

**STANLY COUNTY
2023
MIDYEAR
Report**

Department Wide Overview

4,593

Face to Face Contacts

439

Volunteers worked with Agents to extend outreach efforts

\$142,532

Value of the volunteer hours contributed

344 Hours

of Workshops, Seminars, & Hands-on Demonstrations

196,907

Responses to citizens through telephone, social media, email, and other non-face-to-face methods

4,759

Volunteer hours contributed

\$41,054

was collected through donations, grants, and user fees to expand programs and opportunities

MEET THE 2022-2023 STANLY COUNTY TEAM

These professionals work together to meet the needs of local residents in the areas of Agriculture, Youth, Foods & More!



Molly Alexi
County Extension Director



Lydia Stegall
Extension Agent
Small Farms



Andrew Pfiefer
Extension Agent, Horticulture



Hayley Cowell
Extension Agent
Family & Consumer Sciences



Lisa Forrest
Administrative Assistant



Katelyn Stegall
Extension Agent
Livestock



Mandy Smith-Thompson
Extension Agent, 4-H
Youth Development

INTRODUCTION

N.C. Cooperative Extension is a strategic partnership of N.C. State Extension, The Cooperative Extension Program at N.C. A&T State University, USDA-NIFA, and Stanly County. Stanly County Extension professionals translate research-based education from our state's land-grant system into everyday solutions through programs focused on Agriculture and Food, Health and Nutrition, and 4-H youth development.

Our Stanly County Cooperative Extension Staff is proud to serve the citizens of Stanly County by addressing issues and needs as identified by advisory groups, existing clients, and community partners.

Cooperative Extension provides educational opportunities to Stanly County citizens through workshops, training, and information requests via telephone, radio broadcasts, the newspaper, educational mailings, face-to-face contact with citizens, and website visits. Extension continually strives, through educating and empowering the community, to maximize the County's return on investment.

HEALTH & NUTRITION PROGRAMS



Goal: to provide a wealth of educational programs that address public health issues, improve economic well-being, and help people make healthier, better-informed decisions. Programs range from, food safety, and food preservation, cooking classes, budgeting, and healthy living programs in our schools, churches, and community centers.

So far 2023 Family and Consumer Sciences program successes include the completion of the L.I.F.T. program, the Extension Master Food Volunteer Training, Nutrition programming with both of our Senior Centers, the Senior Spirit Day, and the School Health Fair. Currently, FCS is offering the annual Home Canning Series.

1. The L.I.F.T. Program (lifelong improvements through fitness together) is a 16-session fitness program that was taught at Gold's Gym in Albemarle and also offered virtually as a collaborative effort with 7 other Extension county offices. 35 participants from Stanly County joined the program. All sessions were recorded and shared with individuals to continue using after the program ended. Participants gained strength, flexibility, and mobility while also gaining nutrition knowledge as a result of this program.
2. We had 4 new EMFVs to graduate this year; we now have 6 Extension Master Food Volunteers to assist with any food programming. This was a hybrid training program in which they had 8 online training sessions and 1 in person as well as graduation luncheon. Volunteers are already planning to assist with summer canning classes and the summer 4-H Cooking Camp.
3. Four nutrition lessons were offered at each of the Senior Centers including topics such as Freezer meals, Modifying your Favorites, Best Cookware, and Cooking with Spices. Each class was followed by a virtual cooking class to share recipes that correlate with the nutrition topic taught that week. 17 Senior Citizens participated in the classes.
4. We set up a booth with a Strawberry and Spinach Salad Demo at the Senior Spirit Day held at EE Waddell on May 11. We reached approximately 100 senior citizens through this fair opportunity.
5. We set up a booth with a Garden Quesadilla Demo at the School Health Fair held at Atrium Stanly on May 22. We reached approximately 50 individuals through this fair opportunity.
6. Our Home Canning Series officially kicked off in April. We have been testing canner gauges and are offering 1 virtual and 4 hands-on classes at the Agri-Civic Center including Introduction to Canning, Canning Berries, Canning Tomatoes, Canning Jam, and Canning Meats. 30 participants have signed up for the classes so far.

