



## YOUth Succeeding

Congratulations to **ALL my high school seniors who have made it through this year to graduate—Jessica Fulgham, Mary Kathryn Shaw, Ebone Chandler, Shaniya Johnson, Roosevelt Roach, Mariah Gardner. Good Luck on your future endeavors!**

Congratulations to **Rachel Carr** for winning one of the top 7 spots on the Mississippi 4-H Livestock Skillathon Team. They will compete at the North American International Livestock Exposition in Louisville, Kentucky.

## 4-H Record Books

Record keeping is an important skill. The 4-H record keeping process encourages members to develop skills in observation, gathering data, collecting and manipulating data, and general bookkeeping skills. The 4-H record allows 4-H members the opportunity to set goals and keep records on the progress made toward reaching those goals. The record book also allows the 4-H member to record losses, profits and other helpful information about their 4-H project work. The age categories are: Juniors age 8-9; Juniors age 10-11; Intermediates age 12-14; and Seniors age 15-18.

### Record Book Categories

- Achievement
- Agriculture
- Beef
- Breads
- Citizenship
- Clothing/Textiles & Fashion Revue
- Conservation of Natural Resources/Wildlife
- Dairy [Includes Dairy Goats]
- Foods (includes Food & Nutrition, Food Conservation and Safety)
- Forestry and Wood Science
- Garden and Horticulture
- Horse
- Leadership
- Photography
- Sheep
- Swine
- Pet Care/Dog care

### Other Project Categories

- Bicycle
- Careers
- Child Development
- Computer
- Consumer Education
- Dairy Foods
- Engineering
- Fitness Leadership/Health
- Home Environment
- Home Management
- Meat Goat
- Personal Development
- Plant and Soil Sciences
- Poultry
- Public Speaking
- Recreation/Expressive Arts
- Safety
- Veterinary Science

**The deadline to submit Jr, Intermediate and Sr. Record Books is July 1. For more information go to <http://extension.msstate.edu/4-h/youth-programs/4-h-records-program> or contact Christina Meriwether at [cav4@msstate.edu](mailto:cav4@msstate.edu) or 662.453.6803.**

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## A Note From The Agent

Whoa!!!! April flew by faster than March and now May is here! With that, May is always a hard time for me. A lot of my kids are graduating and going off to college. They are “leaving” me for new adventures. I see these young people as my own kids and it is a bittersweet ending after sometimes working with these kids for many years. I have been blessed by each and every youth I’ve had the privilege to work with and wish all of them congratulations and good luck on the next chapter of their lives.

*Christina Meriwether*  
Extension Agent III/ 4-H

309 W. MARKET ST. GREENWOOD, MS 38930

## 4-H Congress

While this year's Congress will look very different from previous State Congress events, we are excited to be able to once again offer contests and events face to face. This year, youth can participate in contests held at ANY region, regardless of where they live. Youth will also have the opportunity to attend more than one regional Congress event. Special thanks to the MSU Regional Extension Coordinators, Extension Specialists, and agents for their work and dedication to make this possible.

**Registration is opens on May 3, 2021 and closes June 1, 2021.**

**NE—Verona: June 15      SW—Raymond: June 17**

- Robotics
- Meats Judging
- Consumer Judging
- Agronomy Bowl
- Interior Design
- Dairy Bowl
- Dairy Products Judging
- Public Speaking
- Photography Judging

**NW—Stoneville: June 29      SE—Gulfport: June 30**

- Wildlife Judging
- Horticulture Judging
- Livestock Bowl
- Child Development
- Forestry Judging
- Poultry Judging
- Egg Preparation
- Clothing Selection

## 4-H Officers & Ambassadors

COVID had an impact on our world and most everything in it, including normal operations for 4-H as you all have experienced along with us. We are implementing a position of president-elect at this time. In order for this transition to work, we will have both a Vice-President and a President Elect for a short time. When we resume our normal schedule of elections in June 2021. The officers below will have a

formal induction ceremony via zoom in the very near future. They will complete a service project and participate in the State 4-H Leadership Training. We are thrilled to have them on board to provide leadership for the district and state events that are getting back on our calendar. Though the time in office is abbreviated from a normal year, the experiences should be rich and fulfilling. Current state leadership members will have a face-to-face training June 7-8 at MSU.

