



MISSISSIPPI STATE UNIVERSITY™  
EXTENSION

# Yalobusha Loop

YALOBUSHA COUNTY

MAY 2025



Our May **FCS After 5** program will be a floral design program with dinner provided.



**FAMILY,  
HEALTH,  
& WELLNESS**



**Date:** Tuesday, May 13

**Time:** 6-8 p.m.

**Cost:** \$35 per person

(includes container, floral snips, flowers, instruction, and dinner).

Presenter: Kris McKey from MoonBee Flower Farm in Water Valley

**Registration deadline:** Tuesday, May 6th

Space is limited. You can register online at this link,

<https://reg.extension.msstate.edu/> or at

Extension office. If paying at the Extension office, please pay with check made out to MSU Extension. Must register and pay to be considered signed up for the class.



## 4-H Club Congress

**Date:** Wednesday,  
May 28-Friday, May  
30<sup>th</sup>



**Location:** Mississippi

State University – Starkville, MS

For youth: ages 14-18

**Cost:** \$65 per youth

**Registration should be completed  
and fees paid by Friday, May 2<sup>nd</sup>**



## 4-H News

### 4-H Shooting Sports

**District Shoot:**

**Date:** Saturday, May 3<sup>rd</sup>

**Time:** 8:15

**Location:** Tallahatchie Fair Grounds

Good Luck to our Yalobusha County 4-H members who will be competing!



### 4-H Homeschool Club Meeting:

If you are a homeschool family, we would love to have you join us. We meet twice a month and enjoy learning about a variety of topics.

The meetings are held at the Yalobusha County Extension office from 1:30-3:30 p.m.

We are continuing our “Becoming a Puppeteer” Series.

**May Meetings:**

Monday, May 5 – Bring your completed Rod Puppet. We will be learning to use our puppets.

Monday, May 12 – We will begin planning our summer puppet shows!

## 4-H Grilling Workshop

**Date:** Wednesday, June 4

**Time:** 10 a.m. – 12 p.m.

Youth ages 8-18

Cost is \$5 per child

Contact Extension office  
to register to attend.



**The Extension office will be  
closed on Monday May 26<sup>th</sup> to  
observe the Memorial Day  
Holiday. We will reopen on  
Tuesday, May 27<sup>th</sup> at 8 a.m.**

## 4-H Cooking Kit for April

**What:** Monthly Cooking Kits

**Cost:** \$12 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, May 16

**Pickup Date:** Thursday, May 22 or Friday, May 23.

Participants are asked to send Mrs. Pamela a picture of child cooking the recipe and the completed evaluation by Friday, May 30<sup>th</sup>.



## Mississippi Wildlife Art Contest 2025

The Foundation for Mississippi, Wildlife, Fisheries, Parks, and Marine is sponsoring the annual Bob Tyler Hatchery Youth Art Contest! Students across Mississippi are invited to get outdoors and use different media to depict a Mississippi native fish or wildlife species.

Contact the Extension office for complete set of rules.  
Artwork due to The Extension office by May 7th.



By Ms. Susan M. Collins-Smith MSU Extension Service

## May: Mental Health Awareness Month

May is Mental Health Awareness Month. Stress is normal and part of life, but too much unchecked stress can lead to physical and mental health challenges that must be addressed.

Life can be overwhelming sometimes, and stress is a normal part of life. Too much unchecked stress can lead to physical and mental health challenges that must be addressed.

Changes in feelings, thoughts, body, behavior and human connection that last for more than two weeks can indicate that you or someone you know may need help. Watch for these common signs of mental health distress:

- Mood swings
- Low energy
- Very worried, sad, afraid, or down
- Trouble focusing or remembering things
- Thoughts about suicide
- Thoughts that are mixed up
- Unexplained headaches, stomach aches, or aches and pains that keep coming back
- Changes in sleeping or eating
- Escalating use of alcohol and drugs
- Poor personal care, including not bathing, not cleaning one's living space, or skipping important appointments, avoiding friends, family, and social activities

The 988 lifeline, a nationwide network of 200 crisis call centers, offers more hope to individuals dealing with distress. It functions through the hotline formerly known as the National Suicide Prevention Lifeline and aims to strengthen and transform crisis services across the country. It is operated through the Substance Abuse and Mental Health Services Administration.

The SAMHSA website provides a full list of common signs that someone may need mental health intervention, tips on asking for help, and information about how to help someone else. <https://www.samhsa.gov/find-support/how-to-cope/signs-of-needing-help> While 988 is essential to intervening in crises, Extension's Mental Health First Aid training provides individuals with the skills to identify, understand, and respond to mental health challenges and crises.

If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat [988lifeline.org](https://988lifeline.org).

<http://extension.msstate.edu/blog/may-mental-health-awareness-month>

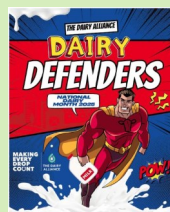
## North State 4-H Grilling Contest

**Date:** Tuesday, July 1<sup>st</sup>

**Time:** Registration 9:00 AM- 9:30 AM  
10:00 AM Contest begins

**Location:** Yalobusha County Extension office

Contact Extension Office to register to compete by June 13th.



## 2025 Dairy Poster Contest

Contact the Extension office for complete set of rules.

Poster due to Extension Office by June 23rd.

