

From the Director's Desk

September, 2022

WHAT CAN YOU DO TO AVOID FINANCIAL FRAUD?

It seems like more and more recently, I hear stories of friends and family who have become victims of fraud. Millions of people become victims of countless forms of fraud each year. The Federal Trade Commission received more than 3.2 million reports of fraud in 2019. Criminals use a variety of methods to tempt you into sending money, purchasing products, or giving out personal information. During the COVID-19 pandemic, scammers were taking advantage of people to give up their money in times of uncertainty, according to the Consumer Financial Protect Bureau. As technology and disasters continue to change, we need to do our best to stay informed about the new ways criminals try to get our personal information and our money.

The Federal Trade Commission offers the following tips to help you protect yourself.

1. Keep in mind that wiring money is like sending cash: once it is gone, you cannot get it back.
2. Do not send money to someone you do not know.
3. Do not respond to messages that ask for personal or financial information, regardless if the message comes from an email, phone call, text message, or advertisement. Do not play a foreign lottery; it is illegal to play a foreign lottery through the mail or the telephone.
4. Do not agree to deposit a check from someone you do not know and then wire money back, no matter how convincing the story.
5. Read your bills and statements at least monthly – both paper statements (if you still receive them) and online statements. After a natural disaster or crisis, only donate to established charities. Educate yourself on the issues related to medical discount plans and medical identity theft.
6. There is no such thing as a sure thing. Never pay fees first for the promise of a big pay-off later — whether it is for a loan, a job, a grant, or a so-called prize. Understand who you're dealing with.



It's challenging to really know where someone is calling from. Check out the Better Business Bureau or online reviews of the product and/or company. Put your number on the National Do Not Call Registry.

Visit OnGuardOnline.gov to learn additional tips on how to use public Wi-Fi spots, understand mobile apps, what to do if your email gets hacked, how to secure your computer, protect your kids online, and avoid scams. You can also sign up to receive online security updates via email. Do what you can to protect yourself or your loved ones from becoming the next victim of financial fraud.

Family & Consumer Sciences Updates

Rhonda Peters, FCS Agent

Elizabeth Thompson, Nutrition Educator

Professional Development



August typically means the wrap-up of summer activities, continuing to make plans for fall programming, and of course . . . training, training, and more training. This year was no different. Both the FCS Agent and Nutrition Educator attended three full days of Faculty Staff Institute hosted by N.C. A&T Cooperative Extension. The FCS Agent also attended a four-day professional association meeting. Why is this important to you? During these trainings, we learn how to do our jobs better, new programming and new ways we can implement existing programs into THIS community to hopefully make YOUR lives better and to make a difference here in Montgomery County. This year, Elizabeth and Rhonda were particularly interested in learning even more about how to share educational content via digital formats (such as video making), as well as the importance of reporting impact over outputs. Rest assured, in future programming, we will be reaching out to participants to truly ask them for input about what difference our programming is making in their lives. Stay tuned!!!! Another great part of state meetings and trainings, is that it is often during these events that state program leaders recognize the hard work and programming efforts, through a competitive awards application process, of agents, educators, staff, and directors across the state. This year, Rhonda was honored to have been recognized for her efforts with Youth Programming as well as being part of a team that was honored with the Family Health and Wellness Award. Additionally, she was recognized for excellent county programming by Cooperative Extension with N.C. A&T State University.



Eat Smart, Live Strong in the Peabody Community



The Eat Smart, Live Strong program is designed to encourage older adults to increase fruit and vegetable consumption to at least 3 ½ cups (1 ½ cups fruit and 2 cups vegetables) and to participate in at least 30 minutes of moderate-intensity physical activity each day. During this program, participants learn to identify barriers to reaching these recommendations, and then to determine personal ways to overcome these barriers. Throughout the program, adults are engaged through fun, interactive hands-on activities that help reinforce these key messages. During August, we were thrilled to partner with Better Together Montgomery to implement this program in the Peabody community. We were able to graduate six adults who had attended at least 3 of the 4 sessions. At the conclusion, participants reported being more conscientious of what they eat, intentionally choose more fruits and vegetables and purposely choosing to be more active. We look forward to implementing this program in other communities and churches in the upcoming year. If your group, faith community, or even a group of friends is interested in learning more about this program or hosting a program in your area, please contact Rhonda or Elizabeth and we will be happy to set it up.





Elizabeth's Nutrition Nuggets

Fall is right around the corner and even though it may no longer be shorts weather for long, this season offers great opportunities to get outside and be active. Take advantage of fall activities to get active and improve your health! Go apple picking, get lost in a corn maze, or go for a hike and enjoy the scenery! Fall brings yummy seasonal produce packed with nutrients. Apples and pumpkins are autumn staples and can be found fresh and local this time of year. Apples are rich in fiber to help promote healthy digestion and lower cholesterol. Pumpkin is high in vitamin A for healthy eyes and skin. While using your pumpkins for pretty decoration in your house you can also use it in a delicious recipe! Try this pumpkin fluff dip this fall and I promise you won't regret it!