4-H YOUTH DEVELOPMENT PROGRAM



4-H is the largest youth organization in North Carolina and is open to all youth ages 5-18. Michaela Vick is our 4-H Youth Development Agent. She is a 4-H Alumnus and graduated from NCSU in 2020 with a degree in Animal Science.

4-H offers a wide variety of programs, projects, curricula, and activities. Popular 4-H events include presentations, judging contests, Project Record Books, and Overnight Camp. In 2022, 420 youth enhanced their knowledge of animals and agriculture; 378 enhanced their knowledge of consumer and family sciences; and 382 youth enhanced their knowledge of health. Stanly County's 4-H Summer Blast program provided 61 youth ages 5-18 opportunities to learn about science and agriculture, as well as the opportunity to develop a range of life skills through summer day-camp workshops about nutrition, physical activity, electricity, nature, livestock, and the arts. Parents responding to our survey responded that their children gained new interests after attending camp; noted that their children felt like part of a group while at camp; learned about things that interested them; gained new skills after attending camp; and showed improved responsibility. Additionally, 88% of survey respondents indicated that their children were eager and excited to participate in 4-H events in the future.



In 2022, Stanly County 4-H grew by two clubs. Our local 4-H program is home to the Rocky River Riders 4-H Club; The Barn Kids 4-H Club; and Kids in the Kitchen 4-H Club. These clubs focus on equine science, livestock science, and cooking/healthy living, respectively. We also partnered with the EE Waddell Center's after-school program, "Justus Kids," to offer 4-H group programming. 4-H also offered classroom curriculum materials in addition to club and individual projects. One of our most popular classroom curriculum programs was the Butterfly Project, in which second graders across the county cared for Painted Lady butterflies. Students were able to witness the full butterfly life cycle: from caterpillar, to chrysalis, to butterfly, to release. In 2022, 25 teachers used this 4-H curriculum in their classrooms benefiting 473 students.



LIVESTOCK

Katelyn Stegall is our Livestock Extension Agent. She works to provide educational programming for small and large scale livestock producers in Stanly County.

In 2022, livestock sales reached \$69,847,509.00, making livestock a vital part of the county economy. Programs were offered in several areas to educate farmers to make their operations more efficient and profitable.

In 2023 so far, 49 livestock producers have increased their knowledge of livestock management in the areas of pasture management, nutrition management, and reproduction. One-on-one training as well as group workshops have been offered to address calf evaluation and management, and management and care of pastures.

In the area of youth livestock, 41 youth have increased their knowledge of livestock management and showmanship through 4-H club meetings and showmanship clinics. So far, 9 hours of pesticide continuing education credits have been offered, with 18 licensed applicators receiving credit. We have just finished up NC Farm School, hosted in Stanly County this year. During this 8-week program, 25 prospective farmers in the area learned the basics of farm business management.

There are big plans for the livestock program in Stanly County for the remainder of 2023. 4 more hours of pesticide credits will be offered before the recertification window closes in September. The 4-H embryology program is in full swing, with quail chicks hatching at all of the Stanly County elementary schools. More livestock showmanship clinics will be offered in the next two months before the beginning of the showmanship circuit. In July, a grazing management workshop will be held at a Stanly County farm in conjunction with the Amazing Grazing Program at NC State. The youth livestock show, our biggest livestock event of the year, is right around the corner! We will host this year's show in conjunction with Agri-Civic Day, and have plans to add sheep to our lineup this year!

The Stanly County Livestock program has had a busy year so far, and we aren't slowing down!

HORTICULTURE & SMALL FARMS

Andrew Pfeifer started as our new Horticulture Agent on June 1, 2023. He will be working with the Extension Master Gardener Volunteers and the farmer's markets. His focus is on sustainable best management practices and creating diverse habitats for pollinators and wildlife. He will be expanding the demonstration garden and assisting homeowners and other local entities. Andrew graduated from NC State with a degree in Horticultural Science with minors in Entomology and Biological Sciences.

Lydia Stegall joined our team as an area Small Farms Agent on May 15, 2023. She will be working with the farmer's markets as well as new farmers. She will be dealing with the NC farm app and any new or small-scale farmers needing help with business or marketing plans. Lydia graduated from NC State with a degree in Agricultural Business Management and a minor in Animal Science.

