

Extension's

Better Living Series

Gaston County
September - December 2019

Workshop	Date	Time	Location	Register By	Cost	To Register
Matter of Balance	Wednesdays, Sept. 4 - Oct. 23	10:00am - 12:00pm	Cherryville Library	August 23	n/a	Call 704.435.6767
Cooking Smart with Fall Foods	Thursday, September 12	3:00pm - 4:00pm	Dallas Library	September 5	n/a	Call 704.922.3621
Cooking Smart with Fall Foods	Monday, September 16	2:00pm - 3:00pm	Belmont Library	September 9	n/a	Call 704.825.5426
Cooking Smart with Fall Foods	Monday, September 23	3:00pm - 4:00pm	Ferguson Library	September 16	n/a	Call 704.868.8046
Cooking Smart with Fall Foods	Thursday, September 26	11:00am - 12:00pm	Union Rd. Library	September 19	n/a	Call 704.852.4073
Making Sense of Food Labels	Monday, September 30	2:00pm - 3:00pm	Stanley Library	September 23	n/a	Call 704.263.4166
Making Sense of Food Labels	Wednesday, October 2	11:00am - 12:00pm	Gastonia Library	September 25	n/a	Call 704.868.2164
Matter of Balance	Thursdays, Oct. 3 - Nov. 21	2:00pm - 4:00pm	Lucile Tatum Ctr., Gastonia	September 20	n/a	Call 704.865.3291
Common Nutrition Myths of Diabetes	Monday, October 7	2:00pm - 3:00pm	Belmont Library	September 30	n/a	Call 704.825.5426
Somethin' Pumpkin Cooking Contest & Festival	Saturday, October 12	10:00am - 1:30pm	Citizens Resource Ctr., Dallas	September 6	n/a	Call 704.922.2127
Living Healthy with Diabetes	Wednesdays, Oct. 16 - Nov. 20	9:00am - 11:30am	Lucile Tatum Ctr., Gastonia	October 4	n/a	Call 704.865.3291
Making Sense of Food Labels	Monday, October 21	10:00am - 11:00am	Lowell Community Center	October 14	n/a	Call 704.824.0099
Matter of Balance	Tuesdays, Oct. 22 - Dec. 10	2:00pm - 4:00pm	Lowell Library	October 11	n/a	Call 704.824.1266
Common Nutrition Myths of Diabetes	Thursday, October 24	3:00pm - 4:00pm	Dallas Library	October 17	n/a	Call 704.922.3621
Healthy Holiday Hints & Foods	Monday, November 4	3:00pm - 4:00pm	Ferguson Library	October 28	n/a	Call 704.868.8046
Making Sense of Food Labels	Monday, November 18	2:00pm - 3:00pm	Belmont Library	November 8	n/a	Call 704.825.5426
Making Sense of Food Labels	Thursday, November 21	3:00pm - 4:00pm	Dallas Library	November 21	n/a	Call 704.922.3621
Healthy Holiday Hints & Foods	Monday, November 25	2:00pm - 3:00pm	Stanley Library	November 18	n/a	Call 704.263.4166

LOOKING FOR SOMETHING ELSE?

Learn about additional Extension workshops, events, and services:

Website: gaston.ces.ncsu.edu

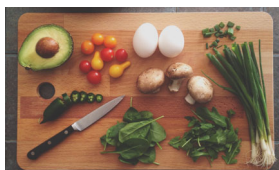
Facebook: @GastonExtension

WORKSHOP DETAILS

Matter of Balance

This award-winning program (8 sessions) focuses on fall prevention and increasing physical activity. Designed to improve balance, flexibility and strength. Workshop includes activities to improve balance and strengthen muscles as well as discussion about fall prevention steps to make throughout your home. Program is sponsored by the Centralina Area Agency on Aging.

No cost to participants. Valued at over \$800.



Cooking Smart with Fall Foods

Have an interest in local foods? Want to learn how to make tasty, delicious, and EASY meals for using fall foods? If so, this session is for you! Participants will receive a variety of fall-featured recipes that's sure to help you eat smart all season long.

Instructors: Linda J. Minges & Dietetic Interns
No cost to participants.



Living Healthy with Diabetes

This 6-week course, originally developed by Stanford University, is for anyone with pre-diabetes, diabetes, or at risk for diabetes.

Participants will learn how to prevent low blood sugar; prevent and delay complications of diabetes; eat well; use medications effectively; manage pain, fatigue and depression; solve problems and set goals. Sponsored by Centralina Area Agency on Aging.
No cost to participants. Valued at over \$800.



Somethin' Pumpkin Cooking Contest & Festival

Over the past several years, Somethin' Pumpkin has become a family-centered event which carries on not only the skill of cooking, but also the enjoyment of preparing food with family and friends. The event includes a cooking contest, pumpkin decorating contest, and festival designed by NC Cooperative Extension as part of Cotton Ginning Days.

Cooking Contest

Registration Deadline: September 6th

Includes 8 categories: 1) main dish, 2) desserts, 3) miscellaneous, 4) home grown, 5) youth: ages 8 to 12 – main dish & miscellaneous, 6) youth: ages 8 to 12 – desserts, 7) youth: ages 13 to 18 – main dish and miscellaneous, and 8) youth: ages 13 to 18 – main dish and miscellaneous.

