



The holiday season is finally over and life is slowing down a bit. Everyone has made their New Year's resolutions to be the best versions of themselves for 2020. But how many of you have made the resolution before and slipped off the wagon? According to Madison Welch, Dietetic Intern at MSU, portion size is an important part of establishing a healthy routine. If your resolutions include losing weight, eating better, or just being healthier overall, here are three easy tips to help you stay on track!



1. Eat smaller portions. Your brain takes approximately 20 minutes to realize you're full. Eating smaller portions and eating slowly go hand-in-hand. Instead of reaching for a large plate, try using a medium-sized plate. A smaller plate looks full even when your portions are smaller. Remember: eat slowly, put your fork down in between bites, drink water, and enjoy conversation.
2. Do not skip meals. Skipping meals can cause you to be even hungrier at the next meal, resulting in double the portions and double the calories. If you are not hungry during mealtime, eat a snack in between to keep you from overeating at the next meal.
3. Choose healthy foods to snack on and drink plenty of water. If you like to snack, it's important to choose snacks that will keep you full. Unsalted almonds, string cheese, or celery and peanut butter are great options! Be sure to drink plenty of water throughout the day. Make it a resolution to keep a water bottle with you at all times!

Choosing foods that are both healthy and delicious are key for you to stay on track with your New Year's resolutions! Join us at MSU Extension to help set your 2020 goals. Our mission is to extend knowledge and change lives.

Katuna McCaffris



The National Wear Red Day is February 7! Did you know? Heart Disease is largely preventable. Here's what you can do now to reduce your risk:

- Don't smoke.
- Eat for heart health.
- Aim for 30 minutes of physical activity at least 5 days a week.
- Ask your doctor to check your blood pressure, cholesterol and blood glucose.

YOU CAN COOK HEALTHIER, SAVE MONEY AND MAKE MEALTIME EASIER!

Our 6 week course, COOKING MATTERS can help you:
Make family meals more fun
Cook healthy, delicious food
Save money at the supermarket



Sign up today! Call Joey Ford at 601-635-7011

MSU Extension will provide reasonable accommodations to persons with disabilities or special needs. Please contact our office prior to a program or event to request reasonable accommodation.

65 7TH STREET, DECATUR, MS 39327



January 17 - Newton County Livestock Show at the Newton County Showbarn

January 23 - Quick Bites - 4-H Opportunities in 2020, 12-1 p.m. at the Extension Office

January 24 - Happy Healthy Food Demonstration, Tasting and Recruitment, 10 a.m. at the Extension Office

January 27-30 - District Livestock Show, Mississippi State Fairgrounds

January 30 - Quick Bites - Cooking for a Crowd: A Focus on Food Safety, 12-1 p.m. at the Extension Office

January 30 - February 16 - Dixie National Livestock Shows, Mississippi State Fairgrounds

February 20 - Microsoft Excel Essentials Computer Class, 1-3 p.m. at the Extension Office. Open to the public. Registration required by February 15 to reserve your spot.

February 26 - Happy Healthy Cooking Matters Food Demonstration, Tasting and Recruitment, 10 a.m. at the Extension Office

March 3 - Happy Healthy Food Demonstration, Tasting and Recruitment, 10 a.m. at the Extension Office

March 4 - 6 Week Cooking Matters class 10 - 12 at the Extension Office every Wednesday

Newton County 4-H News



Please contact our office at 601-635-7011 if you are interested in any of the following activities.

LEGO - Open to youth ages 5 and up. This program will be taught once per month at the MSU Extension office: January 22, February 19 and March 18 at 3:30 p.m.

NXT ROBOTICS- Open to youth ages 8-13 who are interested in developing skills to build and program a robot. We will meet at 3:30 at the Extension office on the following dates:
February 20
March 2 via interactive statewide video meeting. A head count is needed prior to February 1, in order to order the required kits for this event.
March 19

CONGRESSIONAL TEEN LEADERSHIP is open to all youth ages 13 ½ who are interested in gaining more leadership skills. The first meeting of the year will be held January 29 at the MSU Extension Office at 4:30 p.m.

