

Wamba Wanderings

March 2010

Staff:

- **Romona O. Edge**, County Director & Interim Area Agent - Health
- **Reba Bland**, Area Agent - Leadership Development
- **Mike Howell**, Area Agent - Animal Sciences
- **Penny Parmer**, Office Associate
- **Mary Linda Moore**, Area Agent - Family Resource Mgmt.
- **Marie Rogers**, 4-H Youth Agent
- **Amy Riley**, FNP Program Associate
- **Carla Stanford**, Area Agent - Child & Family Development
- **Charlie Stokes**, Area Agent - Agronomic Crops
- **Judith Ward**, Area Agent - Nutrition & Food Safety
- **Jeffrey Wilson**, Area Agent - Horticulture

Kidney Health

By: Romona O. Edge

The kidneys are a pair of bean shape organs that lies just below the rib cage near the lower middle of the back. Each kidney contains approximately a million tiny structures called nephrons that perform their life-sustaining job of filtering and returning to the bloodstream about 200 quarts of fluid every 24 hours. Approximately two quarts of fluid are eliminated from the body in the form of urine, while the remainder is retained in the body. Even though the kidneys are small, they perform many complex and vital functions that keep the rest of the body in balance. The main function of the kidneys is to remove waste products and excess fluid from the blood. The kidney also plays a major role in regulating levels of various minerals such as calcium, sodium, and potassium in the blood.

When there is damage to the tiny structures called nephrons, it results in kidney disease, also known as renal disease. There are many things that can cause kidney disease. If you are a diabetic, have high blood pressure or a close family member have kidney disease, then you are at risk of developing renal disease.

There is a difference between kidney failure and kidney disease. Kidney failure occurs when the kidneys partly or completely lose their ability to carry out normal functions. Chronic kidney disease is when one suffers from gradual and usually permanent loss of kidney functions over time, usually months to years. Acute kidney failure develops rapidly over days or weeks. Acute kidney failure usually does not cause permanent damage to the kidneys.

Chronic kidney disease is a growing health problem in the United States. The Center for Disease Control and Prevention (CDC) determined that 16.8% of all adults above the age of 20 years have chronic kidney disease. Approximately 67,000 people die each year because of kidney failure. The increasing incidence of diabetes mellitus, hypertension, obesity, and an aging population have led to this increase in kidney disease. This disease is more prevalent among individuals over 60 years old. Also, chronic kidney disease is more common among Hispanics, African Americans, Asians or Pacific Islanders, and Native Americans people.

4-H News

The 2010 Itawamba 4-H Goat Judging Team placed 2nd at the Northeast District Livestock Show in January. Meagan Hall was the 1st place High Scoring Individual. Pictured from left to right is John Taylor McFerrin, Gabby Simpson, and Meagan Hall. Congratulations team for a job well done!



Sharpen Financial Skills to Weather Tough Times & Save

By: Mary Linda Moore



Rising prices challenge consumers, yet tight times can prompt money-saving strategies that may put more money in your pocket. Getting a handle on your financial situation requires some homework, but investing even a little time may help to pay down debt and build savings.

To begin, determine your net or take-home pay, which is the amount available after deductions for taxes and benefits. Then make a list of weekly or monthly fixed payments such as a mortgage payment or rent, average utility bills, insurance (car or truck, home or renter's, medical, life), auto or other loans and credit card payments, food, regular healthcare expenses, contributions to an emergency fund or savings goals and miscellaneous expenses, including transportation, clothing, etc. Compare the total amount of fixed payments and expenses with the money available (net pay) to determine whether cash flow is positive – or negative.

A positive cash flow, meaning that money is available to cover bills and savings goals, should be evident in account balances and cash on hand. A negative cash flow indicates that spending exceeds the amount available. Improving a slightly negative cash flow may simply require working a few extra hours or cutting out extras like premium cable channels or cell phone add-ons. Failing to resolve a negative cash flow jeopardizes future earnings, particularly for consumers who are having trouble making the minimum payments on credit cards. Running up still more credit card bills typically adds to financial woes, rather than helping to resolve them. While some can benefit from financial counseling, almost everyone can benefit from weeding out unnecessary expenses.

