

North Carolina Cooperative Extension Montgomery County



From the Director's Desk

November, 2021

It's hard to believe that the Christmas Season is already upon us! This year has flown by. We are pleased to be able to provide the **2021 TREE OF HOPE Christmas Assistance Program** again this year. The TREE OF HOPE program is a community-supported collaboration between Montgomery County Schools, Communities in Schools of Montgomery County, NC Cooperative Extension – Montgomery County Center/Montgomery County 4-H and the Montgomery County Partnership for Children, along with several of our local businesses, and numerous individual donors and volunteers. This program is designed to help families that may need support in providing Christmas for their children but we cannot do it without the support of our community.

You may ask, **"How Can I Help?"**

You can help by:

1. Adopting a child this Holiday season by choosing a **YELLOW** Tree of Hope card from one of the businesses in the community (cards are currently located at Walmart in Biscoe, Yellow Rose Nutrition in Troy and Front Porch Pickin' in Troy). We also have cards available at our office.
2. Donate new or gently used toys, coats or blankets and deliver them to NC Cooperative Extension – Montgomery County Center at 203 West Main St. Troy.
3. Donate financially (tax-deductible). You can write a check to MCPC (with Tree of Hope in the memo line) and deliver to the Montgomery County Partnership for Children or to Cooperative Extension. If you prefer to donate online, you may donate at the following link: <https://toh2021.square.site/>

We thank the community for all of your many years of supporting this program! We could not do it without your support!

NC COOPERATIVE EXTENSION
N.C. A&T STATE UNIVERSITY
NC STATE UNIVERSITY

HELP US HELP KIDS THIS CHRISTMAS

Christmas Toy & Coat Drive

Suggested Items Include:
Coats of all sizes (Baby - Adult Sizes Needed)
Blankets
Arts & Craft Supplies
Sports Balls (Basketball, Soccer, Baseball, Softball, Football)
Baby Dolls / Barbies / Babydoll Strollers
Superhero Toys / Fortnite / Minecraft
Educational Learning Games
Children's Board Games
LEGO's / Building Blocks
Cars & Trucks

You may also choose to make a tax-deductible contribution.
You can make checks payable to MCPC
or you may donate directly at: <https://toh2021.square.site/>

DROP OFF UNWRAPPED GIFTS BY DECEMBER 3RD AT MONTGOMERY COUNTY COOPERATIVE EXTENSION OFFICE:
203 W. MAIN STREET, TROY

Montgomery County Cooperative Extension is an equal opportunity provider.

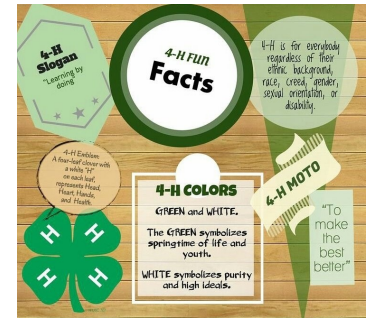


4-H Happenings in Montgomery County

Tracy Blake, 4-H Youth Development

National 4-H Week

Montgomery County Commissioner's officially proclaimed the week of October 3-9, 2021 as National 4-H week! During that week, youth participated in the Virtual SPARK Challenge which encouraged them to use all four of the 4-H pillars, Head, Heart, Hands, & Health. More information about the SPARK Challenge can be found on our web-site: <https://montgomery.ces.ncsu.edu/2021/10/national-4-h-week-spark-challenge/>



State 4-H Turkey Show

Montgomery County 4-Hers participated in the NC State Youth Market Turkey Show in Raleigh on October 7th. All four of our showmen (Madilynn Bowles, Elijah Farlow, Joel Farlow, & Brady King) were top 10 in their age divisions. Brady King and Madilynn Bowles also won the pen decorating contest for their age divisions. The Turkey Industry is an important part of North Carolina Agriculture. Participating in the market show is an excellent way for youth to learn how a turkey is raised and the time commitment and labor required to get them to processing weight. Congratulations to all our showmen for their hard work and dedication to the future of agriculture in our county!