Ingredients:

- 1 package of Vanilla pudding, instant, fat-free, sugar free (1.5-ounce box)
- 1 can Pumpkin puree (15 ounce)
- 1 tsp. Pumpkin pie spice
- 16 ounce Whipped topping, light, thawed
- ½ tsp. Vanilla

Directions:

1. In a large bowl, MIX together instant vanilla pudding, pumpkin and pumpkin pie spice.
2. Fold in the thawed frozen whipped topping and vanilla.
3. CHILL in the refrigerator until serving.



Agricultural Updates

Kaitlyn Lamaster, Horticulture

Tracy Blake, Livestock/Field Crops



We were excited to host the first Montgomery County 4-H Livestock Show since the outbreak of covid 19 on Saturday, August 27th. A lot of time and donations made this

show possible and we would like to thank everyone who helped out, donated, or supported the event. We had a number of Montgomery County youth show in the "Pee Wee" goat show. During this event youth 5 and under paired up with an experienced showmen to walk a goat around the ring. We hope this event has inspired future generations to participate! The show was run by Montgomery County 4-H Livestock Club youth and their



volunteer leader Micaela Rush as well as a few parent volunteers. Thank you to Extension Staff Kim Gibson for running the show office, Chrissy Haynes for the photography, and Miranda Thompson for hospitality and volunteer management. Judge, Adam Lawing, had his work cut out for him as we had a number of great showmen. The Grand Champion heifer was shown by Caroline Scarlett, Reserve, Tyla Marshall. The Grand Champion wether was shown by Hattie Jo Powell, Reserve, Jonathan Scarlett. The Grand Champion Doe was shown by Savannah Shepherd, Reserve Carolina Scarlett. Congratulations to all of our winners and showmen! The Grand Champion Doe was produced locally by John MicInnis of Candor/Norman. Thank you to Platinum Sponsor, Montgomery County Farm Bureau, Silver Sponsors Montgomery Cattlemen's Association, Carolina Farm Credit & Montgomery Farm & Garden, Bronze Sponsor Woodland Hosiery, and Prize Sponsor, Star Feed & Seed. Thank you to Chandler Concrete of Biscoe, McNeil Farms, & Kingfisher Farms Hay for the donation of the footing and equipment to make the ring. Thank you to the Bowles family and the Blake family for assisting with putting out and removing the

footing. We are already looking forward to next year's show! Contact Tracy Blake for more information about youth livestock programs in Montgomery County 910-576-6011 or tracy_blake@ncsu.edu.



From PeeWee Showman to Senior Showman



The 2019 data for the U.S. Bureau of Labor Statistics indicates that the agricultural sector is still the most dangerous in America with 573 fatalities, or an equivalent of 23.1 deaths per 100,000 workers. Fall harvest time can be one of the busiest and most dangerous seasons of the year for the agriculture industry. For this reason, the third week of September has been recognized as National Farm Safety and Health Week. <https://www.necasag.org/>

[Join the Facebook Event](#) or join the free AgriSafe Webinars, offered twice daily. Registration link for all ten sessions: www.agrisafe.org/nfshw



The Montgomery County Cattlemen will have their first meeting on Tuesday, July 13th at 6:30PM. Anyone interested in becoming part of the Montgomery Cattlemen's should contact Tracy Blake at 910-576-6011.

Joint Chiefs Meeting



Need your hay or forage tested for nutritional value? Cooperative Extension & NCDA partner to offer this service. Call 910-576-6011.



The new State Apiary Inspector, Shirley Harris, will be presenting at the September 15th Beekeepers Association meeting on "How to Read a Frame." Join us at 6:00PM in the MCC Multi-Purpose Room.

Links of Interest:

The Visit NC Farms App (Download Today!):

<https://www.visitncfarmstoday.com/>

Livestock Newsletter: [https://](https://montgomery.ces.ncsu.edu/livestock-newsletter/)

montgomery.ces.ncsu.edu/livestock-newsletter/

NC Horse Blog: <http://nchorse.blogspot.com/>

Farms Food & You Podcast (Be Prepared for Hurricane Season) <https://cals.ncsu.edu/farms-food-and-you/>

Montgomery County Master Gardener Program

The Montgomery County Master Gardener Program is growing! Master Gardener students are currently 6 weeks into the 14 week course to become certified.



Master Gardener volunteers got outside and got work done this past month cleaning weeds out of the STARworks Pollinator Garden bed. Due to the hot weather, volunteers have been unable to keep up with the weeding demand so they had a huge task in front of them. Thank you so much to all that attended!

The next Master Gardener Meeting will be September 15th at the Montgomery County Cooperative Extension Office at 1PM.