Here are some tips:

- ◆ Track cash spending for one or two weeks or a month to identify impulse buying.
- ◆ Cover the basics, such as housing, utilities, food, and healthcare first.
- ◆ Evaluate financial needs (such as replacing the family refrigerator or buying new tires for the car), and prioritize them.
- ◆ Pay down debt, being sure to cover minimum payments on all credit cards to avoid fees while setting up a plan to pay off the cards. Paying off a credit card with the highest interest rate or biggest balance is typically recommended, but paying off a card with a lesser balance first can sometimes boost a consumer's confidence in his or her ability to retire debt. Reducing, and eventually eliminating, debt will save interest and other fees and make more money available for current and future goals.
- ◆ Build an emergency fund to cover unexpected expenses without borrowing. Set an initial goal of \$500 to \$1,000, but aim for an emergency fund equal to three- to six month's income. That can offer protection in the event of a job loss or layoff, accident or illness, or storm damage.
- ◆ Leave credit cards at home. Commit to paying with cash, check or debit card – or not buying.
- ◆ Monitor and balance checking, saving and other financial accounts regularly to avoid fees. Report errors immediately.
- ◆ Put nice, but-not-necessary wants (like a larger television set) on a waiting list; discuss large purchases or investments with members of your household before buying.
- ◆ Practice making less costly choices, such as choosing to eat out occasionally, rather than regularly, or bringing a snack to work, rather than buying from a vending machine.
- ◆ Consolidate errands to reduce fuel costs, and consider car pooling to work or school activities to save.
- ◆ Shop with a list – and stick to it.
- ◆ Eat before shopping for groceries to reduce impulse food purchases.
- ◆ Evaluate sales before buying. Another sweater or pair of shoes isn't likely to be a bargain, if it doesn't match anything already owned.
- ◆ Go green. Engage the family in moneysaving strategies such as turning off the faucet while brushing teeth, limiting time in the shower, using one, rather than two towels, or adjusting the thermostat (up in the summer, down during in the winter) and turning off lights when leaving a room to save on utility bills. Do laundry early in the morning or dishes later in the evening when rates are reduced. While spending habits – or patterns – aren't easy to change overnight, small changes, such as saving a dollar a day, could yield close to \$200 in six months.

Cloverbud Book Club



Itawamba 4-H has a book club at which children are read to, have a fun activity, and learn about using the library. The club is for ages 5-7 and will meet on the 3rd Monday of each month at the Itawamba Pratt Memorial Library in Fulton at 3:30 p.m.



ITAWAMBA HORSE ASSOCIATION

Meeting

3rd Monday Night of Each Month
Extension Office

(Spring Trail Ride will serve as the April Meeting)



Step-grandparenting for Grandparents

By: Carla Stanford



The following article was developed for stepfamilies by MSUES. One of the most wonderful factors in the stepfamily is the step-grandparent. If you are in this situation or soon to be, this information might give you something about which to think. You may also go to <http://msucares.com/pubs/infosheets/is1681.pdf> and print the article off. Enjoy!

Stepfamilies are becoming one of the most common family forms in the United States. When stepfamilies are formed, many new relationships are created. You may become an instant grandparent with step-grandchildren. You may have both grandchildren and step-grandchildren in the same family. Grandparenting can offer the same challenges, uncertainties, conflicts, and rewards that are in other step-family relationships.

You're a New Step-grandparent. What Does This Mean? You probably have many thoughts and feelings about this role. You may think:

- I'm not old enough nor ready to be a grandparent.
- This interferes with dreams about the birth of my first grandchild.
- Will my step-grandchild like me? Will I like my step-grandchild?
- What expectations do my daughter or son and new son-in-law or daughter-in-law have?
- The relationship I have with my other grandchildren is great. I don't want it to change.
- Is it okay to feel differently toward my step-grandchildren than my natural grandchildren?
- I feel like I'm expected to treat my step-grandchildren the same as my grandchildren, especially around gift giving times.
- Will "our" family celebrations and traditions have to change?

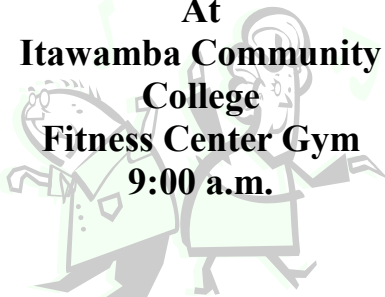
These questions and thoughts often create feelings of resentment, loss, uncertainty, sadness, and confusion. Understanding the differences between stepfamilies and biological families may help you in your new role as a step-grandparent.

Realities of Stepfamilies

- There is no such thing as instant love. Relationships build over time. To expect step-grandparents and step-grandchildren to love each other instantly is unrealistic.
- Stepfamilies are not like first-time married families. First-time married families grow up together, while stepfamilies do not. Stepfamilies instantly face different traditions and values in everyday living.
- Stepfamilies are born of loss (divorce, death, or separation). You have to consider the feelings that come with that loss.
- Conflict and change are normal. Recognizing this can help stepfamilies understand that it takes several years for a stepfamily to become a solid family unit.
- Personal histories of individuals in stepfamilies are different. The parent and children have lived together longer than the new step-parent has been part of the family. The new stepparent can feel like an outsider, but the children also can feel like outsiders as they see their parent with a new mate.