NC Turkey Facts

- Did you know that NC is #2 in turkey production in the US?
- 32.5 million: The number of turkeys North Carolina produced in 2018, or 3.1 turkeys for every resident in the state.
- 1.2 billion: Pounds of turkey produced by North Carolina in 2018, meaning each bird produced weighed, on average, 36.8 pounds.



4-H State Fair Craft Contest

Congratulations to 4-Her Madilynn Bowles on her 2nd Place win in the State 4-H Tie-Dye Competition at the NC State Fair! Madilynn used her creativity, patriotism, and love of community to complete this beautiful project.

Youth Leadership Montgomery 2021-2022 Selections

We are excited to introduce this year's Class of Youth Leadership Montgomery. Youth participating in this program needed 2 letters of recommendation to participate and have demonstrated themselves to be the budding leaders in our community. We can't wait to see what they accomplish as they complete the rigorous requirements of this program.

Montgomery Central High School

Melody Debray-Martinez
Breanna Batten
Adlina Carillo Delgado
Dalton Massey

Montgomery County Early College

Rylee Auman
April Lamonds
Gaochia Amandy Lee
Blossum Yang
Jaylyn Effird
Lulea Adams
Souree Yang

Uwharrie Charter Academy

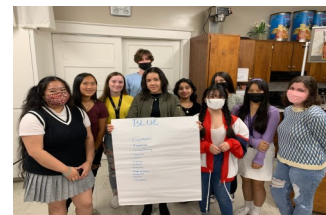

Olivia Mabe

Gray Stone Day School

Mary Carson Prince

Homeschoolers

Tucker Dunn
Dononvon Strickland

2021 Christmas Greenery Sale

This Holiday Season Montgomery County 4-H is selling Christmas Greenery! We will be selling Fresh Fraser Firs that will be coming to us from the North Carolina Mountains. We will have two different options for sizes: a 6-7 ft. tree priced at \$45 and a 7-8 ft. tree priced at \$55. We will also be selling Fraser Fir Wreaths. If you purchase a wreath with a bow you can pick out your bow when you pick up your wreath.

All proceeds will go to support Montgomery County 4-H programs throughout the coming year. You can pre-order trees and wreaths at our office or if you know a local 4-H'er you may place your order with them. You also have the option of purchasing a tree or wreath that will be donated to a local family in need, nursing home, church, etc.

DEADLINE TO PAY IS NOVEMBER 19, 2021

All orders must be paid in full by the order deadline.

To place your order Call: (910) 576-6011 or Fax: (910) 576-2635
Email: kim_gibson@ncsu.edu or chrissy_haynes@ncsu.edu or tlumbu@ncsu.edu

Or bring your order to the 4-H office located at
203 West Main Street, Troy, NC 27371

PICK UP FOR TREES & WREATHS WILL BE November 22nd from 3pm-6pm
& November 23rd from 8am-5pm AT THE 4-H OFFICE
montgomery.ces.ncsu.edu

4-H Greenery Sale

Order forms for the annual Montgomery County 4-H Greenery Sale are now available! Please stop by the office to pick up a form or print one from our website: <https://montgomery.ces.ncsu.edu/.../2021-4-h-christmas.../>

We hope you will choose to support Montgomery County 4-H when selecting your trees and wreaths this year!

Upcoming 4-H Club Meetings

We are excited to start club meetings again this fall! Clubs are open to all youth ages 5-18. Come join us! Contact Tracy Blake at tracy_blake@ncsu.edu for more information.

Creative Hands-First Tuesday of month, 5-6 pm @ Extension Office, Troy

Shooting Stars-First Thursday of month, 6-7 pm @ Star Elementary School

Teen Cooking Club-First Friday of month, 4-6 pm @ Extension Office, Troy

Livestock Club-Third Monday of month, 6-7 pm @ Ag Center, Troy



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

Agriculture Updates

Kaitlyn Lamaster, Extension Agent, Horticulture

Montgomery County Beekeepers Association



Stephen Ausmus, USDA Agricul-

The Montgomery County Beekeeper's Association met October 21st at 6PM at the Montgomery Community College in the large meeting room.