## 4-H Project Achievement Day

**Date:** Friday, July 27

**Time:** 8:30 a.m. – 3 p.m.

**Location:** Northeast Community College- Booneville, MS

**For youth:** ages 5-13

**Cost:** \$10 per youth

Registration should be completed and fees paid by Wednesday, June 4<sup>th</sup>



Raising kids. Eating right. Spending smart

Living Well™

Healthy You Exercise  
**May Chair Exercise Class**  
Every Wednesday  
@ the MSU Extension office  
9 a.m. – 9:40 a.m.

We use a video workout program which is designed to help seniors develop strength and enhance the ability to function in daily life.

Bring a set of 1–2 pound weights.

Wear cool comfortable clothes and bring water to drink.



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 accommodations.

Healthy You Exercise  
**Line Dancing**

Meets Every Friday in May at 9 a.m. at the Extension Office



Join us for up to 45 minutes of Physical Activity.

Wear Comfortable clothes, good tennis shoes and bring water to drink.

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## MHV NEWS United Y.C. MHV

Will not have their usual monthly meeting in May. They will instead be traveling to the Mississippi Homemaker Volunteer State Council which will be held in Raymond, MS on May 20- May 22, 2025.

We will only be going on Wednesday, May 21<sup>st</sup>. We will leave Coffeeville at 7 a.m. from the Extension office. We should return to Coffeeville around 5 or 6 p.m.

## CREATE MHV Club

**Date:** Wednesday, May 14

**Time:** 10 a.m. until noon

**Location:** Extension Office located inside Multi-Purpose Building

**Program:** Pine Cone Flowers

**Program leader** Georgia Wilkerson

All supplies will be provided for one birdhouse for \$4.00

Please Call the Extension office to reserve your spot by Monday, May 12th.



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.

**May Dates:**  
**Thursday, 8**  
**Thursday, 22**



The Sewing for Service Group will meet at 9 a.m. until noon on Monday, May 5th and 19th at the Yalobusha County Extension Service located inside the Multi-Purpose Building in Coffeeville. We will be sewing wheelchair and walker bags for the nursing home. This club is free and open to the public. We need participants to help cut out patterns, iron, and sew.



## ServSafe Food Safety Certification Course

**Date:** June 26, 2025

**Time:** 7:30 a.m. – 6 p.m.

**Cost:** \$150

**Location:** Yalobusha County Extension Office

**Deadline to Register:** Tuesday, May 22<sup>nd</sup>

## SERVSAFE ServSafe ONLINE EXAM will be ONLINE EXAM offered at the Extension office

On Thursday, May 29th at 10 a.m. and 2 p.m. Contact the Extension office to schedule your exam.

### Online pricing:

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

Crape myrtles are extremely popular in the South. They come in a variety of colors and are a great addition to any landscape. Now is a great time to plant crape myrtles! Be sure to choose the right variety for your location. Extension Publication 2007, "Crapemyrtle – Flower of the South," goes over everything from planting to pruning.

May is a great time to plant annuals and perennials. Whether you want to add a pop of color to your flowerbeds or create container gardens, now is a good time to get things organized and planted. Check out Extension Publication 1826, "Annual & Perennial Flowers for Mississippi Gardens," for resources on the top performing plants in Mississippi.

Lawn maintenance is important during warmer months. For a healthy lawn, fertilize your turfgrass after it turns green and has been mowed twice. Consider taking a soil sample to give you recommendations specific to your lawn. Extension Publication 1322, "Establish and Manage Your Home Lawn," goes into detail on how to have one of the best lawns in the neighborhood.

Scout for pests and diseases in your garden and lawn. Be on the lookout for pests such as red spiders, aphids, lace bugs, and mealy bugs. Extension Publication 2331, "Control of Insect Pests in and Around the Home Lawn," provides information on pest identification, management, and control.


As soon as the flowers on azaleas, camellias, and gardenias fall, prune the plants before new buds form. Flower buds are formed the previous year so always remember to prune early in the spring. Information Sheet 204, "Pruning Landscape Plants," may be a helpful resource for when it's time to prune.

If you haven't already, plant cucumbers, tomatoes, peppers, squash, peas, beans, eggplant, corn, okra, parsley, watermelons, and cantaloupes for your summer garden. The garden section of our website has information about a variety of topics related to vegetable gardens. Remember, you can contact your local Extension office for further guidance.

Did you know that cutting flowers for bouquets regularly will keep your plants pruned and prolong the blooming season? Be sure to cut your flowers, ideally in the morning, and immediately put them in water. Who doesn't love a fresh bouquet in their home or office?!

You can bookmark or print out the full garden calendar to help you stay on track. Our Extension agents are available if you have questions or need recommendations.

## May 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 9-Exercise-Dance	3 Shooting Sports District Shoot @ Tallahatchie Fairgrounds
4	5 9-Sewing for Service 1:30 4-H Homeschool	6	7 9-Exercise-Chair	8 10-Crochet	9 9-Exercise-Dance	10
11	12 1:30 4-H Homeschool 5pm-4-H Overall	13 6pm FCS After 5	14 9-Exercise-Chair 10-Create	15	16 9-Exercise-Dance Cooking kit Deadline	17
18	19 9-Sewing for Service	20	21 7-MHV State Council 9-Exercise-Chair	22 10-Crochet Cooking Kit Pick up	23 9-Exercise-Dance	24
25	26 CLOSED 	27	28 9-Exercise-Chair —4-H Club Congress—	29 ServSafe Exam appointments	30 9-Exercise-Dance	31