SCHOLARSHIP APPLICATIONS - 4-H and MHV scholarship applications can be picked up in the Extension office. Deadline is April 1.

CONTEST PREP - Please call our office to select a time and date to meet with the Extension Agent regarding the competition you are interested in competing in prior to January 31. The following competitions will need approval prior to beginning your research:
-Public Speaking topics submitted
-PowerPoint topics submitted
-Visual Presentations
County Contest for Senior 4-H'ers ages 14-18 prior to January 1, 2020 will be held in March.

THE MISSISSIPPI VOLUNTEER LEADER'S ANNUAL CONFERENCE will be held February 21-22, 2020 at Bost Extension Center in Starkville, MS. The conference is an opportunity for adults working with 4-H to gain educational information that will enhance their clubs/programs. Call our office for registration information.

Quick Bites January 2020

Quick Bites programs are offered through the Mississippi State University Extension Service and provide information in a wide variety of topics through interactive video. 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 to participate via interactive video.

January 9

Forcing Bulbs

*Jim McKell, Master Gardener
Oktibbeha County*

The holidays are over, the weather is dreary but here is a fun idea for gardening indoors! Jim McKell, Oktibbeha County Master Gardener, will share his extensive expertise in forcing bulbs. Jim will share how to force your favorite bulbs in water, potting your bulbs correctly, and some neat containers for your bulbs.

January 30

Cooking for a Crowd: A Focus on Food Safety

*Dr. Courtney Crist, Asst. Extension Professor
Food Science, Nutrition, & Health Promotion*

Food fundraisers, potlucks & other social gatherings are an excellent way to socialize with the community. The session will cover how to reduce food safety risks when cooking for a crowd so the food is both safe and delicious including helpful information about:

- Food safety practices for cooking in large volumes of food for the public
- Safe purchasing, storage, preparation, and service for a crowd

January 23

4-H Opportunities in 2020

*Cobie Rutherford, Extension Instructor
4-H Youth Development*

Many young people in our state are involved in the varied activities 4-H offers. This Quick Bites will cover specific contests at State Congress, PAD, Cook-out, record books, and national trips for the year.



Developed by the Extension Center for Technology Outreach

We are an equal opportunity employer, and all qualified applicants will receive consideration for employment without regard to race, color, religion, sex, national origin, disability status, protected veteran status, or any other characteristic protected by law.

SHOOTING SPORTS - The Newton County 4-H Shooting Sports is starting up for 2020 and we want you to join. Young people who join the 4-H Shooting Sports program are taught firearm and archery safety. Once young people learn how to use firearm and archery equipment they can compete in the Shooting Sports contest. The Mississippi 4-H Shooting Sports consist of the following areas:

- 22 Rifle
- 22 Pistol
- Air Rifle
- Air Pistol
- Archery
- Shotgun

If you are interested in joining in on the fun, we will have a sign-up meeting on February 18 at 5:30 at the Coastal Plains Experiment Station. Please contact Leanne Kilgore at 601-635-7011 for more information.

Dates to Remember: January 31 - February 6 – Dixie National Livestock Show; February 11 - Livestock Banquet; April 2 – Magnolia Beef and Poultry Expo; April 4 – Clark Co Multi Co Match



Identifying and Controlling Common Winter Weeds in Your Pastures

Winter annual weed competition can be damaging to early spring forage field. Most winter annual weeds will germinate in late fall, grow during the winter months, and reach a reproductive stage in the early spring when they become more problematic and then senescence (die) when temperatures increase in late spring. Those plants that reach the seed production stage will leave seed behind that will germinate the following fall.

