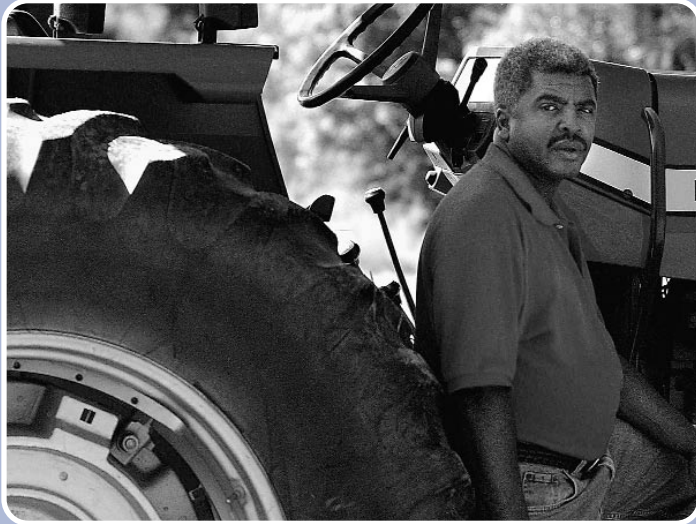




Solutions
for
North
Carolina



North Carolina Cooperative

Extension Program at

North Carolina A&T

State University





Cover (top to bottom):
Benjamin Deitz;
Robert Caldwell;
Davonte Hewett,
Yolanda Palmer,
and Demarea Hewett

When the four young students from North Carolina A&T State University sat at that lunch counter in 1960, they recognized a problem and came up with a solution. Forty-three years later, the Cooperative Extension Program at N.C.A&T is doing the same thing – offering solutions.

Cooperative Extension is offering solutions to the complex and diverse problems facing North Carolina's citizens. We identify local needs and develop quality, research-based, educational programs that are relevant and needed in our communities. Whether it's offering solutions to improve the health of the state's minority citizens, many who suffer disproportionately from illness and disease; to finding ways to help our state's farmers adopt new technology to operate their farms profitably, to helping community residents develop leadership skills, the Cooperative Extension Program offers answers.

Our programs use a variety of delivery methods from one-on-one instruction to videoconferences and computer training. We find a way to help improve the quality of life for the limited-resource audiences we serve.

As you turn the pages of this publication, you will read the stories of some of the people we have helped. This booklet highlights only a few of the successes from the many programs we offer. Once



Alton Thompson and M. Ray McKinnie

you read the stories, I hope they will inspire you to ask how Cooperative Extension can help you bring about change in your counties, towns and communities. For more information on the programs, contact any of the 101 Cooperative Extension Centers, which are operated as a partnership with N.C. A&T, North Carolina State University and local county governments. Because we know we can't do it alone, we are also partnering with other agencies, groups and individuals looking to help our state's citizens.

It's always been our mission to find the answers to those issues and problems

plaguing our citizens and to implement the solutions. The technology has changed, but our mission remains the same — we are in the business to help people put knowledge to work.

Alton Thompson, *Dean, School of Agriculture and Environmental Sciences*

M. Ray McKinnie, *Associate Dean, Administrator, Cooperative Extension Program*

Successful Solutions

Back to Life – Reenergized an under-utilized farmers' market enabling 15 farmers to increase produce sales by \$150 a week. Assisted farmers in another county to write a grant to build a new farmers' market.

It's Our Home – 31 families who participated in debt reduction and economic literacy sessions purchased homes as part of Charlotte's IDA Program.

Mini-Grants – Awarded \$170,000 in innovative grants to 12 Extension Centers across the state to test solutions to problems facing their communities.

Making the Switch – A&T is helping farmers switch from tobacco to other enterprises like growing fruits and vegetables. One farmer increased his income by \$31,000 by switching to sweet potatoes.

Planting seeds for good nutrition



Kim McDuffie reads to 13 month-old Keri Hennesse as she eats.

■ **HICKORY, N.C.** - When her mother popped the top on a Coke, little Madison quickly spoke up — with authority far beyond her four years.

“Now Mama, you can have that,” she said, “in *mod-er-ation*, but water really is healthier.”

The Nutrition Lady had taught her well.

With puppets, songs, games, skits and — most importantly — food samples, the information presented from Cooperative Extension made a strong impression on some little minds at Kim McDuffie’s home daycare in Catawba County.

