

# Extension news

Surry County Center

November 2016

## Inside This Issue

### Awards

*Sweet Potatoes*

*Household Hazardous  
Waste & Pesticide  
Removal Day Update*

*Beef Quality Assurance  
Training*

*Seniors' Health  
Insurance Information  
Program Update*

*Foothills Food Pantry  
Open Your Heart  
Christmas Campaign*

*Maintain, Don't Gain  
Holiday Challenge*

*Packing Party*

*Unlocking the  
Mysteries of Medicare*

*Calendar of Events*

## Contact Us

Surry County Center  
Post Office Box 324  
210 North Main Street  
Dobson, NC 27017

(336) 401-8025 Phone  
(336) 401-8048 Fax

[surry.ces.ncsu.edu](http://surry.ces.ncsu.edu)

Distributed in furtherance of the acts of Congress of May 8 and June 30, 1914. North Carolina State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, veteran status or disability. In addition, the two Universities welcome all persons without regard to sexual orientation. North Carolina State University, North Carolina A&T State University, U.S. Department of Agriculture, and local governments cooperating.

## State and Regional 4-H Team Periodical Publication Awards Recipients



*They Make  
a Great Team!*

Whitney Collins, Surry County 4-H Agent and Sally Southard, Administrative Assistant for the North Carolina Cooperative Extension - Surry County Center were honored recently at the 2016 Annual State 4-H Extension Agent conference in Kitty Hawk, NC. The submission of their "Clover Clips" newsletter placed them first in the State for the Team Periodical Publication Award. As the winner of the state contest, their submission advanced to the Regional level, where they were also awarded first place. Surry County is located in the Southern Region, which includes the Virgin Islands and 13 states. The National Association of Extension 4-H Agents recognized regional and national winners at their annual meeting on October 12, 2016 in New Orleans, Louisiana.

## National Radio Award



Carmen Long, Area Extension Agent - Family and Consumer Sciences for Surry and Alleghany counties, was honored recently at the National Extension Association for Family and Consumer Sciences 2016 annual session. She received the 3<sup>rd</sup> place National and 2<sup>nd</sup> place Southern Region Radio/Podcast Communications Award at the conference held September 12-15 in Big Sky, Montana. In receiving the award, Carmen was recognized for an Extension Today feature on food. The Radio Communications Award recognizes excellence in communication through an educational or a promotional feature

between one and 15 minutes in length. It may be a regular broadcast or a special program. The award was sponsored this year by the NEAFCS membership and awards fund.

## Surry County Master Gardener Volunteers Win 1st Place

Congratulations go to Surry County Master Gardener Volunteers on their 2016 Surry County Fair Booth! Linda Vaught, Mary Cathey, Tasha Greer, and Anita Collins created an artistic, Alice in Wonderland style demonstration of a backyard "Pollinator Paradise" that fair judges awarded a blue first place ribbon. The booth displayed the importance of pollinators with giant floating butterflies painted on feed bags, a flowering apple tree made from a tree branch and hand-cut paper flowers, and a selection of tissue paper flowers, live plants, and cut flowers that simulated a garden. The team also included a mini "pond" complete with stones to demonstrate how to make a safe drinking site for bees. The booth definitely prodded people to go home and search for ways they could protect and encourage pollinators in their backyard.



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

Empowering People • Providing Solutions

# Sweet Potato Jackpot



Extension Master Gardener Volunteers have worked hard throughout the summer keeping the three raised beds in front of the Extension Center looking good. During their October

Master Gardener meeting they confirmed not only did the raised beds look good but they were also bountiful!

Raised bed number one contained herbs, raised bed number two housed beautiful annual flowers, while raised bed number three grew abundant sweet potatoes. Perfect and just in time for fall.

As a teaser and something fun to do, we are not telling how many sweet potatoes the small bed (8 foot by 4 foot) produced. If you would like to participate in our “sweet potato jackpot contest” call (336.401.8025) into the Extension Center or email Nicole at [nicole\\_hall@ncsu.edu](mailto:nicole_hall@ncsu.edu) and guess the amount (in pounds) of sweet potatoes that were harvested from this bed. The contest ends at 9:00 a.m. on November 18. The winner will receive a “gardening” prize. (Surry County Master Gardeners are excluded from this contest.)

