



4-H Summer



Yalobusha County 4-Hers participate in State 4-H Shoot in Pearl

Yalobusha county had 7 youth to qualify for the state 4-H competition held July 15th and 16th in Pearl MS. Those who participated in the State Invitational 4-H Shooting Sports Competition were: Dalton Burney, 10 Meter Air Rifle; Josh Harrison, 22 Pistol; Conner Calder, Archery; Matthew Bardo, 22 Pistol; Allen Tribble, 10 Meter Air Rifle; Lee Jackson, Shotgun; and Arthur Fielder, Archery. The official results can be viewed here <http://extension.msstate.edu/4-h/4-h-safety-programs/4-h-shooting-sports> Matthew Bardo placed third overall and has qualified to go to the National 4-H Shooting competition in Grand Isle, Nebraska which will be held July 2023. Congratulations guys for a great job and thanks for representing Yalobusha County 4-H so well.



The Saddle Club will host 2 horse shows in the month of August. The shows will be held around noon on August 6th and August 13th at the Yalobusha County Multi-Purpose Building. The Horse show is open to the public and the 4-H Horse Club will be providing a concession stand.

For more information or if you are ready to join 4-H call the Yalobusha County Extension Office at 662-675-2730

or email

Yalobush@ext.msstate.edu

What is the mission of 4-H?



4-H Youth Development Education creates supportive environments for culturally diverse young people and adults to reach their fullest potential. In support of this mission, we will:

- Provide formal and non-formal community-focused experiential learning
- Develop skills that benefit young people throughout life
- Foster leadership and volunteerism in 4-H'ers and adults
- Build internal and external partnerships for programming and funding
- Strengthen families and communities
- Use research-based knowledge and land-grant system to provide quality programming for young people and adults.

Project Achievement Day

Yalobusha County 4-H had great representation this year at Project Achievement Day in Fulton at ICC. Ella Garlington and Susan Schroyer are Jr. 4-Hers who participated in the contest and Dalton Burney is a Sr 4-Her who is also the state 4-H Song Leader and a State 4-H Ambassador. Dalton and others on the state 4-H leadership team helped to make the day go smoothly by assisting with the opening assembly, Cloverleaf exhibits and awards program. Susan won 1st place in the 10-11 year old Goat visual presentation. Ella won 2nd place in the photography judging contest and first place in the 10-11 year old photography visual Presentation.



Club Congress

Congratulations to Dalton Burney and Josh Harrison. Dalton was elected to the State 4-H leadership team as Song leader an ambassador. Josh won 2nd place in the Conservation Visual Presentation contest at 4-H Club Congress held in June at Mississippi State University.



Rural Medical Scholars Program

Bri Parrish was honored at an awards Ceremony on the campus of Mississippi State University for completion of the Rural Medical Scholar's program.

The RMS program is an intense 2 1/2 week program for high school students who have an interest in studying medicine. The program provides numerous hands on opportunities, networking and classes on various topics by different professionals.

Upon satisfactory completion of the program, students receive 3 college credits.



Yalobusha 4-H Horse Program participates in District and State Contests

The Yalobusha County 4-H Horse Club is small, made up of just 4 members, but during the District 4-H Horse show held in Winona, June 9 & 10 and the State 4-H Horse show held in Jackson June 24 & 25th they really showed out!

District 4-H Horse Show results:

Faith Irby placed 2nd in Pony Barrels under 48" and placed 3rd in Pony Stake Race under 48".

Erika Logan placed 4th in Poles for 8-11 years, 3rd in Barrels for 8-11 years and 1st in Stakes for 8-11 years.

Mallie Gordan placed 1st in Pony Poles 48-52", 1st in Pony Barrels 48-52", 1st in Pony Stake Race 48-52", 2nd in Pony Poles under 48", and 4th in Pony Stake Race under 48".

Jaelee Beaty placed 3rd in Pony Poles under 48", 3rd in Pony Barrels under 48" and 2nd in Stake Race under 48".

State 4-H Horse Show results:

Faith Irby placed 6th in Pony Barrels under 48", and placed 8th in Pony Stake Race under 48".