“The program was just awesome,”

McDuffie says. “She would do things that were just really neat for these guys and they just loved her. They’d say ‘The Nutrition Lady’s here!’ They would get so excited.”

The program, Nutrition Education for Limited Resource Children, funded by the Cooperative Extension Program at N.C. A&T, helps in-home daycare providers teach nutrition to their pre-school students.

McDuffie related Madison’s story as just one piece of evidence testifying to the program’s effectiveness.

“It wasn’t in one ear and out the other,” said McDuffie, who learned right along with the children. “They were really taking it in.”

They got introduced to an array of new foods, including star fruit.

“I didn’t know there was such a thing,” McDuffie says. “My kids got to taste things that they had never had at home.”

Today, McDuffie has incorporated what she learned from Cooperative Extension into her own curriculum — and new tastes are regularly on her menu.

“It might not always go over too well, but at least they’ve been offered and they know what different foods are,” she says. “I really feel like the program was such a gift for these kids because they don’t get a lot of that at home.”

■ **EVERGREEN, N.C.** - With some new favorite foods and a commitment to exercising everyday, John Jones’ future is looking a lot brighter than his recent past.

A former welder weighing in at 460 pounds, Jones recently became disabled.

“I have a situation called narcolepsy,” he says, referring to a condition that causes sufferers to frequently and suddenly fall asleep. “It was brought on by severe sleep apnea, which in turn was brought on by the weight.”

The good news is that he was in the right place at the right time. Concerned about an epidemic of obesity in Columbus County, Cooperative Extension had recently begun a program targeting the elderly and disabled.

Project Eat Right Add to Life — funded by the Cooperative Extension Program at N.C. A&T and a USDA grant from the Food & Nutrition Service — provides nutritional information including healthy recipes and cooking techniques. Jones believes the program saved his life.

“I can’t say too much good about it,” he says,



John Jones

remembering the facts of his life before.

“I was confined to the chair. I couldn’t get up and do for myself. Now I can get up and walk. I walk twice a day on the treadmill and I get out and chop my own wood now.”

Through home visits, Teresa Thompson, a nutrition paraprofessional, first taught Jones exercises he could do in his chair. Once he got up and around she taught him how to cook meals with reduced fat, sodium and sugar. He’s loving what he learned.

“I love that stir fry,” he says.

And what were his favorite foods before?

“Anything fried,” he says. Plus, “I was hung on sodas.”

Jones, 36, says he never thought adopting a healthy lifestyle would be so simple, a sentiment echoed by many other program participants. Thompson says she’s serving about 150 people at 11 sites, which quickly grew from a part-time position into a full-time job.

“Every time I go out to do a class I can almost give you a success story out of it,” she says, adding that Jones has done an especially good job. “He quit drinking caffeine and quit eating pork — that’s the kind of stuff that you just want to hear.”

Successful Solutions

Project Eat Right, Add to Life —

This nutrition outreach program made 61,845 contacts, which includes 58,174 student contacts through public school partnerships and community-based youth groups.

Healthy Taste Buds Bloom —

210 home daycare children ages 3-4 in Catawba County, and 715 daycare children in Project Eat Right Add to Life were introduced to healthy eating.

Never to Late for Healthy

Eating — 3,773 contacts, including people from all ethnic groups and the elderly, received information promoting healthy eating and food safety.

Multiplier Effect — 44 teachers

across the state were trained in nutrition education to support Project Eat Right Add to Life.

Strengthening the Family



■ **BOLIVIA, N.C.** - Yolanda Palmer wasn't expecting much from the parenting education course the Department of Social Services (DSS) ordered her to take.

"I was like, 'I've been a parent since I was 19,'" she says she thought. "What can they teach me that I don't know?"

That was then. Now, the mother of 7- and 6-year-old sons is an advocate of Cooperative Extension's Family and Consumer Science Program Assistant Stephanie Jones.

"It was very inspiring," Palmer says now. "I learned a lot of interesting things that I never thought were possible to learn. And it put a lot of light on what I already knew. It was very helpful."

The parenting program is an eight-week series, which Jones offers continuously in Brunswick County to an audience that consists largely of parents referred by DSS or the courts.

An accident landed Palmer in the program. She was more fortunate than most of her classmates, who included many whose families had been shattered by drug abuse, domestic violence or other circumstances.

In addition to teaching skills, Jones says the program also has a valuable social support component that's healing for most of her students.

