

July, 2021

From the Director's Desk

It is hard to believe that we are in the middle of summer programming currently. Our staff are hard at work offering lots of youth, adult and family programs to the community this summer. We hope that you will enjoy reviewing this newsletter as we have provided the highlights for you to see.

New this month to our newsletter is our Employee Spotlight Corner where we will showcase one of our staff members each month. We hope that you will take the time to read this section and learn a little more about each of us; what our favorite parts of our job are, our backgrounds and even a little about our personal families.

Employee Spotlight Corner - Rhonda Peters



My name is Rhonda Peters and I have served as the Family & Consumer Science Agent here in Montgomery County since July 2017. Prior to that, I worked with the Montgomery County Health Department for just under 15 years. Although my children and I currently live in Randleman, I love Montgomery County and am dedicated to helping families in this community in any way I can. I have been pursuing my Master's Degree in Youth, Family and Community Science, and if all goes according to plan, I will graduate in December 2021 (finally). My undergraduate degree is in Human Development and Family Studies with a concentration in Child and Adolescent Development. Although I am particularly passionate about working with youth, I also love working with families and community members of all ages to strengthen and build relationships and communication skills, to set and achieve goals, to understand and manage money and credit, and to improve health through nutrition, physical activity and chronic disease prevention. I also enjoy working with foods – teaching people about food safety, preparation and preservation.

We've had several new staff members come on board lately, and I've been asked to tell them about my favorite part of the job. I can tell you easily – it's watching those moments when participants find out "it works". When a young person finally prepares a recipe that they couldn't even understand six weeks earlier, when a mother hugs me and tells me that her life is changed by a parenting technique she learned, when I'm told stories about achieving goals they never dreamed possible. All I have ever wanted in life was to make a positive difference in someone's life, and this job greatly rewards me in that area.

Personally, I am the very proud and very blessed mother of my three treasures. Lily is 17, and a rising senior. We are starting college tours and planning for her next phase of life, which makes this mama sad and proud all at the same time. Zachary is 12, and a rising seventh grader. He loves all things outside – riding bikes, playing with his friends, and throwing horseshoes. Meghan is 10 and will be entering fifth grade this fall. She loves playing softball with her travel team, is very competitive and loves to learn. The four of us really enjoy our trips to the beach and any time we can squeeze in extra family time. Every day I am their mother is truly the best day of my life.



4-H Happenings in Montgomery County

Tracy Blake, 4-H Youth Development

District Level 4-H Presentation Results

Four youth represented Montgomery County 4-H in the Virtual South Central District Presentation competition. Emma & Lilly Haynes received Silver in the Science & Technology Category, 8-10 age division, for their presentation on Battery Life. MaKayla Richardson received Silver in the Horse Category, 11-13 age division, for her presentation on Mules. Madilynn Bowles received Gold in the Citizenship Category, 8-10 age division, for her presentation on Unique and Interesting Presidential Facts. MaKayla and Madilynn will go on to represent Montgomery County 4-H at the Virtual State Presentation Competition later this month.

State 4-H Turkey Show Poult Distribution

Last week we picked up 16 turkey poult from the Prestage NC State Poultry Education Unit in Raleigh. Six Montgomery County 4-H'ers will raise their poults to full sized Toms and select their best bird to compete at the State Fair in October. Pictured are Brady King, with his poults hide, seek, and peep, as well as Madilynn Bowles with one of her poults. She chose to name all three of her birds after the branches of government executive, legislative, and judicial. We are looking forward to seeing these birds and 4-H'ers reach their full potential!



NC A&T State University 4-H Drone Pilot Program



This week five 4-H families picked up drone kits offered through NC A&T State University & Cooperative Extension. Youth will complete a FREE two week online training, to develop skills in programming and piloting the drones. As a pilot county for the drone program, their feedback will be instrumental in the development and continuation of this opportunity for all youth in North Carolina. The goal is to hold a state-wide flight competition later this year.

4-H Summer Adventures

Summer workshops are well underway here at the Montgomery County Extension Office! It has been amazing to see the smiles, engagement, and growth in our youth! Each week we have offered different workshops through a collaboration between 4-H, Family & Consumer Sciences, Horticulture, & our Nutrition Educator. We have also had some wonderful community partners volunteer to work with our youth. Interested in volunteering with youth? We would love to have you come speak or teach our youth a skill. Contact tracy_blake@ncsu.edu for more information. Also, Follow us on [Facebook](#) to keep up with all the fun things youth are learning this summer!