The Beekeeper's president, Mrs. Shirley Harris, presented on the importance of Varroa Mite control, what treatments look like, and how to check. Beekeepers were urged to treat bees while they were still able to get in their boxes before the cold weather settled in.

The next meeting is scheduled for the same location on November 18th at 6pm.

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 November 1st at 1PM at the Montgomery County Cooperative Extension Office.

Future plans for the managed gardens were discussed and members were urged to create "dream lists" for what they would like to see at the three different sites. Plans will be discussed at the December meeting.

During the month of October, Master Gardener Volunteers created and installed signs that identified the plants at the STARworks Pollinator Garden. These signs aim to help promote native species interest and education while allowing viewers to correctly identify the species in the garden. From the 22 different species in the garden, 17 are native to North Carolina.

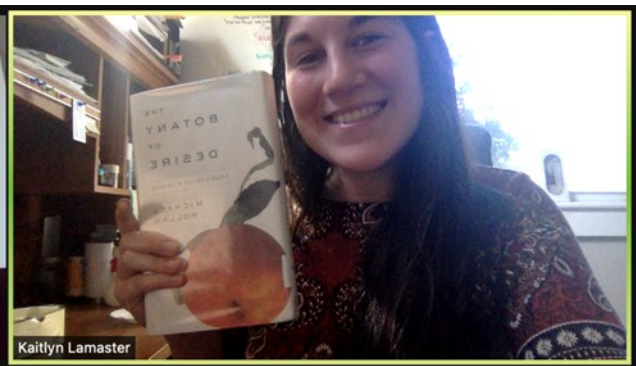
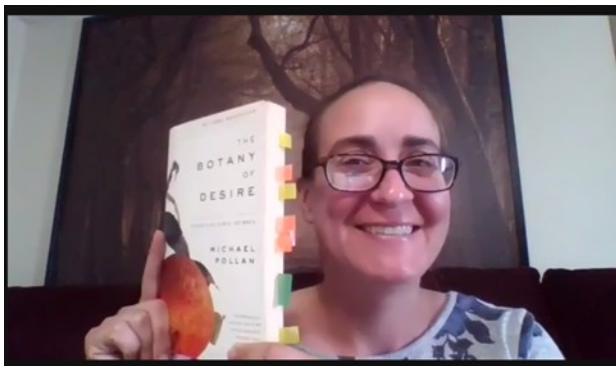
If you are interested in joining the group or learning more about the Master Gardeners and what they do, please contact Kaitlyn Lamaster at kaitlyn_lamaster@ncsu.edu or call 910-576-6011 ext. 26. Like or follow the Montgomery County Master Gardener Facebook page to stay up to date on their projects around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



The Botany of Desire Master Gardener Book Club

Participants have been reading *The Botany of Desire* by Michael Pollan over the last two months and meeting on a bi-weekly basis to discuss their readings. The book consisted of 4 main chapters that went over human interactions with plants and how our relationships with them have developed over time. Great discussions were had with a wide range of viewpoints and overall appreciation for nature and the plants we consume was increased.

Thank you to those the participated. Based on positive feedback another book club is in the works for the spring of 2022!



Pandemic Response and Safety Grant Program

Pandemic Response and Safety Grant Program

The Pandemic Response and Safety (PRS) Grant Program provides grants to specialty crop producers and processors, other select producers, meat and other processors, distributors, and farmers markets to respond to coronavirus 2019 (COVID-19). This program is authorized and funded under [section 751 of the Consolidated Appropriations Act of 2021 \(Pub. L. No. 116-260\)](#). USDA developed the PRS Grant Program in response to extensive stakeholder feedback during listening sessions in March 2021, and written comments provided through March 30, 2021. Information from the listening sessions is available online at: www.ams.usda.gov/services/ams-covid-stimulus.

Important Dates:
 Application Period Opens: October 6, 2021
 Application Period Closes: 11:59 PM Eastern Time on November 22, 2021
 All applications submitted before the deadline will be considered for funding.
 Applications will not be reviewed on a first-come, first-served basis.
 Para recursos en español de como aplicar al programa PRS, favor [haga clic aquí](#).

