



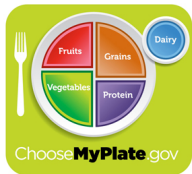
MyPlate

MyPlate is part of the new 2010 Dietary Guidelines for Americans to help us make better food choices. It illustrates the five food groups using a familiar mealtime visual, a place setting. MyPlate helps us to enjoy our food, but eat less and avoid oversized portions.

At meals:

- make half your plate fruits and vegetables
- make at least half of your grains whole grains (ex: whole wheat bread, brown rice)
- choose fat-free or low-fat (1%) milk
- drink water instead of sugary drinks
- compare sodium in foods like soup, bread, and frozen meals - and choose the foods with lower numbers

To determine what amount of food is right for you, visit www.choosemyplate.gov and get your personalized nutrition plan. It can also analyze your current eating plan. Recipes are also available on this website.



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Nutrition is not the only important role in our health. We need to be physically active for at least 30 minutes most days of the week. By combining both nutrition and physical activity, we can reach and maintain a healthier weight, This is important for overall health and well-being. When significantly overweight, there is a greater risk of developing many diseases including high blood pressure, Type 2 diabetes stroke and some forms of cancer. For obese adults, even losing a few pounds or preventing further weight gain has health benefits.

Reaching a healthier weight is a balancing act. The secret is leaning how to balance your energy in (calories from foods and beverages consumed each day) and energy out (calories burned from basic body functions and physical activity) over the long run.

To move toward a healthier weight:

- learn what to eat from each food group
- choose MyPlate. Focus on how much you eat & watch portion size.
- choose nutrient-dense foods – foods which are packed with nutrients, but low in extras like sugar and fat
- be physically active – choose an activity you enjoy
- follow your progress by tracking food intake and physical activity

No matter what activity you choose, you can do it all at once, or divide it into two or three parts during the day. If you divide it up, each part should be at least 10 minutes long.

Source: www.choosemyplate.gov

Did you know?

You can find opportunities with upcoming events on Facebook!

Visit these 3 Facebook pages:

- ★ Choctaw Extension
- ★ Choctaw County 4-H
- ★ MEALionaire

September is Prostate Cancer Awareness Month

Written by: Romona Edge, Health Agent

Every man has some level of risk for getting prostate cancer, yet many other factors also make some men more susceptible to prostate cancer than others. Prostate cancer doesn't show its face early on, so without symptoms it can be nearly impossible to detect in the early stages. In order to find prostate cancer in its most treatable form, it must be caught before symptoms appear. In more advanced stages, symptoms may include:

- Difficult or frequent urination
- Difficulty having an erection
- Blood in the urine
- Frequent pain in the lower back, hips, or upper thighs

Testing (PSA and Physical Exam)

The PSA test and advances in treatment have led to a 40 percent reduction in prostate cancer deaths since the mid-1990s, and 90 percent of all prostate

cancers are now discovered before they spread outside the gland. The survival rate is nearly 100 percent when prostate cancer is detected early, while the tumor is still localized and hasn't spread.

Understanding Your PSA Test Results

Prostate Specific Antigen (PSA) is a protein made in the prostate gland. Normally, very little should be found in the blood. Rising levels of PSA in the blood indicate a problem with the prostate, which could be cancer but could also be an enlarged prostate (BPH).


Diagnosis

An abnormal PSA test or DRE exam indicates the need for further testing, including a biopsy or MRI, to determine if the abnormal readings indicate prostate cancer.

BPH

Almost all men suffer from some prostate enlargement, or benign prostatic hyperplasia (BPH), as they grow older.

October is Breast Cancer Awareness Month

 Breast cancer affects one in eight women during their lives. Breast cancer kills more women in the United States than any cancer except lung cancer. No one knows why some women get breast cancer. These are risk factors for breast cancer: age, your history of breast cancer, family history, reproductive and menstrual history.

Symptoms of breast cancer may include a lump in the breast, a change in size or shape of the breast or discharge from a nipple. A breast self exam, clinical breast exam, and mammography can help find breast cancer early when it is most treatable.

