

NC STATE

EXTENSION

DID YOU KNOW???

AUGUST 2021



It's Official...

After 33 years of service with North Carolina State University - Cooperative Extension Service, Jewel Winslow is retiring. She served her first seven years as Gates County Home Economics Extension Agent, then transferred to Perquimans in 1995 when Former Agent Paige Underwood retired. In 2014, she was promoted as County Director. In addition to her Extension duties, she volunteered as the Perquimans Senior Health Insurance Information Program Coordinator which educates families on making wise decisions regarding Medicare and Prescription Drug Options. Congratulations Jewel!



Mary Morris, the Chowan County Extension Director will serve as the Interim Extension Director for Perquimans County beginning September 1. Mary is a native of Chowan County and has been the Chowan County Extension Director since 2015. Mary's experience with Extension includes previously working in Bertie County for 8 years and served as the Bertie/Chowan Dual County Agent for Family and Consumer Science before taking her role as Chowan Extension Director. Mary specializes in Food Safety, Nutrition, and Home Food Preservation. Mary will serve as the Interim County Extension Director for Perquimans County until the position is filled. Please call Mary Morris at the Perquimans County Office 252-426-5428/Chowan County 252-482-6585 or email mary_morris@ncsu.edu if you need assistance.

Click Here to [Meet Mary](#)



WHO TO CALL???

Residents that have questions about Medicare or Prescription Drug (Part D), can contact:

Jasmine S. Wilson
Aging Program and Contracts Specialist &
Long Term Care Ombudsman CAC Program Assistant
jwilson@accog.org
Direct Phone Line: (252)426-8244

Ashley Lamb
Aging Program Specialist
252-404-7088
alamb@accog.org

Jasmine and Ashley have over fifteen years of experience with the North Carolina Seniors Health Insurance Information Program and are excellent educators with compassion for the older population. Their office is located at the Albemarle Commission Area Agency on Aging, located at 512 S. Church Street, Hertford, NC.



Farmers benefit from Blacklight Trap Data

To assist growers with cotton and soybean scouting efforts, a network of blacklight traps across the state report weekly data for pest monitoring. In Perquimans County, a trap is located on Cedar Stretch Rd. in Hertford. This tool is mainly utilized to track corn earworm moth flights and as moth flights increase, the likelihood of moths laying eggs in your cotton or soybean fields increases. This record will alert growers of when to increase the frequency and intensity of scouting efforts. Trap data can be found by clicking the link below. To view the Perquimans flight trends, scroll to the bottom of the page once you click the link. To view the Corn Earworm Economic Threshold Calculator, find the link below. For more questions, contact Field Crops Agent, Dylan Lilley at 252-426-5428 for assistance.

[**Blacklight Trap Data**](#)



Northeast Swine Conference...

is right around the corner? This conference is an awesome opportunity to learn about the swine industry and a great way for pork producers to receive 3 hours of waste credits towards their animal waste license. The conference will be held at the Chowan County Extension Office on Tuesday, August 31st starting at 9:15am. To register contact Jared Harrell at the Perquimans Extension Office at 252-426-5428.



Three convergent lady beetle larvae and a pupa (left).

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Photo by Whitman Cranshaw, Colorado State University, Bugwood.com

This is a ladybug!

This is a ladybug! Similar to butterflies, ladybugs complete a metamorphosis in which the adult form looks very different from the immature form. They are frequently found on declining plants because they eat aphids and other garden pests that are causing the damage. Unfortunately, they're often blamed for the plant damage and are consequently destroyed. Gardeners can learn to recognize these beneficial insects and encourage them in the landscape.



4-H EFNEP teaches Nutrition...

Patty Bowers, Perquimans 4-H EFNEP Associate partnered with Faith Child Development Center. They had 15 afterschool aged youth that made tortilla wraps, popcorn, pudding cups, fruit cups and ate apples and yogurt. They were taught the Camp Cook and Play curriculum. These lessons have a variety of recipes that allows the students to take home and prepare meals. They played food bingo and Simon Says. They had a great time and learned so much! To schedule a 4-H EFNEP Nutrition Class Contact Patty at 252-482-6585,

[Read more Program Name news »](#)



NC State University and N.C. A&T State University work in tandem, along with federal, state and local governments, to form a strategic partnership called N.C. Cooperative Extension.

