

North Carolina Cooperative Extension Montgomery County



September, 2023

From the Director's Desk

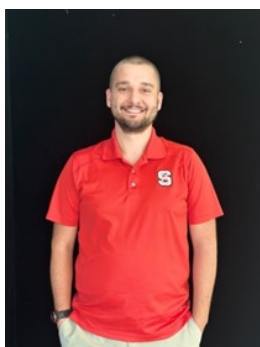
We have an open position on our team!

If you are interested or know someone who might be interested in applying for our Livestock and Field Crops Extension Agent position, please check out the info and the link below. Are you looking for a rewarding career that will let you give back to your community? NC State Extension extends research-based knowledge to all North Carolinians, helping them transform science into everyday solutions that improve their lives and grow our state. We are the model of excellence in non-formal, research-based education that advances agriculture, the environment, human health and well-being, youth and communities, while creating prosperity for all North Carolinians.



The agent in this position will provide leadership for the development, implementation and evaluation of an effective educational program and informational assistance to meet the needs of the county adult and youth populations in the following areas of responsibility; Agriculture/Livestock & Field Crops, to include but not limited to swine, equine, cattle, goats, sheep as well as all field crops.

Check out the job posting and apply online at: <https://jobs.ncsu.edu/postings/188454>



Owen Washam is our new Horticulture and Forestry Extension Agent and joined our team on August 21, 2023. Owen started his experience in Cooperative Extension while interning at the Henderson and Waynesville Stations in 2017 and 2018. He also spent a term investigating hop powdery mildew in New York as a Cornell Summer Scholar. After earning Bachelor's degrees in Horticulture and Plant Biology at NC State, Owen looked to further qualify himself for a career in Cooperative Extension. In 2020, he moved to Wisconsin in pursuit of graduate school, recently finishing his Master's degree in Plant Pathology from University of Wisconsin-Madison. His thesis research studied organic celery nitrate accumulation, and the role plant derived salts can be used to cure organic meat products. Owen and Jenny (his wife) are excited to be back in North Carolina, and have been hiking and swimming in

Uwharrie National Forest as much as possible. Some of Owen's favorite past times include raising carnivorous plants, backpacking, fishing and foraging.

We are excited to have Owen join us and look forward to his contributions to the Montgomery County Horticulture and Forestry programs!

We need your help to provide Christmas to families in need this year! Drop off any new or gently used gifts/clothing to our office (located at 203 W. Main St, Troy) by December 1st. You can also drop off cash donations or use the link here to make a tax-deductible donation.

<https://mcpccss.square.site/treeofhope>



NC State University and N.C. A&T State University commit themselves to positive action to secure equal opportunity and prohibit discrimination and harassment regardless of age, color, disability, family and marital status, genetic information, national origin, political beliefs, race, religion, sexual identity (including pregnancy) and veteran status. NC State, N.C. A&T, U.S. Department of Agriculture, and local governments cooperating.



Miranda Thompson, 4-H Youth Development

Montgomery County 4-H Chicken Show and Agricultural Fair

This year in conjunction with our Agriculture Fair, Montgomery County 4-H hosted their first chicken show. We are so proud of these young showmen and their excitement! Congratulations to all our winners!

A special thank you to our judge, Kari Harding from NC State University!

Also thank you to all that entered into our Agriculture Fair this year. We are excited to make this event even bigger next year.



NCACC Youth Voice 2023

The last weekend in August one of our 4-Hers, Savannah Dennis represented Montgomery County 4-H at the NCACC YouthVoice event in Raleigh.

This event gives youth the opportunity to talk with local county officials, learn about the role of county commissioners, county budgeting processes, and help to develop strategies to future develop their leadership and communication skills.

Thank you Savannah for representing us so well!

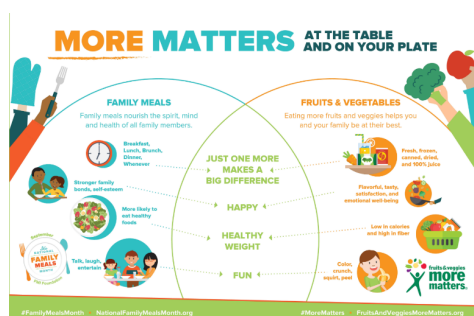


Family & Consumer Sciences Updates

Rhonda Peters, FCS Agent

Elizabeth Thompson, Nutrition Educator

September is Family Meals Month



Did you know that research shows that eating meals as a family can have far-reaching health and well-being benefits to individuals and