"It is a very emotional time for them, a very stressful time," she says. "They get in a group and they discover that they are not the only ones going through this kind of thing."

The series starts with a segment that helps parents identify their own strengths, and ends with one on taking advantage of available support resources.

To go with the last session, Jones created a 105-page parenting resource directory that lists resources.

Palmer said she's a better parent and has a better relationship with her sons now that she's adapted the program's teachings to her life.

For instance, while she learned that "that 1-2-3

time out stuff" doesn't work on her children, she's found that taking away privileges does.

"Now, if I have to spank them, it's a last resort," she says. "In the beginning it used to be the first resort."



Yolanda Palmer wipes sand off her son Demarea Hewett, age 7.

"It is a very emotional time for them, a very stressful time, they get in a group and they discover that they are not the only ones going through this kind of thing."

— Stephanie Jones

Successful Solutions

The Parenting Prescription — 400 families in Brunswick and Robeson counties participated in court-mandated or Department of Social Services-referred parenting education training.

Parents, Again — 200 custodial grandparents in Forsyth and Rockingham counties participated in programs that examined legal issues, stress management skills, locating resources and managing finances.

Less Debt. More Cash — 1,273 low- to- moderate-income families used goal setting and debt reduction strategies. They reduced their debt by \$163,868.

Life Strategies for Youth — 64 teen mothers in Rockingham County are involved in Becoming A Mother (BAM). Ninety teens attended workshops that focused on building self-esteem, life strategies and career choices.

Strengthening our Communities



Jacqueline McIntyre and Don Mebane talk at the Winston-Salem Housing Authority.

■ **WINSTON-SALEM, N.C.** - Jacqueline McIntyre couldn't come up with a good answer to the question Cooperative Extension Community Resource Development Agent Donald Mebane asked her:

"Why *not* you?"

Why were she and other residents of the Winston-Salem Housing Authority's Kimberly Park Terrace looking outside themselves for direction?

The answer now is that they're not — thanks to "Community Voices," a leadership-training program Cooperative Extension provided as part of the Hope VI project that's rebuilding their community.

McIntyre was a struggling mother of seven who had just moved into Kimberly Park when Winston-Salem won the federal Hope VI grant. Five years later, she's a full-time student who also represents residents on the Housing Authority's Board of Directors.

She attributes much of her own and her neighbors' success to Mebane and his training.

"It's motivated a lot of us to prepare for change," she says. "Unless we get prepared for change, we won't go through it in a good manner."

Now 49 with all of her children grown, McIntyre is immersed in working for change — work she never had time for in the past.

"I didn't really feel qualified," she said. "And I was so busy trying to raise my children and just go through life. I was just never one who was involved in a lot of community affairs."

She attended the leadership training at the encouragement of Hope VI administrators who

were pushing to get residents involved. She's glad she did.

"We went through a lot of scenarios and little trial runs," she says. "They gave us information as to what makes a good leader, various types of informative pieces such as that — so you could pretty much see yourself and know where you fit."

With the training came valuable personal encouragement, she says: "They really pushed me and just encouraged me to do all I could do and to be who I wanted to be."

"I think the greatest thing that I've learned from Mr. Mebane and other people is that people can make a difference," she says. "But it's up to us."



Mebane (left standing) and McIntyre visit a computer room during a tour of the senior citizen complex on Derry St. in Winston-Salem by Faye Brice (far right), service coordinator case manager for the senior component of the Hope VI Project. Susie Forbes (seated), a resident was using one of the computers.

"I think the greatest thing that I've learned from Mr. Mebane and other people is that people can make a difference. But it's up to us."

— Jacqueline McIntyre

Successful Solutions

Communities Take Charge —

More than 1,500 non-traditional leaders used leadership skills they developed through leadership training. They address 155 issues and saved \$128,500 using community-based resolutions.

Leaders Provide Solutions —

Community Voices graduates in the Northwest Community Organization are now participating in Voices Reaching Visions. They obtained their 501 (c) 3 non-profit status and opened a community

Food Pantry, which has registered 223 families and donated 3,500 meals. The pantry is manned by community volunteers and funded by churches, mini-grants and civic organizations.

Community Voices Heard at Home and on the Hill —

Two Nash County leaders say that the training gave them confidence to appear before the House of Representatives to discuss Hurricane Floyd.