Erika Logan placed 6th in Poles for 8-11 years, 10th in Barrels for 8-11 years.

Mallie Gordan placed 1st in Pony Poles 48-52", 1st in Pony Barrels 48-52", 4th in Pony Stake Race 48-52", 4th in Pony Stake Race under 48".

Winner of the Pony Speed High Point.

Jaelee Beaty placed 5th in Pony Poles under 48", 3rd in Pony Barrels under 48" and 6th in Stake Race under 48".

Congratulations girls and thank you for representing Yalobusha County 4-H !



Erika Logan



Faith Irby



Mallie Gordan



Jaelee Beaty



4- H Woodworking Kit

What: A 4-H Woodworking Kit that comes with a complete set of instructions, wood, items to keep the project together, and a surprise woodworking item.

Date: Register by August 12th ; Pickup on August 19th

Cost: \$10 per kit

Participants are asked to send Mrs. Pamela a picture and the completed evaluation by August 26th.

4-H Ground Breakers and 4-H Cloverbuds

Will not meet this month.

Open to youth ages 5-18.

For more information email Mrs. Natalie Turner; gntibry-ant@gmail.com



Senior 4-H Robotics



Date: Tuesday, August 16, 2022

Time: 4 p.m.

Location: Multi-Purpose Building in Coffeerville

Program Topic: Python

Open to youth ages 14-18



4-H Cooking Kits

What: August Cooking Kit
Cost: \$7 per kit, **Please notice: Kits MUST be paid for to be considered registered. Sorry for the inconvenience.**

Kit Contains: A recipe, the ingredients needed to complete recipe, a kitchen tool, educational information about the featured food and an activity evaluation.

Registration deadline: Friday, August 12, 2022

Pickup date: Thursday August 18 , 2022

Participants are asked to send Mrs. Pamela a picture of child cooking the recipe and the completed evaluation by Friday, August 26th.

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



4-H Game Day set for September 24th

Mark your Calendars for September 24th to attend the MSU 4-H Game Day. More information on how to purchase tickets and tailgate package coming soon.



Art Classes for Youth

Classes are open to youth ages 12-18. Classes will be held at the Yalobusha County Multi-Purpose Building. To sign up for classes or to receive more information, please call the MSU Extension office at 662.675.2730 or email Pamela Redwine at p.redwine@msstate.edu

Date: Tuesday, August 2, 2022

Time: 3:00-5:00 p.m.

August: Fish– Water Color



4-H Awards Program



The Date has been set for our 1st annual joint 4-H Awards program. The Program will be held on September 17th at 6:00 p.m. More information to come.

Raising kids, Eating right, Spending smart



Healthy You Exercise

Meets each Wednesday in August at 9 a.m. Low impact Walking Videos. Don't forget your water bottle.

CREATE MHV Club

Date: Wednesday, August 10th, 2022

Time: 10 a.m. until noon

Location: Extension Office located inside Multi-Purpose Building

Program: Button tree and ornament

Program Leader: Lura Besinger

All supplies will be purchased for a price of \$ 5.00



MHV NEWS

United Yalobusha County MHV Club Meeting

Meeting: Tuesday, August 16th

Time: 9 a.m. until

Program: This will be a workday to complete projects for the MHV Booth for Holiday House.



The Crochet Group will meet at the Extension Office this month from 10 a.m. until noon. The group is led by volunteer Karol Jarman. 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.

August Dates:
Thursday, 4th
Thursday, 18th



ServSafe Food Safety Certification Course



Date: September 29, 2022

Time: 7:30 a.m. to 6 p.m.

Cost: \$140-Cashier's check or money order

Location: Yalobusha County Extension Office

Deadline to Register: Wednesday, August 31, 2022



How to Make Healthy Lunches and Snacks for Children

By [Mrs. Qula Madkin](#)
MSU Extension Service

No matter how your children go back to school this year, healthy lunches and snacks will provide them with the nutrition they need to learn, grow, and build their immune systems.

By providing your children with nutritious foods, they are more prepared to learn and grow at home or school.

