



Hello Summer! June has been a very busy month and we were unable to send out a June edition of our newsletter. But not to worry! We crammed two months worth of content in this newsletter! Stay in the know by following our social media pages that are listed below. We hope you have a great and safe summer, stay hydrated, and let us know if we can be of service to you!

*Katrina McCalphia*   *Cody W. Ingram*   *Meribeth Boland*

## LAUDERDALE SUMMER FEST

The Lauderdale Community Development Club hosted the first ever Lauderdale Summer Fest. This event was created as an effort to restore the club's membership and raise funds to renovate and repair the community center. The event was a huge success. Festivities included snow cones, kid's inflatables, music, political speeches, petting zoo, vendors, and delicious catfish plates.



## LAUDERDALE COUNTY 4-H'ER NAMED STATE 4-H PRESIDENT-ELECT



The annual State 4-H Congress was held at Mississippi State University May 31-June 2. Lauderdale County had two representatives attend the event, John Clayton Kitchens and Ross Roberts. Both participated in the forestry judging contest and various workshops. John Clayton, who was previously the Southeast Region Vice-President, pursued to run for the office of State 4-H President-Elect and won the election. John Clayton will be the president-elect for the 2023-2024 year then advance to the State 4-H President role for the 2024-2025 year. Congratulations to John Clayton! Ross and John Clayton did a great job representing Lauderdale County.

1022 HIGHWAY 19 SOUTH - MERIDIAN, MS 39301 - 601-482-9764

## YOUR EXTENSION PROFESSIONALS



**Katrina McCalphia**  
Interim County Coordinator



**Cody Ingram**  
4-H Youth Development  
Community Resource Development



**Meribeth Boland**  
Agriculture & Natural Resources  
4-H Youth Development

### Stay Connected!



@LauderdaleCoExt



Lauderdale County Extension Office



Lauderdale County 4-H



lauderdalecounty\_ms4h

# Save the Date

-July 6, Lauderdale 4-H, 6:30PM, Gateway Church  
-July 8, Agri-Science, 9:30AM, Extension Office  
-July 14-15, State 4-H Shooting Contest, Pearl, MS



4-H Members and Master Gardeners added some beautiful landscaping around the Extension office and Agri-Center.

John Clayton used his wood working skills to build this picnic table for the Extension office. Already, Extension staff, clients, and guest have enjoyed spending time outdoors hanging at the picnic table.



Brailey stopped by the office to gather her Livestock sale and premium checks from the previous season! Brailey looks forward to using this money to further her livestock showing career in 4-H.

Jessi Hales represented Lauderdale County 4-H Livestock by showcasing her dairy heifer at Marvin's. Marvin's donated livestock feed to Jessi to aid in raising her next show animals. Thank you Marvin's for your support!



Our sewing group of girls have been creating lanyards and bags that was sold at the Southeast District Horse Show. This was such a fun project and we appreciate Ms. Cathy for teaching our girls!



Lauderdale County was well represented at the Southeast District Project Achievement Day. Jacob and Joy both won their contest. This was also John Claytons first time presiding over an event as the new President-elect.



Annalexa Moore, Brayleigh Stoots, and Ansley Howard represented Lauderdale County at the Southeast District Horse Show and the State Championship. All of these girls did a wonderful job.

We are so proud of Daniel Newell and Ashley Jackson for placing at the Southeast District Shooting Sports Competition! Ashley placed 1st in .22 pistol and air pistol. Daniel placed 3rd in .22 rifle. Here they are pictured with Ellen Russell, District Shooting Sports Coordinator.

