I. Current Situation

Pasquotank County, according to the 2000 census has a population of 34,897. The main source of income is generated through agriculture, which accounts for $46 million. The poverty rate is at 15.5% and the average household income is $30,444. The population consists of 57% White, 40% Black, 1.2% Hispanic, and 1.8% consisting of Asian and other ethnicities.
Focus Areas & Objectives:

Environmental Quality & Alternative Agriculture Income:

A-5: Commercial horticulture growers will implement recommended and potential production practices and systems, investigate innovative agricultural opportunities, develop business and human resource plans, and explore marketing options to ensure continued farm productivity and profits and quality of life.

Economic Improvement:

A-7: Part-time and limited resource farmers will increase quality of life and the sustainability of their farms through crop diversification, integration of appropriate alternative opportunities and enterprises, intensive management practices, water and nutrient management, business management, and expanded markets.

Master Gardener Program – Urban Horticulture:

E-3: Nursery and greenhouse growers, turf and landscape professionals will adopt and promote economically and environmentally sound practices to manage water, soil, nutrients and pesticides for the purpose of improving water quality protection.

Youth Livestock:

A-3: Youth involved in animal projects will improve personal development and learn leadership and other skills related to animal husbandry including: record keeping, finances, producing high quality animal products, sportsmanship, and appropriate treatment of animals.

Developing Responsible Youth:

Y-3: Youth involved in short-term educational programs will show increased life skill knowledge and subject matter skill.

Youth Leadership:

Y-13: Youth and adults will be engaged in positive community leadership roles.

Long Term Youth Programming:

Y-1: Long term support systems will develop competent youth by building internal and external assets through life skill development.

Building Healthy Families:

F-1: Building Healthy Families – North Carolinians, including limited resource individuals/families, will improve the quality of their lives through eating healthy, being active, handling food safely, managing resources for food security, and practicing healthy promoting behaviors.
Human Development & Parenting:

**F-2:** Building Strong Families – Families, including those with limited resources, and those who work with families will gain knowledge and practice skills in understanding lifespan development, positive interpersonal relationships, and improving quality of life.

Family Resiliency:

**F-3:** Fostering Resiliency for Families in Transition – North Carolinians, including those with limited resources, will develop skills and strategies to manage effectively their personal finances through expected and unexpected economic change and life events.

Leadership Development & Community Capacity:

**F-4:** Developing Leadership and Community Capacity – Individuals and groups will develop leadership skills and take action to maximize development and use of community resources leading to improved quality of life for all families.

Promoting Safe & Healthy Environments:

**F-5:** Promoting Safe and Healthy Environments – North Carolinians including those with limited resources will improve the safety and health of their working and living environments.
A

Enhancing Agriculture, Forest, & Food Systems
A – Enhancing Agriculture, Forest and Food Systems

Objective: A-1

Twenty or more producers and marketers of livestock, poultry and aquatic species will select, adopt and successfully implement practices or enterprises that will achieve individual and family goals related to profitability and quality of life.

Strategies:

♦ Educational meetings will be an option coupled with one on one contacts with producers (January – December 2006 for meetings; visits as required) (Meetings will reference goats, cattle, horses, etc.)
♦ Newsletters and ECN (Extension Cable Network) will be used to increase awareness and inform the targeted audience of programs (selected months as required)
♦ Radio programs will be done using selected hosts

Measures of Progress:

♦ Number attending educational meetings (office records)
♦ Number producers with requests regarding animal production (observation)
♦ Number with changes in knowledge and/or attitude (direct observations)

Impact Indicators

♦ Amount of increased earnings or savings of small and larger producers
♦ Number of producers achieving and striving toward family/farm goals

Resources:

Animal Industry Representatives, NCSU Animal Science Department, production handbooks as necessary
A – Enhancing Agriculture, Forest and Food Systems

Objective: A-2

One Hundred (100) county citizens (farm and non-farm) will explore and address controversial issues (of mutual concern) that relate to animal agriculture, including nutrition, nuisance identification, food quality assurance, quality of life, economic impacts and the appropriate treatment of farm animals.

