



Hello Everyone!

Summer is here and we hope you and your family are safe, healthy and well during this very unusual time in history. Change is inevitable and we must continue to adapt during these uncertain times. It might seem strange and weird to do some of the protocols that are now in place to do business, but it is for the safety of everyone around you. Remember we are still OPEN and here to serve you. Our office is open but with limited access to the public! Call 601-635-7011 to make an appointment before you come visit. We are trying to limit the number of clients in the office at a given time for the safety of EVERYONE! If you visit, please wear a face covering during your visit and practice social distancing within 6 feet. We have extra masks available, hand soap & hot water and lots of hand sanitizer. When you arrive be mindful that we will screen visitors before you enter with several questions. If you answer yes to one of these questions, please let us serve you virtually.

The questions are:

1. Have you been diagnosed with COVID-19?
2. Are you experiencing symptoms such as fever, cough, shortness of breath, chills, muscle pain, sore throat, new loss of taste or smell, headache, fatigue, vomiting, or diarrhea?
3. In the past two weeks, did you care for or have close contact with someone diagnosed with COVID-19?

We can schedule a virtual appointment for anyone! You can still call or text us too! If visiting, please enter the main entrance door at the front facing the grocery store when you have an appointment. The side door is being used as an employee entrance. Our entrance is stocked with publications and soil test kits if you prefer a non-contact option. Give us a call at 601-635-7011, email us at newton@ext.msstate.edu, or reach out to an individual Extension agent and let us know how we can help you today.

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Please take time to scan this code and take the survey. We are trying to assess our future programming options and what you prefer. Thank you.



Follow us on Facebook at Newton County Extension for tips and upcoming events!

65 7TH STREET, DECATUR, MS 39327

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Extension Service of Mississippi State University, cooperating with U.S. Department of Agriculture. Published in furtherance of Acts of Congress, May 8 and June 30, 1914. GARY B. JACKSON, Director

Save the Date!

4-H Grab and Go Kits - 4-H Grab and Go Bags will be available Thursday July 16, 23 and 30th. Email k.mccalphia@msstate.edu to reserve your bag by July 10. New items each week!

Virtual Club Congress - July 6-31

**Family Game Night Fun
Photo submissions -
July 15 through July 29**

**2020 MS State 4-H Online
Hippology Contest - July 25**

**Adult Grab and Go Mindful
Monday Bags will be
available every Monday in
August. Email
k.mccalphia@msstate.edu to
reserve your bag by August
1. Limited supply.**

**September 1 through
September 15, St. Jude
Fundraiser begins. You may
send your payments to MSU
Extension, P.O. Box 188;
Decatur, MS 39327. Make
checks payable to St. Jude.**

**September 1- 4-H Enrollment
forms available for 2020-2021
year.**

**September 30- October 2 -
Virtual Painted Pumpkin Art
Contest-Call Katrina for
details**



4-H NEWS

We have several great virtual events for you this quarter! Check them out !

This virtual opportunity is going to be offered through MSU-ES's Canvas platform for SENIOR 4-Hers 14-18 years old! It will be educational-based and will not offer contests.

There will be five courses in which 4-H'ers can participate. All participants must take the Introduction to Virtual 4-H Congress course to unlock the remaining four courses, which are:

- STEM and Agriculture
- Family & Consumer Sciences
- Citizenship & Career Readiness Leadership
- Healthy Living

If you are a Senior 4-Her contact our office to learn how to enroll in 4-H Congress.



GRAB AND GO KITS



These kits are a fun, educational way to get your kids learning this summer! Katrina will be taking orders for the grab and go kits. Email her to get on the list k.mccalphia@msstate.edu. You must be an enrolled 4-H member to get the kits.

FAMILY FUN NIGHTS

This is an opportunity for the entire family to participate. Send pictures of you and your family participating in family fun night to newton@msstate.edu. What do you do for fun? Take time to enjoy your family during times of socially distancing. Play games, ride bikes or go hiking. But take a memorable picture and share with us. We really miss our 4-H families. Prizes will be given to each family who participates. You must be a member of Newton 4-H to participate.



