It’s that time of the year…

Sunday November 6th marks the end of daylight savings time. Turning the clocks back an hour lets many of us feel as though we are sleeping an extra hour in the morning, but it also results in less daylight as we travel home from work. It also reinforces the fact that the days are getting shorter…and cooler. It’s a good time of year to do some basic maintenance around the home.

• Schedule a seasonal check-up for your heat pump. It is good to do this in both the spring and in the fall, as demand changes from heating to cooling and back again. This helps ensure that your unit is working both properly and efficiently.

• Change the filters to your heat pump. Proper airflow is vital to efficient performance. If the air can’t move due to dust and debris clogging a filter, the motors have to run longer and harder.

• Check doors and windows for gaps and drafts. Caulk and weather stripping are inexpensive and can save you money on your heating bills.

• Don’t forget light switches and electrical outlets located on exterior walls! These can often be the source of drafts. Foam inserts help block these gaps, save on energy costs, and make rooms feel more comfortable.

• To help protect your outdoor faucets from freezing this winter, consider getting foam faucet covers. These inexpensive foam covers are very easy to install. They hook on to the faucet and are tightened by hand to fit snugly against the wall. They are easy to remove and reattach if the faucet needs to be used.

• Check store circulars and with your utility company for special offers and credits. For example, Jones-Onslow EMC is still offering a $1 credit per compact florescent light (CFL) purchased, up to $20 per year. Old CFL bulbs can be recycled at the JOEMC offices.

• Check for tax incentives and rebates. The Energy Star website (www.energystar.gov) lists that a tax credit for 10% of the cost, up to $500, is available for insulation, caulk, spray foam, and weather stripping.

• Need assistance? Contact the NC Weatherization Assistance Program at 1-800-662-7131.
Southeast Regional Pork Conference...

The annual Southeast Regional Pork Conference will be held at the Lenoir County Extension Center in Kinston on November 17th. If you are a certified animal waste applicator and your hours expire in either 2011 or 2012, please consider attending this event. It is a joint effort of the Livestock and Natural Resource Extension agents in the southeast district.

Topics include recordkeeping, irrigation calibration & equipment maintenance, new legislation, sludge survey methods, and waste & soil report interpretation. Registration is limited to the first 125 participants who pay the $5 registration fee. Checks must be made payable to Lenoir County Cooperative Extension and mailed to:

Southeast Regional Pork Conference
 c/o Lenoir County Cooperative Extension
 1791 Hwy 11/55
 Kinston, NC  28504

Speaking of animal waste...

As you have driven around recently, you may have noticed large piles of woody looking material piled in fields. This is most likely poultry litter. Poultry growers use woodchips as bedding material for raising their turkeys. The chips help keep the floor area dry and absorb the waste from the birds.

When the birds go off to market, the chips are removed and land-applied. The chips are a good source of organic material, which helps the soil. The waste from the birds supplies nitrogen, phosphorus, and potassium; which are all plant nutrients. Poultry litter contains roughly 30 pounds of plant available nitrogen per ton of material.

Using poultry litter allows farmers to effectively utilize a waste product while reducing their costs to produce crops. For every ton of litter used, they lower the amount of commercial fertilizer that they need to purchase and apply.

More plastics added to the Onslow recyclable list...

Effective November 1st, Onslow County will accept all recyclable plastics numbered 1-7. Prior to this change, they only accepted plastics numbered 1 and 2. This will increase the number and types of items that can be recycled, to include: medicine bottles, yogurt containers, margarine tubs, and much more!

Please help keep these materials out of the landfill. Recycling also helps our state’s recycling industry and provides jobs. If you live in a county other than Onslow, contact your local solid waste office for information on what they accept.

Please pardon our mess...

If you have been by the Onslow Multipurpose Complex recently, you may have noticed a bit of work going on. We are, at long last, installing our cisterns. The cisterns are part of our stormwater plan, and will provide 15,000 gallons of rainwater storage capacity toward our irrigation needs.

Dr. Bill Hunt (NCSU) and one of his students, Kathy DeBusk, designed the system. Four cisterns are by the main building, and two more capture rainwater from the Farmers Market. Since Extension is an educational entity, even our cistern installation is an educational experience. On Oct. 19th, sixteen workshop participants from across North Carolina installed the Farmers Market piping. Additional installation workshops are planned for Nov. 8th, 9th, and 10th.

Don’t forget ...

Help save paper, postage, and your tax dollars! This newsletter and the annual reader survey are available online at: http://onslow.ces.ncsu.edu/content/Envedarche
A Thanksgiving word search puzzle... just for you!

Wordlist:
casserole  cobbler  cornbread  cranberry sauce
family  feast  green bean  ham
Indians  leftovers  parades  pie
Pilgrims  pumpkin  stuffing  sweet potato
thankful  turkey

cranberry sauce
gobble
pilgrim
Hello everyone! My name is Kelly Abma and I am the new Onslow County 4-H Program Assistant. I am new to Onslow County and I am excited about this opportunity to work with 4-H!

Originally from Florida, I am a warm-weather gal! I grew up along the beaches of south Florida, and this is my first time living out of state. I have a passion for the ocean and the awesome critters that call it home. From snorkeling to camping, fishing and research, I don’t mind getting my hands dirty or wet.

I have worked with numerous youth organizations and camps throughout Florida with environmental and marine conservation efforts. I graduated with a Bachelor’s degree in Marine Biology in 2009 and worked with the Florida Fish and Wildlife Conservation Commission, dependent fisheries division until earlier this year. I recently moved to North Carolina with my husband after he was transferred here as a pilot with the Marines.

If you need to get in touch with me or have any suggestions for future 4-H activities, please call me at 455-5873 or send me an email at kamorga3@ncsu.edu. I am excited for the new adventures that will come and the great opportunity I have here to get involved with Onslow County youth!

Christmas Cheer time is here again...

Onslow 4-H County Council is again participating in the Elder Cheer program. Since 1996, the Onslow County Adult and Family Services unit at the Department of Social Services has coordinated the Elder Cheer program. This program places an emphasis on the elderly and disabled population in resident care facilities, while giving our community the opportunity to share their holiday spirit.

On December 12th, join us at 6:00 pm for refreshments and at 6:30 pm for the social gathering and assembling of items. Please plan on attending and completing a wonderful community service project.

Please tell everyone you know that we are collecting the following items, which can be dropped off at the Extension office, 4024 Richlands Hwy: lotion, candy (diabetic), aftershave, fruit baskets, socks, cassette tapes, key chains, watches, blankets, deodorant, combs, perfume, slippers, hair brushes, night gowns, batteries, gospel tapes, holiday novelties, toothbrushes, writing paper, stationery, support hose, powder, pajamas, disposable razors, soap, shampoo, small flashlights, fashion jewelry, live plants, pens, and window mounted bird feeders.

County Council is also in need of baskets, tins and gift bags to help wrap these items. All of these items are due in the 4-H office by December 10th. For more information, contact Wanda Mills, at 455-5873.