Grant dollars are available to agricultural producers and distributors to help fund needed shifts due to COVID-19.

These shifts include (but are not limited to) "workplace safety measures (e.g., personal protective equipment (PPE), retrofitting facilities for worker and consumer safety, shifting to online sales platforms, transportation, worker housing, and medical costs".

The application period ends November 22nd but requires a DUNS number which can take up to 5 days to receive. For this reason, it is recommended to take action swiftly.

If you need assistance with the application, contact Kaitlyn Lamaster at 910-576-6011 or email kmlamast@ncsu.edu. For more information: <https://usda-prs.grantsolutions.gov/usda>

National Bat Week



During the Brew, Que, and Music Revue festival in downtown Troy, the agriculture and 4-H agent set out to help teach youth about a generally misunderstood creature: The Bat. This was incorporated to help see off the end of national bat week (10/24/21-10/31/21) which aims to educate the public about bats and their behavior.

Youth learned that, contrary to popular belief, bats will not suck your blood and no, they don't turn into vampires! Of the 1,400 different species of bats worldwide, 17 reside in North Carolina – 3 are endangered and 1 is threatened – and they are all insectivores.

A bat's wing is also considered a hand! Just like humans, bats have 4 fingers and a thumb. However, unlike humans, bats are the only mammal capable of sustained flight.

Multiple children changed their ideas of bats from "scary" to "cute" thanks to a few photos and interesting bat facts!

Thank you to the Town of Troy for including us in this day's events!



Montgomery County Master Gardener's Raffle

Montgomery County Master Gardener's Raffle

Tickets: \$1.00 each or 6 for \$5.00

Prizes:

- 1. STARworks handblown glass Snowman, Native Plant Seeds, & Gardening Related Book
- 2. Beach Sunset Painting, Native Seed Bombs, & Gardening Related Book
- 3. Gardening Bag with Hand Tools & Gardening Related Book

Contact: Any local Master Gardener or Kaitlyn Lamaster, Horticulture Agent
 910-576-6011 • kmlamast@ncsu.edu

Tickets also available at the Montgomery Cooperative Extension office - 203 W. Main St., Troy, NC

* WINNERS WILL BE DRAWN ON DECEMBER 6, 2021 *



The Montgomery County Master Gardener Volunteers are holding a raffle to help raise funds for garden upkeep and enhancement projects. Thanks to their partnership with the STARworks Center for Creative Enterprises, the Master Gardener Volunteers were able to acquire a glass snowman decoration before sales open to the public on site on December 4th. In addition to the snowman, there will be two other prize winners - one receiving a Master Gardener made painting and the other receiving a gardening bag complete with two hand tools to help with projects. Tickets are being sold 1 for \$1 or 6 for \$5 and are available from any Master Gardener Volunteer or at the Montgomery County Cooperative Extension Office. *Please see the flyer for additional details.



Family & Consumer Sciences Updates

Rhonda Peters, FCS Agent

Elizabeth Thompson, Nutrition Educator

Teen Cooking Club



On October 1st, we kicked off our very first Teen Cooking Club, in partnership with Montgomery 4-H. This club will meet the first Friday of every month from 4 pm until 6. We are still following COVID precautions and limiting the number of people in the building at one time, and encouraging the use of face masks. Because of that, parents were asked NOT to attend the meeting with their children, as we had 24, yes 24!!!, youth join us. We will begin the cooking club following the Teen Cuisine curriculum as we teach youth nutrition education and food preparation skills. As we progress, we will incorporate all kinds of new and yummy foods, and help youth start to prepare for cooking demonstrations and competition. During our first session, we played a Kahoot game to test basic cooking and nutrition knowledge, did a teamworking activity involving spaghetti and marshmallows and prepared No-Bake Monster oatmeal cookies. A good time was had by all! Rhonda and Elizabeth will serve as club leaders for this group, and we are so thankful for parent volunteers such as Bethany Haywood and Jeannie Kearns who have agreed to assist. If you are interested in volunteering, even for just one session, please email rtpeters@ncat.edu.