Cloverbud youth learning to always enter unknown waters "feet first"



Cloverbud youth following instructions from our summer intern and former 4-H'er Sarah Alexi

Snapshots of Summer Adventures



Cloverbud youth being willing to work hard and "get dirty" to earn rewards



Youth learning to budget while purchasing snacks from the Cloverbud Store



Sun Safety Relay Race!



Horse Judging youth identifying parts of the horse



Horse Judging youth preparing their oral reasons



Shirley Harris, Volunteer and Montgomery County Beekeepers Association President, assists a youth in trying on a bee suit (left), Youth participating in Life is Better with Bees Workshop (middle/right)

For more information regarding Montgomery County 4-H Programs or to register your child (ages 5 – 18) in 4-H, please contact Tracy Blake, 4-H Youth Development Extension Agent at (910) 576-6011 or by emailing

tracy_blake@ncsu.edu

Empowering Youth & Families Program Updates

Sara Little, EYFP Program Assistant

On June 8, 2021 we held our last EYFP Spring Cohort meeting. When we started this cohort, we had four registered families and we ended with two families. Families were provided a meal from Sir Pizza, and celebrated their success in the program with a strawberry and apple dessert pizza during this last session. Anne Greenaway, a member of our EYFP state staff, visited with us to provide a brief training in community action planning. The families learned about setting realistic goals and other tips for planning a successful community event. After the training was completed, the families finished their program evaluation packet to help the curriculum writers know what areas worked and what did not. As part of the recruitment process, it was thought to be beneficial to have some sort of incentive to encourage families to register for our program. After contacting several places, Breakout Games – Greensboro, donated eight tickets to us for this purpose. Both families were eligible to receive the tickets due to perfect attendance, so we held a drawing to determine the winner, which was the Dolgos family, so they immediately invited the Kearns to join them for the experience. This is just one example of the powerful bonds created in this program.

At the end of each cohort the EYFP families and staff are treated to a Confluence retreat for some fun and learning. This year we were not able to attend Millstone Camp like normal, so we traveled to Clyde Austin 4-H Camp in Greenville, Tennessee. Sara Little, our EYFP Program assistant, and Tracy Blake, our 4-H Youth Development Agent, were able to travel with the families and attend Confluence as well. Our staff and families left on Friday, June 11th and returned Sunday June 13th. During Confluence the families were given the time to learn, plan, and have fun with their family and others during free time. The families joined together to learn more about creating a community event, the different steps included, and how to be successful with it. Then the caregivers and youth split up for different sessions. The youth learned about the most common drugs teens use and the effects that drugs can have on their bodies. The caregivers learned about the common drugs used as well, and went through a bedroom set up that questioned and showed the caregivers where their youth could be hiding drugs. The counties were also given time to plan what community event they may want to have and to fill out their community action boards to help them plan and process their event. On the last night, the camp staff had everyone play a few games and made a camp fire so everyone could make S'mores, and interact with each other. Building strong relationships is critical for positive family development and community change.



For more information regarding Montgomery County Empowering Youth & Families Program

please contact Sara Little, EYFP Program Assistant at (910) 576-6011 or by emailing slittle6@ncsu.edu



Family & Consumer Sciences Updates

Rhonda Peters, FCS Agent

Elizabeth Thompson, Nutrition Educator



Spring and summer are always busy in the world of Family and Consumer Science. This month, we'd like to update you on all the wonderful programs we've been doing in the community, focusing on nutrition, chronic disease prevention, financial resource management, youth programming, and food safety and preservation.

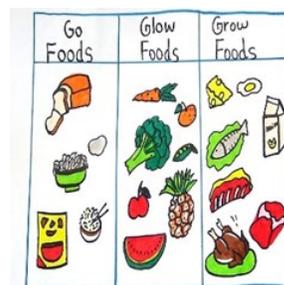
LIFT Program Success

Rhonda Peters, our FCS Agent, and Elizabeth Thompson, our Nutrition Educator delivered a modified LIFT program face-to-face at Dover Baptist Church in May and June. Since this was the first program offered face to face following COVID, we modified the program by meeting only once per week instead of twice per week, and all sessions were held outdoors. We had a total of 13 ladies enrolled in this group, with an average attendance of 7.25 each session. As a result of this program, one hundred percent of participants indicated improving the variety of fruits and vegetables they ate. Eighty-six percent indicated improving their ability to successfully eat the recommended servings from each of the five food groups daily. All ladies reported progress in being physically