Strategies:

♦ Animal welfare vs. animal rights will be addressed at a county-wide environmental field day (September, October 2006)
♦ Issues will be addressed as necessary at the regular Agribusiness Council Meeting (January - December 2006)
♦ Farm City Banquet to offer “agriculture – friendly” setting (November 2006)
♦ “Wake Up To Agriculture Day” will be offered for 3rd pagrd students and parents

Measures of Progress:

♦ Number of media contacts made (monthly reports)
♦ Documentation of participation in field days (personal contacts)
♦ Number participating in specific events (records/program documentation)

Impact Indicators:

♦ Number with positive dialogue regarding the animal industry
♦ Number activities held to disseminate pertinent information.
♦ Number understanding the importance of animal agriculture

Resources:

NCSU Specialists, Publications, Animal Welfare Materials, Local Volunteers, Farm City Committee, Elizabeth City-Pasquotank County Schools Staff
A – Enhancing Agriculture, Forest and Food Systems

Objective: A-3

Seventy-five (75) or more youth involved in animal project will improve personal development and learn leadership and other skills related to animal husbandry including - recordkeeping, finances, producing high quality animal products, sportsmanship and appropriate treatment of animals.

Strategies:

♦  Offer livestock experiences to youth which include livestock judging programs (January - July 2006)
♦  Provide opportunities for youth to participate in showmanship, fitting, grooming and animal care (February - December)
♦  Provide opportunity for youth to exhibit at the local, regional and state levels
♦  Implement spring and fall livestock show at the local level (Spring and Fall, 2006)
♦  Have animal industry tour to Eastern United States (summer 2006)

Measures of Progress:

♦  Youth with increased skills (observation)
♦  Youth with increased awareness of livestock and the animal industry (observation)
♦  Youth participating in projects and events (office files)
♦  Youth participating in advanced events at the district and state levels (office files)

Impact Indicators:

♦  Dollars received by youth participants
♦  Number youth getting "stellar" awards for showmanship
♦  Number youth with enhanced public speaking skills
♦  Number participating in livestock judging
♦  Number with increased animal selection skills
♦  Amount of monetary support provided by sponsors
♦  Number youth participants in contests

Resources:

NCSU Animal Husbandry Dept., Publications, Livestock Training Videos, Local Volunteer
Objective A-4 Enhancing Agriculture, Forest and Food Systems

Forty-five growers will implement recommended and potential production practices and systems, investigate innovative agricultural opportunities, develop business and human resource plans, and explore marketing options to ensure continued farm productivity and profits and quality of life.

Strategies:

1. Single and multi-county field days (Pasquotank Farm Tour – August)
3. Corn, Soybean, Grain Sorghum, demonstration and related demonstrations and on-farm tests
4. Newsletters
5. Individual Consultations

Measures of Progress:

1. Number of individuals trained
2. Number of individuals adopting practices/technologies
3. Number of individuals adopting alternative enterprises

Impact Indicators:

1. Changes in management practices
2. Alternative enterprises/marketing strategies adopted

Resources:

1. Extension specialist to assist with on-farm tests and demonstrations and meetings
2. Media to publicize programs
3. Cooperators for on-farm tests and demonstrations
County Program: A-5

Major Program: Vegetable Crop IPM

Objective: 7.4

At least five growers evaluate or adopt appropriate alternatives to conventional pesticides, nutrients and tillage to enhance environmental quality and maintain profitability.

Strategies:

A. Conduct farm computer software consultations (Mar-Aug on-farms)
B. Attend Water Quality Training, Johnston Co. (Nov. 2)
C. Conduct potato variety comparison, IPM trapping, and Pest Alerts. (Spring)
D. Monitor cabbage insect pests and diseases to conduct scouting trainings in cabbage and recommend tested sprays where economic threshold is exceeded. (March – April, July – December)

Measures of Progress:

* Number of clients learning and using scouting methods in potatoes and cabbage.
* Number of clients seeking advisory assistance on insect and disease pests.

Impact Indicators:

* Number of farmers using Extension IPM Pest Alerts and practicing scouting.
* Estimated dollars saved over not using IPM
* Average number of unnecessary sprays not applied by farmers
* New information about local causes and solutions for wireworms & cabbageworms.

Resources:

* Agribusiness Companies’ Field Representatives
* Light Trap and Weather Monitors
* Ken Sorensen, George Kennedy, Entomology
* Mark Clough, Vernon James Center
* Craig Yencho, Horticulture
* Powell Smith, IPM Specialist for Clemson in SC
* Gerald Holmes, Plant Pathology
* Farmer Cooperators, Network of Private Consultants
* Master Gardener Volunteers
County Program: A-5

Major Program: Alternative Farm Income

Objective: 14.1

At least three average scale commercial producers will identify, evaluate, create, adopt, or develop an alternative opportunity or enterprise or novel marketing channels.

