



MISSISSIPPI STATE UNIVERSITY™
EXTENSION

Yalobusha Loop

YALOBUSHA COUNTY

DECEMBER 2024/JANUARY 2025



DECEMBER FCS AFTER 5

Holiday Gift Wrapping

Monday, December 9th @ 6 p.m.

LEARN PROPER WAY TO WRAP
GIFTS AND MAKE BOWS.

Participants will need to bring a spool of wired ribbon, coordinating roll of wrapping paper and a gift to wrap.

Holiday refreshments will be served. Registration is \$5 and should be paid by Friday, December 6th to be considered registered.



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



Shooting Sports Registration and Safety Training

The Yalobusha County Shooting Sports Club will hold its Day for Registration and Safety Training on **Saturday January 4, 2025 at 9:00 a.m. at the Multipurpose Building**. This is for EVERYONE who will be signing up for Shooting Sports. Safety Training will be held that day, also. We will set a date for working at the range at this meeting.

January

FCS AFTER 5

Date: Thursday, January 23, 2025

Time: 6 pm Topic: Slow Cooker

Description: Winter is a great time to use your slow cooker, but really ANY time of the year is a WIN when it comes to using a slow cooker! Join us for the January FCS After 5 Slow cooker program where you will learn why you should use a slow cooker, how to properly prepare ingredients to go in the slow cooker, all about different types of slow cookers and which one is right for you, how to choose the right temperature setting when using a slow cooker, easy tips to stay safe and get lots of tried and true recipes!

Cost: \$20 includes food demonstrations-tastings and a meal.

Deadline to register: Friday January 17th



HOLIDAY CLOSINGS

The Extension Service will be closed December 23, 2024, through January 1, 2025 in observance of Christmas and the New Year holidays. Our office will reopen in the New Year with normal business hours on Thursday, January 2nd.

On behalf of the MSU Extension staff here in Yalobusha County, we would like to wish everyone a Merry Christmas and a very Happy New Year!



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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. ANGUS L. CATCHOT JR., Director



4-H News



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, December 6th

Pickup date: Thursday, December 12th

January Cooking Kits– Price change \$12.00 per kit

Registration deadline: Friday, January 10

Pickup date: Thursday, January 16

Participants are asked to send Mrs. Pamela a picture of child cooking the recipe and the completed evaluation by Friday, December 29th and for January kits Monday, January 30th.

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



4-H Homeschool Club Meeting:

If you are a homeschool family, we would love to have you join us. We have started a fun new program called **Imagination in Action Theatre Arts Series**.

Monday, December 9th– *Bring a \$5.00 gift to play a Christmas game and a snack to share.*

Time: 1:30-3:30 p.m.

Monday, January 6th and 27th– *Imagination in Action Theatre Arts Series*

Time: 1:30-3:30 p.m.

Location: Yalobusha County Extension office.

What is the Paper Clover Campaign?

The Paper Clover Campaign is a nationwide annual fundraising event held at Tractor Supply Company stores.

The campaign typically occurs twice a year—once in the spring and again

in the fall. The upcoming fall campaign runs from November 29, 2024, to December 15, 2024.

During this time, customers are invited to support youth programs by purchasing paper clovers at checkout, with donations typically ranging from \$1 to \$5. These paper clovers are then displayed in stores as a symbol of support for 4-H programs.



Yalobusha County
HORSE CLUB

Horse

If anyone is interested in showing horses with 4-H this year please contact Missy at (662)675-2730.



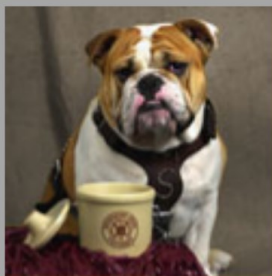
Livestock

The NW District Livestock Show will be held at the Batesville Civic Center January 16-18, 2025. If you are interested in finding out more about showing livestock this is a great opportunity to see what it is all about.

Call Missy for more information
(662)675-2730.



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Cheese Pickup

If you called in your cheese order number to the Yalobusha County Extension office, your order will be available to pick up on December 5th. All orders must be picked up by 5pm.



Please join us as we...