## Household Hazardous Waste and Pesticide Disposal Day Update

A shout goes out to all Surry County residents who came out to the Household Hazardous Waste and Pesticide Disposal Day at Veteran’s Memorial Park on October 22. It was a great day to collect all of the unwanted paints, pesticides, paint thinners, solvents, and other nasty environmental pollutants. Thank you for disposing of these products safely and responsibly. And, a BIG Thank You to Veteran’s Memorial Park, Surry County, and the North Carolina Department of Agriculture.

If you missed the disposal day this year, go ahead and mark October 28, 2017 for next year’s big disposal day.

## Beef Quality Assurance Training

**BQA Certification and recertification available**

**When: December 6, 2016 @ 4:00 pm**

**Where: Stokes County Fairgrounds / Main Street, King**

**Call 336-401-8025 to register before December 2nd.**



**Seniors' Health Insurance Information Program**  
Insurance Commissioner Wayne Goodwin

## NEWS

**855-408-1212 • [www.ncshiip.com](http://www.ncshiip.com)**

Your health needs change from year to year, and the benefits and costs of your health plan may change each year, too. That’s why it’s important to evaluate your Medicare choices every year. The Annual Election Period is the one time of year when *all* people with Medicare can change their Medicare health plan and prescription drug coverage for 2017. Take advantage of the Annual Election Period, and you may be able to save money, improve your coverage or both.

The Annual Election Period starts on Oct.15—and lasts seven full weeks—to give you enough time to review and make changes to your Medicare coverage. You will need to make your final selection for next year's Medicare coverage by Dec. 7 to ensure that your coverage can begin without interruption on Jan.1.

“Many Medicare beneficiaries don’t realize the importance of evaluating their plans every year,” said North Carolina Insurance Commissioner Wayne Goodwin. “The staff from SHIIP, the Seniors’ Health Insurance Information Program, are available to help over the phone or in-person in all 100 counties in North Carolina.”

SHIIP is a division of the North Carolina Department of Insurance and offers free, unbiased information about Medicare, Medicare prescription drug coverage, Medicare Advantage, long-term care insurance and other health insurance issues. In addition to helping Medicare beneficiaries compare and enroll in plans during the Annual Election Period, SHIIP counselors can help people find out if they are eligible for Medicare cost savings programs.

Here are some of the ways to review and compare plans available for 2017:

- Get one-on-one help from SHIIP, the Seniors’ Health Insurance Information Program, by calling 1-855-408-1212, Monday through Friday, from 8 a.m. to 5 p.m. **You can also request in-person assistance by calling the Surry County Cooperative Extension office at 1-336-401-8025.**
- Visit [www.medicare.gov/find-a-plan](http://www.medicare.gov/find-a-plan) to compare your current coverage with all of the options that are available in your area, and enroll in a new plan if you decide to make a change.
- Review the Medicare & You handbook. It was mailed to people with Medicare in September.
- Call 1-800-MEDICARE (1-800-633-4227) 24-hours a day, seven days a week, to find out more about your coverage options. TTY users should call 1-877-486-2048.

For more information about SHIIP and the Medicare Annual Election Period, call 1-855-408-1212 or visit [www.ncshiip.com](http://www.ncshiip.com).

# FOOTHILLS FOOD PANTRY

## Open Your Heart Christmas Campaign



The **Foothills Food Pantry** is beginning to organize their *Open Your Heart Christmas Campaign*. It is their goal to provide everything necessary to prepare a delicious Christmas meal for approximately 500 families again this year. They hope individuals, families, and the community will choose to participate in this year's endeavor.

Enrollment for assistance will begin on November 1st, and will continue throughout the month. Applications will be taken on Tuesday and Thursday mornings between the hours of 9:00 a.m. and 12:00 noon. For individuals who work during the day, the food pantry will take applications on Monday evenings from 6:00 to 7:00 p.m.