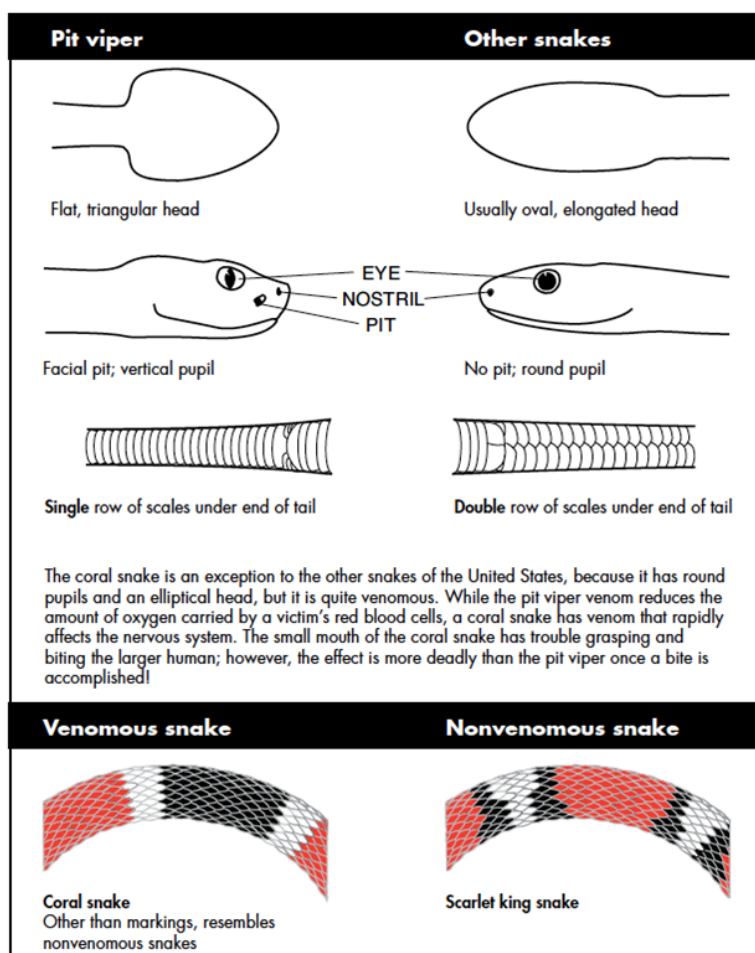


# LEARN HOW TO IDENTIFY SNAKES

Whether you're out hiking, fishing, camping, kayaking, horseback riding, or working in your backyard, you'll likely come across many types of wildlife, including snakes. Just the thought of a snake can cause many people to shudder with fear. But learning about the kinds of snakes you may encounter in your area and how they behave can help you avoid a dangerous encounter.

Mississippi has six venomous species of snakes and many more that are harmless. It's important to be able to identify which is which. Most venomous snakes in the U.S. have a flat, triangular head, slim neck, pits on the face, vertical pupils and a single row of scales under the end of the tail.

If you are in an area where you are likely to see a snake, be alert. If you spot one, give the reptile its space, especially if you know its physical features classify it as venomous. Most snake bites occur when humans try to move, kill, or harass these usually timid creatures.



# THE SCIENCE OF FIREFLIES



During summer nights, something magical happens.

Tiny insects light up the night sky, making summertime just a bit more special than it already is. Despite their name, fireflies aren't flies, they are beetles! The number one question people have about fireflies is how and why do they light up? The light is created by a chemical reaction that occurs called bioluminescence, allowing them to convert energy into light. Their flashing light is often known as cold light, as it produces little to no heat.

If you want to attract these magical insects to your yard, here are three things you can do:

1. Reduce or eliminate the use of chemicals on your lawn.
2. Turn off or eliminate any extra lighting you may have on your property. The light may interfere with the fireflies' ability to communicate with one another!
3. Plant low, overhanging trees or tall grass in your lawn. This provides a space for them to rest and stay cool during the day before night comes around.

## Private Applicator TRAINING AND TESTING ONLINE

Watch the training modules, pass the exam, and receive your private applicator certification from MDAC Bureau of Plant Industry.

**\$20** COST



MISSISSIPPI STATE UNIVERSITY™  
EXTENSION

Visit <http://msuext.ms/agmes>  
or contact your local MSU Extension office for info on how to register.



# HOW TO REDUCE MOSQUITO BITES

Here are a few easy things you can do to help reduce the odds of being bitten by mosquitoes:

- Remove any standing water around your house weekly. Water is an ideal breeding habitat for mosquitoes. Get into the habit of emptying and cleaning any pots, bird baths, toys, and other items that can hold water.
- Avoid being outside in the early morning and early evening when mosquitoes are most active.
- If you must be outside during those times, wear clothes that will help protect you! Wear long, loose pants and shirts with sleeves if you can.
- Insect repellent is another must! When looking at repellents, make sure it contains an EPA-registered active ingredient. Repellents with DEET as an active ingredient work well. Remember to always read and follow the product label instructions.



