



**F.C.S. April FCS After 5 –  
AFTER 5 Cake Decorating**  
Family & Consumer Science programs to reach the working clientele



**Thursday, April 11<sup>th</sup> from 6-8 p.m.**

**Cost is \$35 per person.**

Join us for our next FCS After 5 where we will be learning how to make the cake and icing, ice the cake, use piping tips to write and decorate and use star tips to drop flowers and make borders. All supplies will be provided, and a meal will be served. Supplies include: single layer cake, icing, spatula, pastry bags, couplers, stainless steel piping tips, and plastic scrapers. Register now, there is limited space for this class. You must pay the fee to be considered registered for class. The last day to register is Tuesday, April 9<sup>th</sup>. Please note: If registering at the Extension office - check, money order, or cashier's check made out to MSU-Extension is preferred form of payment.

MISSISSIPPI STATE UNIVERSITY™  
EXTENSION

**Private Applicator** **\$20** COST

Two Private Applicator Trainings will be held on Monday, April 22, at 9:00 a.m. and at 6:00 p.m. at the Multipurpose Building. The cost of the class is \$20, check or money order only.

Please call the Extension office, 662-675-2730, by Noon on Friday, April 19 to reserve your spot for either class.



### ServSafe Food Safety Certification Course

Date: June 27, 2024

Time: 7:30 a.m. – 6 p.m.

Cost: \$150

Location: Yalobusha County Extension Office

Deadline to Register: May 31, 2024

**ServSafe ONLINE EXAM** – Contact the Extension office to schedule exam time.

Online pricing:

Proctor fee \$74

Seat code \$36 (purchased through Servsafe.com)

or

Book with proctor fee and seat code

\$114 (must order via [https://](https://www.fsnhp.msstate.edu/workshops/servsafe/registration.php)

[www.fsnhp.msstate.edu/workshops/servsafe/registration.php](https://www.fsnhp.msstate.edu/workshops/servsafe/registration.php))



## Water Valley Housing Authority Monthly Program

Date: Friday, April 19<sup>th</sup>

Time: 10 a.m.

Topic: Short on space? Grow Vegetables in Containers



Raising kids, Eating right, Spending smart  
**Healthy You Exercise**



Healthy You Exercise is a free “in home” walking program that meets every Wednesday at 9 a.m. at the Extension office. Join us for up to 30 minutes of physical activity. If you come, make sure to wear comfortable, cool clothes, good tennis shoes and bring some water to drink.

**\*\*MSU Extension will provide accommodations to persons with disabilities or special needs. Please contact our office at least 5 business days prior to an event to request reasonable assistance.\*\***

**662.675.2730**

**MHV NEWS**



**United Y.C. MHV**

**United Y.C. MHV- Regular Meeting**

Date: April 16  
 Time: 9 a.m.  
 Spring Gardening program with Master Gardener’s  
 Time: 10 a.m.  
 Location: Extension office  
**MHV important dates:**  
 MHV Week is April 21-27  
 MHV State Council – May 13-15 at Mississippi State University  
 MHV State council registration – April 8-May 3



**MHV Members attend North Central Area Meeting**

Members of the United Y.C. MHV Club attended the North Central Area Spring MHV meeting on March 20<sup>th</sup> at the Grenada County Extension Office. Those who attended were: Georgia Wilkerson, Lura Besinger, Pamela Redwine, Julia Fernandez and Jo Davis. The ladies are shown with some of the items they have been working on in their Sewing for Service group – Walker/Wheelchair bags for Yalobusha General Nursing Home and cough pillows and pillowcases for Blair Batson Children’s Hospital.

**Morning CREATE MHV Club**

**Date:** Wednesday, April 10, 2024  
**Time:** 10 a.m. until noon  
**Location:** Extension Office located inside Multi-Purpose Building  
 Program Leader: Mary Fuquay  
**Program:** Wooden Picture Frame. All supplies will be provided for \$6.



Please call by April 9<sup>th</sup> to reserve your spot. Please note: check, money order, or cashier’s check made out to MSU-Extension is preferred form of payment.