Reinventing the Family Farm



Tammy Edwards

■ **BURNSVILLE, N.C.** - For now, tobacco is the main crop Mike and Tammy Edwards grow on their Yancey County farm.

For the future, they don't want that to be the case.

"They keep cutting the tobacco quota," says Tammy Edwards. "They keep cutting it back so in order to farm so that you don't have to go out and get a public job, you've got to find something else to grow."

Galax, an ornamental in demand by florists, just may turn out to be the profitable "something else" for which they and other farmers in the economically struggling county are searching.

The Edwards farm is among several participating in a Cooperative Extension

project that seeks to domesticate the plant, which grows wild in the region and gave Galax, Virginia, its name.

"It's still in the experimental stages, but in some of our sites it looks very impressive," says Cooperative Extension agricultural technician Claude Deyton. "We're hoping that with the loss of jobs that we're having here in our county, this will be able to offer them a little better way of life."

In a perfect world, Yancey County farmers wouldn't have to worry about jobs at all. They'd all be as fortunate as the Edwards's, who quit their jobs in a machine shop to farm full time when their daughter was born.

"This way we can spend more time together as a family," she says. "When

she's not in school, she's in the field with us."

While most of the county's farm families aren't so lucky, all have benefited financially from money-saving, resource-pooling efforts coordinated by Cooperative Extension.

"Without Cooperative Extension, probably most of the farmers in Yancey County wouldn't even exist," she says. "Claude Deyton, I'll tell you, he's just been wonderful in getting the farmers to work together."

That history helps create support for the galax project.

"We don't really know anything about it right now — we're just trying it," she says. "We don't know, but we're hoping."

Helping Small-Scale Farmers Succeed

■ **TURKEY, N.C.** - Early in his farming enterprise, Sampson County farmer Robert Caldwell was uncertain about what his farming operation cost to maintain and what he could expect in return.

In the years since, Caldwell has come to rely on a record-keeping system developed by the Cooperative Extension Program at N.C. A&T.

"I couldn't really tell where I was going as far as finances go," said Caldwell. "James helped me by getting me going on this record-keeping system, and that has provided me peace of mind and a better chance at profitability."

Farm Management Agent James Hartsfield meets with Caldwell twice monthly to review the farm's financial health and to determine courses of action to improve or maintain it.

"Record-keeping and financial planning are often overlooked aspects of farming. With so much labor-intensive work to do and so little time and resources to do it, many small-scale farmers have difficulty giving sound business practices such as these the attention they deserve," said Hartsfield. "Unfortunately for these farmers, the success of a farming enterprise is directly tied to its paperwork."

Hartsfield and Caldwell rely on "The Cash Flow Farm

Record System," as a tool to document the Caldwell farm's income and expenditures. This ledger-like resource is a repository where appropriate records are kept and can be used in financial planning.

"You can't accurately gauge the health of a farming operation if you don't know how much the farm is bringing in and how much it is spending on operations," said Hartsfield. "Furthermore, you can't project the farm's cash flow. Without cash flow projections, a farmer can find himself frequently short on funds to pay bills. When he can't pay bills, he can't operate, and all of this hurts his chances of obtaining credit, when that is necessary."

With The Cash Flow Farm Record System, Caldwell is able to use records from previous years to predict when he will need to purchase inputs, such as seed and fertilizer, and how much of these inputs he needs and what they might cost. By anticipating these expenses, he is able to reserve enough cash to purchase them, allowing him to avoid using credit.

"It's tough enough to make it as a small-scale farmer," says Caldwell. "Adding the expenses and anxiety of financing just makes it that much tougher. If I can avoid that, I can come out further ahead at harvest time."

Successful Solutions

Worth a Try — 40 small-scale producers experiment with alternative income-producing activities.

Working Together — Small farmers in Yancey County, brought together by Extension, saved \$100,000 by buying farm products and supplies as a group.

Galax Green Equals Economic Security — Seven on-farm tests have been installed to relocate galax from natural conditions to controlled production. A successful project could mean millions for 3,000 farmers.

To Market, to Market — A&T helped 40 goat producers organize a cooperative and pass certification tests and USDA inspections. Now they are selling to a grocery chain that caters to ethnic markets.

Investing in Youth



Tiffany Edwards rehearsing with an afterschool program step team.

■ **GATESVILLE, N.C.** -Tiffany Dent is only in the 8th grade, but she knows where she's going and what she wants to do with her life. With help from Cooperative Extension, she's on the honor roll and on track to a positive future.

