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Contact Us

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surry.ces.ncsu.edu

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Extension and Community Association Scholarship



Surry County Extension and Community Association (ECA) members are proud to announce they are accepting applications for the 2017 North Central District Extension and Community Association Scholarships. The \$800.00 scholarships are given to a youth and an adult who are continuing their education beyond the high school level in any field of study, but with priority given to a degree in family and consumer sciences.

A youth applicant is defined as a high school senior or a student currently enrolled in college having completed high school without a break in his /her formal education. An adult is an individual who has completed high school and has had a break in his/her formal education and now wishes to further his/her education.

All applicants must be North Carolina residents and planning to attend a North Carolina accredited college, community college, or technical institute in the fall of 2017. Scholarships are awarded based on the following criteria:

Financial Need 25%
Scholarship Potential 25%
Activities and Honors 25%
ECA Connection 25%

The deadline for applications is February 10, 2017. The application is available here: <https://www.ces.ncsu.edu/wp-content/uploads/2015/01/2015-Scholarship-Application.pdf>. You may also obtain an application or get more information by calling the Surry County Center of NC Cooperative Extension at 336-401-8025.

Surry County Extension and Community Association (ECA) has eight clubs and 70 members located throughout the county. The organization's mission is to Strengthen Families through:

- Leadership Development
- Volunteer Work
- Educational Support
- Researched-based education from North Carolina State University and North Carolina A&T State University

Tobacco GAP Meeting

Tim Hambrick, Agriculture Extension Agent - Forsyth, Stokes, and Surry Counties

The GAP meeting for the 2017 tobacco crop will be held on January 12. Registration is not open yet but you should be aware of something regarding pesticide credits. Because of the size of this meeting and changes made in computer systems, **if you do not bring your pesticide license with you, you will not receive pesticide credit!** If you've lost your license, you have plenty of time to get a replacement. Contact Tim Hambrick at 336-703-2850 if you need assistance.

NC State University
A&T State University
**COOPERATIVE
EXTENSION**

Empowering People • Providing Solutions

Don't Miss This! APPALACHIAN NIGHT SKI TRIP



We will be taking a ski/snowboarding trip to French-Swiss College at Appalachian Ski Mountain in Blowing Rock on **Friday, January 27th**. This trip is for ages 12 and

up. Ages 12 and under will need a parent/guardian to attend. We will be leaving the office at 3:00 p.m. and will return around 1:00 a.m. The cost for skiing will be \$26.00 and \$30.00 for snowboarding. Clothing rental will be additional. We will have dinner available for purchase ~ \$8.00 from Chic-Fil-A or you may eat on your own at the Snack Bar.

To see the slopes live visit: <http://www.appskimtn.com/asm-right-now/slopecam/>

Deadline to register is January 20th and spaces are very limited. Call the Extension office at 336-401-8025 to reserve your spot today!

NORTH CENTRAL DISTRICT 4-H WINTERFEST

We want *you* to be part of our NCD 4-H Winterfest! It's a one day event where you will have the opportunity to participate in service projects and connect with your NCD 4-H family! For the afternoon FUN TIME this year, you have a choice of bowling or ice skating.

When: January 7, 2017

Where: Guilford County Extension Center

Who: Youth ages 11 and up

Cost: \$20.00

Deadline to register is December 30th and spaces are very limited. Call the Extension office at 336-401-8025 to reserve your spot today!

Applications Being Accepted For Extension Master Gardener Volunteer Program

Master Gardeners are members of the local community who take an active interest in their lawns, trees, shrubs, flowers and gardens. They are enthusiastic, willing to learn and to help others, and able to communicate with diverse groups of people.

What really sets Master Gardeners apart from other home gardeners is their special training in horticulture. In exchange for their training, persons who become Master Gardeners contribute time as volunteers, working through the Extension office to provide horticultural-related information to their communities.

Is the Master Gardener program for you? Ask yourself the following questions:

Do I want to learn more about plants?

Am I eager to participate in a practical and intense training program?

Do I like to share my knowledge with other people?