### Current Mississippi 4-H State Council Officers

<b>President</b>	<b>Conner Hidalgo</b> <i>Lee County</i>
<b>President-Elect</b>	<b>Savanna Ashley</b> <i>Wilkinson County</i>
<b>Vice President</b>	<b>Peyton Horn</b> <i>Bolivar County</i>
<b>Secretary</b>	<b>Reed Lindsey</b> <i>Prentiss County</i>
<b>Reporter</b>	<b>Lacy Raines</b> <i>Union County</i>
<b>Parliamentarian</b>	<b>Coltie Young</b> <i>Oktibbeha County</i>
<b>Song Leader</b>	<b>Jessica Fulgham</b> <i>Leflore County.</i>
<b>Southwest VP</b>	<b>Amy Grace Estes</b> <i>Amite County</i>
<b>Northeast VP</b>	<b>Isabella (Bella) Juarez</b> <i>Choctaw County</i>
<b>Southeast VP</b>	<b>Anna McFetridge</b> <i>Wayne County</i>
<b>Northwest VP</b>	<b>Mary Kathryn Shaw</b> <i>Leflore County</i>

**Deadline for 2021-2022 State Council Officers and Ambassadors May 10, 5pm. Applications available at the office.**

## 4-H Summer Camp

Summer is right around the corner and so is summer camp! There will be two opportunities for 4-H'ers to register for camp:

### 4-H Summer Camp Explore

- Junior 4-H'ers 8-13
- June 7-9, 2021
- Lake Tia O'Khata, Louisville MS
- Cost—\$200
- "First Come—First Serve" Basis. Only 20 kids will be allowed to participate. So, don't wait to register and pay!

### 4-H E.A.R.T.H Camp (Environmental Awareness through Technology Recreation and Health)

This Environmental Sciences Summer Camp will include a wide array of learning opportunities such as, entomology, wildlife, fish, camping, and Native American Cultural origins...just to name a few. There will also be time for fun and leisure with opportunities to swim, hike, go birding, and participate in scavenger hunts and other challenges.

- Junior 4-H'ers 10-12
- August 2-4, 2021
- Lake Tia O'Khata, Louisville MS
- Cost—\$120
- "First Come—First Serve" Basis. Only 20 kids will be allowed to participate. So, don't wait to register and pay!

**Covid-19 wellness practices will be applied to all 4-H activities and events until further notice. For more information, contact the Leflore County Extension Office.**

## Horse Art & Photo Contest

The Northwest Region is having the Horse Art and Photography Contest this summer at the Northwest District Horse Show in Winona. You can submit your digital horse photos to [cav4@msstate.edu](mailto:cav4@msstate.edu) and your horse art to Christina Meriwether at the Leflore Co. Extension Office. The top five entries in each category will compete against the other regions for the top 3 places in each category in the state. **The deadline is Friday, May 28th to the Leflore Extension Office.** Rules for the Horse

Art and Photography contests can be found at <http://extension.msstate.edu/publications/mississippi-4-h-horse-shows-classes-rules-and-regulations> Pages 68 & 69. If you have any questions, please feel free to contact me by email [cav4@msstate.edu](mailto:cav4@msstate.edu) or phone 662.453.6803.

## 4-H Horse Art Workshops

Leflore will be hosting Horse Art Workshops at the Ext. Office. **You must register by calling the office 662.453.6803 by the Friday before the workshop. No Cost. Ages 8-18 years old.** If you miss a meeting, don't worry! It will be recorded and posted on our county webpage <http://extension.msstate.edu/msu-extension-leflore-county>. Come have FUN with us!

**Workshop 3 May 15<sup>th</sup>**

**1pm String Art**

**Workshop 4 May 22<sup>nd</sup>**

**1pm Painting**



## Summer Day Camps

There will be 2 Day Camps this summer: June 21 & 22; July 12 & 13, both start at 10am-2pm. Lunch will be provided. These camps are for ages 8-13 year-olds. We will be learning about science, technology, engineering and math (STEM) through scientific inquiry and problem solving in hands-on activities. **NO COST. LIMITED TO 6 PARTICIPANTS FOR EACH CAMP. DEADLINE TO REGISTER IS JUNE 11 FOR THE FIRST MAKERSPACE CAMP AND JULY 1 FOR THE SECOND MAKERSPACE CAMP.**



## 4-H Leadership

The leadership club will meet **Tuesday, May 18<sup>th</sup> at the office from 8am to 2pm.** We will be working on Congress preparation, community service hours and summer programs. The June meeting will be on the 1<sup>st</sup> and we will continue with our sewing projects.