Weed control decisions in pastures are usually based on visual thresholds and making sure that you can target as many weeds species as possible with a broad spectrum herbicide application. Fields should be scouted to determine if a treatment is warranted. The herbicide selection, application rate, and application time will depend on the growth stage of the target weed species. These milder temperatures that we are experiencing can provide ideal conditions to control some of those troublesome weeds.

What are the some of the common troublesome winter weeds in pastures? – Some of the most common troublesome winter weeds include buttercup, henbit and musk thistle.

Buttercup (*Ranunculus sardous*) is an annual broadleaf weed with deeply lobed leaves and also known as crowfoot. It has a fibrous root system or thickened rootstock or bulbs. The green stem can be a single stalk or can branch from the base with hairs. The leaves form a rosette at the base of the plant. The leaves in the stem are usually alternated, lobed or divided. Buttercup produces shiny, golden-yellow flowers with five petals and five green sepals. Buttercup can be toxic to all species of livestock due to an irritant oil called protoanemonin. This toxin is released by the plant when it is chewed or wounded. This toxin is present in both the stems and leaves and mature flowering plants have higher toxin concentrations than younger plants. Although buttercup toxicity is uncommon in cattle, it can occur when there is short supply of forage for the animal to consume, but buttercup is usually unpalatable. Some signs of toxicity include blistering of the mouth and internal parts of the ruminal tract, abdominal pain, severe diarrhea, colic, convulsions, and in severe cases, death. In lactating cows, the milk will be bitter and may be reddish in color. Buttercup toxicity in hay should not be a concern since the toxin becomes inactivated when it is dried. For chemical control, 2,4-D will effectively control buttercup, but depending on what other target weeds might be present, other herbicides such as paraquat, triclopyr plus fluroxypyr, aminopyralid plus metsulfuron, diflufenzopyr plus dicamba, nicosulfuron plus metsulfuron, triclopyr plus clopyralid, picloram plus fluroxypyr, chlorosulfuron, and herbicide mixtures containing 2,4-D with dicamba or picloram are highly recommended. Although weather conditions can be different each year, late February to early March might be the best time for late winter herbicide application. During this time, buttercups are actively growing and that not started to bloom.

Henbit (*Lamium amplexicaule*) is an annual winter broadleaf weed that sometimes gets confused with purple nettle. It is probably one of the most common winter annual weeds in annual ryegrass pastures along with buttercup. Henbit has a fibrous root system. The plant has rounded or triangular leaves and hairy green or purplish square stems with ascending branches. The leaf margins have rounded teeth with very distinctive veins. Leaves tend to be dark green above and light green below. It has bright pink/purple flowers with long necks. The plant can reach growth heights of 12 to 16 inches. Henbit is a shade-resistant weed that can survive well under small grain or annual ryegrass pastures. The herbicide 2,4-D alone is usually not very effective against controlling henbit. On the other hand herbicides such as paraquat, triclopyr plus clopyralid, mixtures of 2,4-D with glyphosate, dicamba, picloram, aminopyralid, metsulfuron, or metsulfuron plus dicamba could be more effective in controlling henbit. The best time for control is usually later November or mid-February to mid-March.

Musk Thistle (*Carduus nutans*) is a biennial winter weed also known as nodding thistle and nodding plumeless thistle. It has a fleshy tap root. Basal rosettes are usually well developed and leaves are dark waxy green, alternate, deeply lobed and spiny white margins. The leaves also have a very distinctive light green midrib. This weed can develop a single or several stems from the base of the rosette and highly branched at the top. Most of the flowers appear in late May to early June. Flowers form at the top of the stem and they can be deep rose, violet or purple, and occasionally white with lance-shaped spine bracts at the base of the flower. The seeds are long, shiny, and yellowish-brown with a plume of white-like bristles. Seed can mature and are dispersed by wind 1 to 3 weeks after flowering. It prefers moist, bottom land soil, but can also be found on drier uplands. Musk thistle is a prolific seed producer with approximately 10,000 seeds per plant and a single plant can produce up to 100,000 seeds in one season. Those seeds could be viable in the soil for up to 10 years. There are different type of thistles (such as bull, tall, Canada, sowthistle, etc.) that can be very invasive and they should be controlled during the winter or very early spring for better control. Glyphosate and paraquat can be used effective treatments to control thistles if they are in the rosette stage (laying close to the ground). If the thistle has bolted (began to raise from the ground and put a stalk) or are producing seed heads, they can be more difficult to control. Herbicide treatments that can be effective against mature thistles include 2,4-D, metsulfuron methyl, and mixtures of 2,4-D with picloram, aminopyralid, or dicamba. The best time for control is mid-February to April.