Do I have time to attend trainings and to volunteer in my community?

If you answered yes to these questions, the Master Gardener program could be for you. Applications are due by December 31st to the Extension Center. The 2017 program will begin in February, with 40 hours of classroom instruction and 40 hours of volunteer work required to complete the certification. Applications may be found at <https://surry.ces.ncsu.edu/>.



Cards & Cookies Workshop

Wednesday, December 21st
Floating: 1:30 - 3:30

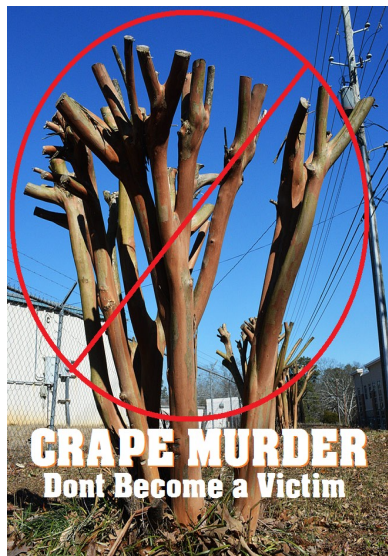
The holidays are a great time to discuss values with your children, such as giving back. It's also a great time to actually DO some giving back. Join us for our Cards and Cookies event, where we will be decorating cookies and making Christmas cards to give out at a local nursing home. Many nursing home residents don't have family or friends who come to visit, and items such as these can bring them a little Christmas cheer! We hope you will join us for a relaxed afternoon to kick off your Christmas vacation and give back to the community! **RSVP by December 16th!**

401-8025

The bottom section of the flyer features a decorative border. On the right side, there is an illustration of a gingerbread house with a sign that says "401-8025". To the left of the gingerbread house is a small illustration of a Christmas tree. The entire section is decorated with colorful circles in shades of purple, yellow, green, and red.

Stop the "Crape Murder"

Adapted from Greg Grant, Research Associate, Piney Woods Native Plant Center, Stephen F. Austin State University



The silence must be broken. We must form together to stop the cruel torture of the crapemyrtle, *Lagerstroemia indica*. This is one of the most popular flowering trees in the south. It was said to be introduced into the United States around 1786.

Crapemyrtles are one of the toughest, most adaptable, and showiest plant that we grow here locally. They don't have many pests, they have beautiful blooms most of the summer, and they have great winter appeal with their exfoliating bark that exemplifies its smooth trunk.

Yet many homeowners and numerous landscape crews have a horrible habit of butchering them. There are no horticulturists nor arborists that would recommend the practice of topping crapemyrtles. There are several reasons why this pruning method is frowned upon:

- It leaves horrible scars and wounds that are permanent.
- It makes a profusion of smaller branches resulting in a lack of proportion.
- It creates larger blooms but fewer of them.
- It is without a doubt, hideous to the eye.

All trees have a characteristic shape to them. The crapemyrtle is no exception. They are also one of the most beautiful. The larger blooms on the new shoots have a tendency to flop over and droop after summer rains. Keep in mind, we do not whack dogwoods, red-buds, or Japanese maples. So, why is it the prettiest one is disfigured so?

If you want to see crapemyrtles pruned correctly take a ride through downtown Mount Airy. Now they appreciate the crapemyrtle and respect her beauty! Fantastic job crew!! The only pruning crapemyrtles require is to thin out the trunks on young trees leaving somewhere around 3 to 7 permanent trunks. The fewer you have, the more you can admire their shape and smooth texture. Each year around early spring, all you do is remove any new suckers that appear from the ground or from the main trunks. That is it. Yes, if the tree is small you can remove the seedpods, but realize that this is purely for aesthetic reasons. Removing dried pods during the winter doesn't promote any more bloom during the summer. Removing them during the summer does promote faster re-bloom however. This nonsense of pruning back to pencil size wood comes from recommendations from the 1960's and is outdated. People apparently had a lot more free time on their hands then. To be quite honest an unpruned crapemyrtle is almost always superior in appearance to a "professionally" pruned one. Some things in nature are hard to improve on.