Tiffany was a participant in Camp Wannagoma, a summer day camp designed to give students concentrated time to develop life skills, like goal setting, teambuilding and conflict management. The nine-week camp was a combination of fun and learning. Each camper was encouraged to set his or her own personal goals and to develop strategies for attaining the goal. Tiffany set a lofty goal. She wanted to raise her grades

enough to join the Junior Beta Club and to be on the honor roll. Feats she has accomplished, but not without hard work and sacrifice.

"I set out to do it and I did," Tiffany said. "The support I got at camp helped me reach my academic goals."

To reach her goal, Tiffany decreased her week-day television time and increased the amount of time spent studying and even gave up some extra curricular activities. As well, Tiffany reinforced her studies by helping other students in one-on-one

tutoring sessions. She was also selected as a member of her school's Quiz Bowl.

Tiffany, 13, says her favorite subject is math, "because I like solving problems." She also loves babies, and is planning a career as a pediatric nurse.

In the meantime, she also finds time to play the clarinet and do community service work, including serving as a mentor to younger students — and her younger siblings.

As the oldest daughter of Phyliss and Jeffrey Dent, she is known as sister/tutor to 3-year-old Jeffrey Jr. and 11-year-old Teresa.

It's a big sister thing.

"I just enjoy it a lot. I get to help them a lot," she says. "Most of the time they ask me questions, and they're like, "Thank you for helping me."



Tiffany helps her six-year-old sister Tangela read.

I Have A Dream

I have a dream that violence will end • And the world will have peace once again.

I have a dream that people will see • The beauty that lies within you and me.

I have a dream that people will be a community • Where this nation and others will live in unity.

I have a dream where parents and children love • And acknowledge God as their Saviour up above.

I have a dream that principals and teachers love one another • And let each other know, you're my sister, my brother.

"Free At Last, Free At Last," • I hope my dream will come to pass.

— Tiffany J. Dent

Successful Solutions

Youth Get Down to Business

— 700 youth from public housing communities developed and practiced "real world" entrepreneurship skills by participating in the Mini-Society Project.

Building Study Skills —

235 youth at the Cherokee Reservation participated in a study skills enrichment camp, supported by 16 newly recruited volunteers.