Entries are judged and displayed as part of Cotton Ginning Days. Cash prizes are awarded in each category: first place - \$100; second

place - \$50; third place - \$25. Grand prize (\$200) is awarded to overall Cooking Contest winner.

Cash prizes are awarded for first, second, and third place in each category, as well as a grand prize winner.

Pumpkin Decorating Contest

Pumpkin Decorating Contest includes three categories: grades K-2, grades 3-5, and family. Participants decorate a small pumpkin to portray a theme or character from any Maurice Sendak book... such as *Where the Wild Things Are*. Pumpkin entries are accepted September 30th – October 3rd.

Find contest details and pick up your pumpkin at participating Gaston County Library locations: Cherryville, Ferguson, Main, Tech@Lowell, and Union Road.

Youth activities are also provided, such as crafts, pumpkin decorating and face painting.

Contact: Linda J. Minges
No cost to participants.



Common Nutrition Myths of Diabetes

When it comes to diabetes, there is a lot of misinformation about what you should eat. Join us for a discussion on the basics of healthy eating with diabetes and learn practical tips to better management. We'll explore common nutrition myths related to diabetes.

Instructors: Linda J. Minges & Dietetic Interns
No cost to participants.

WORKSHOP DETAILS

Making Sense of Food Labels

Do you find food labels confusing? Want to better understand food labels to help manage your health?

If so, this session is for you!

Participants will learn how to use food labels in preventing or managing chronic health conditions, such as diabetes, high blood pressure, high blood lipids (cholesterol and/or triglycerides), and weight-management.

Instructors: Linda J. Minges & Dietetic Interns

No cost to participants.



Healthy Holiday Hints

Do you struggle with the holiday season sabotaging your good health? Looking for healthier holiday recipes? Join us for a discussion on how to enjoy the holiday season, recipe makeovers, how to maintain your health goals.

Instructors: Linda J. Minges & Dietetic Interns from Lenoir-Rhyne & Winthrop University

Free of charge.

WORKSHOP LOCATIONS

Belmont Library

125 N. Central Ave.
Belmont, NC —704.825.5426

Cherryville Library

605 E. Main St.
Cherryville, NC—704.435.6767

Dallas Library

105 S. Holland St.
Dallas, NC—704.922.3621

Ferguson Library

913 N. Pryor St.
Gastonia, NC—704.868.8046

Gastonia Main Branch Library

1555 E. Garrison Blvd.
Gastonia, NC—704.868.2164

Lowell Community Center

501 W. First St.
Lowell, NC—704.824.0099

Lowell Library

203 McAdenville Rd.
Lowell, NC—704.824.1266

Lucile Tatum Center

959 Osceola St.
Gastonia, NC—704.865.3291

Mt. Holly Library

245 W. Catawba Ave.
Mt. Holly, NC—704.827.3581

Union Road Library

5800 Union Rd.
Gastonia, NC—704.852.4073

Stanley Library

205 N. Peterson St.
Stanley, NC—704.263.4166

BETTER LIVING WITH EXTENSION VOLUNTEERS

Extension volunteer groups support these *Better Living* workshops and much more. If you're looking for opportunities to learn new things and meet new people, then consider being a part of our volunteer groups:

- Beekeepers Association
- Cattlemen's Association
- Extension Community Association (ECA)
- Extension Master Food Volunteer Program
- Extension Master Gardeners Volunteer Association
- 4-H Community Clubs

For further details, contact 704.922.2111.



REGISTRATION INFO

- Contact instructor to confirm workshop opening **before** submitting registration fees.
- Pre-registration including payment, if applicable, is required by registration deadline.
- No refunds are provided except when a class is cancelled or full.
- Please note that class location, time, and fees vary with each class.
- In the event that minimum registration is not met, workshop may be cancelled at the discretion of the instructor.

Registration Deadline

- Five business days prior to most workshops.

For accommodations for persons with disabilities, contact workshop location no later than 5 business days before the event.

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

Contact Our Staff

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Contact Us

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NC Cooperative Extension
Gaston County
PO Box 1578
Gastonia, NC 28053

Physical Address

Citizens Resource Center
1303 Dallas-Cherryville Hwy.
Dallas, NC 28034

Office Hours

Monday - Friday | 8am - 5pm

For More Information

Phone: 704.922.2111
gaston.ces.ncsu.edu

Follow Us on Facebook:

@GastonExtension
@ExtensionHealthyLiving
(nutrition, wellness, and
food safety programs)
@NC-EFNEP-Gaston-County

Available Services

In addition to workshops, Extension provides a variety of services and information such as:

Agriculture

- Commercial Horticulture
- Farm Start-ups, Production, & Marketing
- Farmers Market Grower Permits
- Livestock Production & Pasture
- Local Natural Resource Issues
- NC Farm School
- Pesticide and Waste Management Training

Community & Family

- Gaston Community Garden Network
- Triple P – Positive Parenting Program
- Volunteer Management

Homes & Gardens

- Beekeepers & Pollination
- Lawns & Gardening Advice
- Nuisance Wildlife
- Pest ID
- Soil Testing Kits

Nutrition & Wellness

- Food Safety Information
- Health & Wellness Information
- Home Canning & Food Preservation Resources
- Pressure Canner Testing

Youth

- 4-H Clubs
- 4-H Summer Youth Programs
- Healthy Harvest School Gardening
- School Enrichment Programs
- Nutrition Programs

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