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# MSU DAWG TRACKS

While farm safety is an important topic, let's not forget about the many employees working inside the main buildings that keep us straight. There are a lot of potential injuries and hazards that can occur in office settings as well.

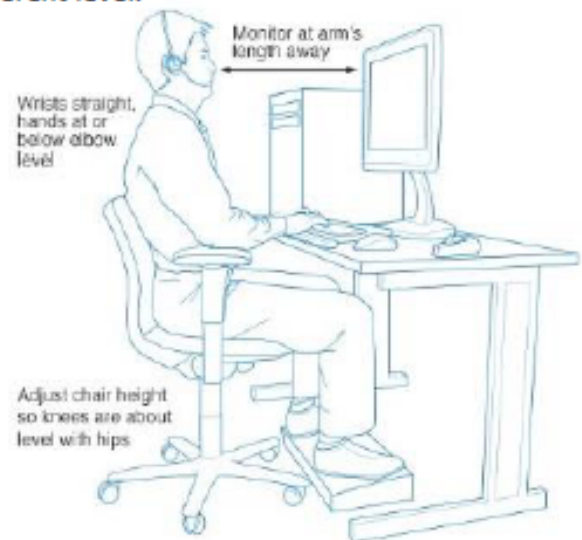
Falls, slips and trips have long been the most common cause of injury in administrative and support service areas.

- ✓ **Be organized.**  
Clutter piled up in walkways are a trip waiting to happen. Store items in their proper location and use file cabinets for piles of papers.
- ✓ **Keep items easily accessible.**  
Yes, storage space is scarce and sometimes the best solution is place things higher. How do you reach them? No, do not step up in an office chair – particularly a rolling one. Have a small step ladder handy instead.
- ✓ **Don't crash into each other.**  
Is there a blind corner or turn in the hallway that you can't see around until you're there? Consider installing a convex mirror.
- ✓ **Keep cords contained.**  
Extension cords are often necessary, but don't let them become a trip hazard. Always tape them down or purchase an appropriate cover.
- ✓ **Get a grip.**  
Wet floors can cause falls when walking and unexpectedly hitting a slick spot. If you spill coffee, wipe it up immediately. Add carpet or slip resistant mats at entrance ways where rain and mud may be tracked in.

For more info contact:  
**Leslie Woolington**  
MAFES/MSU-Extension  
Risk Mgmt./Loss Control  
662.325.3204

A growing office injury category is from poor ergonomics. Job tasks that are normally associated with a lot of desk and computer time are also prone to injuries from repetitive motion and posture related strains. These issues are often developed over time and harder to detect. Provide ergonomic friendly workstations and follow these tips to help.

- ✓ **Use adjustable equipment.**  
People come in all shapes and sizes; what is comfortable to one person may not be comfortable for the next. Learn how the equipment can adjust and know the most ergonomically beneficial way to set up a workstation.
- ✓ **Keep your feet on the floor.**  
Even a nice adjustable chair that is too high, causing your feet to dangle, will not be able to reduce pain and discomfort. A footrest is an option; ensure it is wide enough to not impede movement.
- ✓ **If the mouse is away...**  
This has nothing to do with the cat playing, but it can cause neck and shoulder pain. Keep your computer mouse beside the keyboard, not at a different level.



## Sources:

- <https://www.safetyandhealthmagazine.com/articles/recognizing-hidden-dangers-25-steps-to-a-safer-office-2>
- [https://www.bls.gov/news.release/archives/osh\\_11082018.pdf](https://www.bls.gov/news.release/archives/osh_11082018.pdf)
- <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/office-ergonomics/art-20046169>

# Quick Bites

*May 2021*

Quick Bites programs are offered through the Mississippi State University Extension Service and provide information in a wide variety of topics through Zoom. The programs are held during lunch (12-1 pm) on Thursdays. Sessions will be held in Bost 409 for those who are on campus. Contact your county office for more information.

**For County Offices:** Counties may sign up via the Zoom registration link if they plan to host a program within their office area according to the current face-to-face numbers and meeting space guidelines.

Or, counties may make the registration link available to their clients for the individual client to view the programs from their personal computers. Individuals will register for each program and will receive the program link automatically upon registration completion.

## May 6

### ***Flowers Just Like Mama Made***

***Lynette McDougald, Instructor***  
***Plant & Soil Sciences***

We will take a nostalgic look at floral design this month. Everything from containers, mechanics, and collected flowers just like our Mom's might have used.