Senior Citizens' Day

Tuesday, May 11, 2010
At
Itawamba Community
College
Fitness Center Gym
9:00 a.m.



Prostate Cancer Seminar

June 17th at 6:30 p.m.
MSU-Itawamba Extension
Service

Fruit Tree Grafting Workshop

April 29th at 1:00 p.m.
At Stacy Russell's
Farm





Fruits, Vegetables, and Weight

By: Judith Ward



Fruits and Veggies Are Filling

- ◆ To lose weight, you must eat fewer calories than your body uses. But, this does not mean you have to eat less food.
- ◆ To cut calories, substitute low-calorie fruits and vegetables for some of the high-calorie ingredients like cheese and meat.
- ◆ This works because most fruits and vegetables are naturally low in calories. That's because they are low in fat and high in water and fiber.
- ◆ The water and fiber in fruits and vegetables add volume. That means they take up more space on our plate and in your stomach. They are filling. You'll feel more satisfied when you add them to your meals. Research shows that feeling full is one reason people stop eating. It's a stronger factor than how many calories you eat.

Substitution is Key

- ◆ Eat fruits and vegetables instead of other higher-calorie foods.
- ◆ If you eat fruits and vegetables in addition to what you usually eat, you are adding calories — and may gain weight.

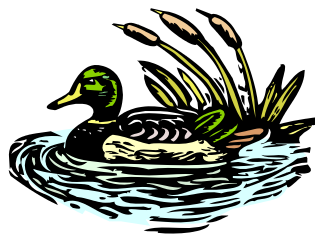
Simple Hints

- ◆ Eat off a normal size or small-size plate — not a platter.
- ◆ Eat half your plate with fruits and vegetables at every meal.
- ◆ Make fruits and vegetables your first choice for snacks.
- ◆ **Cereal** Put less cereal in your bowl to make room for cut-up bananas, peaches or berries.
- ◆ **Omelets** Substitute spinach, onions or mushrooms for one of the eggs or half of the cheese in your omelet. The veggies will add flavor, color and volume.
- ◆ **French Toast, Pancakes and Waffles** Top with chopped fruit or berries and a tablespoon or plain or flavored yogurt.
- ◆ **Sandwiches, Wraps, Burritos** Substitute fresh or roasted vegetables for half of the cheese and meat in your sandwich, wrap or burrito. Try adding lettuce, tomatoes, onions, beans, eggplant, mushrooms, or cucumbers.
- ◆ **Soups** Add 1 cup fresh, frozen or canned vegetables, to your favorite soup. Try broccoli, carrots, beans, or red peppers.
- ◆ **Side Dishes** Serve 1 cup of chopped vegetables instead of 1 cup of rice or pasta. You can use fresh, frozen or canned vegetables. Try broccoli, squash, tomatoes, onion or peppers.



Snacks

- ◆ Choose mostly fruits and vegetables for your snacks.
- ◆ One snack-size bag of corn chips (1 ounce) has the same number of calories as a small apple and 1 cup strawberries and 1 cup of carrots with 1/4 cup of low-calorie dip — all combined!
- ◆ All of these snacks are about 100 calories:
 - ◆ 1 medium apple (72 calories)
 - ◆ 1 medium banana (105 calories)
 - ◆ 1 cup blueberries (83 calories)
 - ◆ 1 cup grapes (100 calories)
 - ◆ 1 cup steamed green beans (44 calories)
 - ◆ 2 tablespoons of hummus (46 calories) with 1 cup of vegetables, such as carrots (45 calories), broccoli (30 calories), or bell pepper (30 calories)



Farm Pond Management Seminar

May 4, 2010 -6:30 p.m. at the MSU-Itawamba Extension Service

Presented By:

Mississippi State University - Extension

Department of Wildlife, Fisheries & Aquaculture

Wes Neal, Extension Fisheries Specialist, Mississippi State University, Department of Wildlife, Fisheries & Aquaculture

Topics will include:

- ◆ Proper design, construction, or renovation of ponds to improve fish production and reduce water quality issues.
- ◆ Best stocking practices to produce sustainable numbers and sizes of fish for angling and harvest.
- ◆ Proper fish management including harvest, assessment, and maintenance
- ◆ Water quality management and problem troubleshooting