The goal of screening exams for early breast cancer detection is to find cancers before they start to cause symptoms. The size of a tumor in the breast and how far it has spread are some of the most important factors in predicting the prognosis of a woman with this disease. If you have any signs or symptoms, be sure to see your health care provider.

Stop by the Extension Office in the Courthouse Annex for your free "Monthly Self-Exams for Women" shower hanger.

Nurturing Parenting Program

Do you have a child between birth & 5 years of age? Enroll now in our new Nurturing Parenting Program! This program provides FREE educational lessons and materials. The program is designed to promote positive parenting skills, build self-esteem, enhance family communication, promote nurturing behavior and routines, healthy physical and emotional development, handle feelings, especially stress and anger and teach effective discipline techniques. Lessons can be conducted in your home or at a convenient public location by trained and experienced child development mentors. To register, call Juli Hughes at 285-6337 or stop by the Extension Office in Courthouse Annex in Ackerman.

Recipe Makeovers

Do your recipes need a makeover? Read the tips below and find out where you can save a significant amount of calories in items you prepare every day.

Reduce the fat 4 easy ways:

- Substitute low fat ingredients for high-fat ones in a recipe. Examples: use broth instead of oil for cooking; choose fat-free half and half in place of cream for sauces; use chicken instead of beef.
- Purchase smarter. Examples: Purchase flavored vinegar or lemons instead of high-fat dressings; buy lower fat meats and fat-free dairy items instead of their regular counterparts.
- Cook without fat. Examples: instead of deep-frying an item, bake it in the oven. Measure the fat you use when sautéing instead of free pouring from the oil bottle.
- Trim the excess fat from meat and poultry before cooking.

Increase the fiber 3 ways:

- Add more fruits and vegetables to every meal and every dish. Purchase more and keep them on hand for snacks, too. Remember that My-Plate is filled half way with fruits and veggies. You can't use them and eat them if you don't have them on hand!
- More beans. Do you prepare dishes with beans at least a couple of times per week? Can you add them in place of some of the meat in favorite recipes? Kidney beans can go in place of some of the ground beef in a recipe.
- Whole grains instead of white grains. Substitute a whole grain in place of a refined one. Buy whole grain cereal. Use brown rice. Eat whole wheat bread.
- Use less sugar
- Buy smarter. Instead of buying sweetened soda, buy tea that is not sweetened. Look for canned and frozen fruits without sugar. Buy cereal that is not sweetened.

Substitute fruit. Instead of ice cream, cookies or cake for dessert, serve fresh fruit.

- Omit. When you see a cake or big box of cookies, calculate the total number of calories that you would be bringing home. A cake that is 300 calories a sliver slice is really 4800 if it serves 16 and if there are only 2 people in the house eating it then you are going to take in a potential 2400 extra calories from eating it all week. Try to omit the sweets from your shopping cart.
- Purchase more foods that are naturally low in sodium like fruits, vegetables, unprocessed meats/poultry/fish, dried legumes and plain grains like oatmeal, rice and pasta.
- Read the Nutrition Facts Panel to find foods that contain 5% or less of the daily value for sodium. You can really save when you compare.

Article Source: www.communicatingfoodforhealth.com August 2011 Newsletter

Berry Brulee

2 cups fresh strawberries, hulled and sliced
1 teaspoon sugar
2 tablespoons red wine vinegar
1/2 cup fat-free sour cream
1/2 cup plain nonfat yogurt
2 tablespoons firmly packed brown sugar



In a 9-inch pie plate, combine berries and sugar. Let stand 5 minutes and then stir in red wine vinegar. Meanwhile, preheat broiler. In a small bowl, stir together sour cream and yogurt. Spoon evenly over berries. Sprinkle with brown sugar. Broil berries 4 inches from the heat until sugar melts, about 1-2 minutes. Serve hot. Servings: 4 servings - 1/2 cup each.

