

October, 2021

## **From the Director's Desk**

With the current rise of Covid-19 cases due to the new variant strains, the Montgomery County Cooperative Extension Office is doing what we can to help stop the spread. Thanks to help from NC Department of Health and Human Services and North Carolina State University, Cooperative Extension is able to offer supplies to business owners in the community to provide their employees and clientele with the resources needed to limit transmission of the Covid-19 virus.

Supplies are provided free to all farms, small businesses, and education centers on an as-needed basis while supplies last. Business owners can request supplies like disposable and reusable face masks, hand sanitizer, face shields, and disinfectant cleaner from the following online form: <https://forms.gle/tEViYr8wg2ro62Cq9>

## **Employee Spotlight Corner – Elizabeth Thompson**



My name is Elizabeth Thompson and I was born and raised in Troy, NC. I started working at NC Cooperative Extension in Montgomery County in October of 2020. I am the Nutrition Educator and I love what I am able to do in my community. I have my Associates in Arts through Montgomery Community College. I had always dreamed of being able to help animals or people. Being able to do this in my own community makes me happy. I have a strong background working with children and teens. I really enjoy being able to work with them. Being able to get into day-cares, schools, and afterschool programs to do programming can be challenging but worth it once I am able! I love being able to go and teach the kids about Nutrition and have fun while doing it. I also enjoy working with seniors. We have two great programs that are geared more towards senior citizens and I always get so nervous when teaching them because they are supposed to be teaching me, right? Every program I have done with seniors, I have enjoyed. I cannot wait to see what the future holds. Working with Extension is awesome!

Personally, I am a proud and blessed mama/fur mama! I have a two-year-old son and his name is Owen and he is literally the light of my life! He brings my fiancé and I so much joy and laughter! There is something new every single day with him- he loves being outside the most, loving on our dog, riding his bike, and swimming. We went to the beach last week and also found out he loves “golf” aka putt-putt! He has such a strong vocabulary and he amazes us each and every day! Our dog is a rescue baby and he is a chocolate lab mix. He is the sweetest boy and we love him very much!



## 4-H Happenings in Montgomery County

### Tracy Blake, 4-H Youth Development

### 4-H Clubs Are Meeting In Person Again!

The Creative Hands 4-H Club met September 7. This was the first in-person 4-H Club meeting since the COVID-19 Pandemic began. We also established a new club this year, led by FCS agent, Rhonda Peters. The club had their first Meeting on October 1. We are so excited to be working with youth in community based clubs again!



Creative Hands Meeting



Teen Cooking Club Meeting

### National 4-H Week



As a part of National 4-H week, youth can participate in the SPARK Challenge through October 31st. The more youth participate, the more chances they have to win the 4-H Prize Pack! SPARK Challenge: <https://montgomery.ces.ncsu.edu/2021/10/national-4-h-week-spark-challenge/>

### The Paper Clover Campaign at Tractor Supply

Visit the 4-H display at Tractor Supply in Biscoe and donate at checkout to support Montgomery County 4-H Youth October 6-17, 2021.



## 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](mailto: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](mailto:tracy_blake@ncsu.edu)

## Empowering Youth & Families Program Updates

Sara Little, EYFP Program Assistant



Empowering Youth and Families, what does this mean to Montgomery County? This program educates and provides resources to families who live in a community where opioid and other drug activities are present. Our 10-week program is split into two parts. First the families learn about better communication skills and how to improve their relationship as a family. If a family can't work together and be supportive, how can you expect them to make positive changes within their community? During the second half of the program, the families learn about what opioids are, the effects that opioids can have on the body, and local resources that are available to the families here in Montgomery County.

According to the Montgomery County Community Health Assessment 2020, it lists the most recent statistics related to opioid use. In 2018, there were 1,765,000 opioid pills dispensed to residents in Montgomery County, there were 16 ED visits made in regards to a Montgomery County resident that overdosed on opioids, and had 4 deaths of residents in Montgomery County from unintentional opioid overdose.

These statistics are the reason we have our Empowering Youth and Families Program (EYFP). The image above is the reason we work hard to recruit families into our program. This image can be viewed as disturbing, and it should be. No one wants to lose a loved one from something that could have been prevented. This is why we are working to be proactive rather than reactive. We strive to educate the public about opioid misuse and each teenagers how to build resilience against opioids and other drugs.

We can only promote our program as best we can, but having support from other organizations can help build up our program. I ask that any time we post about EYFP to please share the information, and help spread our flyers around the community. Our program is not to shame anyone into saying their family has a problem, but to become educated about the issue right here within the community, so we can make a positive impact and changes here in beautiful Montgomery County.