There are many cultivars of crapemyrtles that have an ultimate height range from 3 feet to 30 feet. Do not plant a 30 foot crapemyrtle in a space designed for a 10 foot one. This leads to problems.

Check with a reputable nursery. If a tree type is too large, there are many smaller types available, including mildew resistant ones. There are a number of improved semi-dwarf cultivars in the 6-8 foot range including Acoma (white), Hopi (pink), Tonto (fuchsia), and Velma's Royal Delight (purple) that make outstanding small trees. Trees that NEVER need topping.

Healthy Holiday Gifts

Almost two-thirds of Americans are overweight or obese, and more than half don't get enough physical activity. This holiday season encourage your friends and relatives to eat healthier and get moving by giving them health-related gifts. You might want to buy duplicates for yourself!

Gifts for Healthy Eating

Home-made food, cooking ingredients and kitchen tools are sure to please almost everyone on your list. The possibilities are endless, but here are a few practical gift ideas to get you started.

Fruit & Vegetable Basket: keeping them at optimum quality by assembling the basket shortly before giving it.

Healthy Snack Jar: filled with packages of healthy snacks such as: little boxes of raisins; non-fat snack bars; trail mix; 100-calorie packs of various crackers; dried fruit; baked chips and pretzels.

Assortment of Herbs & Spices: add new zest and taste to foods formerly flavored by salt, sugar, and fat.

Kitchen Tools

Easy-To-Handle Gadgets: for weak hands, large rubber-handled, easy-to-use kitchen tools, as well as jar openers are great gift ideas.

Cutting Board: Having extra boards prevents cross-contamination when cutting different types of foods for the same meal.

Measuring Spoons: so the cook on your gift list won't have to continually wash and rewash that single set of spoons.

Hot Beverage Carafe: keeps beverages hot and fresh-tasting for hours.

Fitness-Related Gifts

To rev up the physical activity level of people on your gift list, consider giving them one or more fitness-related items like these this year.

- **Pedometer**
- **Workout Video or DVD**
- **Stability or Balance Ball**
- **Three-Wheeled Adult Bike**

CALENDAR OF EVENTS

Beef Quality Assurance Training

December 6, 2016
Stokes County Fairgrounds

Diabetes & You

December 7, 2016
12:00 p.m. - 1:00 p.m.
Cooperative Extension Center, Dobson

ECA County Council & Planning Meeting

December 9, 2016
11:00 a.m.
Cooperative Extension Center, Dobson

Surry County Master Gardener

Monthly Meeting

December 14, 2016
12:00 p.m. "Noon"
Cooperative Extension Center, Dobson

Cards & Cookies Workshop

December 21, 2016
1:30 p.m. - 3:30 p.m. "Floating"
Cooperative Extension Center, Dobson

4-H Project Record Book Workday

December 22, 2016
10:00 a.m. - 4:00 p.m. "Floating"
Cooperative Extension Center, Dobson

4-H Winterfest

January 7, 2017
Cost: \$20.00
Guilford County Extension Center
Greensboro, NC

Ski Trip

January 27, 2017
3:00 p.m. - 1:00 a.m.
Cost: \$26.00 - \$30.00 plus food
Cooperative Extension Center, Dobson

Accommodation Statement:

For accommodations for persons with disabilities, contact the Surry County Center at (336) 401-8025, no later than five business days before the event.



Disclaimer

Recommendations for the use of agricultural chemicals are included in this publication as a convenience to the reader. The use of brand names and any mention or listing of commercial products or services in this publication does not imply endorsement by North Carolina Cooperative Extension nor discrimination against similar products or services not mentioned. Individuals who use agricultural chemicals are responsible for ensuring that the intended use complies with current regulations and conforms to the product label. Be sure to obtain current information about usage regulations and examine a current product label before applying any chemical. For assistance, contact your county Cooperative Extension agent.

Special Note: Registration for events listed in this calendar are required unless otherwise noted. Register by calling (336) 401-8025.

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