Upcoming Events

First Tuesday Lunch & Learn

Tuesday, April 6, 2010 At Noon
At the Itawamba County Pratt Memorial Library
Topic: Menopause 101
Speaker: Claire Stone Northington, FNP

Just bring your lunch
We will provide Tea or Water

Sponsored by:

- MSU-Itawamba County Extension Service
- Itawamba County Pratt Memorial Library

2010 BEE SHORTCOURSE
Mississippi Agricultural and Forestry Experiment Station
Verona, MS
May 7-8, 2010



Friday, May 7

- * "Basic Bee Biology" – Mr. Jon Zawislak, University of Arkansas
- * "Honey Flows and Food Sources" – Mr. Harry Fulton
- * "Getting Started- How and When" – Dr. Clarence Collison, MSU
- * "Spring Management" – Harry Fulton
- * "Small Hive Beetle Management"- Clarence Collison
- * "How to work Bees/Smoking, etc." –Clarence Collison
- * "Types of Equipment for Bee Hives" –Harry Fulton
- * Basics of Queen Rearing-First Steps- Tony Homan, Tony Homan Apiaries
- * "Finding the Queen and Requeening"-Jon Zawislak

Saturday, May 8

- * "Harvesting, Handling and Processing Honey" – Clarence Collison
- * "Queen Management" – Harry Fulton
- * "Swarm Prevention and Control"- Jon Zawislak
- * "Basic Review of Brood Diseases" – Harry Fulton
- * "Nosema Diseases" – Clarence Collison
- * "Mite Control – What's New – Harry Fulton
- * "Feeding/Nutrition for Bees" – Clarence Collison
- * "How To Start New Hives: Splitting and Trapping? Harry Fulton
- * "Surveying & Treating for Mites -Clarence Collison
- * "Queen Rearing-final steps"- TonyHoman



Date: Saturday, April 17, 2010
Time: 8:00 a.m. –until
Place: MSU-Itawamba Extension Office
Behind S & W Pharmacy
Sponsor: Itawamba County Master Gardeners



Melt Away in Mantachie

- Weigh in on April 5th from 3:00 p.m.– 6:00 p.m. at Mantachie Town Hall
- Come with your team name!
- Teams consisting of 3-10 members
- Cost is \$5:00
- Weigh out on May 24th
- Prizes to the "Biggest Melt-Aways"

A friendly challenge between businesses and individual teams to see who can "melt away" the inches and pounds for a healthy lifestyle!

For more information about any of the upcoming events, please call our office at 862-3201.



April 23 & 24, 2010

Region II encompasses the eight state cattlemen's and cattlemen's associations of the Southeast. Each year, association members meet in a different state for fellowship and to discuss the issues affecting the industry in our region.

You can register for just one or two events or the entire weekend of activities.

◆ **Friday Tour**

Buses leave the Hampton Inn at 9:00 a.m.

* **Stop 1**

The Brown Loam Branch Experiment Station is Mississippi State University's 1,700 acre farm located in Hinds County. Research at this location focuses on animal breeding, grazing management, temperament studies, heifer development, A.I. synchronization, forage systems and stocker management. The recent addition of the GrowSafe system is enhancing the station's research projects.

* **Stop 2**

Next stop is Hinds Community College's Bull Test Station, the state's only public feeding trial and sale. Dr. Jane Parish will present a short program and lunch will be served in the modern show and sale facility by our Hinds County Cattlemen's Association.

* **Stop 3**

The Gaddis Farms -This family corporation, started in 1897, is headquartered near Bolton in Hinds County. With 1200 brood cows and 2000 to 3000 stockers purchased each fall, Gaddis Farms is one of the largest cattle operations in the state. Corn silage, Bermuda hay and wet distillers grain are used to background the stockers and provide supplement to the cow herd. Marshall ryegrass is planted on 1200 acres and hay is produced on 500 acres of hybrid Bermuda hayfields.

* **Stop 4**

Sedgewood Plantation -At Sedgewood Plantation, Dr. Bill Howard will show you surefire ways to improve your cattle handling and AI skills. Utilizing the HeatWatch system, good nutrition and proper facilities, the Howards achieve outstanding results with their seedstock Angus operation. New feeding pads have solved much of their mud problem when feeding the by-product ration. Seen enough cows for one day?

Instead of the barn tour, Nancy Howard invites you to see the circa 1842 Greek Revival cottage that is home to the fourth generation of the Howard family. Now on the National Register of Historic Places, the story of the home's renovation can be seen by clicking this You Tube video.

