

NC COOPERATIVE EXTENSION

PROGRAM SUCCESS STORIES

FOR THE

FIVE MOST POPULOUS METROPOLITAN AREAS

OF

NORTH CAROLINA

January-June, 1996

COOPERATIVE EXTENSION PROGRAM SUCCESS STORIES FOR THE
FIVE MOST POPULOUS METROPOLITAN AREAS OF NORTH CAROLINA

MECKLENBURG COUNTY

SMP #3

On March 19 and 20, 1996, an area Commercial Pesticide Applicators School was held in Charlotte, North Carolina. The class was filled to capacity with 143 individuals crammed into space for 120. This school is primarily targeted to Ornamental and Turf Licenses, but also offers Structural and Right of Way categories. Instructors for this school include four county agents (representing two counties), and three specialists from North Carolina State University. Also involved were the North Carolina Department of Agriculture Pesticide Inspectors. Through this cooperative effort 104 passed the test to be qualified to receive a license from NCDA to commercially apply pesticides. This training and licensing helps insure that pesticides are applied correctly with as little hazard as possible to handlers, public, or the environment.

SMP #3

On May 8, 1996, six Master Gardeners from the Cooperative Extension Service in Mecklenburg County volunteered 54 hours of expertise to landscape two homes on Camp Stewart Road in northeast Mecklenburg County. The two brick homes valued in the \$140,000's, had been relocated due to the Interstate 4-85 outerbelt project, and have been made available to limited resource families through an agreement with the N.C. Department of Transportation, Mecklenburg County Community Development, and Mecklenburg County Engineering.

The Master Gardeners planned the landscape project, they provided labor and expertise for tilling, seeding, fertilizing and mulching the bare soil, and planting over \$2,000 worth of ornamental trees and shrubs.

Had this project been done commercially, the County's bill for plants and labor is estimated at \$5,000. The Master Gardeners' labor and expertise was provided at no cost to the County, essentially saving taxpayers \$3,000 in one day.

SMP #6

Allison Lane, a limited resource community consisting primarily of persons over the age of 50, is located approximately 13 miles south of Charlotte in Mecklenburg County. This predominately black community is presently facing several socio-economic issues such as the lack of water and sewer connections, the deterioration of abandoned homes and yard waste.

After many unsuccessful attempts by the community president, Mr. Louie B. Davis, to encourage property owners and residents to develop a plan of action for revitalization/renovation, the Cooperative Extension Service's Community and Rural Development (CRD) Department was contacted for leadership.

Through the CRD's problem-solving techniques of discussion group meetings, the community has begun its on-going community development process. With the collaborative efforts of other county departments such as Mecklenburg County Community Development and Mecklenburg County Recycling, the community developed and initiated a clean-up campaign. During this clean-up project five strategically placed 20 gallon containers allowed residents to rid their property of yard waste such as old appliances, tires, metal and trash.

This Phase I project was successful in many facets: it increased the community's knowledge and awareness of the Extension Service; renewed their commitment in the community through its regular monthly meetings and has helped them gain skills in the community development process. The project also helped in the aesthetic appearance of the overall community.

SMP #8

Consumer Economics has been a major focus for young people and adults during 1996. More than 300 adults and 50 young people have participated in "age and stage appropriate" seminars/workshops. Children as young as five years old learned to "count out" the money to purchase an item, make change, figure sales tax on purchases, and determine whether they received the correct amount of change.

Older children learned to evaluate advertising and develop decision-making skills to get the best value for dollars spent. Parents of teens were trained to teach them financial management skills, including consumer spending. Parents and grandparents were encouraged in a newsletter to teach their teenagers (during summer vacation) how to save and spend wisely.

Young adults with almost no management skills were trained in the basics of goal setting and money management to help them avoid rent-to-own type operations and overextending their credit. Adults were alerted to the tactics used by telemarketers to defraud victims and responsible responses which should be used.

A network of more than 15 contributors improved the quality of programs and greatly extended Extension's resources. Others will be involved as the year progresses. SMP #8.3 - HOME BUYER'S HOME STUDY COURSE

This program has reached over 32 families since January who are in the process of obtaining their first home mortgage. Most were young single parent families, and had questions and concerns that were not addressed by either their realtor or loan officer. Additional housing educational information as well as Teletip brochures were given to each at the required individual follow-up session. The program is successful because of the timely information and opportunity to introduce the families to the resources of the Cooperative Extension Service and how we can

continue to help in the future. We have formed relationships with seven bank branches who are referring certain groups of clients to our home study course because of the feedback from satisfied applicants.

SMP #8.3 - MILDEW & MOISTURE CONTROL AUDIT

Because of the volume of calls and requests for information on home moisture problems, packets of mail-out information that are fairly self explanatory have been compiled. This aids support staff in being able to respond quickly even when I am not immediately available to requests for information. In addition, a program on Moisture Control, utilizing the Moisture Audit Form has been presented to EH volunteers, several clubs and civic groups. This program is still in the "information gathering" stage, since I plan to conduct a follow-up mail survey with the EH audience to determine the effectiveness of the Moisture Audit Form.

SMP #8.5 - SEWING CLUB

A sewing support group has been formed and met over the past six months with an average of 15 attending each month. The sewing teachers, entrepreneurs, and volunteers plan their very own programs and have taught many of the innovative programs and classes in our Clothing Program. They aid us with program evaluation, publicity, suggestions, and updated information from the many sewing seminars available in and around Charlotte. In addition, several have served as county 4-H judges, youth sewing instructors and volunteers. Many of the programs offered to the public were previewed first in the sewing club.

SMP #9

My goal as a newcomer to the Child Care Education area was to visit with several current leaders in the field in Mecklenburg County and discuss unmet needs with which Extension might have a unique and meaningful role. Addressing many of the needs identified would have required far greater

resources then Extension can allocate.

One area which seems made-to-order for Cooperative Extension Service was identified. Daycare operators need better prepared substitutes and Extension excels in volunteer training. Hopefully, working together, we can recruit and train unemployed volunteers to become "first call" responders when regular child care provider staff had to be absent from work. Then the provider would have a trained person to "fill in" and the volunteer would be able to earn a few dollars.

Support for the idea from NCSU Extension specialists and the discovery that they have curriculum development in process which might fit this concept makes it ever more exciting. My greatest personal satisfaction has been the acceptance shown when I assured each person that Extension has no desire to compete but did want to be a contributing part of the coalition.

SMP #9.9

A large number of phone calls to the Foods and Nutrition agent deal with food preparation techniques, basic cooking terms and baking. Callers want to know about specific ingredients and how they function; why their recipes or techniques fail and how to correct them; proper weighing and measuring techniques, etc. These topics and questions do not address state major plan objectives and therefore are being grouped in this "other" category. They nevertheless represent a significant educational need on the part of citizens in this county.