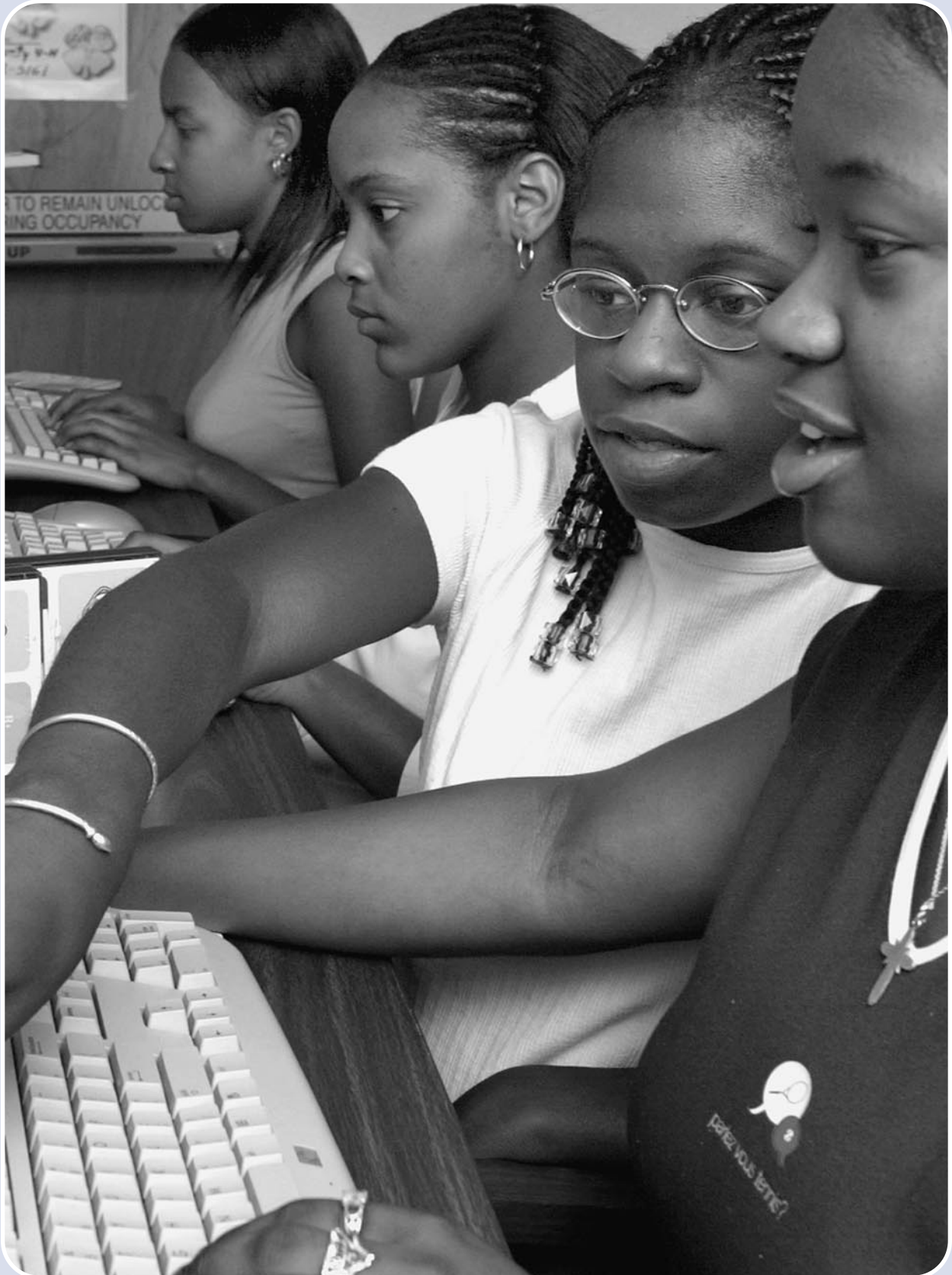
4-H Clubs Sprouting for

Children 5-8 Years Old — 124 new 4-H clubs targeting 5-8 year olds were formed in 51 counties. Seventeen of these clubs exist in public housing communities and reached 992 youth.

Community Voices for

Children — Two Hispanic leaders in Wake County are using their leadership skills to train other parents how to advocate for their children.

Deleting the Digital Divide



left to right: Danielle Powell, 16; Angela Huff, 13; Afina Henry, 13; and Manika Fleming, 14

■ **ROANOKE RAPIDS, N.C.** - Before YouthTech, the eight young pilot participants were on the rough side of the digital divide.

Without computers at home, their rides down the information highway were few and far between. Their only access was through computers at school, which could feel like having no access at all.

“They’re always occupied,” says 13-year-old Afina Henry. And “at our public library, you have to be 18 to use the Internet.”

These days, the girls — ages 13-16 — are all topnotch Web designers and leaders in a new 4-H club thanks to the technical training, career and leadership development, and brand new home computers and printers provided to allow them to continue developing their computer skills.

The 17-week program was developed by Extension Family and Consumer Agent Regenia Walden as a collaboration with the Roanoke Rapids Housing Authority and Cooperative Extension Program at N.C. A&T.

Although the YouthTech program ended, the Housing Authority computers the girls learned on (and even learned to take apart and rebuild) are still being used in the Housing Authority’s after-school program, and soon will be put to use in the evening classes that program coordinator Sheree Anderson is planning for adults.



“The computers are being well-used and well-appreciated by many hands,” Anderson says, adding that “her” YouthTech graduates also are doing “very, very, very well.”

And the girls are using their home computers to continue to sharpen their skills and to introduce the computer and their skills to other family members.

Cooperative Extension had similar results throughout the state with FACT — Farmers Adopting Computer Training. By giving them computers and training, FACT is helping a diverse group of farmers stay competitive by using the Internet for purchases and handling their business electronically.

Through YouthTech and FACT, as well as a project that’s teaching basic computer skills to senior citizens in Princeville, Cooperative Extension has created excitement about and access to technology for youths, adults and elders alike.

Timothy Bazemore, a 79-year-old Bertie County farmer had a major change in his attitude thanks to FACT.

“I didn’t even want to touch a computer or turn it on,” Bazemore said.

As Bazemore is transitioning from farming to retirement, he’s using the computer to keep track of

his farm records. Some of his property is being used as rental property and he’s helping to transact his business with HUD using the computer.