Pesticide Applicator Training

Pesticide applicator certification is a legal requirement for persons using restricted-use pesticides in any situation, as well as for those individuals who apply general-use products in a commercial situation and are required to be licensed by both state and federal regulations. If you need this training, call the number listed to register. Cost is \$10.

9/26	Starkville	10:00 am	Oktober County Extension Office	662-323-5916
9/29	Philadelphia	4:00 pm	Neshoba County Coliseum	601-656-460
10/13	Louisville	6:00pm	Winston County Extension	662-773-3091

Plarn Party II

Written by: Jan Ballard

Did you know that it takes a grocery bag more than 1000 years to decompose in a landfill? Did you know that as of May 17, 2011 the United States has already used over 187,083,400,567 plastic bags this year? One slogan that is becoming practical, as well as popular, in the United States is: Reduce, Reuse, and Recycle. As important as recycling is, it might not be the best answer for the growing problem of too many used plastic bags in our landfills. Currently, the cost of processing 1 ton of plastic bags is approximately \$4,000, which can then be sold for only \$32. Not a good return for anyone's money.

What is the alternative? Instead of trashing those bags, you can make 'Plarn' (plastic yarn) to turn them into reusable totes, purses, rugs, and futuristic jewelry. Through a very easy process of cutting the bags into crossways strips, and then looping the strips together, the plarn can be used as one would use rags to make a crocheted rag rug. Or they could be knitted together into a floppy hat or purse. There are many patterns available for producing shopping bags, coasters, pot scrubbers, or even shoes. The possibilities are only limited by ones imagination. This is a good thing for Choctaw County, a good thing for Mississippi, a good thing for the environment, and a good thing economically.

Mississippi State University's Extension Service sponsors Full Circle, a knitting and crochet group who create items for people in need. Full Circle is also interested in teaching others not only the practical side of handcrafted items, but how to be a good steward of the resources we have available. The first Plarn "Demo" was so much fun, some participants asked if they could "come back and do it again". For those participants, and for people in Choctaw County who would prefer to come to a demonstration in the evening, a second Plarn Party has been scheduled for Oct 10th, 6:30 – 8:00 pm, in the Courthouse Annex, Ackerman.

Plarn Party II will include instruction in making plarn, how to make plastic bags into flowers, gifts and Christmas decorations, and patterns for crocheting with plarn. Because of limited seating, please call the Extension Office, **285-6337**, to reserve a place.



Divide and Conquer – Now is the time to divide perennials!

Written by: Dr. Lelia Kelly, Horticulture Specialist

Early fall is a great time to divide and replant perennials such as daylilies, iris, hosta, daisies and cannas. Refrain from dividing those that are just beginning their bloom cycle, like swamp sunflowers, chrysanthemums, hardy ageratum, goldenrod, and asters to name a few. You may divide the fall bloomers later in the fall after flowering is complete or these can be divided in early spring before new growth begins.

Fall is also a great time to plant purchased perennials or plants you have obtained by swapping your divisions with a neighbor. Matter of fact, you could organize a perennial swap party! Get all your gardening buddies together and share perennial divisions from your gardens. What a great way to thin out your perennials that have lost vigor due to overcrowding, or show barren and dead centers. You can rejuvenate your perennials and add to your collection at the same time! The new plants you receive are likely to grow well for you because they were growing already in your area. They also add a sentimental dimension to your garden because you associate them with the friend or relative who gave them to you.

A few tips when dividing your perennials:

- If the soil surrounding the perennials is dry, water it deeply, as the perennials will be easier to dig and divide if the soil is moist.
- It is all right to divide a thick mat of perennials with an axe, sharp spade or machete. You will sever some roots, but that's ok. If you can tease the clumps apart with your hands that's even better. Blasting the clump with a strong stream of water to remove the soil can also make dividing thick clumps easier.
- Cut back any excessive top growth. Cutting the foliage back somewhat allows the "pruned" root system a better chance of maintaining the reduced top growth until new roots can form.
- After planting your new "babies" water deeply and mulch. Continue to water these new plants well during dry periods of no rain this fall. It is critical that water be monitored closely until these plants have "rooted in."
- It really is not necessary to fertilize these plants now. Fertilize in the spring when you first observe new growth from the crown.