A multi-agency program is being administered on September 13th at the Montgomery County Community College Multi-purpose room. The program aims to help educate landowners on options they have for their land and promote a new "Uwharries to Sandhills Corridor" project that aims to bridge gaps formed between the two forest types.

The event is free to landowners but an RSVP is required for attendance. No prior knowledge of forest management is needed but participants must be landowners in the area.

Please Join Us to Learn About an Exciting New Initiative for Private Landowners

UWHARRIES to the SANDHILLS RESTORATION PROJECT

Tuesday, September 13, 2022 • 6-8pm
Montgomery Community College Auditorium • 1011 Page St, Troy, NC 27371
This event is FREE, but RSVP is required

This initiative – with NEW funding and technical assistance – focuses on assisting private landowners maintain and restore their forestland through thinning, burning, invasive species control, and other wildlife enhancement activities.

- Dinner at 6pm while sharing a brief overview of the project
- Meet in person with Federal/State Agencies, NGOs, and Wood Products Industry representatives, allowing you to leave with next steps for moving your forestry plans forward
- Please bring your management plan if you already have one
- Children are welcome – Montgomery County 4-H has agreed to provide activities during the meeting!

This is a very exciting opportunity for private landowners in the Uwharries and the Sandhills. We hope you'll join us as we move this project forward to create pathways to grow profit from our forestland while leaving a legacy for our families.

RSVP REQUIRED
jesse@sandhillspba.org • 910.605.1052
If you cannot attend the meeting but would like to learn more about opportunities available to you, please contact Jesse at the info above.

Pollinator Planting Coming Soon

The town of Troy is working to prepare and seed a nearly 1-acre plot of native wildflowers and grasses to benefit insect species at the Roy Maness Nature Preserve. The plot will be broken up into 3 sections and contain a multitude of native grass and flower species that will act as pollen and nectar resources for pollinators as well as areas for native fauna to overwinter.



Plans are to start preparation and seeding this fall to have species in place by next year!



4-H Happenings in Montgomery County

Miranda Thompson, 4-H Youth Development

SAVE THE DATES!
EGG-cellent Egg Contest

For 4-H members with a flock of chickens that are currently laying eggs. Participants may submit up to 2 sets of one dozen eggs, which will be judged for uniformity and interior quality.

FOR MORE INFORMATION, CONTACT YOUR COUNTY OFFICE:
<https://www.ces.ncsu.edu/>

September 9 - Registration Deadline
September 13 - Initial Program Training Zoom
September 27 - EGGciting, In-Depth Egg Training Zoom
November 3 - Egg Submission Deadline
November 15 - Winners Announced

ALL DATES ARE SUBJECT TO CHANGE

NC COOPERATIVE EXTENSION
N.C. Cooperative Extension prohibits discrimination and harassment regardless of age, color, disability, family and marital status, gender identity, national origin, political beliefs, race, religion, sex (including pregnancy), sexual orientation and veteran status. NC State University/NC A&T State University, U.S. Department of Agriculture and local governments cooperating.

Our youth are signed up and excited for our Egg-cellent Egg Contest. We have nine youth signed up for this statewide contest!

This contest is open to any youth who have a flock of laying hens that are currently laying. Youth may submit up to 2 sets of one dozen eggs to be judged.

This event will take place virtually through September 2022 through November 2022. Throughout the virtual contest youth will participate in virtual trainings and information meetings. Best of luck to our youth in this Egg-Citing Contest!



After so much success this summer, 4-H is bringing the Mooving Milk Program to our Montgomery County School classrooms. This fall, 4-H Agent, Miranda Thompson and Agriculture Agent, Tracy Blake will be working with students and educators at Star Elementary, Green

Ridge Elementary, and Tillery Charter Academy. After completing these schools, they plan to bring this program to every kindergarten classroom within the county.

The Mooving Milk Curriculum is designed to teach youth ages five to 7 about the life cycle of dairy cows, how the dairy industry works, and how dairy foods can contribute to a healthy diet. Throughout the lessons, youth are able to participate in role play, math, science, social studies, and literacy activities. This program will take place over four days at each site and will reach all students.



The 2022 NCAE4-HYDP Conference for 4-H Agents was held on September 7th - 9th in Manteo, North Carolina. This was our new 4-H Agent, Miranda Thompson's first time attending. While at the conference she had the opportunity to network and meet with agents from across the state. Professional development sessions were held for agents to refresh and focus on the year ahead.

Staff Directory

Empowering Youth & Families Program Beth Morton, EYFP Program Assistant

Calling all Middle Schoolers and their families! Montgomery County Empowering Youth and Families Program is coming back on September 20th! Join us in this 10-week-long program to learn about communication, choices, goals, and peer pressure! EYFP is NO COST for all families with childcare as well as dinner provided! If you would like to sign your family up, scan our QR code or contact Beth Morton at (910) 576-6011 or her cell at (910) 220-1457. She is also available by email: lemorton@ncsu.edu.

Sign up for EYFP Today!



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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/>.



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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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