

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.

Archived Quick Bites



Did you miss a previous Quick Bites program, but would still like to view it? No problem. Our newly designed website has many of the Quick Bites programs as well as other programs archived for your convenience.

Check out all of the new features at our new website.

http://msucares.com/distance_ed/index.html

or just go to msucares.com and click on the Distance Education link on the right side.

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 October 2008

October 2

It's a Snap: Making Picture Perfect Holiday Cards

In this class, you'll learn tips and tricks to taking great holiday shots of your family. Once we have the perfect shot, you'll learn how to upload and use online photo services (like Wal-Mart and Walgreens') to print Christmas cards with your families' photo so friends and family can see how much everyone has grown in the past year.

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

October 9

Financial Management: Sorting Out Mortgage Issues

Mortgage issues are dominating the news today and knowing what to do can be very confusing. This program will assist in answering some of those questions for you.

Susan Cosgrove, Area Family Resource Management Agent MSU-ES

October 16

Woman and Heart Disease: Limit your risks and know the signs

This could be one of the most important Quick Bites you've ever attended. More and more woman die of heart disease because they don't recognize the signs...and they don't get help soon enough. This program will cover the signs and symptoms of a heart attack, prevention strategies, and the importance of acting quickly. We will also help you know your numbers, what they mean as far as risk factors for heart disease and how to improve them.

Jane Clary, Ph.D, RN, MS, CHES MSU Extension Professor Health Promotion, Health Education

October 23

Tasty Treats: Putting Your Families Recipes in One Pot

Most of us can remember grandmothers' apple pie or mom's homemade spaghetti sauce, but we might lack the ability to re-create them. In this class, we'll learn how to make a family cookbook. Family cookbooks are the perfect "do-it" yourself Christmas presents but they also make nice gifts for newlyweds, college kids out on their own, not to mention just keeping a piece of your families' traditions all in one book.

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

October 30: No Quick Bites