

What is Quick Bites?

Quick Bites is a program offered through the Mississippi State University Extension Service that provides timely information on a wide variety of topics to citizens across the state through interactive video. Not only do you have the opportunity to learn about topics ranging from Gardening to Photography, but you also have the chance to ask questions and interact with the Extension agent or specialist teaching the class as well as other participants.

For your convenience, the programs are held during lunch (**12-1pm**) on **Thursdays**. So bring your lunch and join us for a Quick Bite.



MSU Florist Manager *Lynette McDougald, AIFD*, demonstrated summertime floral arrangements poolside at the Hunter Henry Center. Lynette's next Quick Bites will be September 18th.

Mike Martin, Tim Armstrong and James Cannon previously presented the evaluation, selection and use of meats. The next Quick Bites from the Meats Lab will be September 25th.



For more information contact your local county Extension office.

Mississippi State Extension Service
UNIVERSITY

On-campus participants can attend in the Bost Building room 409.

Schedule for September 2008

September 4

Protecting Your Child From CyberBullying

MySpace, FaceBook, and YouTube are all great ways to stay connected, but they can also be used to bully other children. What might have started out as "prank" postings can turn out to be the worst mistake of your child's young life. In this Quick Bites class, we will talk about what to do if your child is the victim or the bully and the legal ramifications for both.

Mariah Smith, Instructor, Computer Applications and Services, MSU-ES

September 11

ABCs of Credit for College Students

Credit card applications are offered to college students with no credit history, employment, or parental consent. Most young adults gladly take advantage of this opportunity without considering the possible consequences. If not carefully managed, credit cards debt accumulated during college years can be devastating. The ABCs of Credit Card Finance program covers the basics of responsible credit card use, general terminology, and how to interpret the terms and conditions of your account.

Mary Linda Moore, Area Family Resource Management Agent, MSU-ES

September 18

Flowers for Fall

This program will be from the University Florist on the MSU campus. Learn how to make beautiful fall centerpieces and prepare for upcoming holidays.

Lynette McDougald, AIFD, Mississippi State University Florist Manager

September 25

Value Added Meats Processing

This Quick Bites, which is a demonstration of Deli-Style Ham manufacturing, will be a great program for consumers. It will be live from our meat processing room at the MSU Meats Lab.

Dr. Mike Martin, Assistant Professor Animal and Dairy Sciences and Food Science Nutrition and Health Promotion, MSU