active for thirty minutes or more on most days, feeling stronger, having more balance and being more flexible. The program concluded with a healthy smoothie demonstration using the blender bike, which everyone enjoyed. At the same time as LIFT was happening at Dover, we were also implementing LIFT virtually through the collaboration and partnership of six counties. That series also concluded in June, and we are still compiling participant feedback and evaluations. We are planning a LIFT program to be held at the Troy-Montgomery Senior Center that will meet on Tuesdays and Thursdays in September and October. This FREE program is open to any senior adults in the county. We would really like to implement this program in communities throughout the county. If you are interested in hosting a LIFT program, please contact Rhonda Peters at rpeters@ncat.edu and we will start planning immediately!

Go, Glow, Grow at Family Worship Ministries

Elizabeth has been working with Family Worship Ministries to do nutrition programming and has been enjoying it thoroughly! She presents the Go, Glow Grow curriculum with ages 5-7 on Tuesdays, which concentrates on helping young children to actively learn about healthy eating and exercise. Encouraging healthy eating and ample physical activity during the preschool years will have positive long-term effects. On Thursdays, Elizabeth works with the older kids (ages 8-12) at the same center, offering Speedway to Healthy. This program helps students learn about how both good and bad food affects different body parts (such as the stomach, mouth, brain, lungs, etc.)



Cooking with Extension

We are continuing to partner with the Troy-Montgomery Senior Center to deliver cooking demonstrations live on Facebook. In June, Elizabeth demonstrated how to prepare Apple Crisp for 1. The video can be accessed at <https://www.facebook.com/troymontgomeryseniorcenter/videos/249090397018214>. Our next live demonstrations are scheduled for July 14th and August 18th, both at 10:30.

Fun with Fruit

Offered as part of our 4-H Summer Adventures program, our Fun with Fruit workshop packed a lot of punch into three short hours! During that time, twenty-eight youth sampled a total of seven (yes SEVEN) recipes with fruits and vegetables, and had worked together to prepare two of them. All children worked together to prepare a delicious and nutritious Zucchini Tots recipe. Younger youth also prepared a fun and festive Fruit Kebab; and middle and older youth prepared Easy Roll Ups. Eighty-nine percent of participants reported that they would be willing to try new recipes at home and 79% said they would be more likely to increase their fruits and veggies. Our horticulture agent, Kaitlyn Lamaster, engaged participants in a taste test to see if they could determine the difference in local and store-bought peaches. Students learned that not only do foods lose some of their fresh taste during transportation, but they can also lose valuable nutrients and minerals. As a result of this program, sixty three percent of youth indicated that they would encourage their families to shop for fresh, local produce. By shopping local and supporting local growers, we can enjoy tasty and healthy fruits and vegetables. The group also learned about My Plate and visited the Farmers Market where they had the opportunity to earn and spend \$5 supporting our local vendors. As an additional part of this program, our 4-H agent, Tracy Blake, worked with our older youth to help them think critically about food commercials and be more savvy consumers when it comes to food purchases.



Family Canning Night



We were so excited to have 12 people join us for Family Canning Night, representing four different families. In the past, we have offered several canning programs, but have never had enough interest to hold the classes. By offering this as a family program, and part of our 4-H Summer Adventures series, we had a great turnout! Families learned how to safely preserve Zesty Salsa and Peach Jam, using local ingredients (some of which were even donated or provided at exceptional discounts by our local growers!) Special thanks to Christy's Country Produce, Northwood Hollow Farm, and Chappell's Produce for their contributions to this program. As a result of this program, 100% of participants increased their knowledge about safe home food preservation, and all were able to follow the steps to safely preserve food. Comments included "I didn't realize that following a tested recipe was so crucial", and "having attended a canning class several years ago in another county, I was surprised to learn that some of what I thought I had remembered was no longer correct." We are excited to partner with our Horticulture Agent, Kaitlyn Lamaster, to plan an entire canning series that we hope to launch next month in August. Stay tuned for registration details!