Dividing overgrown, mature clumps of your perennials, sharing with friends and purchasing new plants this fall for planting is a great way to get a jump-start on spring. Even though your garden may look asleep after the first killing frost, the perennials you have planted will continue to grow underground developing a strong root system to support all those flowers next spring and summer.



Discrimination based upon race, color, religion, sex, national origin, age, disability, or veteran status is a violation of federal and state law and MSU policy and will not be tolerated. Discrimination based upon sexual orientation or group affiliation is a violation of MSU policy and will not be tolerated.

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EXTENSION SERVICE

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Holiday Open House
& Santa
Thursday, December 8
Choctaw County
Library

Santa
Sample MSU ice
cream
Festival of Trees
Entertainment
Goodie bags
Door prizes
Children's crafts &
activities
Educational displays
& more!

What do I do about those pesky critters in my yard?

Voles

Voles (meadow mice) are members of the rodent family. They can cause considerable damage to landscape plantings, and to a lesser extent, turf, particularly in late winter or early spring when food sources become harder to find.

These small rodents with tiny ears, small dark eyes, and short tails can explode in numbers to several hundred per acre where there is a good grassy habitat and lack of natural predators. Moles have beak-like noses, tiny rudimentary eyes, no visible ears, and paddle-like front feet with large claws.



Voles seldom burrow long underground tunnels like moles, but rather make runways or paths through the turf canopy and flowerbed mulch. They on occasion use an existing mole tunnel to travel short distances.

Unlike moles that feed primarily on earthworms, grubs, and other insect larvae, voles feed on plants. The bark of thin-barked trees and shrubs is their preferred food. The girdling of these plants can become severe enough that the plants are weakened and eventually die. Succulent plants such as Hosta and turf can often be eaten to the ground, but usually come back once the voles are removed.

- Close monitoring in early fall through winter for runways through the lawn and feeding on shrubs will alert you to their presence.
- Maintaining the turf at normal mowing heights will discourage travel across lawns.
- Keeping vegetation-free areas around young trees and shrubs will prevent hiding places.
- Hardware cloth protective cages 2-3 inches into the ground and about 18 inches high around young trees will prevent girdling.
- Since voles do feed on vegetation, mousetraps baited with peanut butter, oatmeal, pecans, or apple slices placed in the runways or landscape beds will reduce populations. A very successful trapping

trick is to place an un-baited mouse trap in front of a hole or run then place a clay pot over both the trap and hole and the vole will eventually trip the trap trying to escape from the pot.

- Poisonous baits containing zinc phosphide in pelleted form is also effective, but can be dangerous to children, pets, and other wildlife and should be used only in lockable bait stations accessible only to the tiny voles.

Armadillos

Written by: Dr. Wayne Wells, Turf Specialist

One of the most frequently asked questions I receive is "How to keep armadillos from destroying my lawn"? A well-manicured lawn can be severely damaged from the voracious and destructive digging caused from armadillos in a single night. These small nine-banded armor-shelled animals with long snouts and strong claws can rip up a lawn in minutes when searching for morsels of their favorite foods of frogs, mole crickets, insect larvae, ants and any other tasty invertebrates.

So what can we do to keep them from destroying our lawns? Even though you may hear of several local tales for their control it basically comes down to only a few choices; the elimination of the food supply, exclusion, shooting or trapping. Fencing can be effective but often does not lend well to the landscape and can be expensive. Shooting is a controversial subject and is not allowed in many areas. Therefore, your choices may be narrowed to eliminating the food supply with insecticides or trapping. Insecticides while effective in reducing the food source they may not stop hungry armadillos from periodically checking your lawn for a potential meal. Trapping can be effective but takes some skill and patience. A small live animal trap with temporary wings (fencing or boards) extended out several feet in a "V" shape will help herd the critters into the trap. Baits of overripe fruit (apples or bananas), live mole crickets or earthworms held in thin netting or panty hose placed inside the trap will help lure the armadillos into the trap.