SMP #9

Parenting On Your Own workshops were provided for limited resource individuals and families in two non-traditional settings, residents of the Salvation Army Transitional Living Program and the Mecklenburg County Jail - Women Inmates. Participants were provided with a series of six lessons that were designed to increase parenting skills related to caring for oneself. Twenty-three women

were provided certificates of participation in the workshop series. Of the 23 participants, four had no children of their own, but elected to participate in order to improve their relationships with parents and/or siblings. Participant comment "I'm sure there was a lot of useful information in other class. but only attended the last and I really can use what I received now in my life and my stay at jail."

Stress Management workshops provided 147 participants with increased awareness, knowledge and skills to cope with daily life stressors. Participant comment: "The symptom of stress was most interesting to me. Before this class, I was thinking that I had an illness, but really the symptoms I am having are the same for stress." Participant comment: "The personal information was what I found to be most useful. Many of the things that were said was very similar to things that I find going on in my own experiences."

Seventy-one (71) individuals were involved in conflict resolution workshops. Tough Issues Facing Youth, a conflict resolution workshop for parents, provided participants with information on the developmental stages of adolescence, warning signs of problems and the difference between the parent's youth and their children activities. Participant comment: "When I was talking to my son about getting a job, I now realize that I was not handling our conflict the right way". Participant comment to question, what information do you expect to be most useful to you in the future: "What information do you expect to be most useful to you in the future?": "Time out for the adult and the information about facing the child when talking but leaving enough room for them to get up."

SMP 11.1

An Extension Homemaker leader lesson, "ARE YOU PREPARED FOR AN EMERGENCY?" was developed and presented at a Leader Training session in April. The subject matter was particularly appropriate in light of ice storms earlier in the year

which brought numerous calls to our office with power outage/food safety concerns. The lesson focused on how to determine if food was still safe when refrigerators and freezers were no longer functioning; how to handle food contaminated by flood waters or fires; and how to make drinking water safe. Of the Extension Homemaker clubs completing surveys after their programs (3 clubs), 100% of the 34 participants indicated that they increased knowledge of food safety issues related to emergency situations and acquired a new skill to help them be better prepared in the event of an emergency.

SMP #13

After meeting with the Double Oaks Community manager, Carlenia Ivory, we found that there was opportunity to use 4-H curricula in their summer program. I conducted a workshop on June 11 for a diverse group of 13 volunteers from Hands on Charlotte. The volunteers learned about youth development characteristics, setting rules, and using the 4-H Discovery guides. The 4-H material will be used to educate the 100 youth in the Double Oaks Community (considered to be a high risk environment). I observed the volunteers working with the children on June 20. They had developed an entire day centered around African American heritage, complete with handmade musical instruments and music. Later, the group made pizzas using information from the 4-H Discovery module.

SMP #16

As the Area Specialized Agent, EFNEP, assigned to Mecklenburg, Gaston, Cleveland, and Cabarrus Counties. I am responsible for managing the EFNEP program. This supervision includes eight adult program assistants and two youth program assistants in Mecklenburg County, and two in Cabarrus County. I am also responsible for the Breastfeeding Project in Gaston County which includes one program assistant position and a part-time secretary and the Breastfeeding Project in Cleveland County which includes one program assistant position and a part-time secretary. Recently, my

supervision expanded to include the Out For Lunch project which moved two program assistants in Mecklenburg County to full-time and two program assistants in Cabarrus County to full-time employees.

Through cooperative efforts with the Mecklenburg County WIC office collaborative activities have been implemented in the Billingsley, Greenville, Huntersville, and Belmont sites in Mecklenburg County. Nutrition education is taught by an EFNEP Program Assistant to clients receiving WIC vouchers. This collaborative effort has enabled EFNEP to enroll 2,300 clients and graduate 890 clients. WIC honored EFNEP by giving us the friendship award at their state meeting. The EFNEP program is constantly asked by the 14 WIC sites to provide EFNEP program assistants at each site to teach the EFNEP curriculum.

The Breastfeeding project in Gaston County has been a tremendous asset to the Cooperative Extension Service and to the EFNEP program. Gaston Memorial Hospital, Gaston County health Department, and Breastfeeding Support Groups collaborated to make this project a success. Presently 248 clients have been enrolled in our EFNEP/WIC Breastfeeding Project and 30% of these clients have been enrolled in the regular EFNEP program. The Gaston Memorial Hospital and doctors in Gaston County praise the program and look to the program assistant for breastfeeding expertise.

"TAPS" stand for Teenage Pregnancy Services. In Mecklenburg County this program is a special school for pregnant and parenting teens. EFNEP has linked with the TAPS program and taught the EFNEP Pregnant Teen Curriculum to 168 pregnant teens. Hands-on learning is provided in kitchen facilities to give teen the opportunity to experience for themselves cooking techniques, food safety, etc. The linkage with this program opened the door to work with two other pregnant teen homes in Mecklenburg County.

Programs under this objective focused on increasing awareness of the short and long term effects that dietary habits have on one's health. Individuals completed nutritional self-assessments by examining food recalls during classes held for 23 participants in the Womens Commission's Alternatives Program; and nine participants in Extension's Basic Survival Skills Program. Big changes sometimes are best accomplished in small steps and individuals in these classes selected one nutritional goal to implement that was both realistic and achievable for them. Several participants said they would make a conscious effort to drink at least two glasses of milk each day. Others indicated they would increase their fruit and vegetable consumption to meet the Food Guide Pyramid recommendations. Still others stated they would try to limit fast food consumption by eating at home more often or by packing a bag lunch each day rather than eating out. Participants saw how even healthy individuals could be shortchanging themselves nutritionally and that it takes a conscious effort to assure the nutritional adequacy of one's diet.

SMP #16.2

COOKING THE DIABETIC WAY IS A FOUR WEEK (12 hour) series for people with diabetes and/or their family members. It continues to be a very well received workshop. In addition to classroom learning, participants receive hands-on experience in preparing foods appropriate to their individually calculated meal plans. Most go away with a clearer understanding of their disease; knowledge of how the control of blood sugar affects their longterm health; skills to plan appropriate meals and snacks; the ability to improve the nutritional value of their diets; and increased motivation to take control of their eating habits. One participant stated that during the class she "lost seven pounds without dieting or feeling hungry. I used the meal plan and exchanges which have really worked for me."

SMP #17

On April 29, Mary Beth Gray with American Transitional Care (rest home type of facility) contacted Extension to arrange for gardening information to be shared with their clientele. On May 6, vegetable gardening information was shared with 12 clients and four staff members, and the information was used in the planting of a raised bed garden. The impact this program has financially is small. The real impact comes from the continued use and feelings of value by the clients at being able to produce some of their own food. Contact continues with this group and the harvest is beginning to come in.

SMP #17

By working with Dr. Gales, and the Catholic Refugee Services in Charlotte, a bond has been forged with some of the Asian community here. Most, if not all, of these refugees live in rental housing. They have no ties with their homeland. Extension has been involved in helping to solicit vegetable seed of the type this culture uses, and instructing them in how best to grow these vegetables in our soils and climate. To date, six families have been worked with and are showing good quality production of these vegetables. This program helps to stretch their food dollar (about \$400 per family) and also helps with the transition to this country by bringing a little bit of their home here.

SMP #19

The Mecklenburg County 4-H program is fortunate to have the support of public and private organizations in support of our outreach programs for school-age youth in the public schools. Through the support of Duke Power Company, the Charlotte-Mecklenburg School Science Department, Renfrows Hardware, and Southern States Cooperative, the 4-H program was able to deliver two highly successful science programs in the schools. The first program, an electric project called the 4-H Energy Challenge involved 13 schools and 92 participants. According to science teachers who use this curriculum, it is one way that they have to meet the

requirements for eighth grade energy related competencies. The other program offered to fifth grade was a project called, "Go and Grow". This year over 510 students were reached with this curriculum which explores plant growth factors and reproduction. This year was of particular significance because teachers reported that the project enhanced the students knowledge in a new area that students were being tested with the end of grade testing. Through this collaborative effort, 4-H has met the real needs of students, made possible by the contribution of over \$2,980.00 in public and private dollars.

WAKE COUNTY

SMP #2

Counseled with 18 producers in recent weeks on the new Farm Bill. Assisted with 3 producer meetings attended by 72 people to promote and explain the bill. Overall, producers have a good understanding about the bill and have signed up as expected.

SMP #3

By assisting with income tax planning prior to year-end, at least 15 producers were able to prepay 1996 farm expenses and save money. 1994 was an exceptionally good year for the tobacco producer and most had carryover. However, most producers planted less acreage in 1995 and had less expenses. Therefore, a need to increase 1995 expenses existed. One producer likely saved about \$15,000. for the tax year 1995.

Promoted N. C. Agribusiness as "Stewards of the Environment; Providers of Food" at 7 meetings which involved over 1000 youth and 55 adults. This information was provided at our "Wake-Up to Agriculture" sessions which involved 4th graders in Wake county.

With assistance from Frances Turner, we scheduled 4 Estate Planning workshops this fall in Wake county. Two workshops were arranged for people with

agricultural land. Also, two workshops were arranged for the general public in Wake county.

SMP #3

Wake County is known as the Capital county, but to many it is also a very important agricultural county. The major field crop is tobacco, accounting for over \$40 Million in income each year. As land values increase due to urbanization the temptation to sell the farm becomes greater, and the need to make tobacco more profitable becomes even more important. During 1995 approximately 50 percent of the tobacco crop was transplanted from greenhouses. In 1996, the percentage had increased to nearly 70 percent. A greenhouse transplant production meeting was held in November, 1995. It was a joint effort of the Extension Service and Farm Credit Services. New production technology was taught to 35 growers. Labor savings from utilizing greenhouse produced transplants amount to approximately \$21.05 per acre. With the 1996 crop, farmers in Wake County realized labor savings of approximately \$147,350. Another savings from utilization of greenhouse produced plants is the amount of reduction in use of Methyl Bromide. Methyl Bromide is a class I ozone depleting chemical that is scheduled for final phaseout in the year 2001. With the amount of tobacco being transplanted from greenhouses, Wake County growers are now using 49,000 fewer pounds of Methyl Bromide than in previous years. Many growers have commented on the uniformity of greenhouse produced plants this year and several more plan to invest in greenhouses for next year's crop. Wake County tobacco growers will continue to see savings from greenhouses, monetarily and environmentally. With these savings, growers can hopefully continue to plant crops in urban areas, maintaining open spaces for all to enjoy.

SMP #4

As an urban county many individuals in Wake County are not aware of the recycling potential of

ruminant animals. Working with NCSU and their "Farm Animal Days", a display board explaining what a ruminant animal is, which farm animals are ruminants, and how the stomach of a ruminant animal functions was designed. Samples of various industry by-product feeds were gathered and displayed so that the youth, parents, and teachers could see how by-products from various foods and fibers (such as brewery by-products, cottonseed and hulls, peanut hulls, and potato waste) that are used and enjoyed by mankind can be used to provide nutrients for our ruminant animals to produce milk, meat, and wool. A total of 8,626 youth and adults visited the display during the three days of the event.

SMP #8

Affordable Housing Program with the Town of Holly Springs:

The Town of Holly Springs received a block grant to assist low- to-moderate income individuals to purchase a home. The grant specifically indicated that program participants had to receive six-hours of educational instruction on home ownership.

NC Cooperative Extension Service, Wake County Center and Town of Holly Springs worked together in a collaborative effort to provide an educational program on home ownership. Each participant was required to complete six hours of instruction. Upon completion, they received a certificate and a signed letter indicating that they had completed the course.

As a result of the home buyer's program 25 individuals completed the course with 7 meeting the qualification for the first-time home buyer mortgage.

The Town of Holly Springs is developing a sub-division, which will include 27 houses. As of today, 7 families were able to complete the home buyer's program and qualify for a loan and now, they are in the process of having their new home completed.

In addition we are in the process of working with these families to start a community home owner's

club.

The success of this story is that, we have 7 families that have lifted their standard of living and now, are contributing to the tax base by becoming property owners.

SMP #14

Success Story

Sunrise Produce Farm, managed by Brian Richardson and located in Eastern Wake County, South of Zebulon, recently made the decision to contract acres of cucumbers to be grown for Mount Olive Pickle Company. Mr. Richardson came to this decision after several meetings at our office to discuss new farm enterprises during the months of January through March 1996.

Mr. Richardson needed additional income to meet present and future expansion plans. I suggested that we analyze any new enterprise just like any other that had been selected in the past. This involved determining, operating expenses, capital cost, ownership cost, labor, and looking at return to overhead and management.

Once this process was completed Mr. Richardson invested \$100,000 in a building to grade cucumbers with a contract from Mount Olive Pickle Company to purchase 65 to 70 thousand dollars of cucumbers from him annually over the next 5 years. The season has not ended at this time but he feels everything is working out as planned to meet the first year goals.

GUILFORD COUNTY

SMP #8

Two single mothers needed help cleaning and organizing their apartment. They were able to identify ways of keeping their house clean without it being costly to their budget. After eight weeks of training

and support, their improvements were remarkable. These single mothers were able to gain knowledge and skills about house cleaning made easy. They were able to remain as residents at their apartment without being evicted during inspection. Their self-esteem has risen because they now know a clean house looks good, feels good and saves them money.

SMP #9

Single mothers needed help in building their self-esteem as well as their children. After completion of several lessons, participants were able to identify some positive comments to build their child's self-esteem such as, "I am very proud of you," "very good," and "I knew you could do it." They also learned to praise their children which helped them to develop a more positive self-concept. Single mothers were able to gain knowledge and skills in developing their own positive self-esteem. They were able to cope with negative or positive comments.

SMP #11

I would like to introduce you to the concept behind "Dairy Wise," a new long-term dairy Extension educational program here in North Carolina. You realize that success in today's dairy industry requires well-developed management skills. In order to be successful, you must be able to handle cows, crops, weather, technology, information, people, regulations, finances, and planning. You must manage time and energy in balancing personal, family, and business needs and goals.

Business management is the heart of the "Dairy Wise" program. The program encompasses a comprehensive look at managing a farm business, including creative problem-solving, the functions of management, and basic management skills. Subsequent application workshops, "Nutrition and Financial Management," integrate technical information and management principles in such a way that the participants leave with an action plan for resolving specific problems.

Twenty-nine dairymen attended the programs in Greensboro from Guilford and surrounding counties. The different teaching approach was received very well and information gathered has been put into practice back at the farm.

Application workshops will be done - Fall of 96 and spring of 97. We will also start another group from the beginning this fall.

SMP #11

All animals are essentially the same, we tend to over-indulge in some practices while leaving others void or almost non-existent. If we do not plan or manage, we tend to become complacent, lethargic, and out of shape.

Ration-balancing has been around for a long time and we realize its importance, but economic figures are not always shared to coincide.

I would like to cite a specific dairy farm in Guilford County. The rolling herd average in 1994 was 15,000 pounds of milk per cow, now it's over 19,000 pounds of milk per cow. In one year's time, 4,000 pounds more milk per cow will generate \$5,520 per cow. The dairy I'm speaking of milks an average of 168 cows on DHIA. That totals out to be a boost in gross income of \$927,360. Not only did we increase herd average, but we also cut feed cost \$.32 per cow per day realizing a feed savings cost of over \$19,000 per year. This year feed costs have doubled and we re-balance at any change to maximize our investment.

SMP #13

Membership and interest in the Extension Homemaker Organization has diminished over the past few years. At the same time, the need for leadership and volunteer development is as great as ever.

In an effort to increase membership in the organization and to extend community education, a committee of 5 members from 3 clubs identified and

planted an Herb Garden.

Members have identified and planted over \$100.00 worth of herbs which are both culinary and income-producing.

Extension Homemakers met twice to harvest basil. They preserved basil in Pesto and Basil jelly. Approximately two dozen jars of these products will be sold at the Fall Events meeting of Extension Homemakers in October.

Interest by Extension Homemakers in the herb garden project has become county-wide because the garden has been shown and products have been served at the county council meeting.

Because the location is visible from a busy road, some visitors have stopped for closer observation.

Plans for the future include offering educational programs using herbs in cooking and reducing sodium and fat in the diet.

SMP #16

Pregnant and parenting teens and single mothers lack knowledge in selecting nutritious foods from the food guide pyramid to help them develop a balanced diet for themselves and their children. Participants were able to identify foods from the food guide pyramid to help them develop a balanced diet. These ladies identified the correct number of servings they should eat from this guide. They also became aware of the nutrient value of certain foods. The food guide silhouette was used to show proportion of food needed per serving. Food replicas were available to help determine serving sizes.

SMP #17

Over the past 9 years relationships with the mass media have been strengthened. Weekly 1 hour radio call-in show in Greensboro is conducted as well as a 1 hour radio show every other week in High Point helping to reach the large urban audience.

Weekly articles as well as question/answer columns are written for the Greensboro News and Record which has a circulation of one hundred twenty thousand. A monthly 10 minute live call-in show was originally aired on Sundays but has now switched to Monday mornings on Fox 8. A pre-taped 1 minute spot airs every Friday on ABC News 45 and a new spot is being prepared for the News & Record's "Triad Homes" Show airing on Sunday mornings.

This mass media effort helps to maximize time with the large urban audiences.

Several one hour long horticulture programs have been prepared and taken to the schools by Master Gardeners. They include subjects such as butterfly gardening, vermicomposting and seed starting. One on bulb forcing was done for 1,000 3rd graders between Thanksgiving and Christmas. This was made possible through the generous contribution of three bulb companies as well as a gravel company. The schools and teachers loved it and have already requested it be done again this year. A \$450.00 grant was received to continue this program.

SMP #17

A cooperative relationship between the City of Greensboro/Parks & Recreation Department in partnership with Greensboro Beautiful, Inc., the North Carolina Cooperative Extension Service in Guilford County, and North Carolina A&T State University was established in an effort to promote and develop the Greensboro Arboretum so as to maximize its benefit to the citizens of the Piedmont Triad Region of North Carolina. The agreement recognizes that Greensboro Beautiful through its fundraising and civic landscaping programs, that Cooperative Extension Service through its technical expertise and public education mission, and that North Carolina A&T State University through its horticulture and landscape architecture programs combine to offer to the City of Greensboro and the citizens of the region an outstanding resource in horticultural and environmental education.

SMP #17

I currently hold the position of Area Specialized Commercial Horticulture Agent serving three counties in North Carolina. I have held this position for three years. In my position my clients consist of nurserymen, greenhouse producers, landscape contractors & maintenance crews and golf course superintendents.

One major contribution in the field of Adult Education that I am proud of is my teaching of a Plant Identification Course to landscape contractors. I began this program three years ago after going through Extensive training and obtaining my certification. I was informed that the North Carolina Landscape Contractor Associations Exam was very hard to pass and that contractors would fail 2 or more times and give up. Since teaching this course 21 students have passed this exam the first time and those that failed prior to my course passed the second time. I have maintained a 90- 100 pass/fail rate. This is clearly an example of extension helping people help themselves.

SMP #18

"Green Homes, Green Communities: was a very successful workshop sponsored by the Cooperative Extension Service - Guilford County, Alternative Energy Corporation, and the N.C. Solar Center, that was held on June 1 in Greensboro, NC. A solar communities program committee composed of builders, architects, educators, and environmental advocates planned the seminars, tours, and exhibitions that was held at the Guilford County Agricultural Center. One hundred and twenty-five participants, and exhibitors heard the latest information on thirteen different sessions which included green building products, maintenance of HVAC equipment, indoor air quality techniques, and the development of green communities. Following the seminar sessions, two tours were conducted of the Environmental Resource Center in Greensboro, and a limited resource community that is being developed as a "green community" with active and passive solar energy

features. Contributions to make this successful amounted to \$4500.00 from various organizations that supported this educational endeavor. Overall impressions of the workshop from the evaluations included: "very informative, well-organized, and much new information and access to resources."

SMP #18 - The Environmental Three R's

U'sd ta be that Reading, 'Riting, and 'Rithmetic were the most important R's in life. Now with environmental awareness blossoming, Reduce, Reuse and Recycle get more press.

With the burgeoning population in the Triad area, many tires and white goods are sold and the old ones find new homes on the side of the road as someone else's problem. Farmers conscientious in keeping their property picked up have had to become warehouses of these discarded items. Add to that the people that have set their old tires and white goods in the shed out back, and you have the potential to fill up a landfill in a hurry. Since it costs money to drop off a big load, what has happened is hundreds of mini-dumps around the county.

Over a six month period of time, two Tire and White Goods Disposal events were held at the Agricultural Center. With cooperation of two recycling companies, Tires, Inc. and D.H. Griffin Wrecking Co., a total of 55.5 tons of white goods and 52.4 tons of tires were collected to be recycled. This tonnage is equivalent to 740 stoves and 3,493 car tires that will be reborn to a useful life. That's a lot of landfill space saved!

SMP #20

The North Carolina A&T State University's School of Agriculture and the North Carolina Cooperative Extension Service in Guilford County sponsored "Animal Days" on April 24-26, 1996 at A&T's Farm. 4-H Agent, Travella Robinson, coordinated this event with support from Extension and A&T Staff. Grades K-5 participated in this event. The focus of the day was to give students hands on experience

with live farm animals. Younger students had the petting zoo experience and older students had time to pet and learn more about the different types of animals and their importance to man. Exhibits included Dairy, Swine, Beef, Sheep, Poultry and Horses. This event was advertised to all elementary schools in Guilford County. Due to space limitations, only twelve Guilford County Schools attended with a total of 1300 students and teachers. Evaluation forms were scored on the average of five on a five-point scale (five - excellent) and schools are requesting to participate next year.

FORSYTH COUNTY

SMP #1.1 Aging with Gusto

Older senior citizens are faced with many pressures due to social and economic conditions affecting their livelihood. One hundred and twenty-eight participants increased their knowledge (via classes) on ways to reduce their stress level and verbalized practices to improve their emotional, social, and well-being. These participants saved \$6,400 based on the dollar cost of \$50 per hour for each participant attending the classes.

SMP #3 - Agriculture and the Environment

Fifteen local youth from the Southgate Apartment 4-H Club have participated in an Urban Gardening Project. The youth and adults from this complex have worked together for the past three years on maintaining four raised garden beds to learn about horticulture and provide fresh vegetables for community members. Items planted have included: Tomatoes, squash, broccoli, cucumbers, and flowers. Youth ave conducted experiments with cucumbers they raised at home and transplanted into the raised beds. Youth and adult volunteers from the community weed, water, fertilize, and plant in these beds on a regular basis. The success of this

project has been the youth/adult interaction, acquiring horticulture skills, reaping the fruits of their labor from vegetables and flowers produced, and developing a sense of cooperation and self-esteem.

SMP #3.3 - AGRICULTURE & THE ENVIRONMENT

Promoting economically and environmentally sound practices included programs in Woodland Conservation, Proper Landscaping, Termite Control, and Safe Handling of Food. Ninety Forsyth County consumers participated in those workshops and/or seminars. Men and women who attended the programs had numerous questions answered. The "Woodland Conservation" program inspired five widows to get trees logged on their property that provided 90% of the payment on their property taxes. Four requested the services and advice of local foresters, who provided additional information. The "Proper Landscape" class helped five persons with lawn sloping problems that had created moisture in their homes, saving 98% on proposed maintenance. The 12 club representatives who attended the Leader Training on "Safe Handling of Food" said that they had observed poor food handling and unsanitary conditions in a few restaurants in the county and would be confronting the managers of these eating establishments.

SMP #3, Obj. 4

In March of this year a research team from R. J. Reynolds Tobacco Co. requested that we test seven prototype cigarette filters for their biodegradable properties in the environment.

Cigarette filters rank high on the list of wastes/litter found on beaches and in the community. R.J. Reynolds is concerned about finding a material for their filters that is environmental friendly.

The Extension LCenter under the leadership of Toby Bost, Ag. Agent, designed a demonstration to evaluate the prototypes in a backyard composting setting. Utilizing straw and grass clippings, the

filters
were composted for a period of six weeks in bins
displayed at the County Extension Center.

The RJR team removed the remnants of the filters for
lab analysis in June. The starch filters had totally
disintegrated. The results of this test are
forthcoming.

The team was very appreciative of Extension's support
and contribution to their work to address
environmental concerns.

SMP #3 - Agriculture and the Environment

A series of one-minute television spots on WXII
television station has used 6 spots to address reduced
pesticide use.

Alternatives to pesticides and combined strategies for
common vegetable garden and ornamental pests
have air on the noon and 6 evening news. The cost of
the air time for the 6 spots represents a dollar
value of: $6 \times \$340.00/\text{min}$ (noon time) = \$2,040.00 plus
 $6 \times \$1000/\text{min}$ (6 p.m. news) = \$8,040.00.

The viewing audience is: $6 \times 45,000$ persons (18 - 48
years old) plus $6 \times 72,000$ persons (18 - 48 years
old) = 702,000 viewers per May, 1996 survey of viewing
audience.

SMP #3.6 - AGRICULTURE & THE ENVIRONMENT

Dairy Farm tours enabled 360 first graders to learn of
conservation measures including: Stripcropping,
lagoon manure disposal, and our food pyramid.

SMP #5 - CHILD CARE

The 1995-1996 Forsyth County AmeriCorps Team consisting
of Heather DeVault, Michelle Greene,
Tenisha Larkin, Shannon Whitehead-Hall, and Peggy
Williams are very good at what they do in
afterschool programs.

Since October 1995, these members have reached

approximately 2,000 children in afterschool programs-seeing these same children four to five times a month. Thus far, through our summer sites and Summer Adventures Programs, approximately 700 children have been reached.

Heather DeVault has built a special relationship with a teen that was in need of a friend. The young lady was very withdrawn and shy. Heather's patience and understanding of youth helped this teen to open up to Heather and share her family's problems. They have developed a special bond that will be remembered by both of them for years to come.

On National Community Service Day, our AmeriCorps members went to Brenners's Childrens Hospital. They learned valuable lessons that day, since two of them are mothers themselves. I think Forsyth County has the most patient and understanding AmeriCorps members when it comes to children. They are a group of ladies we are very proud of.

SMP #5.1 - CHILD CARE

There is a dire need for quality and positive child care training for limited resource staff (lead teachers, assistant teachers, and directors) on issues affecting young children between the ages of 6 weeks-5 years of age. A total of 91 child care workers increased their knowledge and developed skills in writing effective lesson plans and implementing learning centers that help young children in intellectual, social, emotional, and physical development. The participants were able to identify and implement terminology associated with child growth and developmental issues, as well as plan age-appropriate activities for children. Participants were able to write better lesson plans (using correct terminology) enhancing a child's growth and learning abilities. Also, directors were more pleased with the lesson plans because the teachers were more detailed and could follow-through with the different activities. By

attending
these classes, 91 participants saved \$1,365 at \$15 per class.

SMP #7, Obj. 7.1

Dan Nelson has successfully evaluated, produced, and marketed several alternative crops. He has diversified his tobacco operation to include 5 acres of strawberries on black plastic mulch, double cropped with melons; 5 acres of sweet corn, several acres of assorted vegetables, and 12000 chrysanthemums. In addition he has also begun growing and marketing ornamentals. He has successfully diversified his marketing by utilizing on-farm sales, pick-your-own and selling at the local farmers market.

He has been quick to utilize Extension educational opportunities. He has participated in local and state meetings, tours, and farm demonstrations. Dan has also volunteered his leadership skills to the Extension Service and local grower associations. Dan's success at production and marketing has allowed him to increase his production and sales of strawberries, melons, and chrysanthums.

SMP #7, Obj. 7.3

Organization of County Horse Management Program

Prior to 1996, Forsyth County (which has one of the largest horse populations in the state) had no proactive effort to educate horseowners on production or management topics. A comprehensive program was developed to educate experienced and new horseowners on horse health and care and on pasture and forage production. Educational programs were carried out through Extension programs for new horseowners and through the Triad Horseman's Association for more experienced horseowners.

Participation in programs for new horseowners totaled approximately 250 persons. Improvement in pasture management (liming, fertilization, weed

management) was observed.

SMP #7, Obj. 7.3 Tobacco transplant production in greenhouses is now used for over 90% of the acreage in Forsyth County. Educational efforts have concentrated on improved grower management. Improved management decisions include a 70% decrease in the use of high phosphorus fertilizers, a 95% decrease in the use of fertilizers containing high percentages of urea nitrogen, 10% of the growers have improved their tray sanitation procedures, 10% growers have purchased conductivity meters to monitor fertilizer levels, and nearly 25% of the growers are experimenting with a new insect-icide labeled for greenhouse use which is much less toxic than alternative products and which reduces worker exposure to pesticides.

SMP #7, Obj. 7.6 - Beef Cattle Marketing

Due to extremely low prices for beef cattle that have continued in 1996. Educational efforts were made to beef cattle producers to promote and instruct them on market preparation for graded sales. Participation increased by 7 producers and the number of head of consigned.

SMP #8.1 LIMITED RESOURCES

Life development skills focusing on basic budgeting and ways to save money reached 341 family members. Of that number, 31 inmates increased their knowledge of the difference between needs vs. wants, prioritizing needs, steps in budgeting, as well as identifying various credit sources. Via classes, participants were able to identify financial terms (i.e. budget, fixed, flexible, credit) to start a workable budget to fit their needs. By attending the monthly sessions, participants were able to verbalize, list, and adopt 5 money-saving ideals (using shopping lists, coupons, etc.). Also, the inmates stated that until now... "They had never had anyone to teach them about budgeting and the need for it." WXII provided coverage of a money management activity at the

detention center and the participants were interviewed about what they had learned in the session.

SMP # 8.1 LIMITED RESOURCES

Youth can learn about money and it will be very beneficial to them as they mature into adulthood. A two-hour session reached nine youth at a local library. The librarian stated, "The Money Management Workshop kids were ready for you! One of them informed me immediately that one of his parents worked in a bank. Either he or his friend also arrived with a calculator! They were certainly eager for the information you shared. And everyone picked up on their enthusiasm. The atmosphere was electric! The kids never missed a sentence. I had not realized kids that young (9-12 years old) were capable of creating a budget and separating goals, needs, and luxuries. Your reasons why people spend with reasons as "social competition" was certainly thought provoking. I think that this workshop should be required for every child in every school!"

SMP #8.1 - FINANCIAL MANAGEMENT

Do-it-yourself projects and Home Maintenance and Safety programs helped 250 persons save 41,000.
These classes and programs were:

Decorative Picture Frames Window Toppers Custom Cornice Boards Decorating With Topiaries Rag Rug Making and Potpourri Building & Organizing Storage Units Safety In The Home

The workshop participants carried finished products home and 10 ladies taught their club members how to make rag rugs, picture frames, and topiaries. The market value of window toppers for large windows is \$200 and up; however, the participants made their own for about 50% of those costs. Participants in the Tapers class were overwhelmed by the beautifully finished products and the versatility of the items. Women and men were astonished at the simplicity of building storage units. At the senior-living sites, the "Safety In The Home" program was of the utmost importance to the 220

attendees. They verbally showed their gratitude and asked numerous questions.

SMP #8.2 - FINANCIAL RESOURCES ENHANCED

In response to a pressing need for consumers to understand money management skills, a program was developed to increase the awareness and knowledge of available financial resources. A local church was the target audience. After four sessions, 38 participants were able to complete a financial balance sheet for the year, identify short-term financial goals, and keep accurate records of expenses for two consecutive months. Participants stated that the program changed their view of managing their income from month to month resulting in a savings to each participant of \$50 per month, or a total savings of \$3,800.

SMP #8.2 - INVESTMENT FUNDAMENTALS ADOPTED

Due to a pressing need to assist older women with information about financial matters and investments, a series of workshops were presented to 118 county citizens. Participants learned about stocks, mutual funds, and interest-sensitive products. Participants estimated that they saved \$35 each by using Extension as a viable resource rather than a private source who required payment for knowledge transferred. This represents a total savings of \$4,130.

SMP #8.3 - FINANCIAL MANAGEMENT "This opportunity has provided me with numerous skills to share with my family and provide an alternative income for supplementing my limited wages." This testimony was from a trainee at Goodwill Industries. She added, "This experience provided me with marketing skills such as: Greeting the public, selling goods, advertising, pricing, and creativity." "It provided therapeutics: Increasing self-esteem, working as a team, and new acquaintances." This testimony is not unique for the 29 other recent Goodwill Industry participants who joined the Forsyth County Marketeer project headed by the Cooperative Extension Service. This project helps limited participants mass produce handcrafted items to

supplement their incomes.

The Pilot Group was organized three years ago and has maintained \$300 per year/per ten persons. Goodwill Marketeers retailed seasonally at the Goodwill Store and the local CIAA Tournament incurring \$1,500 (\$50 per person) in six months. Supply cost was \$200, which netted \$1,300.

SMP #9.2 - FAMILY & PARENT EDUCATION

"Dear Mrs. Falls: The 250 students, parents, and staff of Walkertown Middle School benefitted greatly from your presentation on Clothing Care and Grooming for the after-school program. This information has been shared among siblings as well."

The students learned how to extend the wearability of garments by properly caring, selecting, and mixing and matching. They also learned how to be well groomed, including the proper application of cosmetics.

The teacher and teacher's aid discussed with the Agent how the students had improved their grooming, and that many of the girls were more conservative with their make-up. They also observed that students were extending their wardrobes by the mixing and matching of garments. The teachers further stated that some parents had indicated a change in their own grooming habits and those of their other children, and estimated a savings of 80% on clothing and cosmetics.

SMP #9.2 - FAMILY & PARENT EDUCATION

A total of 36 young mothers (ages 16-35) were reached at a health facility emphasizing positive parenting skills. Each participant increased her knowledge on practical ways to care for children focusing on physical, social, emotional, and intellectual development. Participants responded to surveys (pre and post) on the definition of parenting, characteristics of parenting, roles and responsibilities and

other terminology associated with young children. The pre-survey scores reflected an average of 50% and the post survey scores averaged 80%. Many of the participants stated, "They had not thought about taking patenting programs because they didn't think they needed it." After taking the classes, the participants said, "They were not aware of all the 'good stuff' they were missing out."

SMP #13 - Leadership & Volunteer Development

In order to enhance leadership development, a leadership training session has been offered for five different programs for EH Clubs. Valued at \$10 per hour, the time volunteered for this effort is worth \$5,000.

SMP #13.1 - LEADERSHIP & VOLUNTEER DEVELOPMENT

"Plant a good seed and volunteers will grow!" Eight Master Clothing Volunteers trained by the Cooperative Extension Service in Forsyth County have grown in skills, confidence, and independence in teaching clothing classes. Master Clothing Volunteers have ventured out with six classes which taught 100 youth and adults in local communities. Class participants learned skills and made garments that saved \$500 per person for a total savings of \$50,000. Cost of training notebooks and video tapes provided by Extension Services was \$180. Volunteers gave an average of 16 hours totaling 128 hours (8 x 16).

The group spent 20 hours in training (160 total). If the volunteers were paid \$4.50 for teaching, their wages would be \$720.

The amount of savings incurred by students exceeded the training cost and inking time spent by volunteers (\$50,000 - \$900 = \$40,100).

There is growth for volunteers, budgets, and participants.

SMP #13.2 - LEADERSHIP & VOLUNTEER DEVELOPMENT

Master Gardner volunteers showed over 500 residents ways to reduce pesticide usage in their gardens. Two manned exhibits showing the benefits of composting. Value of volunteer time was \$1,550.

4-H reports that the chairman of the 4-H Advisory Board stated her confidence level on speaking to groups and presiding during meetings have greatly increased because of this opportunity. A Toastmaster conducting a 4-H public speaking workshop stated a young 4-H'er would not say her name to the group at first. However, when the four workshops were over, she was standing on her feet behind a table presenting a short speech.

A Master Volunteer in Presentations and Award records has conducted workshops at State Volunteer Leaders Conference, State Horse Leaders Conference, and two District Leader Retreats where over 100 volunteers learned the "ins and outs" of presentations and annual records.

Volunteers in the Cooperative Extension Service program in Forsyth County are a very valuable and successful method of program delivery. Each year, 1,400 different citizens volunteer in some aspect of one program, contributing approximately 11,000 hours annually. At \$6 per hour, the volunteer service is worth \$66,000! SMP 16 - Nutrition, Wellness & Food Safety

In response to a consumer need to understand more about the pros and cons of nutritional supplements, a program was developed to help participants understand when supplements are appropriate and how to select a good one. The program was conducted for 25 groups, reaching 350 consumers. One participant reported that she would not buy the \$68 a bottle supplement she had been purchasing from a catalogue but planned to buy a similar product which was a store brand for \$5 a bottle. Another participant reported that she wished she had heard this program sooner and it may have saved her sister thousands of dollars for being hospitalized with an overdose of nutritional supplements.

In an effort to reduce our county's high infant mortality rate, EFNEP program assistants have begun teaching "Hey, What's Cookin'?" nutrition education series to pregnant teens. 21 of the teens who have graduated from the program have had their babies. 19 were born healthy and of good birth weight. One was born pre-mature and one was born at term but weighed only 5.2 pounds, however, both these teens did not enroll in the program until late in their pregnancy. The costs to deliver a healthy baby are approximately \$4,720 whereas a low-birth weight baby may cost from \$11,670 to \$39,420. Thus the cost in medical bills for the 19 healthy, good birth-weight babies was a savings of approximately \$395,675 based on the average birth-weight baby. This savings was partially due to the adoption of behaviors taught in the series leading to positive pregnancy outcomes.

Our pregnant teen reported that she smoked when she was enrolled in the program. After several months of participation, she quit smoking and has given birth to a healthy baby.

SMP #17.1 - RESOURCE & CONSERVATION HORTICULTURE
FORESTRY PEST
MANAGEMENT

In March, the Forsyth Cooperative Extension Service was host to the first Urban Integrated Pest Management (IPM) training program in the state, under the leadership of Dr. Mike Linker of NC State University. Two Forsyth Agents have served on the IPM State Urban Advisory Committee, Toby Bost and Teresa Lambert, and assisted in planning this successful event.

The workshop was a full day of technical training for municipal and pest control managers. Over 120 professionals attended the program which addressed topics on biological pest control and alternative/cultural practices to deal with pests on public grounds.

Participants increased their knowledge of pest identification and learned recommended methods to

control pests by minimizing pesticide usage in the urban landscape. The impact on water quality in the state should be positively influenced as this information is put into practice by the trainees.

SMP #19 - RESILIENT YOUTH, FAMILY & COMMUNITIES

The recent vandalism of a local historic black cemetery disheartened many community members. The act seemed part of a sad trend of hate crimes aimed at African-Americana in the South. However, in the face of contempt, a group of young people stepped forward and sought to right a wrong, and to make the world in which they live a little more beautiful.

Twelve 4-H Peer Educators Addressing Community and Environment (PEACE) members helped with the restoration clean-up of the St. Paul United Methodist Church Cemetery in Kernersville, NC. This local church had spent over \$5,000 in services for its restoration and conditions still persisted. To help stem the costs of restorations, 4-H PEACE Team members assisted with the removal of trash and debris by raking and removing fallen branches resulting from the winter's storms. PEACE Team members also removed negative and racial slurs written on tombstones, helped to clean out sunken graves, replaced grave markers of unmarked graves, and uprighted fallen headstones. These teens conducted these endeavors on three different occasions at this cemetery and saved the church over thousands of dollars.

SMP #19 RESILIENT YOUTH, FAMILIES & COMMUNITIES CYF COLLABORATORS

I have worked with the CYF Project in Kimberly Park since August 1995. I noticed there was a need for the collaborators to jointly have planning sessions. There were several agencies and businesses doing projects in this community, but they were not aware there might be an agency duplicating the projects. A collaborators team was initiated made up of agencies that provide services or projects in the Kimberly Park Community. We meet monthly at

different locations, which gives each a chance to be familiar with the other offices. If you get to know the other person's working environment, you relate to them better. This is my biggest accomplishment since starting in this position. Working with the parents and families in this community is still underway.

SMP #19 RESILIENT YOUTH, FAMILIES & COMMUNITIES

Thirty-one "Willie M" or at-risk youth participated in a four-week series on "Independent Living Skills" program located at a residential home. The participants received hands-on application of living within a budget and functioning as a family unit. The participants learned how to handle money and make joint decisions affecting their financial well-being. The focus of activities included establishing positive interpersonal relationships needed for one's self-image. Younger participants (ages 13-16) increased their knowledge on needs, wants, income, ways to make money, savings accounts, and using credit by completing a questionnaire. These youth will be able to use the information now and as they move into adulthood. One young lady, 18-years

old, attended all four sessions and was able to apply/adopt some of the budgeting skills by moving into her own apartment and setting up a budget to follow.

SMP #19 - Resilient Youth, Families, and Communities

Dune to a need to provide high risk youth with coping skills in foods and nutrition, a 4-day series of classes was taught for 30 youth. Emphasis was placed on basis food preparation skills, kitchen safety, and nutrition. As a result of attending the series, these youth are better equipped to provide a safe and nutritious snack or meal for themselves and their families.

SMP #20 - YOUTH DEVELOPMENT

The 1995-1996 Forsyth County AmeriCorps Team consisting of Heather DeVault, Michelle Greene,

Tenesha Larkin, Shannon Whitehead-Hall, and Peggy Williams are very good at what they do in afterschool programs.

Since October 1995, these members have reached approximately 2,000 children in afterschool programs-seeing these same children four to five times a month. Thus far, through our summer sites and Summer Adventures Programs, approximately 700 children have been reached.

Heather DeVault has built a special relationship with a teen that was in need of a friend. The young lady was very withdrawn and shy. Heather's patience and understanding of youth helped this teen to open up to Heather and share her family's problems. They have developed a special bond that will be remembered by both of them for years to come.

On National Community Service Day, our AmeriCorps members went to Brenners's Childrens Hospital. They learned valuable lessons that day, since two of them are mothers themselves. I think Forsyth County has the most patient and understanding AmeriCorps members when it comes to children. They are a group of ladies we are very proud of.

SMP #20 - YOUTH DEVELOPMENT

A series of crime and violence prevention programs and workshops utilizing a collaborative approach involving many social service agencies were conducted for public housing and related communities youth. Harold Kinnard, a public housing youth, wanted to give something back to his community and its youth. Harold is an innovative, positive rapper who focuses his messages on drug and violence prevention to youth. His anti-drug/violence messages have reached youth from different segments of our county and throughout North Carolina, and even into Virginia. He's worked in low income communities, has been noted by such organizations as the NAACP, 4-H, Black Men & Women Against Crime, NC Department of Education, St. Paul's College, and others.

The Winston-Salem Foundation, along with the North Carolina Cooperative Extension Service, Forsyth County Center, nominated Harold Kinnard AKA "Kid Smooth" for an award with UNC Public TV. Harold was an award winner and received a \$500 scholarship from UNC Public TV. he also appeared on the UNC broadcast "North Carolina NOW" with five other award winners and attended a banquet in his honor in Durham. Mr. Kinnard plans to use his scholarship to attend barber school.

DURHAM COUNTY

SMP #2 - Comprehensive Land Development Plan

Facing rapid population growth without a comprehensive land development plan, the Chatham County Commissioners teetered between approving a \$25,000 Planning Department proposal for hiring a consultant to write a plan and taking a more politically safe route by maintaining the status quo. Extension developed an educational program that explained all planning options. Teaming with the Planning Director, 18 community meetings were held with over 500 people attending. Citizen comments were recorded and a compilation was given to the commissioners.

After studying citizens' comments, the commissioners approved hiring a consultant and authorized an additional \$10,000 for plan development. Commissioners praised Extension and the Planning Department for providing the essential information needed in making this tough decision.

SMP #8 - Home Buying Program Helps Families

Many individuals and families need help in deciding whether home ownership is a realistic goal. The "Home Buying School" planned by Durham County Extension gives prospective home owners an opportunity to participate in a series of classes where they hear from various home buying professionals. A letter from a class participant tells of her experience after attending a series. "I wanted

to let you know that we finally got a house. I am very glad that we took the home buying class last year. Without the class, we would not have saved nearly as much money for the down payment. We would have found the entire process much more stressful if we had not already been through it in the class." Because of the knowledge she obtained in the Home Buying School, the purchasing of her first home was a positive experience.

SMP #19 - Training For Day Care Providers

Cooperation between the Recreation Resources Service, North Carolina State University, the North Carolina Division of Child Development and the Cooperative Extension Service has resulted in forty-five child care providers being trained to meet the new guidelines from the N.C. Rules Review commission. According to one day care director in Durham, "the training not only provided certification credits and playground safety information, but also introduced us to many other Extension Service resources that can help our staff and our parents." The value of this training can be calculated in the dollars lost if child care facilities are closed due to noncompliance, but most importantly the value is truly the number of childhood injuries and deaths avoided in the county.

SMP #20 - Youth In Urban 4-H Program Reaps Benefits

In Durham County, youth involved in 4-H programs through 14 Parks and Recreation Centers, Durham Public Libraries, 37 after-school sites and many other coordinated groups are reaping the benefits of the learning environment that stimulates the development of life skills. Youth participants, parents and volunteers are very responsive to practical education through hands-on projects provided by 4-H. Nineteen-hundred (1900) youth participated in the life skills program which included Decision Making, Communications, Nutrition Education and Safety, and Leadership Development. Youth, parents and volunteers overall have expressed satisfaction in terms of the knowledge gained and skills learned.

One Parks and Recreation program coordinator states,
"We, of course, have several programs that our
youth are involved in. But, it truly has been our 4-H
program that has been the most successful."