Zoom Registration Link:

<http://msuext.ms/qb2021-05-06>

## May 27

### ***Let's Make: A Marble Clay Dish***

***Jennifer Williams, Extension Agent, 4-H***  
***Lincoln County***

Looking for something to hold all those knickknacks and jewelry? Here's the perfect solution. Not only is this project cute, but it's budget friendly. Join us to learn how to make a marble clay dish. This project is fun, easy, and practical.

Zoom Registration Link:

<http://msuext.ms/qb2021-05-27>

## May 13

### ***FireScaping Your Landscape***

***Holly Campbell, Public Service Assistant***  
***Daniel B. Warnell School of Forestry & Natural Resources***

Join in to learn about an advanced educational program on FireScaping. Holly will share how to teach others how to design a landscape that is fire safe. This program is an introduction the topic to determine additional interest for programs.

Zoom Registration Link:

<http://msuext.ms/qb2021-05-13>

## In The Garden...

### Try rosemary and thyme in home gardens, containers



When looking at all the plants growing in landscapes, I'm reminded that each plant has a role in the story of that garden. And most garden stories have plants with sidekicks that you always find side by side.

A garden story that I recently enjoyed was the British TV show, "Rosemary & Thyme." Rosemary Boxer (a university lecturer) and Laura Thyme (a former police officer) were a dynamic duo in the garden. They solved mysteries -- mostly murders -- while working as gardeners in beautiful landscapes all across Europe. And like the TV characters, the plants rosemary and thyme make a great duo in my home herb garden.

Rosemary has needle-like leaves that typically are a dark green with silvery undersides. The leaves are very aromatic. When used in a freshly prepared dinner, that sweet aroma warms the entire kitchen. Try adding fresh rosemary to hearty chicken and lamb recipes.

Rosemary can be finicky to grow in the garden, especially when given too much attention, such as watering and fertilizing. I've found that rosemary is one of those garden plants that thrives on neglect. This means I try not to even look at it as I walk by, but I can't help touching the plants and releasing their sweet scent.

Typically, rosemary has a more upright, spreading growth habit. I love the selection Prostrata, which is perfect for growing in hanging baskets. Rosemary was named a Mississippi Medallion winner in 2016.

Thyme is a great culinary herb that smells like summer to me.

Thyme has a low and spreading growth habit. The small, fragrant leaves are produced on thin, woody stems. There is a wide selection of aromas and flavors available, like lemon or variegated thyme, but my go-to favorite is the common green variety, English thyme.

It's amazing how the pollinators are attracted to the pinkish flowers when thyme begins to bloom. Be sure to encourage the plants to produce more growth by pruning the plants back by a third after flowering.

Thyme adds a savory flavor note to many dishes. For example, I love fresh thyme with my morning eggs. Use thyme to enhance pork, beef and fish dishes. It's also delicious to add to roasted root vegetables like turnips, rutabagas, and carrots. Both rosemary and thyme thrive in similar growing conditions, beginning with full sun. They can be grown with the best success, in my opinion, in raised beds; even better, in containers. This ensures the proper drainage these plants need. Growing in droughty conditions -- the drier the better -- concentrates the aromatic essential oils.

Both rosemary and thyme can be grown from seed, but that requires real patience. For these herbs, I always suggest buying transplants from your favorite independent garden center or nursery. Then you can create your own rosemary and thyme combinations.

[Dr. Gary R. Bachman](#)

## Reuse Coffee Grounds

Have you ever wanted to reuse your coffee grounds? They are actually very useful in the garden!

Whether you add them to compost or your gardening soil, they will add nitrogen, phosphorus, and potassium back to the environment they are placed in over time.



# May

# 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			April 28	April 29	April 30	1 Northwest Region SAFETY Event-- Charleston
				TSC & 4-H Paper Clover Drive		
2	3	4	5	6	7	8
			TSC & 4-H Paper Clover Drive			
				Quick Bites		
9 TSC & 4-H Paper Clover Drive	10 Deadline for 2021- 2022 Council Officers & Ambassadors App.	11 Cloverbuds	12	13	14	15 Horse Art #3
16	17 PRIDE Leadership Meeting	18	19	20	21	22 Horse Art #4
23	24	25	26	27 Quick Bites	28 Horse Art & Photography Entry Deadline	29
30	31					

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