Strategies:

A. Conduct meetings/tours on potential crops or horticultural services (Jan-August)
B. Study potential new markets and link them to growers with seeds/plants (Jan-Jul)
C. Make farm visits to consult individually with farmers about new crops (all year)
D. Conduct live investigations of new crops and production methods (all year)
E. Attend the Mid-Atlantic Direct Marketing Conference, Reading, PA (Feb 22-25)
F. Attend Virginia State University Ag Field Days with clients (April and Aug)
G. Attend NCSU Specialty Crops Field Day, Kinston, NC with clients (July)
H. Attend Strawberry Pre-plant Meeting and take some growers (July)

Measures of Progress:

* Number of farmers testing new crops, services for hire, or enterprises.
* Number of farms selling in new market channels.
* Extra income earned annually selling new crops or conducting new services.
* Increase in income due to new marketing techniques.

Impact Indicators:

* Number of farm families reporting improved farm income from new crops or enterprises they’ve adopted.
* Estimated dollars made with new crops and new services provided for hire.
* Number of new recipients of pesticide licenses.

Resources:

* Horticulture Specialists, Doug Sanders, Mike Parker, Brian Whipker, Tom Melton
* Peg Godwin & Billy Little Extension Commercial Horticulture Agents
* Jeanine Davis, Bill Jester - NC Specialty Crops Program
* Mark Clough, Craig Yencho, Gina Fernandez, Vernon James Center
* Dole Foods Company and NCDA-CS NE Marketing Center
* Small Business Centers, COA & ECSU,
* Tour Destinations – Pungo, VA, Eastern Shore VA, Davis, MacDonald, Okisko
* Farmer Cooperators – Taylor, Moore, Berry, Parker, Bright, Swain, Brickhouse
* Master Gardener Volunteers – Morin, Peterson, Pierce, Barrett, Pinkerton, Jones
County Program: A-7

Major Program: Economic Improvement / Rural Revitalization

Objective: 6.4

At least ten existing business persons or potential business persons will acquire knowledge about planning, starting, and running a successful business, including small home-based businesses, horticultural enterprises, or businesses improving tourism.

Strategies:

A. Teach business financial management for Master Gardeners, Farmers, others
B. Attend Produce Conferences in GA (Jan 5-8) and PA (Feb 22-25)
C. Write sample business plans for at least two new businesses and counsel two youths to create a business project which might lead to a business plan.
D. Conduct a tour to permanent tourist attractions in another region nearby (Mar)
E. Conduct children’s games at revived Albemarle Potato Festival (May 20)
F. Participate with extension volunteers in at least four local festivals or events aimed at developing more local tourism (May 18, May 20, August, Oct 27-28)

Measures of Progress:

* Number of clients attending meetings, tours, tests and educational events.
* Number of business plans created or used by extension clients assisted.
* Hours contributed by volunteers training others for workforce preparation.

Impact Indicators:

* Number of business clients served who report greater fiscal security after training.
* Estimated dollars saved among clients using extension training and advice.
* Estimate additional income earned by clients resulting from extension training.
* Number of clients trained who are more prepared to enter the workforce.

Resources:

* FFA Instructors and Students
* Pasquotank County Farmers’ Market and Advisory Leaders
* Small Business Center, COA and SBTDC at ECSU
* ECSU Small Business Technical Development Center
* ECSU Business and Economics Department
* ECSU Office of Development
* Elizabeth City Area Chamber of Commerce
* Local Community Development Corporations
* Museums and Festival Organizers, Pasquotank Arts Council, ECHNA
* Public and Private Schools, Alternative School, Group Homes and ADAP Center
A – Enhancing Agriculture, Forest and Food Systems

Objective: A-9

At least 10 different PROGRAM PARTICIPANTS will improve the economic and environmental sustainability of North Carolina's forest resources.

Strategies:

♦ MCNC training's held for local CFC's (certified forestry consultants) (monthly - January - December 2006)
♦ winter meetings for landowners and tenants (January - March 2006)
♦ use media (newsletters/cable channel) to promote meetings (January - March 2006)
♦ use Extension Specialists to conduct training (January - March 2006)

Measures of Progress:

♦ Number attending MCNC training's (attendance logs)
♦ Number making progress toward stewardship plans (see files)
♦ Number attending educational programs (monthly reports)

Impact Indicators:

♦ Number with increased knowledge of Land Preservation trust
♦ Number following guidelines of reforestation plans
♦ Number participating in (BMAPS) beaver management program

Resources:

♦ CES Dept. of Forestry, USDA Representatives, Local Timber Consultants
C

Building Quality Communities
C – Building Quality Communities

Objective: C-1

One Hundred (100) or more citizens and local officials will become more aware, better informed and more involved on issues regarding community growth and change, land use and community design.