Teen Cuisine at Green Ridge Elementary School

We are so excited to have been partnering with Communities in Schools to offer Teen Cuisine again this year. Rhonda and Elizabeth are working with twelve fifth grade students afterschool at Green Ridge to learn about nutrition and basic food preparation skills. Unfortunately, we live in a world where convenience foods and processed foods are the staple of many diets, for young and old. Children, in particular, lack the skills or knowledge to prepare healthy foods, and these skills are taught less and less frequently by family or inside school settings. The goal of Teen Cuisine is to provide youth with nutrition education to help them make healthier choices while also giving them the skills to prepare healthier foods instead of having to rely on pre-packaged (often less healthy) foods. Students have learned how to read a food label, have examined the sugar content in foods, have learned about MyPlate, and the importance of eating breakfast regularly. Baked chicken nuggets, Banana Pancakes, and Chinese Stir Fry seem to be the most popular recipes so far. The program is scheduled to wrap up in November, with a Family Celebration where youth will prepare a light meal for their parents to thank them for the support they've given and to show off those new skills (while sharing that valuable nutrition knowledge!). In the future, we plan to seek additional grant funding to be able to purchase necessary ingredients to send home with participants so they can prepare the food learned in class at home that week.



Go, Glow, Grow at Wescare and Save the Children

Teaching GO GLOW GROW is one of Elizabeth's favorite curriculums. It breaks down the 5 food groups into three different categories. GO foods, which are your Grains group, and those are our foods that help us run and play with our friends every day. GLOW foods are our Fruits and Vegetables, and they make our hair shine and our eyes sparkle. Last, but not least, is GROW foods and they are our Proteins and Dairy products- and they make us grow big and strong! Elizabeth loves seeing all of these kids get excited when they see her, and she gets excited to see them as well! She started working with the kids at Wescare about 2 weeks ago, and will be starting at the Head Start in Troy November 10th and is super excited about teaching those kids too! Rhonda will be working with the kids at Head Start (Save the Children) in Candor at the same time Elizabeth is working in Troy.



LIFT at Brutonville Community Center



“Do you remember the first time she came in here? She was walking so slow, gripping that cane like her very life depended on it. Look at her now – she didn’t even get that thing out of the car!” Those were the words Mrs. Navonne Moore, of Brutonville Community Center, whispered to Rhonda last week about another participant. Not that we would dare credit the LIFT program for ALL of that success, but it has certainly made an impact and improved the lives of many people in the Brutonville Center. One woman said, “I used to have a hard time trying to paint my toenails – I couldn’t reach them because I wasn’t flexible enough to get down there AND because I had too much stomach in my way. But I painted my toenails last night and it was plumb easy!” Now that may not seem like a huge success to some people, but it sure means a lot to women who like to feel pretty and don’t like asking for help. That’s what this LIFT program is all

LIFT Successes
 Help me to put the cane down.
 Help muscle strength
 Moving better
 Smaller Stomach
 Drinking More water
 Enjoy the company
 Help me with my 2nd leg
 Smaller Stomach
 Better balance/Stronger Just feel better all over
 Enjoyed talking, smiling with people
 Got my husband out the house!!

about – gaining strength, balance, flexibility and improving friendships while laughing and having a good time supporting one another. In Brutonville, we’ve had a total of twenty people to enroll in the program and attend at least one class, although they’ve not all been able to attend every session due to scheduling conflicts. We’ve had a core of about eight people who were faithful attendees for the majority of the sessions. The program began in September, and concluded the first Wednesday of November. We are anxiously awaiting the results of our functional fitness assessments to see just how much impact the program has made on their ability to perform some basic tasks. Stay tuned for results! Future plans are in the works for bringing the LIFT program to the Peabody Community. We’d also love to bring it into the Mt. Gilead area, and any other part of Montgomery County that would be interested in having a program. If you would like to discuss partnership opportunities, please email Rhonda Peters at rtpeters@ncat.edu.