Learning About Leisure

Eating healthy food all day long will not help if you don't modify a sedentary lifestyle. For optimal health, you need to increase fruits and vegetables AND be physically active. Adults need 150 minutes per week of moderate intensity activity, as well as an additional 75 minutes of vigorous intensity activity (such as jogging, running or aerobics). Children need at least 60 minutes per day of activity. To help youth learn about how many different opportunities exist to be active, we worked with Theresa Thomas at the Troy-Montgomery Senior Center to hold a "Learning About Leisure" class. Youth learned new sports (such as bocce board and shuffleboard) as well as enjoyed some classic favorites like corn hole and kickball. In the end, we had some hot, tired kids, and hot, tired workers! However, we are healthier for it! We encourage you to take advantage of lifetime sports - those things you can play your whole life long. You never know how much fun you can have if you never try anything new!



Pan of Pills!

Every Monday starting
June 28th - August 2nd
 from 1:00pm till 2:30pm
 via Zoom

Did you know that **2/3**
 of chronic disease can
 be prevented by lifestyle
 changes, specifically
 diet and exercises?

Program is free but participants
 must register [here](#) to attend

NC COOPERATIVE EXTENSION
 SOUTH-CENTRAL DISTRICT EXTENSION AGENTS

Med Instead of Meds

Even though a lot of our recent programming has targeted youth, it is important to note that we are still impacting adults through our FCS programs. On June 28, we launched a six week virtual Med Instead of Meds program, a partnership between seven counties in the South Central District of North Carolina. Through this program, it is hoped that participants will learn how to eat the Mediterranean style of eating, focusing on healthy changes that will add up to reduction in chronic disease and medication. Stay tuned for results!

Financial Management with the Littles

Even our youngest youth, those we consider Cloverbuds, have learned more about managing money this summer. During our Cloverbud Camp, this group learned about the different types of coins, learned the difference in needs and wants, and learned to think about things they wanted in the future (things they'd have to save money in order to get). After learning these skills, youth were able to visit the Cloverbud Camp store, where they had to practice their newly acquired skills by budgeting their money to make purchases that were needs (food and water) and wants (by choosing extra snacks or prizes). One youngster commented "but I want to buy it all!" and another one whispered "you gotta choose your wants dude!" This conversation is cute, but also reminds us that learning these basic financial principles at young ages can set these youth up for a lifetime of solid financial management.



Don't Forget our Summer Contests – You Could Win FREE Grocery Money!

Montgomery County Department of Health, in collaboration with N.C. Cooperative Extension in Montgomery County and Montgomery County Partnership for Children will be hosting two summer contests starting July 11, 2021. Each contest will highlight the importance of healthy eating for all ages. Our first contest of the summer is our (Healthy) Recipe Roundup. Anyone is eligible to participate in this contest (adults and children)! All you have to do to participate is to submit a healthy recipe each week based on the assigned theme. The contest will begin on July 11. Recipes can be submitted [online](#) or dropped off at any of the local library branches in Montgomery County. Each week, beginning July 19, two names will be randomly selected from that week's entries who will each win a \$50 grocery gift card! Please like and follow North Carolina Cooperative Extension of Montgomery County on Facebook for weekly theme announcements, drawings, and recipe demonstrations. Our second contest of the summer is the Kids Summer Coloring Contest, which will begin July 11 and run until August 7. We invite kids entering grades PreK-5th grade to submit a drawing/coloring of their favorite summer activity. The drawings could be anything from swimming, hiking, or a fun summer cookout, etc. Submissions will be divided into age categories and independently judged by a panel of local community members from each town in the county. Winners in each category will be awarded a prize pack including a \$25 grocery gift card. Drawing submissions can be dropped off at your local library branch or submitted [online](#). At the conclusion of the summer, we will combine all recipe submissions into a digital cookbook to share free of charge with the community. Submitted artwork will be used to illustrate the cookbook. For more information on our summer contests please reach out to the Montgomery County Department of Health at (910) 572-1393 x1228 or visit www.montgomery.ces.ncsu.edu.

Recipe Roundup

Join us in celebrating your favorite healthy summer recipes! Each week we will draw one winner from the recipe submissions to win a \$50 grocery store gift card, and a weekly recipe for the "Healthy" recipe each week of your choice. The winning recipe will be featured in the July 2021 issue of the Montgomery County Department of Health's (Healthy) Recipe Roundup. For more information, visit [www.montgomery.ces.ncsu.edu](#).

Week	Theme
July 11-17	Break or Breakfast
July 18-24	Smoothies
July 25-31	Hot Food
August 1-7	Grilled Food
August 8-14	Salads
August 15-21	Snack or Treat
August 22-28	Breakfast

Win a \$50 Gift Card!