Strategies:
♦ Offer community programs where farm and city residents learn methods of co-existence (January, November 2006)
♦ Visit county commissioners regularly to inform them of pertinent/regulatory issues (at least 4 times during 2006)
♦ Regular meetings with the Agribusiness Council (January - December 2006 monthly)
♦ Marketing and Farm Bill Updates for local Agribusiness & farmers

Measures of Progress:
♦ Number with increased knowledge regarding issues (personal observation)
♦ Number demonstrating levels of participation (see records)

Impact Indicators:
♦ Number citizens engaging in issues as presented
♦ Number understanding advantages of policies and issues as discussed

Resources:
NCSU Specialists, Agribusiness Council Members, College of Ag Information
C – Building Quality Communities

Objective: C-1

For fifty (50) or more citizens and local officials to become more aware, better informed and more involved regarding issues and policy options affecting water quality and other resources in North Carolina watersheds and river basins.

Strategies:

♦ Individual contacts to key leaders regarding issues (January - March 2006)
♦ Notify citizens about the importance of wildlife damage control (beavers) as it relates to water quality and river basins (July - October 2006)

Measures of Progress:

♦ Number with increased knowledge of water quality (monthly reports)
♦ Number attending public meetings (commissioner’s reports)

Impact Indicators:

♦ Number with steps toward adoption of practices
♦ Number gaining knowledge of river basin and watersheds

Resources:

River Basin "mobile unit", College of Agriculture Staff, Local Extension Agents, Career Education Teachers, Volunteers
C – Building Quality Communities

Objective:  C-3

Twenty-five or more limited resource and other non-traditional participants in public decision making will identify, investigate and resolve problems in their community and county that impact the well being of self, family and community.

Strategies:

♦  secure funding to implement youth community service initiative (Summer 2006)
♦  Initiate “Focus 2006” Career Development Program for older 4-H'ers
♦  Initiate a Pasquotank Youth Council endorsed by the Pasquotank County Commissioners

Measures of Progress:

♦  Number participating in programs (attendance log)
♦  Number participants demonstrating leadership and problem solving techniques (observations)
♦  Number volunteers completing projects as assigned (tracking file)
♦  Number community problems addressed by participants (see records)

Impact Indicators:

♦  Dollar value to the community provided by service learning
♦  Number of mentor contracts completed
♦  Number assuming additional leadership roles
♦  Number participants completing plans of action

Resources:

Videos, Mentoring Curriculum, NCSU Specialists, Project Director
Conserving & Improving the Environment & Natural Resources
Objective E-2 Conserving and Improving the Environment and Natural Resources

Forty-five producers will gain knowledge and/or skills, or adopt practices that are environmentally sound to manage water, soil, nutrients and pesticides for the purpose of improving or preserving water quality.

Strategies:

1. Multi-county field days (Pasquotank County Field Day – August)
2. County Meetings (Getting Your Land in Shape – Feb. 22, Insect Management of Corn and Soybeans – Feb. 17)
3. Billbug/Wireworm Seed Treatment Test conducted with Dr. John Van Duyn
4. Newsletters
5. Individual Consultations

Measures of Progress:

1. Number of individuals trained
2. Number of individuals adopting practices/technologies
3. Number of soil samples taken
4. Number of acres managed with environmentally sound practices

Impact Indicators:

1. Changes in pest management
2. Improved fertility practices

Resources:

1. Extension specialist to assist with on-farm tests and demonstrations and meetings
2. Media to publicize programs
3. Cooperators for on-farm tests and demonstrations
County Program: E-3

Major Program: Urban Horticulture, Forestry, and Pest Management

Objective: 17.2

At least forty property owners, renters, landscapers, master gardener volunteers, teachers of environmental science, city and county officials, and land developers will increase and apply knowledge about plant selection and management for residential and commercial landscapes.

Strategies:

A. Train Master Gardener Volunteers and supervise their selected volunteer projects which encourage use of adapted species of plants and environmental design.

B. Present programs to assembled citizens, civic clubs, and garden groups with MGV’s assistance, Tree sale (March or May), Garden Shows (March, April)

C. Conduct 4-H District Demonstration Day Judging (June)

D. Teach at State-wide Ext. Master Gardener Conference in Dare (October)

E. Hold Area Landscape Training to Prepare for License Testing (October)

F. Conduct campaign to deter unwarranted tree topping (Winter)

Measures of Progress:

* Number of educational events conducted with Master Gardeners’ assistance.
* Number of Master Gardener Volunteers trained, attending tour of Pitt/Wilson
* Number of previously trained Master Gardeners returning to serve again.