Listed below are non-perishable food items that will be delivered with each meal.

Turkey	Rolls	Fresh Potatoes	Fresh Fruit	Coffee
Sugar	Eggs	Cranberry Sauce	Butter / Margarine	Cake Mix
Macaroni & Cheese	Corn	Green Beans	Stuffing Mix	Icing

Donations will be accepted through **Monday, December 5th** for this campaign at both the Cooperative Extension office in Dobson and the Foothills Food Pantry on 233 Cooper Street, Dobson. For more information, call the **Foothills Food Pantry** at 336-386-8405.

## Worried holiday weight gain will weigh you down?



**Eat Smart, Move More, Maintain, don't gain!**  
**HOLIDAY Challenge**  
Sign up at [www.esmmweighless.com](http://www.esmmweighless.com)

This holiday season, the only thing that should be "stuffed" is the turkey! Many Americans gain between 1 and 5 pounds each holiday season. While it might not sound like much, most people never manage to lose those extra pounds.

Instead of piling on the pounds, you are invited to join the 10th annual *Eat Smart, Move More, Maintain, don't gain! Holiday Challenge*. Rather than focusing on trying to lose weight, this **FREE** seven-week challenge provides participants with tips, tricks, and ideas to help maintain your weight throughout the holiday season.

### The (free!) Holiday Challenge includes:

Seven weekly newsletters delivered to your inbox with tips to: Host a healthier Thanksgiving, Manage holiday stress, and Surviving a holiday party. Also included are daily tips, mid-week challenges, healthy holiday recipes, motivation and support from other participants, and prizes and free gifts!

The Holiday Challenge runs from November 14 through December 31. Sign up today at: <https://esmmweighless.com/holiday-challenge-live/>



## Packing Party



**Date:** November 3, 2016

**Time:** 3:30 p.m.

**Where:** Surry County  
Cooperative Extension  
210 North Main St., Dobson

**Cost:** Free

Join us for a time of packing, letter writing, snacking - and lots of fun!

RSVP by calling [\(336\) 401-8025](tel:3364018025) or email [whitney\\_sprinkle@ncsu.edu](mailto:whitney_sprinkle@ncsu.edu)

## Unlocking the Mysteries of Medicare Prescription Drug Plans

**Friday, November 18, 2016**  
**10:00 a.m. - 12:00 p.m.**

**Elkin Center**  
**of Surry Community College**

**Seats are limited**  
**Call 336-401-8025**  
**to register**





## CALENDAR OF EVENTS

### 4-H County Council Meeting

November 3, 2016

3:30 p.m.

Cooperative Extension Center, Dobson

### Operation Christmas Child

#### Packing Party

November 3, 2016

3:30 p.m.

Cooperative Extension Center, Dobson

### Cultivating Plants Workshop

November 7, 2016

6:00 - 8:00 p.m.

Cost \$15.00

Cooperative Extension Center, Dobson

Call: 336-386-3618 to register

### Diabetes & You

November 9, 2016

12:00 p.m. (Noon)

Reeves Community Center

### Master Gardener Meeting

November 9, 2016

12:00 p.m. (Noon)

Cooperative Extension Center, Dobson

### Southern Christmas Show Bus Tour

November 10, 2016

Cost: \$30.00

### Surry County Beekeepers Meeting

November 14, 2016 / 7:00 p.m.

Cooperative Extension Center, Dobson

### Vinedressers Meeting

November 17, 2016 / 6:00 p.m.

Carolina Heritage Vineyard & Winery

### Unlocking the Mysteries of Medicare

#### Prescription Drug Plans

November 18, 2016

10:00 a.m. - 12:00 p.m. (Noon)

Elkin Center of Surry Community College

### Farm City

November 22, 2016 / 7:30 a.m.

Viticulture Center, Dobson

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

### **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.



331 copies of this public document were printed at a cost of \$127.63 or .3856 per copy.

NON-PROFIT  
US POSTAGE PAID  
DOBSON, NC  
PERMIT NO. 45