For more information on the contests, please contact the Department of Health at (910) 572-1393 x1228 or visit [www.montgomery.ces.ncsu.edu](#).



Summer Coloring Contest

Submit your favorite healthy summer recipe! Each week we will draw one winner from the recipe submissions to win a \$50 grocery store gift card, and a weekly recipe for the "Healthy" recipe each week of your choice. The winning recipe will be featured in the July 2021 issue of the Montgomery County Department of Health's (Healthy) Recipe Roundup. For more information, visit [www.montgomery.ces.ncsu.edu](#).

Win a \$25 Gift Card!

For more information on the contests, please contact the Department of Health at (910) 572-1393 x1228 or visit [www.montgomery.ces.ncsu.edu](#).



Elizabeth's Nutrition Nuggets

What's in Your Summer Time Drink?

With summer heat continuing to rise, staying hydrated is exceptionally important. Breaking the habit of any sugary drink can be difficult for most people. I had a hard time myself breaking the habit. I used to drink at least ten sodas a day, if not more. I decided that it was time to put an end to that, and decided to start drinking water. I'm not going to lie – it was hard! But I did it, and so can you! Try setting realistic goals and set reminders on your phone to cue to drink more water. If you drink one glass of water before each meal, you will feel full faster and that will limit how much "extra" food you eat that you don't really need. Plus, that's three glasses of water toward your daily goal! If you're not a fan of water, try adding some fruits and vegetables that are higher in water content – like lettuce, watermelon, celery, cabbage, or even cantaloupe. There are so many benefits from drinking water. It helps hydrate and nourish your body, flushes out toxins, aids in digestion, and boosts skin health as well. So, put that sugary drink down and grab water. Focus on progress, not perfection. If you know it's going to be a struggle for you, start slow! Substitute one soda per day for water. After a few days, substitute two sodas for water. Gradually increase your water and decrease your soda, and before you know it, water will be your automatic go-to drink. Here's a recipe that watermelon as well as cucumbers, both very high in water content. Try it out at a family gathering or cookout, and take a picture and send it to me at eathom22@ncat.edu. I'd love to hear about how it went over!

Watermelon Salad with Feta & Cucumber

Ingredients:

- 8 cups cubed ripe seedless watermelon (1 8-pound melon)
- 2 organic mini cucumbers of ½ English cucumber (1 cup sliced)
- 2 ounces feta cheese crumbled
- Zest of ½ lemon
- 4 basil leaves
- Sea salt, for garnish



Instructions:

- 1) Chop the watermelon into cubes. Slice the cucumbers (if using an English cucumber, slice it into half moons). Chop the basil. Zest the lemon.
- 2) Arrange the watermelon and cucumbers on a platter. Sprinkle with feta crumbles, lemon zest, and sea salt. Taste and adjust flavors as desired. (If you'd like, you can add freshly ground black pepper or a drizzle of olive oil.) Serve immediately. If you are making ahead, refrigerate the cubed watermelon separately; it releases a log of water after it is cut. Then, assemble the salad directly before serving.

To find out more about FCS programs in Montgomery County, visit www.montgomery.ces.ncsu.edu or visit us on Facebook. If you would like to discuss bringing programs to your community, please call Rhonda Peters or Elizabeth Thompson at (910) 576-6011 or email rtpeters@ncat.edu or eathompson@ncat.edu

Agriculture Updates

Kaitlyn Lamaster, Extension Agent, Horticulture

Montgomery County Beekeepers Association

The Montgomery County Beekeeper's Association met June 17th on campus at the Montgomery Community College in the large meeting room.



Calvin Terry came to visit from Moore County to talk all about honey extraction! He demonstrated how to use different tools and when a beekeeper might want to implement them. He also allowed audience members to come up and try "capping" the bee frames, or removing the outer shell of wax to allow honey to flow freely. These demonstrations helped educate the numerous new beekeepers in the audience and showed many of the more experienced one's tools that they should look out for, including the most popular tool of the night – a blue honey scraper!



The Montgomery County Beekeeper's plan to skip their meeting in July, but will be back and ready for action when Lisa Sooy speaks to the group on preparing land for honeybee forage crops on August 19th.

If you are interested in attending future meetings or learning more about the group, please contact Kaitlyn Lamaster at kaitlyn_lamaster@ncsu.edu.