Impact Indicators:

* Clients using Extension Master Gardener Volunteers’ information or services.
* Successful identification of landscape plants at the 4-H Eastern Environmental Center
* Number of flowering trees and adapted shade trees sold for beautification.
* Cases of recommendations used by Elizabeth City and County Planning Departments.

Resources:

* Ted Bilderback, Kim Powell, Stuart Warren, Andy Hankins Horticulture Specialists
* Mike Petruncio, Regional Urban Forester, NC Forestry Service
* Erv Evans, Master Gardener Specialist
* Planning Departments, E. City and Pasquotank County
* Local Community Development Corporations
* Master Gardener Volunteer Trainees and Returning Certified Ext. Master Gardeners
* Pasquotank County Farmers’ Market sellers and advisors
* Local Nurserymen and Garden Centers
E – Conserving and Improving The Environment and Natural Resources

Objective: E-4

At least 2 livestock, poultry, fish producers or septic operators will adopt and promote economically and environmentally sound practices to manage water and waste materials for the purpose of improving air and water quality protection.

Strategies:

♦ Public meetings, field visits and individual contacts will be made to appropriate landowners to ensure compliance (January - December)
♦ Individual contacts will be made in the field and the office to make assessments on sites (April – December)
♦ Contacts in a timely manner will be made to inform producers of certification information (January - December)

Measures of Progress:

♦ Number of nutrient management plans written or updated (on file)
♦ Number of individuals trained in waste management and utilization (personal assessment)

Impact Indicators:

♦ Improved farm and urban relations as result of plans
♦ Residents with increased awareness of water quality

Resources:

♦ NCSU Specialists, Publications, Animal Production Handbooks
Objective E-8 Conserving and Improving the Environment and Natural Resources

Individuals as well as commercial pesticide applicators, public operators, dealers, and private applicators that need to be certified and/or recertified and trained in pesticide BMP's to protect worker health, crop safety, beneficial insect populations and other environmental protection issues.

Strategies:

1. Certification and recertification classes for private applicators (recertification classes – Jan. 3rd and Feb. 9th, 3 in fall; assist with certification)
2. Providing information to commercial applicators/dealers about schools and recertification classes (at least once in spring and fall as well as at other times as needed)
3. Conduct recertification classes for commercial pesticide applicators and dealers (winter – Jan. 11th and Feb. 23rd; fall – Oct & Nov)
4. Conduct testing for commercial pesticide applicators (November 1)

Measures of Progress:

1. Attendance Rosters
2. Enhanced image of production agriculture

Impact Indicators:

1. Number of commercial pesticide applicators being recertified or certified
2. Number of private applicators being certified or recertified

Resources:

1. Extension specialist to assist with meetings
2. Company sales representatives or other qualified individuals to assist with meetings
3. Media to publicize programs
4. NCDA Food and Drug Protection Division to assist with meetings
F – 1 Building Healthy Families

Objective: North Carolinians, including limited resource individuals/families will improve the quality of their lives through eating healthy, being active, handling food safely, managing resources for food security, and practicing health – promoting behavior.

Strategy 1 - Expanded Food and Nutrition Education Program
100 limited resource individuals will adopt behaviors to show improvements in their nutrition, food resource management, and food safety practices.

Measures of progress:
- Number of program graduates

Impact Indicators:
- Number if graduates who showed improvement in one or more nutrition practices
- Number of graduates who showed improvements in one or more food resource management practices
- Number of graduates who showed improvement in one or more food safety practices

Strategy 2 – Noonliting/Moving Toward a Healthier You
Conduct one 10 week series of weight management for adults so participants can make lifelong behavior changes toward healthy eating.

Measures of progress:
- Number of people attending at least 8 sessions

Impact Indicators:
- Number of people who lowered their BMI

Strategy 3 - Color Me Healthy
Conduct two 3 hour trainings with 12 child care providers and teachers.

Measures of progress:
- Number attending programming
- Number of total credits given

Impact Indicators:
- Number of preschool teachers who indicated that they would be using the curriculum with preschool children
- Number of preschool teachers who indicated that they gained knowledge related to their own nutrition and physical activity
- Number of preschool teachers who have seen positive changes in the children with respect to fruits and vegetable recognition
Strategy 4 – **Read Me A Story**  
Conduct two 2 hour training for child care providers so participants can promote healthy eating.

