4-H Newsletter

January 2012 Issue

McDowell County 4-H
County Administration Building, Room 226
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Marion, NC 28752
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Contact Us

Please contact Chad Ray at 652-8104 for more information!

4-H Youth Council Replaces County Council

It was voted on at the December County Council meeting to transition our County Council into a service oriented Teen Council. All 4-H members are eligible for membership. See attached bylaws.

The first meeting will be January 10th at 6:00 pm in the extension conference room.

Officer elections will be held, and plans will be made for the upcoming year. Please come out and show your support.

Celebrate With Us

2011

4-H Achievement Night

February 9, 6:00 pm
McDowell Senior Center

All 4-Hers and immediate families are invited as we showcase the 2011 4-H accomplishments.

A meal will be served starting at 6:00 pm and the awards ceremony will start at 6:30 pm.

Please RSVP by February 1st if you plan to attend.
828-652-8104

Maggie Gouge Represented North Carolina at the National Poultry Expo

McDowell 4-Her Maggie Gouge was selected this past July at NC 4-H Congress to represent North Carolina at the National Poultry Expo in Louisville Kentucky. Maggie competed with her chicken barbeque presentation and earned 6th place in the nation. We are all extremely proud of her!
Take Action Against Radon – A Silent Killer

Radon is a naturally occurring radioactive gas that is invisible, odorless, and tasteless. Radon is released harmlessly from the ground into outdoor air, but it can accumulate and reach harmful levels when trapped in homes and buildings.

The U.S. Environmental Protection Agency estimates that radon is responsible for more than 21,000 lung cancer deaths per year in the United States. Radon is the second leading cause of lung cancer in the U.S. after smoking and the leading cause of lung cancer among non-smokers. Since radon does not have an odor and is invisible, people tend to downplay the health effects and ignore the possibility that there might be a silent killer within the walls of their home.

McDowell County has been designated as a Zone 1 County by the US Environmental Protection Agency, which means the average home will test over 4 pico-curies per liter (pCi/L), the level at which it is recommended that you fix your home. Houses in the same neighborhood can have very different levels, so every home should be tested. Testing homes for radon is simple and inexpensive. Radon test kits can be purchased at local hardware and home improvement stores, directly from radon testing companies, or are available for free during January from the NC Radon Program. Should your home be found to have elevated levels of radon, the problem can be fixed by qualified contractors for a cost similar to that of many other home repairs. In our area, the cost can be from $1,000 to $2,500 depending on the home.

The NC Radon Program urges residents to take action during this year’s National Radon Action Month by testing their homes for radon. Radon poses a serious threat to our community’s health, but there is a straightforward solution.

For more information on radon and to receive your FREE radon test kit, please contact, Kristin Mart at 652-7874
Or visit the NC Radon Program’s website at www.ncradon.org

Growing Shitake Mushrooms

A workshop on Growing Shiitake Mushrooms is scheduled for Saturday, January 28 at 1:00 pm at the McDowell Agricultural Center, Ag Services Drive, Marion.

Mushroom cultivation is something you can do in your own backyard. The workshop includes shiitake mushroom spawn for you to get started. There is a registration fee of $15/$20 for couples.

Make checks payable to: McDowell Cooperative Extension. Mail to McDowell Cooperative Extension, 60 East Court Street, Marion, NC 28752. Call Molly Sandfoss or Jane McDaniel at 828-652-8104 with questions. Must register by January 10.
Please join Us On…..

Keyword
McDowell County 4-H

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