the community? Family meals have been associated with increased diet quality, better weight management, as well as improved mental health, academic performance, and more. Reducing away-from-home eating leads to healthier children. Numerous studies have found that eating with others, particularly family, is associated with healthier dietary outcomes for both children and adults. Educational and public health initiatives aimed at promoting shared family mealtimes may improve nutritional health of children and adolescents. Clinicians may advise their patients about the benefits of sharing three or more family mealtimes per week. Benefits include a reduction in the odds for overweight (12%), eating unhealthy foods (20%), and disordered eating (35%) and an increase in the odds for eating healthy foods (24%). On days when restaurants are used in lieu of home prepared meals, dietary quality declines. Adults and children who eat at home more regularly are less likely to suffer from obesity. In a study examining the relationship between everyday family rituals and BMI measurements, boys who have a social dinner experience tend to have lower BMI, notably when the family stays at the dinner table until everyone is finished eating. The results are the same for parents. There's clear evidence that the structure of a meal can heavily influence a child's long-

term health. Kids and teens that share meals with their family three or more times per week are significantly less likely to be overweight, more likely to eat healthy foods and less likely to have eating disorders. Children and adolescents who share family meals three or more times per week are more likely to be in a normal weight range and have healthier dietary and eating patterns than those who share fewer than three family meals together. Children who grow up sharing family meals are more likely to exhibit prosocial behavior as adults, such as sharing, fairness, and respect. Further research suggests that teens who eat dinner with their parents regularly develop better relationships with them, do better in school, and are at lower risk of using drugs, drinking or smoking. With each additional family meal shared each week, adolescents are less likely to show symptoms of depression, less likely to use or abuse drugs, and less likely to engage in delinquent acts.

Focus on Debt Relief

For many of us, credit card debt can be stifling.

Many adults have multiple credit cards with high balances. While making minimum monthly payments is important, only paying the minimum will increase the amount of time it takes to pay these debts off. However, many of us are clueless about how to formulate a plan that will actually help us get out of debt. That's where this FREE tool comes in handy. Gather all your credit card statements, interest rates, and balances and in-



put that information into this online calculator. PowerPay will give you the tools to develop a personalized, self-directed debt elimination plan. Discover how quickly you can become debt free, and how much you can save in interest costs by following your debt reduction plan. Utah State University Extension is pleased to provide this debt management tool without any cost to consumers worldwide. Additionally, The PowerPay Money Master Online Course is designed to teach real-life money smarts regarding your personal financial vision, money personality, tracking expenses, budgeting, managing debt, understanding credit, and saving money. Bonus module topics include insurance, investing, and homeownership. Find both of these tools at www.powerpay.org. If you need help navigating the system or interpreting results, please contact our FCS Agent (Rhonda Peters) by email at rtpeters@ncat.edu or by calling the office.



Elizabeth's Healthy Recipe Corner

Simple Stuffed Peppers

These simple stuffed peppers are fun and flavorful. Use yellow, red, green, and orange peppers for a colorful dish.

Ingredients

- 1 cup brown rice, uncooked
- 1 can black beans, low sodium (15 ounces)
- 4 bell peppers (any color)
- 1 cup cheddar cheese, shredded (reduced fat)
- 1 tomato, sliced
- 1 cup salsa

salt (to taste, optional)

Directions

1. Wash hands with soap and water.
 2. Preheat the oven to 400°F.
 3. Cook brown rice according to package directions.
 4. Wash the peppers under running water.
 5. Cut the tops off the peppers and spoon out the seeds.
 6. Drain and rinse the black beans.
 7. Combine the beans, rice, salsa and salt (optional).
 8. Spoon about 3 Tablespoons of the mixture into the bottom of each pepper.
 9. Place a slice of tomato on top of the mixture and sprinkle with 2 tablespoons of cheese.
 10. Repeat steps 7 and 8 to fill the pepper completely but do not top with cheese.
- Bake peppers for 30 minutes, top each with 2 Tablespoons of cheese and continue baking for 15 minutes more.

Find more delicious and healthy recipes by visiting www.myplate.gov



Check out our current videos by visiting

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



Chrissy Haynes
County Extension Director
chrissy_haynes@ncsu.edu



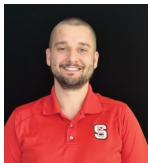
Kim Gibson
Administrative Assistant
kim_gibson@ncsu.edu



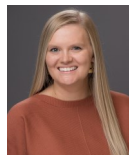
Rhonda Peters
Family & Consumer Sciences
rtpeters@ncat.edu



Elizabeth Thompson
Nutrition Educator
eathompson@ncat.edu



Owen Washam
Horticulture and Forestry
Owen_washam@ncsu.edu



Miranda Thompson
4-H Youth Development
mkthomp5@ncsu.edu



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

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/>.

Be on the lookout for more information and opportunities for your youth from Montgomery County 4-H or contact our agent, Miranda Thompson at miranda_thompson@ncsu.edu.

Soil Samples are now FREE as of April 1st. Stop by the office to pick up forms and sample boxes



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