

# FACES NEWSLETTER

Family and Consumer Science



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## 100 Days of Healthy Choices

September 22, 2014 is a VERY important day...100 days left in 2014. It's also Day One of the First Annual 100 Days of Healthy Choices Challenge. This interactive program is designed to motivate individuals to adopt habits that lead to healthier lives. Whether your goal is weight-loss, increased physical activity or something as simple as getting more sleep, this FREE program is for you.

Studies reveal that people who attempt to get healthy with the support of others are more successful than those who try to go it alone, so one of the most important parts of the program is going to be the support participants will receive from others. Participants in the Challenge receive via email weekly tips in goal setting, nutrition, physical activity, healthy sleep, and much more. In addition to the leadership from your Family and Consumer Sciences Extension Agent you will be invited to share your own tips and successes with the group via social media including a private Facebook group and twitter. The more you interact the more successful you will be. Prizes for participation as well as reaching your goals will be provided via sponsorship.

For more information or to register please email [robin\\_seitz@ncsu.edu](mailto:robin_seitz@ncsu.edu). I will send you your registration materials and the links for the Facebook and Twitter. I look forward to hearing from you soon.



## **Yellow Jackets**

Labor Day often signals the end of the summer is

near and so many insects are also beginning to wind down their activity. Yellow jacket colonies likely peaked back in late July or early August but they are still quite active and even aggressive in foraging for food. So, while people are outdoors celebrating at parks, the beach or just in their own backyard, more than just their invited guests will be waiting for hot dogs, burgers and other items come off the grill. The inclination is swat the unwanted visitors as they try to taste what sitting on our plates. That can trigger an aggressive response by the yellow jackets. Another piece of advice to give people - drink from cups rather than cans. While we're busy sitting at picnic tables talking, we may not notice a yellow jacket sipping soda from the top of the can or crawling inside to investigate this sugar gold mine. Pour the beverage into a cup.

Trash and recycle receptacles will also be wasp magnets and can also pose a problem in parks, athletic fields and other recreation areas and they need to be emptied before

the overflow with trash or beverage bottles/cans. A lot of people try those yellow jacket traps that are sold at hardware stores. We still haven't seen data that shows that they are effective. If yellow jacket nests can be found, treating them with a Wasp & Hornet spray is the best choice. Use a product that propels the chemical 10+ feet so you have a running head-start when the wasps start streaming out of the nest. Some of these products are foams, which help envelope the opening to the nest. I would suggest treating late in the evening because it's unlikely that you'll kill all of the wasps and the survivors may return in search of their now unusable home. Also, discourage people from using home remedies such as gasoline. While it may be viewed as entertaining, it's obviously hazardous and environmentally unsound. Some people place bowls or rocks over the opening figuring that this is a "low impact" alternative to chemicals. However, I have reservations about this approach particularly if there are "inquiring little minds" that might investigate this situation and move the object with the obvious unintended consequences. Another technique some people try is to pour boiling water down into the hole. That may seem "safer" than a pesticide but consider that you have to carry

the water over to the nest and pour it down the opening and hope some of the occupants don't emerge to "encourage" you to go elsewhere. Yellow jackets are actually quite valuable as predators and so if the nest doesn't pose a health hazard to you or family members or friends, "Let it be"....

SOURCE:

Mike Waldvogel, PhD  
NCSU, Assoc. Professor &  
Specialist, Structural & Industrial  
Pests

## **Get Your Closet Ready for Fall**

I know it is hard to believe that it is already the end of summer, but as you have most probably noticed, the days are shorter and the nights are, thankfully, cooler. The time has come to put away our Capri's and sandals, and get our wardrobes ready for the cooler weather of fall and winter.

Before you go shopping for the clothes and accessories to complement and expand your existing wardrobe, follow the guidelines below to make room for your new wardrobe purchases, and you will discover the possibilities that await you with what you already own.

Take a few hours to spend some quality time with your clothes and accessories. Step into your bedroom, open the doors and drawers that hold your clothes, and be open and honest with yourself. Reacquaint yourself with all that you have, and determine which of your clothes you should hold onto and which you need to let go. It is now time to really get to know your clothes, accessories, and shoes.

Now it's time to review and edit your existing wardrobe. When you are done, not only will you better understand which of your current clothes fit and flatter you the most, you will also have a better understanding of what clothes you need to purchase to update your closet for fall and winter.



Grab five bags (or boxes or bins) and label them: Donate, Repair, Toss, Clean, and Consign.

1. Anything with holes or permanent stains needs to be tossed. Be honest. If you haven't gotten the stains out by now, or repaired the tears, it is time to let the items (or clothing) go. If you wouldn't want to bump into someone you know while wearing one of your pieces, place said item in the donate bag. Just ask yourself, would you be thrilled to bump into your high school crush, while wearing your 'comfy' clothes.