**MISSISSIPPI STATE**  
UNIVERSITY™

**EXTENSION**

**Lauderdale County Office**



Mississippi is home to many oak species, 34 to be exact, each having unique characteristics.

Here are ways to identify six common oak species found in our state...

- Chinquapin Oak: With their elliptical shape, the leaves resemble those of the Allegheny chinquapin tree. Their leaves are shiny, and typically 3 to 6 inches long and up to 3 inches wide. The chinquapin oak grows to be around 50 to 60 feet tall in deep, well-drained soils.
- Overcup Oak: The leaves of overcup oak have a narrow base and irregular lobes with deep sinuses. They can reach up to 100 feet tall with a diameter of 2 to 3 feet, but most are slightly smaller. You can find these trees in poorly drained, heavy soils in large bottoms.
- Post Oak: It is a very drought-resistant tree and often becomes the dominant tree species on dry sites. They are a medium-sized tree, around 40 to 50 feet tall and 1 to 2 feet in diameter. Post oak have leaves that are lobed, with the upper pair of lobes resembling a cross, and are typically 4 to 5 inches long.
- Swamp Chestnut Oak: The leaves of swamp chestnut oak have parallel veins with a wavy pattern of teeth on the edges. They often grow to be 100 feet tall and 3 to 5 feet in diameter. You're likely to find swamp chestnut oak in large creek bottoms.
- Turkey Oak: Turkey oak is commonly a small tree, typically growing 3 to 5 feet tall. The leaves of turkey oak have slender lobes and deep sinuses.
- Willow Oak: Just like a willow, the leaves of the willow oak are long and slender. They are large trees, often reaching 80 to 100 feet tall and 3 to 4 feet in diameter.

# DO YOU KNOW WHERE OUR OFFICE IS LOCATED?



Most clients do not realize that we changed our location a few years ago. Since 2019, we were re-located at the Lauderdale County Agri-Center on highway 19 south. We have a wonderful new facility of offices and a conference room where we can continue to provide meaningful hands-on education to Lauderdale County. Come see us!

Lauderdale County Extension Office  
1022 Highway 19 South  
Meridian, MS 39301

Collinsville Day was a great success hosted by various groups including the Collinsville Community Development Club! Vendors, politicians, food, and fellowship was crowded in the area. We are proud of our Collinsville Community Club for what they do to support their community!



We had a great time at the Lauderdale County Dairy Day celebrating National Dairy Month (June). 4-H and MHV Members participated in the dairy foods and poster contest. Dr. Jamie Larson, Interim Director of MAFES, was the guest speaker and spoke about the dairy industry. AND we had a special guest, Gertrude, who joined us. Thank you to everyone who participated in Dairy Day and we look forward to next year.



Our Master Gardeners have been busy. In May they hosted their annual plant sale at Earths Bounty in Meridian and hit a record total of sales. The funds raised from this event goes back into the program for supplies and service projects. They have also been working in various community gardens in the area.



## Save the Date

-July 6, Master Gardeners, 11AM, Extension Office

-July 21, Homemakers, 11AM, Extension Office



Are you interested in joining the Lauderdale County Homemaker Volunteers? The group meets the 3rd Friday of each month at the Extension office! On July 21, a representative from the Center for Pregnancy Choices will be our guest speaker talking about their program and what needs they have to further their service. Bring a sack lunch



Are you firing up the grill this weekend? It doesn't hurt to remind yourself of these food safety tips:

-Always wash your hands before and after handling raw meat or poultry.

-Cross-contamination can happen if you don't pay close attention to which plate or utensil you're grabbing. Set out new plates and utensils so you don't accidentally use a plate contaminated by raw meat.

Keep a food thermometer handy to check the level of doneness. Partially cooked meat can encourage bacteria to grow, so it's best to cook meat to the recommended temperatures...

-Hamburgers - 160°F  
 -Poultry - 165°F  
 -Pork - 145°F  
 -Fish - 145°F  
 -Beef steak - 145°F for medium-rare, 160°F for medium, 170°F for well-done.