The secret to preparing or packing healthy lunches and snacks for school or learn-at-home settings is to provide delicious, nutrient-rich, filling foods from each food group at every meal and snack, if possible.

Think VARIETY. Here are a few quick and easy tips to provide the most nutrition for children's growing bodies:

Continued...

- Include whole grains to boost carbohydrates and fiber. To make whole grains more kid-friendly, try white wheat or whole-grain bread and crackers.
- Choose items that list whole grain as the first ingredient on the food label. Another way to ensure you are buying a whole-grain product is to look for items with 3 grams or more of fiber per serving. Some whole grain ingredients include whole oats, whole grain rye, whole grain wheat flour, etc. Whole-grain cereal is an excellent alternative to chips and is budget-friendly.
- Offer a variety of fruits and vegetables. Fresh, frozen, and canned fruits and vegetables are packed with vitamins A, C, K, and fiber. Dried fruit can be a great addition to cereal, popcorn, or trail mix.
- Don't forget the dip. Low-fat salad dressing, salsa, or hummus are great options.
- Add calcium-rich foods from low-fat dairy products, like yogurt, cheese, and milk. Don't eat dairy? No problem. You can get calcium from fortified non-dairy sources like soy milk, soy yogurt, almond milk, and 100% fruit juice, just to name a few.
- Include other sources of calcium, such as broccoli, nuts, seeds, beans, collard greens, and other green, leafy vegetables.

Ensure children feel full longer by adding protein to each meal and snack. Both animal and plant sources provide a variety of choices, including eggs, nuts, beans, fish, and lean meats. Making sure they stay hydrated will also help. Remind them to drink water often.

Let Them Help

Get them involved in the kitchen. Allow them to be creative with meals and snacks, especially leftovers. They may have some great ideas on ways to make something out of nothing.

If you are not in the mood to fix lunch at home or don't have much food, check with your school district to see if they are providing school meals. Some school districts are providing meals for delivery or pick-up if the children are learning virtually. Meals and snacks served at school are a great option as well.

If your children are headed back to the classroom part-time or full-time check out these tips if they will be taking their lunch from home:

- Use throw-away bags to send to school to avoid a lunch box/bag going back and forth from home to school
- Send easy to open items, such as zip-top bags, twist-off tops, and flip-top water bottles.

Avoid sending containers that are difficult to open, including yogurt tubes, thin plastic packages, beverages with difficult-to-open tops, and juice boxes with straws that need to be inserted.

TAKE NOTE: Each school is handling lunchtime differently. Be sure to follow your school's guidelines for bringing food from home.

Keep Them Moving

If your children are at home for school, give them movement breaks throughout the day. Enjoy a walk, hopscotch, basketball, kickball, hide-and-seek, bike riding, active video games, or even chores. Let them find what they like to do and get moving.

Encourage 60 minutes of physical activity daily. Break it up into smaller chunks, 20 minutes at a time if you need to.

The Food Factor | Homemade Honey-Cranberry Granola Bars

MSU Extension Service By [Ms. Natasha Haynes](#)

Makes 16 servings.

Ingredients

- ½ c. honey
- 2 Tbsp. + 2 tsp. brown sugar, packed
- 1 Tbsp. + 1 tsp. oil
- 1½ c. oatmeal oats, quick (uncooked)
- 1¼ c. toasted rice cereal
- 1¼ c. dried cranberries



Directions

Preheat oven to 350 F. Combine honey, brown sugar and oil in a small saucepan. Heat over low heat until well mixed. Mix oats, rice cereal and cranberries. Add honey mixture and stir until thoroughly combined. Pat firmly into an 8-by-8-inch baking pan. Bake for 15 minutes; press firmly into the bottom of the pan once more. Bake five more minutes. Cool completely. Refrigerate at least one hour for easier cutting.