2. If you wore it in the '70s, '80s or '90s toss or donate, depending upon its condition. Now come on, you knew that anyway, right? Any item you have held onto for more than one year, unless you were pregnant, should be donated or consigned. Never put off looking great right now in the hopes of losing weight. Trust me, it's not the extra weight you perceive you have to lose that holds you back from looking and feeling great, but rather the style, cut and color of the clothes you've been wearing that may be holding you back from looking and feeling fabulous.

3. Now start trying on what is left and be honest. If it makes you look and feel great, keep it, if not donate or consign. Don't forget to take notice of which colors, fit and style, look best on you. Contrary to

popular belief, black is not always flattering on everyone.

4. Take the remaining clothes and hang them all with the hangers facing out (or backward, if you will). As you wear an item, if you love it, rehang it facing in. Anything left at the end of a season facing the wrong way is to be donated or consigned.



### **The County Fair is Coming, Shouldn't You Bake a Pie?**

Where has the summer gone? I can't believe we are already in September, fall is in the air, the weather is beautiful so I hope you are getting out and enjoying some cooler temperatures. School has started and we are just about a month out from the 2014 Onslow County Fair. I hope you are thinking about entering something at the fair this year. The Onslow County Fair has opportunities for everyone in our community to take part. Contest categories range from agricultural products and livestock to arts and crafts and culinary entries. Keep watching you mailbox for your fair book to

arrive for a complete list of categories and contest rules.

Fair books are available for pick up at all area libraries or at the Onslow County Extension Office.

**This year we are offering a class, prior to the fair “Baking Blue Ribbon Winning Pies”.**

This class will be held on Thursday September 18<sup>th</sup> from 6pm until 9pm at the Extension office. Agents Robin Seitz and Lisa Rayburn will be on hand to teach you how to make the perfect homemade piecrust as well as a variety of savory and sweet fillings. Participants will get tips and tricks for making beautiful, tasty creations for your family and possibly to win a Blue Ribbon at the fair. The cost of the class is \$5 per participant and includes all recipes, instruction and tasting the pies we create in class.



**New staff members ...**

The Onslow office would like to introduce three new staff members.

They fill positions vacated by former employees.

**Valerie Futrell** - Livestock Agent for Onslow and Pender Counties.

Valerie is a NC State graduate with bachelor's degrees in both Animal Science and Poultry Science. She brings to the position a wealth of swine experience, with her past three years being spent with Murphy-Brown LLC. She looks forward to meeting with our residents and helping in any way that she can.

**Daniela Lopez** - Expanded Food and Nutrition Education Program (EFNEP) Program Assistant for Onslow County.

Daniela is originally from Costa Rica and has an Associate in Applied Science (AAS) degree. She brings three years of experience in the fitness area to

incorporate dynamic ideas into EFNEP's educational plan. She looks forward to helping the community eat healthy and move more during the day.

**Debbie Goncalves** (gone – solves)  
- Support Specialist.

Debbie is an Onslow County native. She loves working in her yard and garden, quilting, crafting, and spending time with her husband and two dogs, Toby and Gracie. She has an extensive background in the legal field and is looking forward to learning all that she can and “getting her hands dirty” while working with Cooperative Extension.



**The Onslow  
County Fair is  
coming to Town**

The Onslow County Fair will be here September 29 through October 4, 2014. Arts and crafts, sewing items, baked goods, and home canned goods are all needed for judging; entry is open to folks of all ages! Entries must be delivered on September 29, from 8:30 am until 4:30 pm. Some flower entries may be delivered Tuesday, September 30.

Fair books are available at all branches of the Onslow County

Public Library or at the Onslow County Extension office. All entries into the Fair must have been completed within the last year, and all participants must be residents of Onslow County. A complete listing of all the rules can be found in the Fair book. There's a category for everyone from agricultural exhibits to arts and crafts, to canning and baked goods! Please join in the fun by entering your item or items into the Fair. The monetary prizes are not huge but the ribbons, and memories, are *priceless*.

A talent show will be held on Tuesday, September 30 with youth from all over the county, and talent will go on parade at 7:00 pm that evening. We need you all to get involved, so everyone that attends can see just how talented people are in Onslow County.

Admission to the Fair this year is still only \$5. Children under the age of three, as well as seniors age 65 and older, get in *free*. Ride tickets will be sold separately on the midway. The Fair opens on Monday, September 29, at 6:00 pm; Tuesday, September 30 through Friday, October 3, at 4:00 pm; and Saturday, October 4, at noon. If you have any questions regarding the entries to the Fair or reserving a Fair booth, please call us at 455-5873.

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