-Before placing any meat on your grill, turn the heat on and let it sit for about 10-15 minutes to burn off any bacteria and extra build-up on the grates. Just like you preheat an oven, preheating a grill ensures it reaches the proper temperature for cooking.

-Cleaning the grill after use is important to keep it in good shape. Clean off any build-up on the grates before and after grilling.

-After a few uses, you'll notice the bristles of a steel brush start to rust and get loose. Inspect the brush before using. If you notice it is worn down, it's best to throw it away. The last thing you want is to accidentally consume a bristle in your food!

-To prevent burning your hand while dealing with flare-ups, consider wearing heavy-duty heat-resistant gloves, such as welding gloves or those specifically designed for grilling.

-Be sure to never leave your grill unattended while it's in use!

## HEAT EXHAUSTION

vs.

## HEAT STROKE

Heavy sweating

Cold, pale, or clammy skin

Fast, weak pulse

Muscle cramps

Tiredness

Fainting

Nausea

Headache

Dizziness

High body temp

Hot, dry, or damp skin

Fast, strong pulse

Confusion

Losing consciousness

Nausea

Headache

Dizziness



### WHAT TO DO:

Cool down, loosen clothes, & sip water.

### WHAT TO DO:

Call 911, cool down, & don't drink anything.



MISSISSIPPI STATE UNIVERSITY  
EXTENSION

Stay safe out there! Heat-related illness can be life threatening. So, it's important to know what to look for in yourself or someone else and treat it right away.

The symptoms of heat exhaustion and heat stroke are similar. Both are serious conditions, but in the case of a heat stroke, you need to get immediate medical attention. Take these steps to prevent heat-related illness:

-Stay hydrated. Drink plenty of water. Sports drinks can replace salt and minerals lost in sweat. Avoid alcohol, high-sugar drinks, and very cold drinks.

-Wear lightweight, light-colored, loose-fitting clothing. Tight clothing doesn't allow sweat to evaporate properly and can cause you to overheat.

-Avoid outdoor activities in the hottest part of the day. Do yard work or exercise when it is coolest – in the morning and evening.

-Eat cool, light food. Hot, heavy meals raise your body temperature.





Heat is one of the leading weather-related killers in the United States, resulting in hundreds of fatalities each year. North American summers are hot. East of the Rockies, summertime tends to combine both high temperatures and high humidity, making daily physical activity more difficult. High heat and humidity put extra stress on your body because sweat doesn't readily evaporate to cool your skin. In cooling yourself, your heart rate also increases.

Here are some tips to make your daily physical activity safe during these hot summer months:

Schedule your walk or activities for the coolest time of the day, either early morning or late evening.

Take care if you are a child, older adult, or anyone with health issues.

Drink plenty of fluids. Dehydration is a key factor in heat illness. Stay well-hydrated with water. Don't wait until you're thirsty. Consider sports drinks to replace electrolytes such as sodium, chloride, and potassium if you exercise intensely.

Dress appropriately. Lightweight, light-colored, loose-fitting clothing allows sweat to evaporate and keeps you cooler.

Wear sunglasses and a wide-brimmed light colored hat.

Protect yourself. Use sunscreen and reapply according to the package directions. A sunburn decreases your body's ability to cool itself and increases the risk for skin cancer.

Get acclimated. Gradually increase the length of time you are outside in the heat. This usually takes one to two weeks.

Watch for signs and symptoms of heat-related illness: muscle cramps, nausea or vomiting, weakness, fatigue, headache, dizziness, confusion, low blood pressure, increased heart rate, profuse sweating, or visual problems. These can worsen and become a medical emergency.

Be safe during your summer walking and activities. Don't quit because of the heat!





HEAD



HEART



HANDS



HEALTH



MISSISSIPPI STATE UNIVERSITY™  
EXTENSION



# LAUDERDALE COUNTY SUMMER NEWSLETTER

RETURN SERVICE REQUESTED

OFFICIAL BUSINESS

MISSISSIPPI STATE, MISSISSIPPI 39762-5446  
PO BOX 5446

EXTENSION

MISSISSIPPI STATE  
UNIVERSITY™