must then use the allotted six weeks to design and build robots programmed to the appropriate engineering challenge.

The Vance County 4-H Robotics Club is in their third year of existence. Club members in attendance are Don O'Neal, Cassie Robinson, Annabelle Webb, Skyler Ayscue, Danielle Ferrens, Anna Adams, Victoria Allgood, Jeffery Zhan, William Wunderlich, Kyle Lawrence, Tyler Wunderlich, Jessica Ayscue, Jasmine Welch, Brandon Lawrence, Sarah Hull and Leowell Bacudio. Elaine Webb leads this group with assistance from Dr. Jeff Arthurs and Mr. Wesley Williams.

If you have any questions regarding the Vance County 4-H Robotics Club please contact me at (252) 438-8188 or email me at tapride@ncsu.edu. I may also be reached by visiting the Vance County Cooperative Extension Office at 305 Young Street, Henderson, NC 27536.

4-H Teen Council– WE WANT YOU!

The purpose of Teen Council is to promote interest and participation in 4-H activities; develop leadership qualities; provide an opportunity to make new friends and fellowship, plan activities, and share county responsibilities. These hardworking teens take action on social and environmental issues through service learning projects such as volunteering at homeless shelters or cleaning trash on our roadsides. They also provide youth with an educational component with activities aimed at improving public speaking, developing resumes, etc. We also provide fun activities for the council to fellowship with one another.

The Vance County 4-H Teen Council is in its third year of existence and membership is open to all youth ages 13-18. The council meets on the 2nd and 4th Monday of each month at 7:30pm in the Vance County Cooperative Extension office. If you or someone else you know is interested in joining the Vance County 4-H Teen Council feel free to contact the Vance County Cooperative Extension Office located at 305 Young Street, Henderson, NC 27536. We can be reached at (252) 438-8188 or email Turner Pride at tapride@ncsu.edu.



Events

4-H LIVESTOCK CLUB

The Vance County 4-H Livestock Club is ready to start a new 4-H year! Our first meeting was held at the Vance Co. Cooperative Extension office, 305 Young Street in Henderson, on Thursday, January 23rd at 7:30 p.m. The club projects for the upcoming year may be showing cows, sheep, dairy goats, poultry and llamas.

We will return to our regular meeting time of 7:00 p.m. on the 4th Thursday.

For more information, contacting Turn A. Pride, Jr. the 4-H Agent by email tapride@ncsu.edu or calling 252-438-8188 or email Club Leader Carol Edwards at 4hsummerfun@gmail.com.

BREAKING NEWS – Congratulations to the 4-H Livestock Club. Their float placed 2nd in the Annual Vance County Christmas Parade.

1st ANNUAL VANCE COUNTY COMMUNITY RESOURCE FAIR

MARCH 20, 2014 - VANCE COUNTY SOUTHERN HIGH SCHOOL

50 VENDORS – 4 WORKSHOPS

9:00a – 3:00pm – STUDENTS
3:30 – 5:00pm – COMMUNITY

AGRICULTURE - UPCOMING PESTICIDE CLASSES

- Turf/Landscape Update – Vance – Categories G, L, N, O, D, X – Feb 13, 6:30-8:30 pm
- All Classes Pesticide Update – Vance – All classes except P & V – Feb 18, 6:30-8:30 pm
- All Classes Pesticide Update – Warren – All classes except P & V – Feb 27, 6:30-8:30 pm
- Turf/Landscape Update – Warren – Categories G, L, N, O, D, X – June 12, 6:30-8:30 pm
- Private Applicator Update – Vance – Category V – Sep 4, 6:30-8:30 pm
- Private Applicator Update – Warren – Category V – Sep 18, 6:30-8:30 pm
- Ag Safety Update – Vance – Categories N, O, D, X – Sep 25, 6:30-8:30 pm

Location details:

Warren = Warren County Extension Center, 158 Rafters Ln., Warrenton

Vance = Vance County Extension Center, 305 Young St., Henderson



North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, veteran status, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating