



NARRATIVES

Yancey Cooperative Extension Center



James E. Magner, III CED, Yancey County Center

Extension will also have some good news to announce in February that I cannot officially disclose yet! On a sadder note Dr. Dan Smith our West District Director will be retiring in April. Dr. Smith has been a wonderful and active advocate for Yancey 4-H and TRACTOR. We will miss him.

I am excited about the work being done by 4-H in the area of Project Books. Project Books help children learn about a subject they are interested in and keep records, write their observations, and design a “book” on their project. Over 50 children have been working hard on their books and having fun doing it. In fact they are having so much fun they don’t realize

they are learning! The project Books will be judged locally and then submitted on to the district and state level. Last year Yancey had four students place on the state level. Two won \$50 dollars.

TRACTOR recruiting is going well. Staff has been helping farmers with production planning to meet the 1.1 million in demand for 2014. As of January 17, TRACTOR had paperwork for 66 growers: 47 from Yancey County, 14 from Mitchell, and 5 from Avery. In addition TRACTOR is talking to another 10 growers who have not turned in their paperwork. 33 of the 66 have been former or are current tobacco growers.

TRACTOR has submitted a \$200,000 grant to NCSU and is preparing one for Tobacco Trust Fund. The grants will be requesting funds to help staff the facility as TRACTOR meets the large demand. Funds will also be requested to help with marketing TRACTOR. Please tell any friends or family about the opportunity TRACTOR represents to help increase their farm income!



In North Carolina and across the country, 2014 will mark the 100th anniversary of Cooperative Extension programs. Extension's centennial is linked to the signing of the federal Smith-Lever Act, which provided funds for life-changing educational programs.

Today, Cooperative Extension programs in North Carolina are based in all the state's 100 counties and on the Qualla Boundary of the Eastern Band of the Cherokee Indians. These programs draw on research-based knowledge from the state's land-grant universities — N.C. State University and N.C. Agricultural and Technical State University — to provide education to citizens.

N.C. Cooperative Extension's centennial website provides many resources that tell the 100-year history of this organization. Visit ncces100years.ces.ncsu.edu to see a timeline of Extension milestones, historic photos, examples of Extension programs “Then and Now,” the history of the Smith-Lever Act and much more.

2014

Future Events

Grafting Class



Yancey Extension Center

- March 4th – 9:00 am and 6:00 pm
- March 6th – 9:00 am and 6:00 pm

Mitchell Extension Center

- March 11th – 6:30 pm

Madison Extension Center

- March 13th – 9:00 am and 6:30 pm



ServSafe Class

Yancey Extension Center

- March 2014

NC Forest Service Training Facility

- May 2014

Mitchell Extension Center

October 2014

2014 Yancey Plant Sale

- Now thru March 31
- Pickup dates: Apr 15 & 16



Parenting the Love & Logic Way

Yancey Extension Center

- Tuesdays beginning January 21
- Continuing for 6 sessions



ESMMWL - Weight Control

Yancey Extension Center

- Thursdays
- January 30 - May 1
- 12 - 1pm or 5:30 - 6:30 pm
- More info will be coming!

Calving Clinic & Cattlemen's Workshop

Mitchell Extension Center

- Monday, January 27 - 6:15 pm

Blueprint for a Profitable Mountain Farm

MCC - Main Campus - Spruce Pine, NC

- February 8th 9 am - 4 pm



Agriculture & Horticulture
Stanley Holloway

Year-end reports and planning for 2014 is the major task of January. WNC Performance Tested Bull Sale was held at the Mountain Research Station in Waynesville. Participation was down for this year's annual event; however, a Yancey County producer purchased three of the bulls. The review process for the 2014 WNC Ag Options Program was conducted with 107 eligible applications from the 22 counties of the Extension West District, and 8 applications from Yancey County. We continue to work on the TRACTOR project with producer recruitment and planning for the upcoming season. Agricultural staff conducted a Tier 1 Good Agricultural Practices (GAPs) for Fresh cont.



GAP'S TRAINING

Jeremy Delisle & Stanley Holloway conducted the Good Agriculture Practices for Fresh Produce during the month. This is a Tier 1 and 2 training and is required to sale through TRACTOR. These classes are also offered in Mitchell and Avery Counties. Should you have any questions about TRACTOR or be interested in being GAP's certified, please contact our office at 682-6186.



Agriculture
Adam McCurry

Although we are in the middle of winter, things are starting to pick up for our local farmers. We held a good agricultural practices (GAP) training this month. We have also been working with a number of farmers that are planning to grow for TRACTOR this year. We continue to work closely with TRACTOR. So far the number of growers that plan to farm this year is up from past years.

Shiitake Mushroom Production Workshop

Ray-Cort Park-Mitchell Branch-Burnsville

- March 14th - 1 - 5 pm

Green & Growin' Conference

Greensboro, NC

- January 13 - 17

Organic Growers School

UNC Asheville Campus

- March 8 - 9th

ASAP Business of Farming Conference

Warren Wilson College

- Feb 22 - All day

Shared Use Equipment Demonstration

Yancey Farm Site

- April 19

Master Gardeners Class

Yancey Extension Center

- Wednesdays, beginning Mar 5

Stanley Holloway cont...

Produce trainings during the month with eight participants attending the six-hour training. In addition, over 30 office visits, and numerous telephone and e-mail contacts were conducted on a variety of agricultural topics.

Hannah Nichols cont...

our resources. This month also kicked off the first Eat Smart, Move More, Weigh Less meeting. This is a 15-week weight management program that uses strategies proven to work for weight loss and weight maintenance. Participants will enjoy a weekly meeting and participant in a group exercise class at the Blue Ridge Fitness Center.