**March Create Club – Butterfly Houses**

What a great group we had for our March Create Club meeting! Mrs Jo Davis led the group in making butterfly houses out of gourds. So much fun and just in the time for Spring.



The Crochet Group will meet at the Extension Office this month from 10 a.m. until noon. You will need to bring the yarn of your choice and a crochet hook.

This is a great opportunity for beginners to learn how to crochet, as well as, a good time for more experienced people to get ideas for new projects, or finish existing projects. We hope you will join us.

**April Dates:**  
**Thursday, 4**  
**Thursday, 18**



**Sewing for Service**

The Sewing for Service Group will meet at 9 a.m. until noon on Monday, April 1<sup>st</sup> and 15<sup>th</sup> at the Yalobusha County Extension Service located inside the Multi-Purpose Building in Coffeerville. We will continue making pillowcases for Blair Batson Children’s Hospital. This club is free and open to the public. We need participants to help cut out patterns, iron, sew, and serge.

# Healthy Aging 101

Staying healthy as you age involves adopting a combination of physical, mental, and lifestyle habits. Here are some important habits to consider for maintaining health and the quality of life in older age:

## 1. Regular Exercise:

Engage in regular physical activity, including both cardiovascular exercises (like walking or swimming) and strength training. Exercise helps maintain muscle mass, bone density, and cardiovascular health.

## 2. Balanced Diet:

Consume a well-balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats. Adequate nutrition is crucial for maintaining energy levels, supporting the immune system, and preventing chronic diseases.

## 3. Adequate Sleep:

Aim for 7-9 hours of quality sleep each night. Good sleep is essential for cognitive function, emotional well-being, and overall health.

## 4. Social Connection & Mental Stimulation:

Stay socially active by maintaining relationships with friends and family. Social connections contribute to emotional well-being and may even have positive effects on physical health.

Keep your mind active with activities that challenge your brain, such as reading, puzzles, learning new skills, or engaging in hobbies. Mental stimulation is vital for cognitive health.

## 5. Limit Alcohol and Quit Smoking:

If you drink alcohol, do so in moderation. Avoid smoking, as it poses numerous health risks, including cardiovascular disease and respiratory issues.

## 6. Maintain a Healthy Weight:

Strive to maintain a healthy weight through a combination of a balanced diet and regular exercise. Excess weight can contribute to various health problems, including cardiovascular issues and joint pain.

## 7. Fall Prevention:

Take measures to prevent falls, such as maintaining a clutter-free home, using assistive devices if necessary, and engaging in exercises that improve balance and strength.

Remember that individual needs and circumstances vary, so it's important to tailor these habits to your specific health goals and requirements. Always consult with healthcare professionals for personalized advice based on your health status and any existing medical conditions.

Source: <https://www.nia.nih.gov/health>

**Tips To BOOST Your Health as You Age**

Did you know that making lifestyle changes can help you live longer and better? Try these tips to get started.

- Get moving – try gardening, biking, or walking.
- Choose healthy foods rich in nutrients.
- Manage stress – try yoga or keep a journal.
- Learn something new – take a class or join a club.
- Go to the doctor regularly.
- Connect with family and friends.

Learn more about steps you can take to promote healthy aging at [www.nia.nih.gov/healthy-aging](http://www.nia.nih.gov/healthy-aging).

NIH National Institute on Aging



# March FCS After 5- Spring Canvas Painting



We had such a fun time at our March FCS after 5 Friday night. We enjoyed having Anissa and Mindy from Coddiwomple Designs to join us for a canvas painting workshop.

MISSISSIPPI STATE UNIVERSITY... EXTENSION

Mississippi 4-H

## NORTHEAST DISTRICT PROJECT ACHIEVEMENT DAY

JUNE 14, 2024 | 8:30 AM  
NORTHEAST COMMUNITY COLLEGE

Cloverbuds (5-7 year olds)  
Junior 4-H Members (8-13 year olds)

JOIN US FOR A DAY OF CONTESTS, WORKSHOPS AND OTHER 4-H LEARNING OPPORTUNITIES!