Due to the chemical composition of herbicides, it is always important to read the label before handling, mixing, or applying herbicides and to practice good stewardship. Legumes such as clovers interseeded with cool-season grasses can be severely injured or killed by herbicides products used to control some of these troublesome winter weeds. Glyphosate and paraquat should not be applied except during extended periods of mild temps (3 days at 60 °F or more). For best herbicide activity, wait until daytime air temperatures are greater than 50 °F for two to three consecutive days. Several of the herbicides used in forage production usually have grazing and haying restrictions associated with the application. For more information, call our office at 601-635-7011.

January is Financial Wellness Month

January 2020 is Financial Wellness Month. How do you shape up financially as you start the New Year? Take a moment to evaluate your spending. MSU Extension has a variety of publications to assist with your budgeting needs.



Place a checkmark by each statement that applies to you:

- I have enough money to pay my bills each month.
- I take advantage of resources available to help meet my needs, such as tax credits, community programs, Medicare, public assistance, and unemployment benefits.
- I have a good idea of how much money I spend each month.
- I have a spending plan, and I stick to it.
- I plan for expenses that only come once or twice a year and have enough money for them when I need it.
- I have an emergency savings account with enough money to cover 3 to 6 months of my living expenses.
- I know about how much money I owe.
- I spend no more than 20 percent of my monthly income on credit payments, including car payments, credit cards, and other debts except my house payment or mortgage.
- I have reviewed my credit report.
- I use credit only to pay for things that last longer than the payments.
- I know the interest rate and finance charges for my credit accounts.
- My credit score is higher than 720.
- I pay more than the minimum payment on my credit card bills each month.
- I shop around to compare costs of major purchases and credit offers.
- I know the approximate value of the things I own.
- I calculate my net worth (assets minus debts) every year.
- My net worth has generally increased over the past four years.
- I have adequate insurance (auto, home, renter's, life, health, and disability).
- I keep my financial records well organized.
- I pay my bills on time every month.
- I balance my bank account each month.
- I have carefully thought about my financial goals for the future.
- I have a will.
- I save money on a regular basis for long-term financial goals, such as my children's education, a house, or retirement.
- If I bought my vehicle with a loan, the vehicle is worth more than I owe on the loan.

Financial Fitness Level

Count up the number of checkmarks to get your score.

If you scored 0–8 — You need lots of help, but don't worry! It is never too late to take steps to improve your finances.

If you scored 9–12 — You are headed for financial difficulty. Now is the time to act and get back on financial track.

If you scored 13–16 — You are doing a fair job of managing your finances and have taken some steps in the right direction.

If you scored 17–20 — You are doing a good job and are above average in managing your finances.

If you scored 21–25 — You are in excellent financial shape. Keep up the good work!

	DID YOU KNOW?	Colorectal cancer is the third-most commonly occurring cancer in both men and women in the U.S. and the third-leading cause of cancer-related deaths.
	THE GOOD NEWS IS	If everyone age 50 and older were screened regularly, 6 out of 10 deaths from colorectal cancer could be prevented.
MISSISSIPPI STATE UNIVERSITY™ EXTENSION		
COLORECTAL CANCER		 extension.msstate.edu/health
<small>Mississippi State University is an equal opportunity institution.</small>		

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