Montgomery County Master Gardener's

The Montgomery County Extension Master Gardener group met virtually June 9th at 1PM. Starting at 1:30PM, the Extension Horticulture Agent, Kaitlyn Lamaster, demonstrated how to use a wonderful tool from the state wide Master Gardener program, the Master Gardener Plant Tool-box. This website allows anyone from the public to que in characteristics of a plant to positively ID a species, look up plants that would fit a specific site, and take "tours" of different themed gardens and the plants that





reside in them. The website can be found at: <https://plants.ces.ncsu.edu/> and any questions can be directed to Kaitlyn (contact info below).

The Master Gardener Volunteers have been busy this summer, overseeing and maintaining multiple gardens across the county! One of those gardens is the raised bed garden at Lowe Warner Park. Volunteers have gone through and planted tomatoes, herbs, asparagus, beans, cucumbers, peppers, and carrots. The garden has been doing very well but a few crops (the beans, cucumbers, and peppers) have become a wonderful learning opportunity on the negative effects of deer browse! Other than the plants the deer have snacked on, the garden displays a wonderful chance to see tomatoes being properly staked and pruned, irrigation being run, and a variation of bed heights.



Another garden the Master Gardener Volunteers help with is the pollinator garden located just outside of the STARworks Café. Volunteers have put in a lot of work weeding the garden and removing pressures that would inhibit the growth of the desired plants. This work has helped the native species to flourish in abundance and display a beautiful palette of color for both human and pollinator enjoyment!

Last, but certainly not least, comes the new addition of plants outside of the NC Cooperative Extension office in Troy. Volunteers arrived to work in the heat of summer to work on pulling weeds, incorporating compost, and adding a new variety of perennial species to adorn the sign outside the office.

Thank you much to the Master Gardener Volunteers for all that you do!

If you are interested in joining the group or learning more about the Master Gardeners and what they do, please contact Kaitlyn Lamaster at kaitlyn_lamaster@ncsu.edu or call 910-576-6011 ext. 26. Like or follow the Montgomery County Master Gardener Facebook page to stay up to date on their projects around the county!



Pollinators and Upcycling

4-H Summer Adventure Camps have been well underway and the garden was not a forgotten topic! The Montgomery County Extension Horticulture Agent, Kaitlyn Lamaster, put on a one-day class for every age group to allow all Montgomery County youth a chance to learn about pollinators, habitats, and upcycling!

The youngest group got a chance to talk about pollinators and the habitats where they live. They learned about pollination and how an insect can bring pollen from one flower to another. Not only did they learn about bees and pollination, but also about some other important pollinators including butterflies, bats, and hummingbirds. The necessary elements to healthy plant growth were discussed like having water, sunlight, and air. At the end of the lesson, youth were able to create their own habitats to bring home from an upcycled container they brought and decorated.

The middle age group learned much of the same material, but subject matter went more in depth on what attracts an insect to a flower from smell to shape to the time of day the flower is open. They learned about the importance of pollinators in the crops that we eat every day, like bees to strawberries and bats to chocolate. To drive this idea home, the kids played a game where one was a pollinator and another was a flower. They had to run and find their matching partner to help them identify which pollinator would go to each flower type. They also painted a picture of a habitat where some pollinators and other animals could live, including important elements like shelter, water, and a food source. As with the younger group, youth were able to create their own miniature habitat from an upcycled container they brought from home.

The oldest group learned all about flower types, various pollinators, and the importance of pollinators in crops. They also had the pleasure of receiving a painting lesson from a Master Gardener Volunteer, Trisha Parker, to help them depict a diverse habitat with multiple native plants and pollinators.



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Ask Extension

The North Carolina Cooperative Extension is a service that is meant to help serve the general community, both professionally and personally. If you have questions regarding any topic within Horticulture, Livestock, Family and Consumer Science, or Youth Development please do not hesitate to reach out! The office can be called at 910-576-6011 and your question will be directed to the agent that best fits your category. Emails can also be sent directly to agents that you feel would best know the answer. It is a good idea to include pictures if you have a specific situation at hand. The list of agents can be found at <https://montgomery.ces.ncsu.edu/people/>.

STAY UPDATED!!!!



If you haven't "liked" us or "followed" us on Facebook, take the time to do it today! Our facebook and webpages are updated regularly with news articles, posts, and pictures of current and future programs as well as news you can use. Find us at <https://www.facebook.com/North-Carolina-Cooperative-Extension-Montgomery-County-117219574995061/> and on our website www.montgomery.ces.ncsu.edu. If you would like to be added to our email distribution list, please email Kim_Gibson@ncsu.edu

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