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](mailto:slittle6@ncsu.edu)





## Family & Consumer Sciences Updates

Rhonda Peters, FCS Agent

Elizabeth Thompson, Nutrition Educator



**LIFT at Brutonville Community Center.** We are so excited to have the LIFT program at Brutonville Community Center up and running. In September, we started our pre-program assessments where we measured participants' ability to complete several tasks related to balance, strength, and flexibility. These measures will be taken again at the end of our program and compared to our baseline data to get an indication of how much of an impact this program has made.

We have a total of twenty people on roll as having attended at least one session, with a handful of steady, faithful participants. The group is learning the eight basic exercises as well as how nutrition and other lifestyle choices affect overall health. One participant has already shared success in being more aware of her drinks, and having cut back on soda and increased her water intake. Another participant started the program coming in very slowly, gripping her cane as she entered the building. Now, she tosses that cane to the side as soon as she gets in, and doesn't pick it up again until she leaves! As part of the program, we emphasize that every

adult needs an average of at least 150 minutes of moderate to vigorous physical activity per week. This is the type of activity that makes it hard to talk or sing while you're doing it, such as walking, jogging, aerobics, etc. The more minutes you can get in, the better for your health it will be. However, these minutes DO NOT include strength-training activities such as we do in the LIFT class. Every adult needs 150 minutes of activity PLUS at least two days of strength training. By participating regularly in LIFT, our seniors are getting that strength training that many seniors fail to achieve. We encourage our LIFT'ers to be mindful and intentionally set goals for getting additional physical activity outside of class.

**Teen Cuisine.** Once again, we have partnered with Communities in Schools to offer Teen Cuisine at Green Ridge Elementary School. At the end of September, we visited fifth grade classrooms to discuss the program and invite students to participate. Teen Cuisine is a six-week afterschool program for fifth graders to learn how to improve nutrition through development of food preparation skills. If youth don't know how to make nutritious foods, they have no choice but to eat what is known as "convenience" foods. These foods are often pre-packaged, over-processed and way less healthy than things we can make at home, especially using local ingredients. We are pleased to have accepted twelve youth into the fall cohort and plan to run another cohort in the spring. We are also interested in collaborating with Communities in Schools to implement the same program in other schools in the spring. Stay tuned to see our young chefs at work!



**Cooking with Extension.** We continue to work with the Troy-Montgomery Senior Center to do live cooking demonstrations via Facebook. In September, we demonstrated how to make Zucchini Tots, a delicious recipe that can be enjoyed as a snack or a side with another dish.

Our next session is scheduled for Wednesday, October 20th beginning at 10:30. You can join live by going to the Troy-Montgomery Senior Center page on Facebook or watching the recording on the North Carolina Cooperative Extension Montgomery County Facebook page after that time.



## Elizabeth's Nutrition Nuggets

### Fall Into Healthy Habits

Besides the holiday season, it's the most wonderful time of the year! Fall fruit is arriving by the barrelful, and it's time to enjoy it! Apples and pears both boast fiber and flavor. With so many varieties to choose from, you can enjoy these seasonal fruits for months. Here are some ways to start enjoying these fruits.

- Start with breakfast. Add chopped apples and cinnamon to rolled oats. This adds flavor and texture without the extra sugar. Another breakfast treat includes sliced pears with ginger and honey in plain Greek yogurt. A sprinkle of chopped cashews or almonds adds a bit of crunch.
- At snack time, enjoy apple slices with peanut or almond butter. Dust them with ground nutmeg or cinnamon before eating. If you've got more time, cut pears into fours and brush with 1 tsp. melted butter, 1 tsp. cinnamon and 1 tsp. brown sugar. Broil for 10 minutes. Cool before eating.
- For a more delicious dinner, top seasoned pork tenderloin with chopped apples before you cook it in a slow cooker. Add a dash of cumin and cinnamon for flavor.
- At a party, serve sliced pears with blue cheese in a leaf of endive as an appetizer. Top with chopped pecans and drizzle with honey or pure maple syrup before serving.

Some other delicious fruits and vegetables to try this fall are mangos, pineapples, pumpkin, onion, bell peppers and so much more!

For a mango recipe, try this easy mango salsa. The sweetness of fresh mango combined with savory pepper and onion and the zest of lime give this salsa a balance of flavors that are refreshing and crisp. Serve this appetizer with baked tortilla chips or whole grain crackers for a tasty snack.