* **Stop 5**

Mississippi Agriculture & Forestry Museum and National Agricultural Aviation Museum -Discover Mississippi's proud agricultural legacy as you step back in time. Explore the various museums of the Ag Museum such as the Heritage Exhibit Center, the National Agricultural Aviation Museum, the Fitzgerald Collection, Small Town, Mississippi, the Fortenberry-Parkman Farmstead, the Ethnic Heritage Center, and the Forestry Auditorium.

◆ **Friday Evening Dinner**

Now, after a busy day, kick back with the Blues music of Terry "Harmonica" Bean and enjoy a Southern Fried Catfish dinner. And don't forget the PAC auction to benefit NCBA's efforts in Washington, DC.

◆ **Saturday's Program**

On Saturday morning we get down to business with NCBA Federation Division Chairman Scott George. Scott, a second generation dairy farmer from Cody, Wyoming, will report on the programs sponsored by your checkoff dollars.

Colin Woodall will join us from Washington, DC for an update on the latest issues facing our industry. As Vice President of Government Affairs, he serves as NCBA's chief lobbyist on Capitol Hill and leads the Washington office in developing strategies to ensure that the cattle industry's voice is being heard by policy makers. Don't miss Colin's fast paced report on legislative and regulatory issues.

CattleWomen's Program on Saturday- After the opening session by Scott George and Colin Woodall, the Mississippi CattleWomen's Association invites the ladies to adjourn to their session where American National CattleWomen's President Lana Slayton will report on national activities. Jill Ginn, ANCW President-elect from Texas will also be here with an update on NBCO and animal rights activists activities. State and committee reports will follow.



Beautiful Plants

By: Dr. Jeff Wilson

Do you ever wonder how some people manage to have such beautiful plants in their gardens? Where did they find them? How do they keep them alive? We have all been jealous of our neighbors' garden at some point, but you too can create that inspiring landscape and grow beautiful and healthy landscape plants.

It all begins with selecting healthy plants at the local nursery or garden center. Most plants purchased by homeowners are grown in small plastic containers. When shopping, look for plants that have strong branches with no crossed limbs. The trunk should be straight and sturdy. The leaves should be of normal size, shape, and color for that plant species.

Check for healthy white roots to avoid girdled or pot-bound plants. The best way to do this is to carefully remove the plant from the container and examine the roots. You want to avoid plants with mechanical or insect damage or even weeds. You don't need any extra problems in the landscape. Buying plants that are suited for your growing region and that are known to have disease resistance will also help to ensure success.

Deciding where to place your new plant in the landscape is also crucial to its success. You must know if the plant prefers sun or shade, wet or dry areas, clay or sandy soils. You need to know how big this plant will get, how fast it will grow, and what its mature form will be. You need to know if it blooms, has fruit, has good fall color, or is subject to insect or disease problems. This should not discourage you from trying this new plant, but should help you plan for proper maintenance. Putting the right plant in the right place will eliminate most problems that may occur.

Properly preparing the planting area is another step in growing beautiful landscape plants. Be sure to not let the plant dry out before it is planted. Amend your soil so that it will hold moisture, while also allowing for adequate drainage. How you amend will depend on your current soil structure.

Dig a hole 2-3 times wider than the root-ball, but no deeper. Set the plant in place and backfill with the amended soil and water well. Using a root-stimulator fertilizer at planting time will also increase the plants chance of survival. Complete the project by adding a 2-4 inch layer of mulch to conserve moisture, suppress weeds and add beauty.

Remember, plants do better with heavy, infrequent watering than with daily light applications. This is a common mistake among many home gardeners. Deep watering will result in deep roots. A complete slow-release fertilizer will provide nutrients the plant needs to flourish throughout the growing season.

Follow these tips and you too can grow beautiful landscape plants. Good luck and get growing!

Spring Trail Ride

Saturday, April 10, 2010
Thorn Farms

Turn off Peppertown Exit and follow signs.

Registration 8:00 a.m.

Ride will begin at 9:00 a.m.

Lunch will be served at 12:00 Noon

Ride will continue after lunch



Women's Health Week Lunch & Learn Series

May 5, 2010 –Nutrition and Osteoporosis
May 6, 2010 –Getting Physical in the Garden
May 7, 2010 –Women and Fitness

Each Day at Noon at
Itawamba County Development Council

COOPERATIVE EXTENSION SERVICE
U.S. DEPARTMENT OF AGRICULTURE
MISSISSIPPI STATE UNIVERSITY
P.O. BOX 5446
MISSISSIPPI STATE, MS 39762-5446

OFFICIAL BUSINESS

RETURN SERVICE REQUESTED

Quarterly Publication of the MSU-Itawamba Extension Service

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