# \$15

Contact your County Extension Agent for more information

MISSISSIPPI STATE UNIVERSITY... EXTENSION

# COMPETITIONS

SAVE THE DATE

## 4-H STEAM DAY

JUNE 25  
9 AM - 4 PM

190 BOST DRIVE  
MISSISSIPPI STATE UNIVERSITY  
EXTENSION SERVICE

ROBOTICS CONTESTS | LEGO CONTEST | SNACK CONTEST | MAKERSPACE CONTEST | ART CONTEST | SCRATCH JR. CONTEST | FUN WORKSHOPS

4-H Club Congress - Starkville  
Wed, May 29 - Fri, May 31 2024, All day





### 4-H Cooking Kit for April

**What:** Monthly Cooking Kits

**Cost:** \$10 per month

**Kit Contains:** A recipe, all of the ingredients you will need to complete recipe, a kitchen tool, educational information about the featured food and an activity evaluation.

**Registration deadline:** Friday, April 12th

**Pickup date:** Thursday, April 18th

Participants are asked to send Mrs. Pamela a picture of child cooking the recipe and the completed evaluation by Thursday, March 28th

Youth ages 5-18 (younger children can participate but may need more adult supervision).



### Creative Kids ART Club

For youth ages 8-up

**4-H Creative Kids Art Club** will meet in a new location and at a new time!!!

**Date:** Saturday, April 13<sup>th</sup>

**Time:** 10 a.m. – 1 p.m.

**Location:** Downtown Water Valley at tin (this is noteworthy) building.

**\*\*This month's lesson will cover oil pastels. Please bring these items with you. Some will be available if you don't have any.**



Our March Art class was all about watercolors. We learned 8 different techniques! Those who attended were: Michaela Burns, Etta Mazzone, Barron Dudley, Addisyn Morris.



### 4-H Homeschool Club Meeting :

If you are a homeschool family, we would love to have you join us. We meet twice a month and enjoy learning about a variety of

topics. Our youth and parents take turns delivering the programs and leading the activities. The meetings are held at the Yalobusha County Extension office from 1:30-3:30 p.m.

#### April Meetings:

Monday, April 1

Monday, April 15



### 4-H Babysitting Basics Class



What a great inaugural babysitting class we had during spring break. We had 4 participants shown are: Christopher Martin, Susan Schroyer, Alli Pittman and Michaela Burns. The participants

learned so much about starting a baby-sitting business, information to collect from the parents, do's and don'ts, safety, first aid and they all became Certified in CPR. They even made a magic bag for a them to take with them to their different jobs that has different games and activities for them to use. These 4-Hers are now ready to start their babysitting business. Special thanks to certified 4-H volunteer Elizabeth Wright and 4-H State Staff Debra Lloyd for making this class possible.



### 4-H Volunteer Training

Special thanks to our 4-H Volunteers that attended our 2nd Quarterly 4-H Volunteer Leader's Training. This training focused on summer contest including Project Achievement Day and Club Congress. Those who attended were: Susan Schroyer (4-H member), Nell Camp, Patsy Schroyer, Curtis Camp, Rod Mazzone, Paul and Pat Rodrigue and Nicole Folson. If you would like to learn more about becoming a 4-H Volunteer, contact us at the Extension office 662.675.2730.



**Yalobusha County**  
HORSE CLUB

April 20- Tri-Lakes Judged and Speed show at Multipurpose Building – Noon

Please support the Yalobusha County 4-H concessions.