Forestland as an Investment

A short course for anyone interested in forestland as an investment opportunity

Course Topics Include

Forestland as an Investment

- ◆ Unique Attributes of Forestland from an investment prospective

Basics of Forestland Management

- ◆ Purchasing and financing your timber investment
- ◆ Business Structure Selection

Forest Management

- ◆ Site Prep, Reforestation, and Thinning
- ◆ Financial Criteria for Timberland Investment
- ◆ Non-Timber Income Sources

Marketing Strategies

- ◆ Marketing a Timber Sale
- ◆ Best Management Practices for Logging

Taxation and Estate Planning

- ◆ Timber Taxation Overview
- ◆ Wills and Estate Planning Issues

Forestland as an Investment

Owning and managing timberland can be a profitable and enjoyable enterprise. Land connects generations and provides both current and future income. It also carries special risks that need to be considered. This short course covers many aspects of timberland ownership and management.

Where and When

Thursday, September 22, 2022
9 a.m. - 2 p.m.
Yalobusha County Extension Office
18025 HWY 7
Coffeerville, MS 38922

Audience

This program is designed for landowners, foresters, or others considering investing in land and timber.

Cost & Registration

\$30 per person, \$40 per couple for materials and lunch.

Make Checks Payable To: Yalobusha CFA

Mail Payment To:

Pamela Redwine, Extension Agent IV
PO Box 610
Coffeerville, MS 38922

Please Register by September 18th, 2022.

Contact

Pamela Redwine, Extension Agent IV
MSU Extension Yalobusha County Coordinator
(662) 675-2730



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After a relatively mild summer, heat and humidity have arrived in full force in Mississippi. Going outside during the afternoon is miserable these days! If you're like me, I try to get all my outdoor activities wrapped up in the morning or late afternoon to avoid the heat. Be sure you can recognize the signs of heat-related illness, and remember to drink plenty of water anytime you're outside! Hydration is important!

Here's a few things to accomplish in your garden and around your yard this month:

1. Daylilies are an easy and gorgeous plant to have in your yard. Plant them now to ensure a beautiful spring bloom. Learn more about Mississippi perennials here. Photo by Canva Pro
2. Rose bushes are a treat to have in your landscape! To encourage fall growth, prune rose canes to 24-30 inches from the ground. If you're a rose lover, the rose section of our website will provide a plethora of information on how to grow and care for them! <https://extension.msstate.edu/blog/june-garden-checklist>
3. Treat any plants showing signs of chlorosis with chelated iron. As you're inspecting your plants for disease and pests, you might run across leaves on trees or shrubs that have turned yellow, except for its veins. The yellowing of leaves is known as chlorosis and is a sign the plant is lacking certain micronutrients. To help combat this issue, treat any plants with chelated iron.
4. Everyone loves fall mums! If you plan on planting mums for a fall bloom, plant them sometime this month to ensure you have blooms in September. You will also need to feed them with a complete fertilizer every two weeks and water thoroughly to keep them healthy.
5. There is no chore more dreaded than mowing the lawn, but it's an important one to stay on top of! Continue to mow your lawn weekly if you're getting rain. Remember to leave the clippings on the lawn to provide extra nutrients to your turf. If you'd like more information on how to have a spiffy looking lawn, [Extension Publication 1322, "Establish and Manage Your Home Lawn."](#) can help.
6. Make sure your plants stay well-watered during this hot weather. The summer sun can damage your plants and garden if not watered enough! Give your plants a good watering each day. Extension specialists recommend watering your garden deeply but infrequently in August.

Another task to consider is dividing and transplanting Louisiana irises, Easter lilies, cannas, liriopse, ajuga, and Shasta daisies. This can be done anytime during the fall, winter, and early spring. Don't know how to divide these perennials? Check out this quick [demo](#) from MSU Extension Horticultural Specialist Dr. Jeff Wilson!

If you're an avid gardener, consider becoming a [Master Gardener](#)! Reach out to your [Extension agent](#) for more details and information!

August 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 3-5- 4-H Art	3 9-Exercise	4 10- Crochet	5	6 Noon Horse show
7	8	9	10 9-Exercise 10- Create	11	12 Deadline Cooking Kit registration Wood kit registration	13 Noon Horse show
14	15	16 9-MHV 4-4-H Robotics	17 9-Exercise	18 4-H Cooking Kit pickup 10- Crochet	19 4-H Wood kit pickup	20
21	22	23	24 9-Exercise	25	26	27
28	29	30	31 9-Exercise			