Real Money, Real World

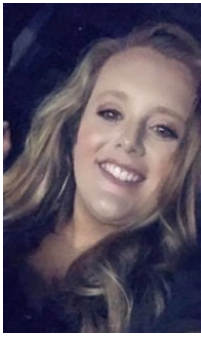


We are also excited to partner with Communities in Schools to bring the Real Money, Real World program to Montgomery Central High School in November. As adults, each of us works hard to make our monthly income cover the necessities and still have some leftover at the end of the month for retirement savings and long-term goals. Wouldn’t it be great if we could have had a “trial run” at adult spending decisions while we were still young and able

to choose our future career? That’s the idea behind Real Money, Real World, a program developed by Ohio State University Extension and coordinated locally by North Carolina Cooperative Extension Montgomery County and Communities in Schools. This program allows high school seniors to make life choices and get a taste of the real world. On November 19, students will have an opportunity to experience first-hand how expenses for necessities, as well as luxuries, must be balanced with the reality of monthly income. Students will be given an occupation, monthly income, and even a child or two. Real Money, Real World helps youth to understand that their career choice, the education required for a career, and potential lifestyle are all related. We can’t wait to see the impact of this program!

Sharing Our Success

In FCS, and all program areas, we work really hard to share our success with our partners, community members and stakeholders. We also try to stay active in our professional associations and represent Montgomery County and both of our constituent universities well. This year, it has been my privilege to serve as the district president for the North Carolina Extension Association of Family and Consumer Sciences. My term ended in October, and I stepped up to serve as the Vice President of Public Affairs for our state association. I’m excited about this new challenge and the ability to serve the entire state. I have also been privileged to represent Montgomery County as a speaker through a variety of FCS professional development trainings, as well as serve as a panelist during a session at our statewide Extension conference. It is my distinct pleasure to represent Montgomery County and North Carolina to share our LIFT success through the presentation of a poster session, and as part of an Ignite session during our national FCS conference in November.



Elizabeth's Nutrition Nuggets

Fall Into Better Health

As the days start getting cooler outside, it can be tempting to stay inside and munch on snacks while sipping on high calorie beverages- all while trying to stay warm. While it is important to ensure we're making time for ourselves to relax, we may not notice that we're adding quite a few extra calories to our daily intake, and not necessarily getting outside as much to burn them off. Here are some suggestions to help support us when we're faced with too many good things to eat:

- Make sure to eat balanced, healthy meals.
- Try to add an extra 20 to 30 minutes of exercise throughout the week to help maintain a healthy lifestyle and strong muscles.
- Be proactive about socializing.
- Make sure to have fun and enjoy the extra time to spend with family and loved ones!
- Enjoy a new healthy recipe, such as this month's chicken soup!

Chicken Soup

Ingredients

- 6 cups chicken broth (low-sodium)
- 1 cup chicken (cooked)
- 1 cup rice (uncooked)
- 1 3/4 cups vegetables (fresh chopped, such as potatoes, carrots, celery, or cabbage)
- 1/2 teaspoon garlic powder
- 1/4 teaspoon pepper
- 1/4 teaspoon salt
- 1 tablespoon parsley (dried)



Directions

1. Use leftover cooked chicken, or cook enough chicken to make 1 cup of chicken pieces.
2. Place the cooked chicken in a large saucepan.
3. Add the broth and uncooked rice. Cover the pan.
4. Bring the broth and rice to a boil.
5. Cover the pan, and turn the heat to low.
6. Stir and simmer for 15 minutes.
7. Add the chopped onions, chopped vegetables, and seasonings.
8. Simmer for 10 to 15 minutes until the vegetables are tender.