**Measures of progress:**  
- Number of children taught  
- Number of volunteers trained to conduct program

**Impact Indicators:**  
- Number of children willing to taste the foods offered in the class  
- Number of children able to tell you something about the food featured in the story

Strategy 5 – **Dining with Diabetes**  
Conduct one Dining with Diabetes series

**Measures of progress:**  
- Number of people completing at least 3 out of 4 sessions

**Impact Indicators:**  
- Number of people actually trying to control the amount of carbohydrates they eat  
- Number of people who have learned to prepare healthy meals for themselves or someone with diabetes

Strategy 6 – **Women Living Healthy, Women Living Well**  
Partner with another agent to offer Women Living Healthy, Women Living Well as part of Steps To Success program

**Measure of progress:**  
- Number of women trained in using Women Living Healthy

**Impact Indicators:**  
- Number of women who gained knowledge in nutrition and physical activity after using Women Living Healthy  
- Number of women who indicated that they will make at least one positive health behavior change after using Women Living Healthy

Strategy 7 – **Breastfeeding Support Program**  
Offer prenatal classes, provide support to 150 mothers in the hospital, and make home visits within 72 hours of the mother leaving the hospital.

**Measures of progress:**  
- Number of pregnant women who attended prenatal infant feeding class  
- Number of women enrolled in the program

**Impact indicators:**  
- Number of mothers who breastfed their infants for 6 weeks  
- Number of mothers who breastfed their infants for 6 months  
- Number of home visits made to mothers after leaving hospital
F – 2 Building Strong Families

Objective: Families, including those with limited resources, and those who work with families will gain knowledge and practice skills in understanding lifespan development, positive interpersonal relationships, and improving quality of life.

Strategy 1 - Parent Knowledge will increase through parent training and education and parents will adopt effective parenting practices; Parenting series will be provided to 50 families.

Measures of progress:
- Number of parents attending trainings
- Number of court-mandated and DSS-referred parents attending
- Number of parents increasing knowledge in parenting practices
- Number of children of parents reached

Areas in which knowledge was increased:
- Number of parents increasing knowledge in understanding child development
- Number of court-mandated or DSS-referred parents increasing knowledge in understanding child development

Impact indicators:
- Parents are more involved with their children
  - Number of parents reporting increased time involved in child's education or community functions
  - Number of court-mandated or DSS-referred parents improving interactions with their children

Strategy 2 - Childcare teachers will increase knowledge and skills to lead to safer, more nurturing, appropriate environments for pre-school children

Measures of progress:
- Number of pre-school (family and center) childcare providers/teachers attending training programs
- Number of children in the care of the provider/teachers attending programs
- Number of provider/teachers increasing knowledge and skills in quality practices

Impact indicators:
- Number of childcare programs that make changes to their outdoor learning environment to raise the quality of care as a result of extension programs or extension resources

Strategy 3 – Participants' knowledge and skills related to stress management will increase. 2 Stress management classes will be offered to Extension and Community Association Clubs and to the general public
Measures of progress:
- Number of individuals attending training program
- Number of individuals reporting increase in knowledge and skills of stress management principles

Impact indicators:
- Number of individuals adopting 1 or more of the following specific practices in managing personal and family stress:
  - Physical activity or exercise program
  - Organize home or workspace
  - Adequate relaxation and sleep

Strategy 4 – Participants will increase their general knowledge about aging and their motivation to take actions to affect positive aging.

Measures of progress:
- Number of persons attending educational programs focused on positive aging

Impact indicators:
- Number of people reporting more positive attitude toward aging after program
Fostering Resiliency for Families in Transition

Objective: North Carolinians, including those with limited resources, will develop skills and strategies to manage effectively their personal finances through expected and unexpected economic change and life events.

Strategy 1 – Family Financial Management

Three county partnership between Cooperative Extension and Northeastern Community Development Cooperation to conduct financial management classes to Individual Development Program (IDA) participants

Measures of progress:
- Number increasing knowledge and skills in goal setting, budgeting, and record keeping (basic money management)
- Number of IDA participants increasing knowledge and skills in basic money management
- Number developing and implementing a savings plan

Impact indicators:
- Number reporting financial status improved due to adoption of practices and skills learned in workshops
- Number reporting ongoing use of budgeting, record keeping (basic money management skills)
- Number of IDA participants reaching saving goals
- Dollars saved by IDA participants

Strategy 2 – Housing Maintenance and Care

Conduct 2 Energy Conservation classes and Participant in multi-agency Energy Fair

Measures of progress:
- Number increasing awareness and knowledge of best management practices related to residential energy management

Impact Indicators:
- Number implementing energy efficient measures including:
  - Weatherizing measures
  - Other energy efficient measures

Strategy 3 – Estate Planning

Offer 1 Estate Planning Workshop, with speakers from Albemarle Hospital and/or End of Life Coalition

Measure of progress:
- Families will develop an estate plan appropriate for their circumstances
- People will prepare for possible future incompetency and dependency
**Impact indicators:**
- Number of people who report increased knowledge about estate planning
- Number of people who report increased knowledge about preparing for possible future incompetency and dependency
F – 4  Developing Leadership and Community Capacity

**Objective:** Individuals and groups will develop leadership skills and take action to maximize development and use of community resources leading to improved quality of life for all families.