MISSISSIPPI STATE UNIVERSITY
EXTENSION

Private Applicator

TRAINING AND TESTING ONLINE

Watch the training modules, pass the exam, and receive your private applicator certification from MDAC Bureau of Plant Industry.

\$20 COST

Visit <http://msuext.ms/agmes> or contact your local MSU Extension office for info on how to register.

2020 MS State 4-H Hippology Contest



The 2020 MS State 4-H Hippology Contest will be held on July 25, from 8 am - 5 pm. All contestants will compete as individuals.

This contest is "for fun" only as this will not be a qualification contest for any future contests. For more information and contest rules, please call our office at 601-635-7011 during office hours.

Keep the Most Important Thing the Most Important Thing

Be intentional about being calm.

The threat of COVID-19 triggers panic and a “scarcity” mindset. When we panic, we tend to lose perspective and focus too narrowly on a problem, often making things worse. Staying calm and managing stress takes time and effort, but it will be worth it. We can do our best to follow the CDC's health guidelines by washing our hands often, practicing social distancing, and getting our household plan in place.

When feelings of panic or anxiety set in, take a moment to control your breathing. Take deep breaths and hold them momentarily, giving yourself time for those feelings of panic and anxiety to subside. Take breaks from the news. Stretch and move your body, eat healthy foods, and get plenty of sleep. Share your feelings and experiences by connecting with friends and family digitally.

Here are additional ways to proactively manage anxiety:

- Take care of your body.
- Take deep breaths, stretch, or meditate.
- Try to eat healthy, well-balanced meals.
- Exercise regularly.
- Get plenty of sleep.
- Avoid excessive alcohol use and drug use.

WHAT HAPPENS WHEN YOU DON'T SLEEP



DID YOU GET ENOUGH SLEEP LAST NIGHT?



35% of U.S. adults are not getting the recommended 7 hours of sleep each night.

Happy Healthy Cajun-Baked Catfish

DIRECTIONS



INGREDIENTS

- 1 Tablespoon oil
- 2 cups cornmeal
- 1 Tablespoon black pepper
- 8 catfish fillets (about 4 ounces each)
- 2 Tablespoons Cajun seasoning
- ¼ cup butter, melted

1. Preheat the oven to 400°F.
2. Wash your hands well with soap and hot water.
3. Cover a large baking sheet with aluminum foil.
4. Use a spoon or brush to coat the foil with oil.
5. Put the cornmeal and black pepper in a shallow dish or plate. Mix with hands.
6. Press each fillet into the cornmeal mixture. Make sure both sides are coated.
7. Place the coated fillets onto the foil-covered baking sheet. Place them rounded-side up.
8. Sprinkle the Cajun seasoning mixture on top of the fillets.
9. Drizzle the melted butter over the top of the fillets.
10. Place the baking sheet in the oven.
11. Bake for 30 minutes. The fillets are done when the crust is golden brown and the fish flakes with a fork.
12. Serve the fillets while they are hot.
13. Refrigerate leftovers within 2 hours.

Practice Caution Around Water this Summer



Dr. Wes Neal
MSU Extension Service

In the age of COVID-19, we do not need more to worry about. However, the summer of 2019 proved that even recreating in your local pond, stream or beach comes at some risk.

We saw a nationwide outbreak of rare, yet severe, maladies that originated from the water. These problems usually start in the hottest part of summer.

The first was a massive cyanobacteria outbreak in the coastal waters of Florida. Millions of fish, marine mammals, sea turtles, birds and other species died. People felt it, too. Respiratory difficulties, headaches, rashes and gastrointestinal distress were commonly reported. Luckily, these outbreaks are usually well reported, and people can avoid affected areas. It is an ecological tragedy, but rarely does it cause loss of human life. Next came the freshwater cyanobacteria hysteria. One headline read, "TOXIC ALGAE IS SPREADING ACROSS THE U.S.!" What happened is that people's dogs went swimming in ponds with a toxic bloom. Within a few weeks, dogs died in North Carolina, Georgia, Texas, Louisiana and even Wisconsin.