#### Ingredients

- 1 mango (peeled and chopped)
- 1/4 cup chopped green bell pepper
- 1 green onion, chopped
- 1 lime, juiced (1-2 Tablespoons)

#### Directions

- Peel and chop the mango, be sure to remove the seed.
- Cut the pepper and onion into small pieces.
- Mix all the ingredients together.



## Don't Miss these Awesome Events Coming Up in FCS

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

Mondays and Wednesdays at 11 am: LIFT at Brutonville Community Center

Cooking with Extension – Facebook Live – Wednesday, October 20<sup>th</sup>

Mondays at 2:30 – 5:00: Teen Cuisine at Green Ridge Elementary School

First Friday of every Month – Teen Cooking Club – 4-6 pm – Adult volunteers needed!

Contact Rhonda or Elizabeth if you'd like to assist!

To find out more about FCS programs in Montgomery County, visit [www.montgomery.ces.ncsu.edu](http://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](mailto:rteters@ncat.edu) or [eathompson@ncat.edu](mailto:eathompson@ncat.edu)



## Agriculture Updates

### Kaitlyn Lamaster, Extension Agent, Horticulture

#### Montgomery County Beekeepers Association

The Montgomery County Beekeeper's Association met September 16<sup>th</sup> at 6PM at the Montgomery Community College in the large meeting room.

The Montgomery County Horticulture Extension Agent presented on using a refractometer for determining the moisture content in honey. This is particularly important when trying to submit honey to the state fair, harvest early, or prepare for long term storage.

The next meeting is scheduled for the same location on October 21<sup>st</sup> 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](mailto:kaitlyn_lamaster@ncsu.edu).



#### Montgomery County Master Gardener's

The Montgomery County Extension Master Gardener group met October 4<sup>th</sup>.

A volunteer day is being held at the STARworks pollinator garden on Monday October 11<sup>th</sup> starting at 9 am to pull weeds from the garden beds and lay down what will hopefully be the last of the mulch for this season!

The group held a workshop on Saturday, October 2<sup>nd</sup> to try and promote the dispersal of native seeds. Participants in the workshop were able to make "Seed Bombs" which are a mixture of soil, clay, and seeds that can be thrown into a garden or other open setting to disperse seed after rainfall. Emphasis was placed on using native plants in the seed to help foster native pollinator species, as native bees are up to 4x more likely to choose native plants!

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](mailto: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!



#### Native Seed Bomb Plants 10/2/21



Kaitlyn Lamaster

Goldenrod – *Solidago* spp.



Kaitlyn Lamaster

Yarrow – *Achillea* spp.



Kaitlyn Lamaster

Joe-pye weed – *Eutrochium fistulosum*



Kaitlyn Lamaster

Blazing Star – *Liatris spicata*



Kaitlyn Lamaster

Common milkweed – *Asclepias syriaca*



Kaitlyn Lamaster

Black-eyed Susan – *Rudbeckia fulgida*



# 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 tltturnbu@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

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

| Item            | Quantity | Cost                 | Total |
|-----------------|----------|----------------------|-------|
| 6-7 Ft Tree     |          | \$45 each            |       |
| 7-8 Ft Tree     |          | \$55 each            |       |
| Wreath          |          | \$25                 |       |
| Wreath with Bow |          | \$30                 |       |
|                 |          | <b>Overall Total</b> |       |

4-Her's Name \_\_\_\_\_ Cash \_\_\_\_\_ Check \_\_\_\_\_ Date \_\_\_\_\_

I will pick up my order on Monday, November 22nd \_\_\_\_\_ or on Tuesday, November 23rd \_\_\_\_\_

I would like for my tree or wreath to be donated to: \_\_\_\_\_

**Please make checks payable to: Montgomery County 4-H**



## Staff Directory



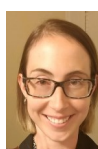
Chrissy Haynes  
County Extension Director  
chrissy\_haynes@ncsu.edu



Rhonda Peters  
Family & Consumer Sciences  
rtpeters@ncat.edu



Kaitlyn Lamaster  
Horticulture  
kmlamast@ncsu.edu



Tracy Blake  
4-H Youth Development  
tracy\_blake@ncsu.edu



Elizabeth Thompson  
Nutrition Educator  
eathompson@ncat.edu



Sara Little  
EYFP Program Assistant  
slittle6@ncsu.edu



Kim Gibson  
Administrative Assistant  
kim\_gibson@ncsu.edu

## 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](http://www.montgomery.ces.ncsu.edu). If you would like to be added to our email distribution list, please email [Kim\\_Gibson@ncsu.edu](mailto:Kim_Gibson@ncsu.edu)

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