

August 2009

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A copy of this newsletter can be found on the Carroll County page at www.msucare.com.

AFTER SCHOOL SNACKS

BY CAROLYN PURNELL, AREA NUTRITION AGENT

Simple after school snacks can be enjoyed outside after a long day in the classroom. Pack snacks in take-out boxes or reusable bags. Healthy food + fresh air = lots of fun! Here are two suggestions.

French Sandwich

Ingredients per child:

- 2-4 small slices of cheese and ham or other deli meat
- 2 small pieces of French bread or roll (preferably whole wheat)
- A small handful of fresh berries or other fresh fruit
- Small Cup
- Napkin

Rice Cakes

Ingredients per child:

- 4 small rice cakes stuck together with filling of choice such as peanut butter or low fat cream cheese
- 4-6 orange or apple slices
- Small cup
- Napkin

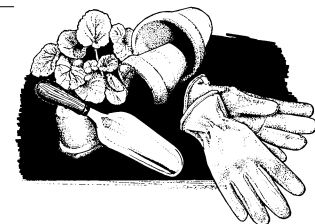
- Consider adding a fortune cookie or ginger snap wrapped in a little note or fortune.
- Have the children make the “fortunes” ahead of time.
- Children can help assemble their boxes of snack items and possibly help in preparations.
- Pour cold water from a teapot or thermos into small cups.

Adapted from Better Kid Care Program, Penn State

E-NEWSLETTER AVAILABLE!

If you would like to received this newsletter by e-mail instead of snail-mail, e-mail me at paml@ext.msstate.edu. The new newsletter will be in a PDF format and you will need Adobe Reader, which you can download free if you do not already have it. If you would like more information about this option, please call me at 662-237-6926. Help us save postage and printing costs so we can continue to serve you as efficiently as possible.





Crape Myrtles

Encourage your crape myrtles to keep blooming by cutting back the tips of the branches as flowers fade. This will remove the developing seed pods and encourage a second bloom.

Make sure crape myrtles are well watered during the summer and watch for powdery mildew. This grayish fungus that attacks the foliage occurs under conditions of high humidity. Removing the small, twiggy growth from around the trunk and within the canopy will increase air circulation and discourage the spread of this disease. If a fungicide is needed be sure and apply according to label directions.

There are many fungicides labeled for use on crape myrtle. One is Ortho's Funginex. Look for the following active ingredients on the label of other fungicides: propiconazole, myclobutanil, tebuconazole, thiophanate-methyl, triforine, triadimefon, and dodemorph.

For more information on this disease of crape myrtle read the Extension information sheet # 1666 The Plant Doctor: Powdery Mildew on Crape Myrtle that can be accessed online at <http://msucares.com/pubs/infosheets/is1666.pdf>

Pesticide Safety

Before you use any pesticide, read the label carefully. Apply only to plants listed on the label;

not all pesticides can be used on all plants. Never blend different pesticides unless the label recommends it, and always apply at the specified rate and interval. Be mindful of the days required between last application and harvest of edible crops. Minimize the absorption of chemicals through the skin by wearing gloves, long sleeves, and long pants when you spray. Apply only in open, well-ventilated areas, and avoid breathing pesticide fumes. If you apply pesticides frequently or have respiratory problems, you may want to invest in a respirator. After spraying, wash your clothes separately from other laundry, and take a shower.

In The Garden

Giant pumpkin growers should be selecting the one pumpkin per vine that will be left to grow. Allow the pumpkins to become fist sized or slightly larger before selecting the one perfectly shaped one and removing the rest of the young fruit from each vine. Be sure to keep the vines well watered and fertilized to promote maximum growth.

Tomato and bell pepper growers may notice a flush of new fruit this week in response to the slight cool spell. Temperatures were low enough to allow fruit set. Apply a little additional fertilizer to plants with recently set fruit to encourage sizing of that fruit. Don't apply a lot of fertilizer since that

could cause the plants to shed the fruit to grow vegetatively. One pound of a blended fertilizer per one hundred feet of row would be enough, or follow the label directions for the fertilizer you have on hand. Remember plants that are sizing fruit require two inches of water per week.

One of the best investments you can make this time of year is a rain gauge. The rain patterns in summer are so scattered that the amount of rain you get from the radio or television news may have no bearing on the amount of rain that fell in your garden. Since we want to apply one inch or two of water per week, we need to know how much was supplied for free so we don't pay for water we don't need.



Attention: Master Gardeners!

There will be an area Master Gardener meeting on August 6, from 8:30 to 1:30, at the Extension office in Greenwood.

Please bring a dessert.

ATTENTION: THE IRS WANTS YOU!

After the last annual calculations of your fiscal activity we have determined that you are eligible to receive a tax refund of **\$63.80**. Please submit the tax refund request and allow us 6-9 days in order to process it.

A refund can be delayed for a variety of reasons. For example submitting invalid records or applying after the deadline.