*Celebrate our
2024 National
4-H Hall of Fame Inductee
Mr. Larry Alexander*

*Honor the Memory of our
2022 National
4-H Hall of Fame Inductee
Mr. Harvey Gordon*

*Recognize the Dedicated Service
of our 2024 Retiree
Dr. Linda Mitchell*



*Sometimes
the best gifts
aren't under
the tree.*



December 7, 2024 | 4-6 p.m.
1150 Lakeland Dr, Jackson, MS 39216

RSVP: Rebecca Perkins
rap1@msstate.edu

3rd Annual 4-H Awards Banquet



Emcee and Certified Volunteer– Nicole Folson



Overall 4-Her of the Year Award– Emaline Swindoll



Sr. 4-Her of the Year Award– Austin Hughes



Jr. 4-Her of the Year Award– Coalsen Hughes



Livestock Club Award- Susan Schroyer



Shooting Sports Club Award– Allen Tribble



Homeschool Club Award– Emaline Swindoll



Fishing Club Award– Sariah Cotton



Volunteer of the Year Award– Dollie Swindoll



4-H Ambassadors Emaline Swindoll and Londyn Harrison



Raising kids, Eating right, Spending smart

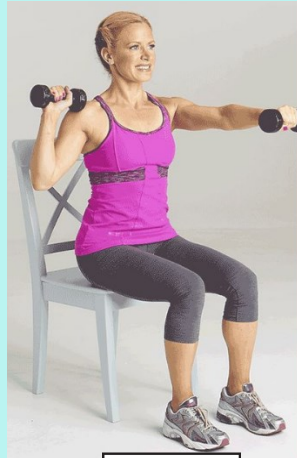
Living Well™

Healthy You Exercise

December

Wednesday 4th, 11th & 18th @ the MSU Extension office 9 a.m. - 9:40 a.m.

The Stronger Seniors workout program which is designed to help seniors develop strength and enhance the ability to function in daily life. Bring a 1-2 pound weight. Wear cool comfortable clothes and bring water to drink.



January— Two days a week

Every Wednesday and Friday @ the MSU Extension office 9 a.m. - 9:40 a.m. No Exercise Jan 1st

SOME THING NEW



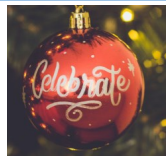
MHV NEWS
United Y.C. MHV

January Meeting
9:00 AM
January 21st

United Y.C. MHV Meeting

Christmas Party, Service and Lunch

All Yalobusha County Mississippi Homemaker Volunteer Members (MHV) are invited to join us for a Christmas Celebration. We will meet at El Charito Mexican Restaurant in Water Valley for lunch (Dutch treat). Then play dirty Santa so bring a \$10 gift. Bring a children's book for Head Start service Project.



Date: Tuesday, December 5th
Time: 11:30 a.m. at El Charito in Water Valley
Bring: \$10 dirty Santa gift to play game and children's books.

Sewing for Service



The Sewing for Service

Group will meet at 9 a.m. until noon on Monday, **December 2nd and 16th and January 6th and 27th** at the Yalobusha County Extension Service located inside the Multi-Purpose Building in Coffeeville.

This club is free and open to the public. We need participants to help cut out patterns, iron, sew, and serge.



CREATE MHV Club

No December Meeting will be held, all members are invited to the United Y.C. MHV Christmas Lunch On Dec 5th.

CREATE MHV Club
January

Date: Wednesday, January 8, 2024
Time: 10 a.m. until noon
Location: Extension Office located inside Multi-Purpose Building
Program: We will be planning the projects for the year. Please come and bring samples and ideas. We need 10 different projects.

This club is open to the public.



The ServSafe ONLINE EXAM –

January 28, 2025

Two spots available : 9am and 2pm
Contact the Extension office to schedule exam time.

DEADLINE: January 21, 2025

Online pricing:

Book with proctor fee and seat code \$114 (must order via <https://www.fsnhp.msstate.edu/workshops/servsafe/registration.php>)



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.

December Dates:

Thursday, 5th

Thursday, 9th

January Dates:

Thursday, 2nd

Thursday, 16th

Here are three simple strategies to have your cake and eat it during the holidays!



HOLIDAY NO GAIN NO PAIN

It's a given by now that Americans typically add between three and five pounds between turkey time and the last New Year's open house. This year, give yourself a great holiday gift - optimum nutrition without weight gain and enjoy unique and symbolic foods.

#1 Eat

.....
A substantial low-fat breakfast and large healthy lunch will help you detour around desks topped with chocolates, grocery aisles full of holiday cookies, and all those treats in the malls.

Stay charged all day with healthy snacks to avoid the low-blood-sugar blues. When we get too hungry, we tend to make poor food choices or overeat.

Snack on something before heading out to parties to avoid fat-laden appetizers, cheese, and nuts which take up precious calories you would rather spend elsewhere.