# 4-H MSU EXTENSION PEEPS DIORAMA CONTEST 2024 RULES AND ENTRY FORM



### Prizes Will Be Awarded for Each Category:

- Best Diorama Title
- Best Transformation of a Peep
- People's Choice-Voting Will Occur on Facebook **Yalobusha County 4-H**
- Judges' Choice

**Deadline for Entry:** Monday April 8th

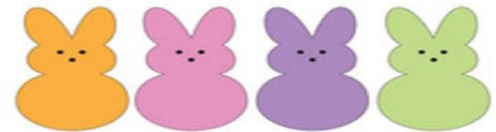
**Winners will be Chosen:** Friday April 12th

### RULES:

- \*Dioramas should have a book theme.
- \*Dioramas must contain 1 or more Peep.
- \*Entries must be dropped off at the MSU Extension Building by April 8th 5pm
- \*Open to ages 2-18
- \*Dioramas that are not picked up on April 16th will be repurposed.

2024 PEEPS DIORAMA ENTRY FORM-Please drop this portion off with your entry.

Entry Title: \_\_\_\_\_  
 Your Name: \_\_\_\_\_  
 Phone or Email: \_\_\_\_\_  
 Book Title: \_\_\_\_\_



# Cooking with Herbs

(as part of the Coffeeville Public Library Plant Swap)

**Location: Coffeeville Public Library**

**Date: Thursday, April 18**

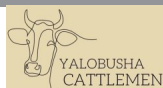
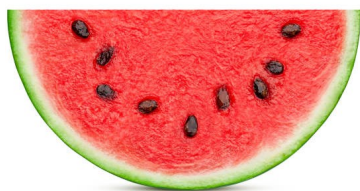
**Time: 4:30 p.m.**



**Presented by:**  
**Pamela Redwine**  
 MSU-Extension Agent







## Cattlemen's Association

### April Meeting

The Yalobusha County Cattlemen's Association will meet on **Tuesday, April 16**, at 6:30 at the Multipurpose Building. Libby Durst, MSU Extension Associate and assistant to Dr. Brandi Karisch, will be speaking on Pregnancy Diagnosis. Bankfirst will sponsor our meal. Please RSVP to the office by **noon on Friday, April 12**.

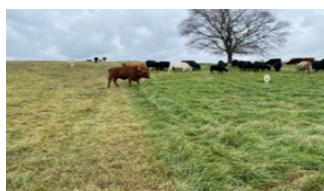
# LARGEST WATERMELON CONTEST

**6-18 YEAR OLDS**



The Water Valley Chamber of Commerce will be partnering with Yalobusha County 4-H to bring our inaugural Youth Watermelon Growing Contest. An interest tent will be set up at the Water Valley Crawford Ballpark on **Saturday, April 13**, for youth to get more information on this exciting event. Please stop by the **4-H tent at the ballpark at 10:00 am**, or 1:00 pm, that day to ask questions and find out further details.

Missy Burney  
ANR AGENT 662-675-2730



# Forage Field Day

Jamie L. Whitten Plant Materials Center



2533 Country Road 65  
Coffeeville, MS 38922-2652

**Wednesday, April 17, 2024**  
9:00 AM - 12:00 PM  
Registration at 8:30 AM



### Program

- 9:00 AM - 9:30 AM - Forage Variety Testing (Annual Ryegrass and Small Grains, and Tall Fescue) - Joshua White, Mississippi State University
- 9:30 AM - 10:00 AM - Tall Fescue Grazing Management and Fertility - Rocky Lemus, Mississippi State Extension Service
- 10:00 AM - 10:30 AM - Legume Evaluation Trial - Jonathan Vollmer, USDA PMC
- 10:30 AM - 11:00 AM - Grasses as Cover Crops (Planting & Termination) - Jonathan Ballmer, USDA PMC
- 11:00 AM - 11:30 AM - USDA-NRCS Programs - Christopher Cox, USDA-NRCS
- 11:30 - 12:00 PM - Rainfall Simulator - Greg Swain, USDA-NRCS
- 12:00 PM - 1:00 PM - Lunch
- 1:00 PM - 2:00 PM - Drill Calibration (Optional)

Program Participation is Free  
Lunch is included  
Register at:  
<https://bit.ly/2024PMCFIELDDAY>

Registration Deadline is April 12, 2024 by 5:00 PM CST



The Master Gardeners will be partnering with Friends of Coffeeville Library to host a plant swap at the Coffeeville Library on Thursday, April 18, from 4-6 at the Coffeeville Library.