Jo Simpson cont...

shown improvement in food safety while 98% have shown an increase in diet quality. I am looking forward to a break in weather so we can get back to what we enjoy most.



**Family & Consumer Sciences
Hannah Nichols**



**Mtn. Challenge
Peirce Bingham**



**Expanded Food & Nutrition
Education Program
Jo Simpson**

The Yancey County Extension Center has hit the ground running in 2014. January has been an exciting month as we all work to start new programs and attract new audiences. To help us do this, we have formed a Family and Consumer Sciences Advisory Council that is made up of stakeholders from both Mitchell and Yancey counties. This council will help us to define programming based upon the specific needs of the communities, find new ways to reach our target populations, and work together to make the most of

Mtn. Challenge has been working with the GearUp program and has developed an exciting and enhanced summer program which will include 4-H and other activities. The program will be housed at the school which will allow for more students and opportunities for the community to partner with the program. The parenting program, "Parenting the Love and Logic Way" has also began with 5 adults attending. This is a great start with the adverse weather we have faced this past month.

The Expanded Food and Nutrition Education Program (4-H EFNEP) is helping Yancey youth to Eat Smart and Move More through the Show Me Nutrition curriculum. Students have been participating in a series of 6 lessons that explores the food groups. They have learned to choose healthy foods from each of the five food groups, practiced good food safety practices and explored new ways to get fit. The children and I have enjoyed the new curriculum this year and especially the delicious snacks. Pre/post evaluations are showing 68% of Yancey youth have



Linda Semon cont...

selected for the trip to D.C. were Jazzmine Davis and Taylor Davis of Scotland County, Hope Robinson of Yancey County and Cynthia Sutton of Wilson County. The team will now work to plan a state-level healthy living summit for teens in North Carolina.

Posted by [SAES](#) on **22 January 2014, 10:28 pm**

- See more at: <http://www.ag.ncat.edu/wp/index.php/cooperative-extension/at-extension-sends-delegation-to-national-youth-summit-on-healthy-living/#sthash.XrFRFHUk.dpuf>



4-H Discovery
Linda Semon

4-H NEWS

Yancey 4-H youth travel to Washington!



**Hope Robinson attends
National Youth Summit on Healthy Living**

4-H Club News



The Yancey County Infinibot's 4-H team competed in the First Lego League state robotics challenge in Greensboro January 12th. The team finished 8th out of 48 teams in the robotics challenge and scored high in robot design and core values.

Dr. Sekai Turner, 4-H Youth development specialist for The Cooperative Extension Program at A&T, escorted a contingent of four North Carolina teens and two adult chaperones to the National Youth Summit on Healthy Living at the National 4-H Conference Center in Chevy Chase, Md. Jan. 9 to 12. Essays that teens composed on the top health concerns facing youth in North Carolina and other topics were the basis for the selection process. Teens were also asked to complete additional pre-conference research assignments on obesity, lack of physical activity, poor eating habits and bullying. The North Carolina teens

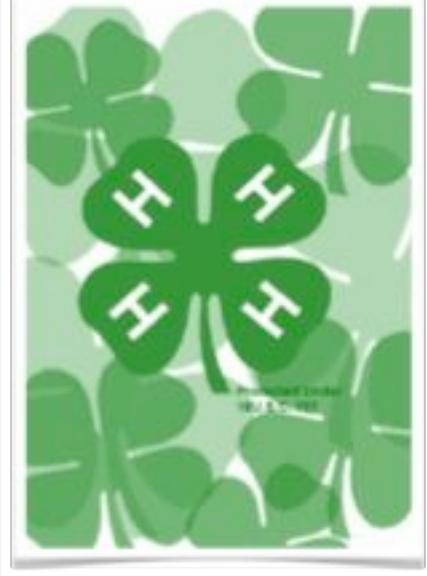


**School Enrichment,
Sybil Chapman**

School Enrichment is expanding into the more schools with more projects. The most part of the month has been working on gathering numbers from 2013 for our reporting records. I have also continued to tutor the students at the 4-H afterschool sites with their reading filled in at the Bee Log site temporarily until the position is filled. Hopefully this weather will let us get back to our regular schedule soon. We are making plans for 2014 summer program which is always a fun learning adventure.



Youth at the Bald Creek Afterschool site as they learn by being creative and having fun.



Bald Creek Afterschool cont...

forward to February, and hopefully more school days.



Bald Creek Afterschool Susie Hedrick & Elizabeth McIntosh

In January the weather has forced us to miss several days of school. During the days we were open, the after school stayed on our regular scheduled programs. The kids had a few warmer days in which they were able to get fresh air and plenty of exercise outside. On colder days, Legos, card games, books, coloring sheets, and various other activities were available for the students. The children got an early glimpse of spring when Linda Semon taught them about farming and helped them decorate their own seed pots with stamps and markers. We are looking

Bee Log Afterschool cont...

chickens and rabbits monthly. The children completed some projects and finished their pillows, necklaces, earrings and key chains. The greenhouse plants are thriving and the children are eating some of the produce they have harvested. We appreciate all the work the volunteers freely donate to the students. Sybil Chapman tutors reading weekly. Time is set aside daily to assist with homework. We also try to emphasize extra help where it is needed in reading and math.



Bee Log Afterschool Patty Kristich & Lesia Phillips

We welcome Patricia Kristich (Ms. Patty) as the new Bee Log 4-H Afterschool Site Director. She brings a wealth of experience and knowledge and will be an asset to the program. Please join us in making her welcome. She and Ms. Lesia will work together to keep Bee Log Afterschool an educational extension of the school day. Zumba classes, taught by Mrs. Biggerstaff, continue twice a week and sewing, jewelry, recycling and greenhouse projects are all once a week. Mrs. Pate, 4-H volunteer, teaches about

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