Shift the focus of your meals from meats to holiday side dishes and serve an extensive array of low-fat dishes based on legumes, pasta, rice, vegetables, and fruits. Special foods, such as wild rice, porcini mushrooms, passion fruits, and homemade pasta, make it holiday fare.

#2 Treat

.....
An occasional eggnog or punch is fine but in small cups, not mugs. Alcoholic beverages have empty calories, usually stored as fat; dilute your drink with ice or seltzer.

Choose your treats carefully and just take a small bite, but not too many small bites. People don't realize that a lot of little bites add up. A bit of pasta here, a pinch of cheese, a slice of bread, a spoonful of dessert? before you know it, you've eaten two dinners' worth of calories at a party.

Avoid buying high-fat or sugary holiday snacks "just to have around for company." Don't worry; your guests will find plenty of bonbons elsewhere; you can offer them a new change. Like a wreath salad, pictured here.

Challenge yourself to revise familiar family classics, such as gravy and side dishes, to slimmed-down versions. Usually, you can cut the amounts of oil, butter, or cream in half, without compromising flavor or texture.

#3 Move the feet

.....
Remember, exercise is NOT a walk at the mall. Keep your regular routine and find functional exercise, e.g., use a snow shovel instead of a snow blower; rake leaves; park further and walk; take the stairs, etc.

Reward yourself with vibrant health, not another Christmas cookie. What about new walking shoes? An exercise class? Or some resistance bands? Or finding a group you can walk and work out with?

Once you internalize the basics of an enjoyable holiday eating plan and get in tune with food cues, devise your own tips and tricks; share them with everyone you love.

Brought to you by:

Pamela Redwine,
MSU Extension Agent IV



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GARDENING

MSU Extension Service By [Ms. Mary Michaela Parker](#)



Visit <http://extension.msstate.edu/blog/gardening-tasks-for-january>

Do you have improving your garden or landscape on your New Year's resolution list? If you don't, you should! Each month, we are going to offer a few suggested tasks to do. So, without further ado, here are four tasks for you to complete in your garden and landscape during the month of January:


Planning is an important step to the gardening process. January is the ideal time to plan for the upcoming growing season and reflect on the last year. What worked? What didn't? What kind of plants and vegetables do you want to grow? Garden catalogues and magazines will become your best friend during this month. Browse through them to find new or better plants to try out this year. It's best to go ahead and order seeds.

Equipment maintenance is also another great task you can do during January. Clean, repair, and sharpen mower blades, pruning tools, and spray equipment so they will be in great working condition when it is time to use them. Check out our Southern Gardening video on how to sharpen your garden tools! <https://extension.msstate.edu/southern-gardening/video/2018/sharpening-your-tools>

Cleaning your garden and landscape is very important this time of year. Keeping your landscape tidy helps prevent diseases. Be sure to pick up any fallen fruit from under trees, rake or blow leaves out of landscape beds, and remove any dead or broken tree limbs.

If you notice weeds are beginning to appear in your lawn, it's time to treat with a properly selected postemergence spray. To learn more information on how to control weeds at your home, check out Publication 1532, <http://extension.msstate.edu/publications/calendar-home-gardening-chores-mississippi#january>

December 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9-Sewing for Service	3	4 9-Exercise	5 10-Crochet 11:30 MHV @ ELCharito	6	7
8	9 1:30 4-H Homeschool 6-FCS After Five	10	11 9-Exercise 10-Create	12 7:30 am ServSafe Pick up Cooking kits	13	14
15	16 9-Sewing for Service 5-4-H Overall	17	18 9-Exercise	19 10-Crochet	20	21
22	23 Closed Christmas Holidays	24	25 	26	27	28
29	30	31 Merry Christmas!				

MSU Extension, Yalobusha Co.
PO Box 610
18025 Hwy 7
Coffeerville, Mississippi 38922

662-675-2730 phone
662-675-2599 fax
Yalobush@ext.msstate.edu



January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				2 0-Crochet	3 9-Exercise	4 9- Shooting Sports Noon Tri-Lakes Horse show
5	6 9-Sewing for Service 1:304-H Homeschool	7	8 9-Exercise 10-Create	9	10 9-Exercise	11
12	13	14	15 9-Exercise	16 10-Crochet 4-H Cooking Kit pickup	17 9-Exercise	18
19	20 Closed MLK Day	21 9-MHV	22 9-Exercise	23 6pm-FCS After 5	24 9-Exercise	25 Noon Tri-Lakes Horse show
26	27 9-Sewing for Service 1:304-H Homeschool	28 ServSafe Exam Day	29 9-Exercise	30	31 9-Exercise	

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