**Strategy 1 - Recruitment and Training of Volunteers and Volunteer Management**

Work with Extension and Community Association (ECA) County Council Members on the annual awards program. Offer programs two times a year to each club and continue to offer recruitment ideas and suggestions.

**Activities:**
- Recognition of volunteers
- Maintenance of existing ECA clubs

**Measures of progress:**
- Number of volunteers recognized for continued contributions
- Number of ECA volunteers

**Impact indicators:**
- Number of volunteers taking leadership roles in the organization or project
- Number of ECA volunteers

**Strategy 2 – Community Assessment**

Have Family And Consumer Sciences Advisory Committee assist with needs assessments

**Activities:**
- Strength and needs assessment

**Measures of progress:**
- Number of community residents participating in community assessment (via discussion groups, workshops, focus groups, key informant interviews or completing a survey) to help communities learn more about their communities strengths, needs and local issues and assets to be used for potential directions for future planning.

**Impact Indicators:**
- Number of documented applications of information obtained from strength and needs assessment by community leaders and organizations (example include: news releases, community meetings around topic, new grants, program development, white papers, etc.)
F – 5 Promoting Safe and Healthy Environments

Objectives: North Carolinians, including those with limited resources, will improve the safety and health of their working and living environments.

Strategy 1 – Asthma
Partner with Asthma nurse from Albemarle Regional Health Service to conduct Asthma Triggers workshop for Child Care Providers

Measures of progress:
- Number of schools (including children's home/daycare centers) school nurses, teachers, maintenance and janitorial staff participating in workshops and discussion groups on asthma, such as Asthma/Tools for School training

Impact Indicators:
- Number of participants who apply educational information on asthma triggers within schools and children's home/daycare centers

Strategy 2 – Children's Environmental Issues
Training will be offered to Child Care Providers in Playground Safety.

Measures of progress:
- Number of participants who attend workshops, discussion groups or training addressing children's environment health issues

Impact indicators:
- Number of participants who positively change knowledge and attitudes as a result of changes implemented to prevent or control children's environmental health issues.

Strategy 3 – Disaster Preparation and Response
Disaster Readiness information will be provided through news articles, newsletters, via radio, and workshop.

Measures of progress:
- Number of participants who increased awareness and knowledge of disaster preparation
- Knowledge increases about:
  - Preparing a stay-at-home kit
  - Preparing an evacuation disaster kit
  - Foods that don't require cooking
  - Family preparation prior to a disaster
  - Preparing a safe room in home for a disaster
  - Traveling by car in a disaster
**Impact indicators:**
- Number of families who have developed a family disaster planning
- Number of participants who have identified and corrected potential problems in home prior to a disaster

**Strategy 4 - Food Safety Training in Retail food Establishments**
Participant in the multi-county/multi agency ServSafe training taught 3 times a year to food service workers.

**Measures of progress:**
- Number of participants who completed a ServSafe certification program
- Number of participants who successfully passed the ServSafe certification examination

**Impact indicators:**
- Number of participants attending a ServSafe certification program who improved their operational food safety practices
Developing Responsible Youth
Y – Developing Responsible Youth

Objective: Y-1

At least 50 or more youth will develop competencies in the following life skill areas:

♦ managing relationships
♦ decision making
♦ communications
♦ responsible citizenship

Strategies:

♦ Implement public speaking, leadership (January - July, 2006) and presentation programs for youth, including long term units
♦ Work to improve personal effectiveness of youth by offering service learning, organizational skill training and self management program (January - December, 2006)

Measures of Progress:

♦ Number youth completing 4-H presentation (on file)
♦ Number youth completing 4-H cumulative records (on file)
♦ Hours of service learning (see report summaries)

Impact Indicators:

♦ Number with observable behavior change
♦ Number receiving regional, state, national awards
♦ Number new 4-H participants
♦ ES-237 Report
♦ Dollars saved/provided to community as a result of service learning

Resources:

State Conferences, "Life Skills Wheel", 4-H Club Training, 4-H Curriculum
Programming and Customer Service

Objective Y-3  Developing Responsible Youth  County 118

Objective:

100 youth involved in short-term educational programs will show increased life skill knowledge and subject matter skill.