Rhonda's Corner

In my household, I insist that we always spend time focusing on thankfulness and gratitude before we get a case of the Christmas gimmies. One of my favorite holiday traditions was started when my oldest daughter, Lily, (now a high school senior) was only five. We put the Christmas tree up, but instead of decorating it for Christmas, we write what we are grateful for on leaves and hang those on the tree. We call it our "Thankful Tree". Last year, myself, and all three of my kids tested positive for COVID-19 right before Thanksgiving. Although we all fared well during our quarantine, I developed severe complications and double pneumonia that was truly a battle to overcome. I don't even remember our family's Thanksgiving celebration. Like many of you, my family has lost loved ones, friends and family members to this awful virus. This Thanksgiving, I am especially thankful for memories that I will forever cherish, and relationships that grow more meaningful as time goes on. I encourage you to take a minute to read this article from Colorado State University Extension about gratitude, and think about how you can be a role model for your family.



- We live busy, stressful lives. It can be easy to default to feeling overwhelmed and negative. Yet research overwhelmingly shows that regularly practicing gratitude has significant social, physical, and psychological bene-

fits.

- We know that gratitude can bring us happiness, reduce anxiety and depression, strengthen the immune system, reduce symptoms of illness, allow us to sleep better, and help us to feel less bothered by aches and pains. Practicing gratitude can also help us strengthen relationships, default to forgiveness, and cultivate compassion.
- Research demonstrates that gratitude is healthful for kids. “Children as young as six or seven are more generous when they’re feeling grateful, and grateful adolescents tend to be more resilient. When 10-19 year olds practice gratitude, they report greater life satisfaction and more positive emotion, and they feel more connected to their community” (1)
- Given the evidence in favor of gratitude, it seems logical that we bring greater attention to what we are thankful for. Adults can role-model cultivating gratefulness, and we can involve our children in many different ways. Here are practical strategies for inviting more gratitude into your family’s life:
 1. Keep a gratitude journal. This requires that you scan your day – everyday – for the good. Scanning and documenting three to five good things daily makes you more conscious of moments you might otherwise skip over without appreciation. The regular practice of keeping and reviewing a gratitude journal can magnify positive emotions. You can share your journals with your kids and help them create their own
 2. Practice gratitude with family members. This might take the form of sharing good things with family members every day, perhaps during a family meal. You can help your kids get in the habit of noticing and savoring moments that they recognize as special.
 3. Write a “gratitude letter” to someone who you have not previously thanked. Research shows that gratitude letters provide strong and long-lasting happiness boosts, especially when hand delivered. You can encourage your children to write gratitude letters to friends, relatives, and teachers.
 4. Keep a “gratitude jar.” Designate a special jar in your house for gratitude notes that can be written spontaneously throughout the day or during a designated time. Alternatively, you can drop coins in the jar as you acknowledge the good. As a family, you can identify a place to “donate gratitude” periodically.
 5. Practicing gratitude is like building a muscle. While it may feel awkward or tedious at first, the benefits of a regular practice will inevitably show through. We owe it to ourselves and our kids to pay attention and notice the abundance in our lives.



Don't Miss these Awesome Events Coming Up in FCS

(see our website or Facebook page for more information about any of these opportunities)

November 4, 2021: Ignite Session at National FCS Conference, featuring Rhonda Peters and Hayley Cowell
 November 5, 2021: Teen Cooking Club (4-6 pm)
 November 8, 2021: LIFT Graduation and Celebration at Brutonville Community Center
 November 10, 2021: Holiday Instant Pot class (virtual)
 November 10, 2021: Go, Glow, Grow kicks off at Candor AND Troy Head Start
 November 15, 2021: Teen Cuisine Family Celebration @ Green Ridge Elementary School
 November 17, 2021: Cooking with Extension (virtual on Troy-Montgomery Senior Center Facebook page)
 November 18, 2021: Fall Festival at Montgomery Community College
 November 19, 2021: Real Money, Real World spending simulation @ Montgomery Central High School
 November 19, 2021: Holiday Instant Pot class (virtual)
 December 3, 2021: Teen Cooking Club (4-6 pm)
 December 15, 2021: Cooking Live with Extension (virtual on Troy-Montgomery Senior Center Facebook page)

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 rteters@ncat.edu or eathompson@ncat.edu

Staff Directory



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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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https://www.youtube.com/channel/UCOIPmzMobAJJoawefJK_ldzA