## It's time for a Plant Swap!

Join us on  
**Thursday, April 18th**  
from 4-6 pm  
at **Coffeeville Public Library** for our  
**Second Annual Plant Swap!**  
Bring any plants or seeds to trade  
them with fellow swappers!  
**Master Gardeners will be on site.**

Sponsored by:  
Friends of the Library  
Yalobusha County Extension Service



# GARDENING



If you're anything like me, I find any excuse to get outside. The warmer temperatures

and colorful blooms are refreshing, especially after the cold winter we had! Working on outdoor chores is a great excuse to get some fresh air. Here are a few tasks you need to cross off your checklist during April:

-Once your azaleas and other spring flowering shrubs have bloomed, give them a good pruning to encourage growth for next year. If you're looking to plant more azaleas in your yard, consider purchasing them this month to be sure you like the color.

-Add a pop of color to your landscape by planting summer annuals. It's important to do research and planning before heading to the garden center. Plan your location and pick plants that do best with the lighting conditions in that area. The plant tags often contain lighting and watering requirements. Check out [Extension Publication 1826, "Annual & Perennial Flowers for Mississippi Gardens"](#) for a list of top performing annuals and perennials to consider planting.



<http://extension.msstate.edu/blog/april-garden-checklist>  
MSU Extension Service By [Ms. Mary Michaela Parker](#)

-It's time to start planting your summer garden! There's nothing like garden fresh veggies during the summer. I have fond memories of visiting my grandfather's garden and to pick cucumbers. Vegetables including okra, melons, peas, corn, beans, and cucumbers can be direct sowed. Transplants of eggplant, peppers and tomatoes can be purchased and planted throughout the month for enjoyment in the later months. Needing help on growing vegetables? Check out [this section](#) of the [Garden Tabloid!](#)

-If you want to plant summer and fall blooming bulbs into your landscape, now is a great time to get them planted.

-Give shrubs like boxwood and holly a light shear to get them looking nice. For information on pruning formal shrubs and other landscape plants, check out [Extension Information Sheet 0204, "Pruning Landscape Plants."](#)




-Dividing summer flowering perennials helps you to keep your flower beds neat. Transplant the divisions in other parts of yard or share as pass-along plants with friends and family. Our [blog post](#) on how to divide perennials offers a handy tutorial.

If you haven't fertilized your shrubs yet, be sure to check that off your list this month as well. You can bookmark or print out the [full garden calendar](#) to help stay on track. If you have any questions as you prepare your garden or landscape this spring, our website is a great place to find answers. You can find helpful articles and videos in our [lawn and garden section](#).

Another great resource for gardening tips is our Southern Gardening social media accounts. Follow MSU Extension horticulturist Dr. Gary Bachman on [Facebook](#), [Twitter](#), and [Instagram](#) to stay plugged into the gardening world. If you aren't already a part of our [Horticulture Hub Facebook group](#), you really are missing out!



## April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9 - Sewing for Service 1:30- 4-H Homeschool 4 - 4-H Horse Club	2 	3 9 -Exercise	4 10 -Crochet	5	6
7	8	9	10 9 -Exercise 10 - Create	11 6pm-FCS After Five	12 Cooking kit Deadline	13 10-4-H Art @ T.I.N. 10-Watermelon contest sign up at WV Ballfield
14	15 9 - Sewing for Service 1:30- 4-H Homeschool 4 - 4-H Horse Club	16 9-MHV  6:30pm- Cattlemen's	17 9 -Exercise	18 10 -Crochet Cooking Kit Pick-up 4-Plant Swap @Library 4:30-Cooking with herbs @ Library	19 10-Water Valley Housing Authority Monthly program	20 Noon-Tri-Lakes Horse show-Support 4-H Horse Club concessions
21	22 9am- Private Applicator Training 6pm-Private Applicator Training	23	24 9 -Exercise	25	26	27
28	29	30				