Strategies:

● summer fun workshops (Jun-Aug)
● holiday workshops (Dec-Jan)
● special interest programs in school and community (Jan-Dec)
● day camps (Jun-Aug)

Measures of Progress:

● # short term programs delivered
● # participants
● pre/post tests
● surveys

Impact Indicators:

50 youth participating in short term educational programs learn and apply new skills

100 youth participating in short term educational programs exhibit increased life skill knowledge.

Resources:

4-H curriculum; internet; volunteers; teen 4-H'ers
Y – Developing Responsible Youth

Objective: Y-5

Twenty (20) or more youth in high risk environments will participate in community based programs resulting in youth acquiring coping skills, making informed decisions and developing a sense of purpose and future.

Strategies:

• implement the "mini society" program focusing on entrepreneurship (summer 2005)
• continue peer helping programs for elementary school levels (January - May 2005)
• conduct leadership development programs using A&T Program Assistant (January - December 2005)

Measures of Progress:

• Number increased awareness of community service (observation and testimonials)
• Number showing increase in knowledge (personal observation)
• Number of families involved (family night and observation)

Impact Indicators:

• Dollar value of scholarships given
• Dollars earned by 4-H members thru 4-H project work
• Youth performing leadership roles
• Number completing long term projects (interviews, honor club, record books)

Resources:

4-H Curriculum, Financial Resources, United Way, NCSU, 4-H Program Staff, Volunteers
Objective Y-10  

Objective: Developing Responsible Youth  

10 school based youth educators and administrators will be actively engaged in the design, delivery and revisions of programs which enrich school-based curriculum.

Strategies:

- meet with teachers and school volunteers to determine areas of need
- implement 4-H school enrichment curriculum in classrooms (Sept.-June)
- deliver special interest programs in schools and community (Jan.-Dec.)
- train teachers and/or volunteers to deliver programs. (Sept-May)

Measures of Progress:

- # programs developed for school use
- # classrooms implementing programs
- teacher assessment

Impact Indicators:

100 youth involved in 4-H short term projects demonstrate increased subject matter knowledge and improved behavior

hands-on curriculum that meets the needs of schools is developed for classroom use and special interest activities

Resources:

- 4-H embryology curriculum; nutrition curriculum; Extension staff members; local schools; community clubs; Read Me a Story Curriculum
Programming and Customer Service

Objective Y-13  Developing Responsible Youth  County 117

Objective:
30 youth and adults will be engaged in positive community leadership roles through 4-H.

Strategies:
- recruit and train 4-H club leaders (Jan.-Dec.)
- assist existing club leaders with coordination of 4-H events (Jan.-Dec.)
- recruit and train volunteers to conduct special 4-H events and activities (Jan.-Dec.)
- provide ongoing volunteer training for special interest, school enrichment and summer programs (Jan.-Dec.)
- utilize teen 4-H'ers as special interest program instructors (Jan-Dec)

Measures of Progress:
- # trained (meeting attendance logs)
- # meetings and events directed by volunteers (monthly reports)
- # volunteers in place (ES 237)
- # new groups established (on file)
- # youth in leadership positions
- success stories documented (on file)
- # workshops/events taught by teens

Impact Indicators:
- 12 thriving 4-H groups led by independent volunteers
- 10 strong positive relationships between mentor youth and younger children are established
- 15 county, district, and state 4-H events and activities organized and/or supervised by trained and qualified volunteers.

Resources:
- community volunteers; volunteer leader training materials; 4-H club curriculum kits; NC 4-H website materials; 4-H Club officer training materials
Pasquotank County Plan of Work

Summary

Pasquotank County, according to the 2000 census data has a population of 34,897. The main source of income is generated through agriculture, which accounts for $46 million. The poverty rate is 15.5% and the average household income is roughly $30,444. Demographic data shows that the population consists of 57% White, 40% Black, 1.2% Hispanic, and 1.8% consisting of Asian/other. The ENVIRONMENTAL SCANNING process involved local leaders, advisory member, economic and political entities in discussing the needs, issues, and trends of the community. The process itself helps to make issues and needs more visible and enables the community to prioritize community needs. Some of those issues and trends identified through the scanning process include increased agricultural profitability, expanded community leadership, more youth awareness, youth leadership development, building healthy families, family resiliency and promoting safe and healthy environments. The Pasquotank Extension Staff will play a vital role in the implementation of these programs.