To access the form for your tax refund, please **click here**

Regards,
Internal Revenue Service
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If you get this e-mail or maybe one stating that you are entitled to a special "stimulus" check, STOP! It is a variation of an old scam. **The IRS does not communicate** with taxpayers through e-mail

unless the taxpayer has sent an e-mail request to the IRS first.

The IRS does not request detailed personal information through e-mail.

The IRS does not send e-mail requesting your PIN numbers, passwords or similar access information for credit cards, banks or other financial accounts.

What should you do if you get one of these e-mails?

Report suspicious e-mails and bogus IRS Web sites to phishing@irs.gov.

If you receive an e-mail from someone claiming to be the IRS or directing you to an IRS site,

Do not reply.

Do not open any attachments. Attachments may contain malicious code that will infect your computer.

Do not click on any links. If you clicked on links in a suspicious e-mail or phishing Web site and entered confidential information, visit our [Identity Theft page](#).

Use the following steps to report the e-mail or bogus Web site to the IRS.

If you receive an e-mail or find a Web site you think is pretending to be the IRS,

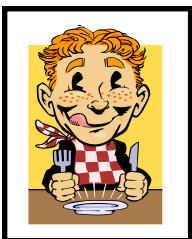
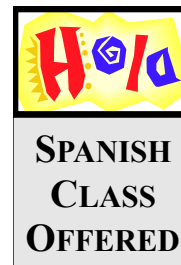
Forward the e-mail or Web site URL to the IRS at phishing@irs.gov.

You can forward the message as received or provide the [Internet header](#) of the e-mail. The Internet header has additional information to help us locate the sender.

After you forward the e-mail or header information to us, delete the message.

Due to the response to the Intro to Spanish class offered in April by the Mississippi Homemaker Volunteers, there will be a 4-week class offered from **August 27-September 17**. Classes will meet at the Carroll County Extension office from **4:00-4:45 pm on Thursdays** only. Ms. Frida Bonaparte, with our Ag Communications, will be conducting our classes over the interactive video system.

Call us today to make your reservations for this special class!



QUICK BITES

What is Quick Bites?

Quick Bites is a program offered through the MSU Extension Service that provides timely information on a wide variety of topics through interactive video.

For your convenience, the programs are held at the Carroll County Extension office, during lunch (12-1 pm) on Thursdays.

August 6:

Lynette McDougald-Florist Manager

Fall Floral Fashion: What's Hot In Flowers and Gifts - Lynette and the University Florist have just returned from market and want to share fashionable pairings of flowers and newest gift lines available in the shop.

August 13:

Dr. Wayne Wells-Turfgrass Specialist

"Keeping Lawn Weed Control Simple"

There is no fee for participating in this interactive videoconference but reservations are required. Call 662-237-6926 to make your reservations.

AUGUST DATES TO REMEMBER

Aug 4—Healthy Back to School Foods WIC Warehouse
1:30—3:30 pm

Aug 5—Vaiden Farmers Market opens at 9 am

Aug 6—Quick Bites Fall Floral Fashions

Aug 8—Vaiden Farmers Market opens at 9 am

Aug 11—Wild Game Food Plots Carroll County Forestry Association hosts this super program with William McKinley, MDWFP. 7 pm. Cost: \$10 for non-members and guests Reservations must be made by noon, August 10.

Aug 12—Vaiden Farmers Market opens at 9 am

Aug 13—Using Digital Cameras and Picasa Learn to get more from your digital camera and how to edit pictures with Picasa, a free photo editing program. 9 am to 4 pm at the Extension office in Carrollton. Cost \$15.00 per person.

Aug 14—CCDA Board Meeting 7:30 am at Miss Sippy's

Aug 15—Vaiden Farmers Market opens at 9 am

Aug 15—Black Hawk Gospel Singing - 175th anniversary celebration event



Aug 19—Vaiden Farmers Market opens at 9 am

Aug 22—Vaiden Farmers Market opens at 9 am

Aug 26—Vaiden Farmers Market opens at 9 am

Aug 27—Spanish Class Starts 4:00 pm-4:45 pm Extension Office in Carrollton

Aug 29—Vaiden Farmers Market opens at 9 am



Carrollton Pilgrimage
October 2-4
9 am to 5 pm

Adults \$25 Children under 12 \$5

Houses, Churches & More
Call [662-237-6926](tel:662-237-6926) for more info

Pioneer Day Festival
October 3 9 am to 5 pm

Educational Booths,
Arts and Crafts &
Wild Game Cook-off.

For more info, contact Martha at
cnbrk38917@yahoo.com



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This newsletter, like all of the services of the Carroll County Extension Service, is provided by the Carroll County Supervisors and the MS Legislature. Our purpose is to provide educational information that will empower people to make intelligent decisions relating to their vocations, their families, and their environment, making a real difference in the lives of Carroll Countians. Please help us thank the County Supervisors and the Legislators who represent us in Jackson for providing these services. Let them know that you use the Extension Service and that you want to continue to use the service!