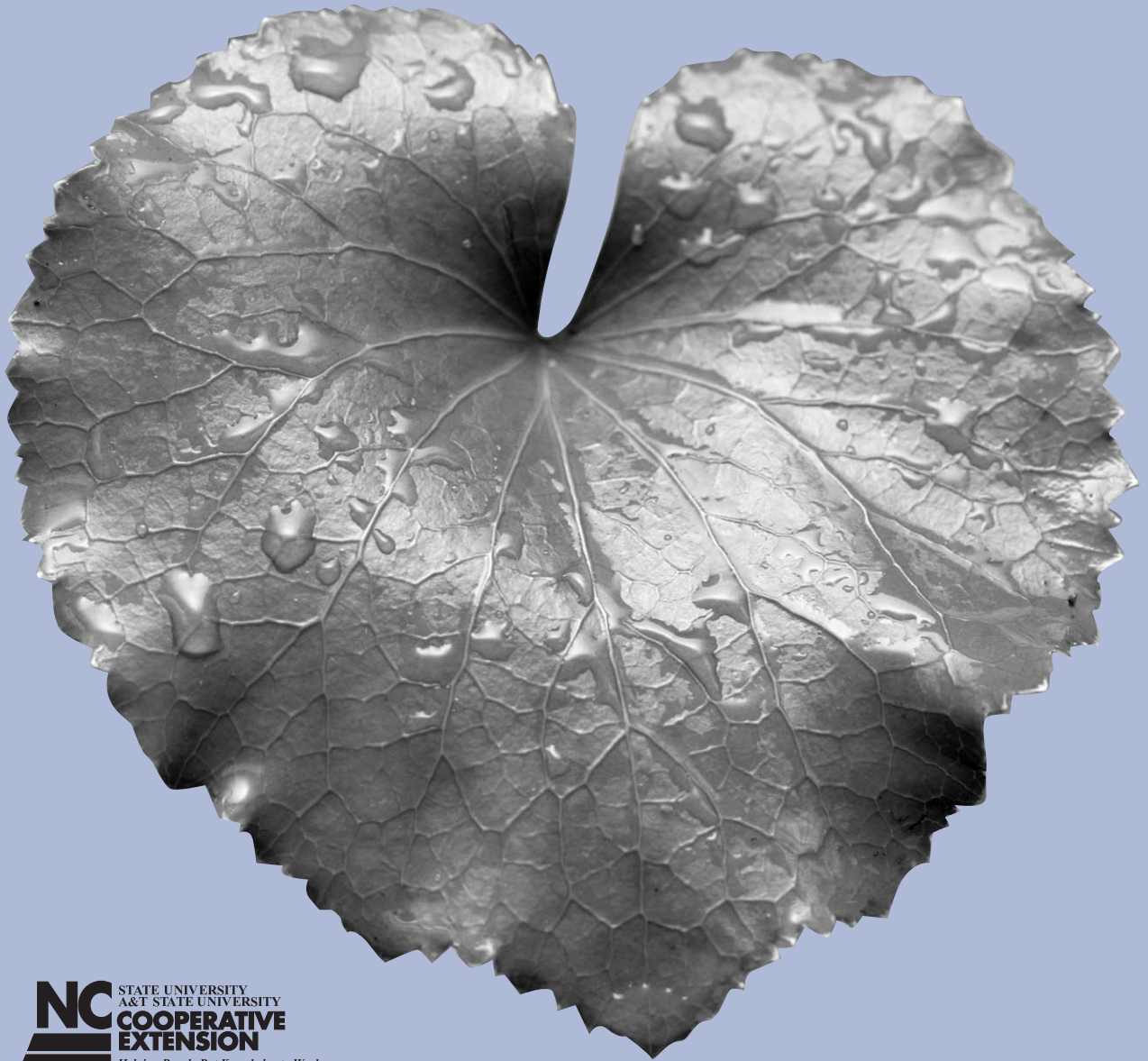
Through YouthTech and FACT, as well as a project that’s teaching basic computer skills to senior citizens in Princeville, Cooperative Extension has created excitement about and access to technology for youths, adults and elders alike.

Successful Solutions

It’s a FACT — 20 farmers are using computers to manage their farm business, as part of Farmers Adopting Computer Training (FACT).

From 7 to 70 — Senior citizens are introduced to computer technology in community centers in the Dunbar community in Edgecombe County while youth

use the computers for homework and skill enrichment in Rockingham and Halifax counties.



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