Millions of dogs, people, cattle and other animals safely use ponds in the summer to cool down. Cyanobacteria are in every pond, but rarely does a toxic bloom occur.

When it does, it can affect any person or animal that comes in contact with it. There is no public warning system, but you can read the signs. If you see dead fish, a thick green or blue-green film on the water, or if the water looks otherwise "yucky," it is best to use the garden hose to cool off.

Another risk is an organism that sounds like a Harry Potter spell. *Pythium insidiosum* is a water mold that can cause a rare and deadly disease known as Pythiosis. It enters the body through wounds in the skin or via the mouth. It causes a thickening of stomach and intestinal tissues, with symptoms like fever, vomiting, diarrhea, skin lesions, swollen lymph nodes, and abdominal masses and pain. *Pythium* is found in almost all surface water, but it rarely infects animals unless they have other underlying conditions.

Possibly the most insidious malady to come from contact with water is a nasty creature known as *Naegleria fowleri*. You may have heard its other name, the "brain-eating amoeba." This small creature thrives in very warm to hot fresh water by eating bacteria. However, if it gets up your nose, it is bad news. Once inside you, it moves through the olfactory nerve to the frontal lobe of the brain. It takes 2 to 15 days for symptoms to occur, but once they do, you are dead within a week.

Scary, right? The good news is that this amoeba is incredibly rare. On average, it kills about 3.4 people in the U.S. each year. By comparison, lightning kills 49 per year. Hence, you literally have a much greater chance of being struck by lightning. So, should you avoid water all summer long? Of course not. Just practice caution. When you are in hot, shallow areas, keep your head above the water. Although ponds that look disgusting are probably perfectly safe, you should avoid them. Do not let your pets drink or swim if the water is intensely green or blue-green, and rinse them in clean water if they do jump in.

Aquatic Weed Control

Each year we receive lots of calls about weeds growing in and around ponds. It is very important to properly identify aquatic weeds before you attempt to chemically control them. Aquatic plants can be generally classified into two groups – algae and vascular plants. The algae are primitive plants that have no true roots, stems, or leaves, and do not produce flowers or seeds. The higher, more advanced group is the vascular plants, which usually have roots, stems, and leaves, and produce flowers and seeds. The algae come in many forms but can be generally classified as:

1. planktonic – microscopic simple plants (not all are true plants) suspended in the water or floating on the surface as "scums,"
2. filamentous and colonial – long strands, mats, clumps, or webs of algae that may start growing from the pond bottom and then rise to the surface to form mats, and
3. macroalgae – a more advanced group that resembles vascular plants in growth habits.

The vascular plants typically exhibit one or more of three potential growth forms—submersed, emergent, or floating—and are often categorized using these criteria.

Submersed plants spend their entire life cycles at or below the surface of the water, although the flower parts of the plants may extend above the surface of the water. Usually the plants are rooted in the soil, but masses of plants may tear loose and float free in the water. Some submersed plants may appear to be emergent or floating plants, particularly when support structures for flowers are present. Some of the most noxious aquatic plant species are submersed.

Emergent plants are rooted in the bottom soil, and their leaves, stems, and flowers extend above the surface of the water. Many can grow in both aquatic and terrestrial environments. These plants are rigid and do not require the water for support. Many emergent plants may appear as submersed plants during the early growing season before they "top out," and a few species may remain submersed indefinitely. In addition, a few may form extensive floating mats and, therefore, appear to be floating plants. Emergent plants are typically marginal except in water bodies that have extensive shallow water, or where they form mats that extend out to deeper water.

Floating plants include both free-floating plants not rooted or attached to the bottom soil and floating-leaf plants with roots that attach to the bottom, stems that extend toward the surface, and leaves that float on the surface. A few species may mature to have leaves that extend well above the surface, making them appear more like emergent plants.

Likewise, some species of floating plants may appear to be submersed plants during certain seasons and growth stages, or under certain environmental conditions.

There are many species and subspecies, and accurate identification is critical for selecting a control method. A photo guide to the species common in Mississippi is in the [Managing Mississippi Ponds and Small Lakes.pdf](#).

