



4-H Newsletter

TISHOMINGO COUNTY

NOVEMBER 2022

2022 County 4-H Awards Banquet

The annual awards banquet will be held on **Tuesday, December 6** at 6:30 PM at the **Fairgrounds**. A meal will be provided. Please dress business casual. Everyone is invited to attend. Please call in by Monday, November 28 with the number of people who plan to attend so we may prepare enough food and seating. All youth who have participated in county, district, state, regional, or national contests will be recognized. We will also recognize all 4-H program participants.

Three special awards will be given. All awards will be judged on a points system by a non-biased group of individuals. *To obtain an application for these awards, please call or drop by our office. You may also visit the Tishomingo County 4-H webpage at <http://extension.msstate.edu/msu-extension-tishomingo-county/tishomingo-county-4-h>.*

There you will find the award applications.

All applications must be completed and turned in NO LATER THAN

5:00 PM on Tuesday, November 22, 2022.

No late applications will be judged.

The special awards to be given are listed below:

1. **Standard of Excellence Award** – This award recognizes 4-H members who have been actively involved in 4-H programs and events and who have volunteered their time to help others throughout the year. All 4-H members who meet the number of points required for his/her age division will receive the Standard of Excellence Award, and the individuals with the highest number of points in each age division will receive the High Point Award.
2. **Rookie Award** – This award recognizes individuals who have been involved in 4-H for 2 years or less and have shown enthusiasm, a desire to learn and be involved, and an interest in helping others.
3. **Outstanding 4-H Volunteer Award** – This award recognizes a 4-H volunteer who has been actively involved in the 4-H program.

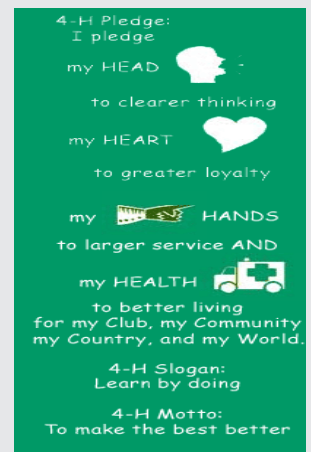
238 KAKI STREET, IUKA, MS 38852

October 28, 2022

PLEASE BE SURE TO READ YOUR NEWSLETTERS AND LET US KNOW WHICH ACTIVITIES YOU PLAN TO PARTICIPATE IN.

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Emily Vestal

FCS/4-H Extension Agent

Zach Yow

ANR/4-H Extension Agent

Thank you!

We at the Extension Office would like to say a huge thank you to everyone who participated in the 2022 Tishomingo County Fair! From the exhibitors, concession stand workers, poultry chain participants, to the clean-up crew, we appreciate you! We could not have done it without you! We hope that you will continue these efforts throughout the years to do what we do best—“*make the best better.*”

Livestock Information

2023 Northeast District Livestock Show: January 19-21 in Verona

2023 Dixie Nationals: January 29–February 9 in Jackson

Anyone that will be exhibiting livestock at the District and Dixie National Livestock Shows that were not exhibited at State Fair must submit nominations forms for that animal and are due in our office by November 22. Exhibitors must show at the District Livestock Show in order to show at the Dixie National Livestock Show. Ownership of all livestock must be in the exhibitor's name by November 21, 2022 in order to show at the District and Dixie National Livestock Show. For more information and for nomination forms, please contact our office.

Animal Health Records: Exhibitors are now required to complete a health record for each animal to be shown that lists all medications and treatments received within 60 days prior to the show. This applies to all animals shown at State Fair, District, & Dixie National. To get a copy of this form, please call our office at 423-7016.

State Fair Livestock Participants

Claire-Mann Taylor, Cela-Kathryn Taylor, Cheyenne Hughes, Sage Hughes, and Noah Sheffield
Congratulations to all the participants!

2022 Poultry Chain Placings

Grand Champion

Isaac Storment

Reserve Champion

Maycie Westbrook
Aaron & Silas Anglin

Blue Ribbon:

Maylie & Bentley Holt
Bennett Brumley & Addy Gray
Hunter Broadway
Collin Allen
Eli Nunley
Avery Hall
Harper Whirley

Blue Ribbon:

Carson Wilson
Mason & Brady Seaton
Maggie-Clare Pruitt
Magnolia & Isabella Lambert
Addy & Elsie Crabb

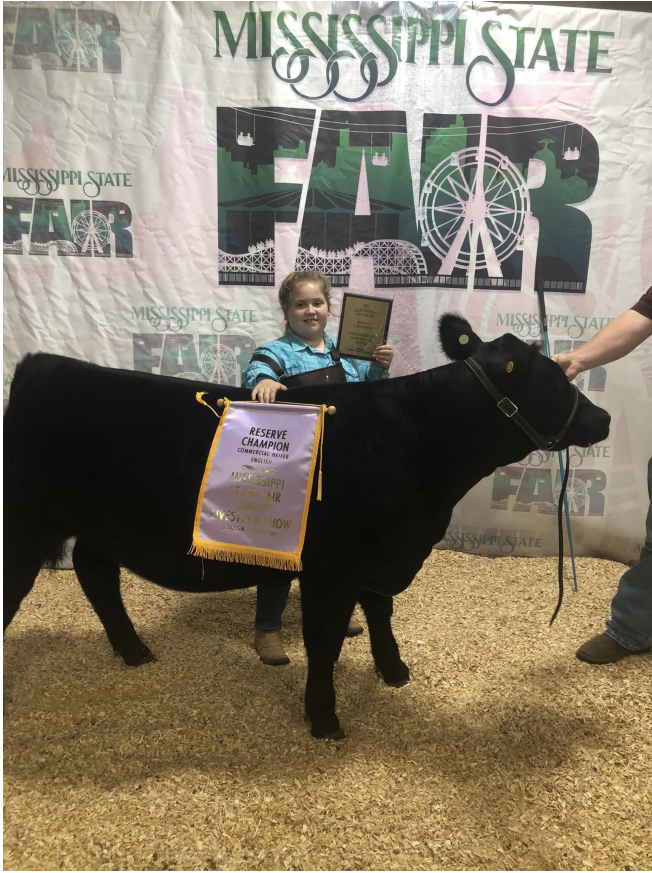
Congratulations to all our participants!

November Cooking Kits

It's now time to sign up for the November cooking kit if you would like to participate. Each kit comes with a complete set of instructions, a recipe, ingredients, and a surprise kitchen item. The cooking kits give youth an opportunity to learn and practice cooking skills at home, spend time with family, and explore new interests in food. 4-H members must preregister to participate. There is no cost to participate in the project. The deadline to register for the cooking kit this month is **Friday, November 4**. The cooking kits can be picked up at the Extension Office on **Thursday, November 17 from 12 to 5 PM**. If you're unable to pick the kits up by 5 PM, please let us know and we'll be happy to make other arrangements to accommodate you. Please text 662-769-9847, email ehc28@msstate.edu, or call our office at 423-7016 to sign up.

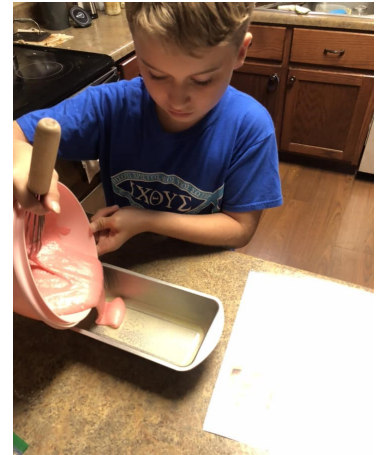
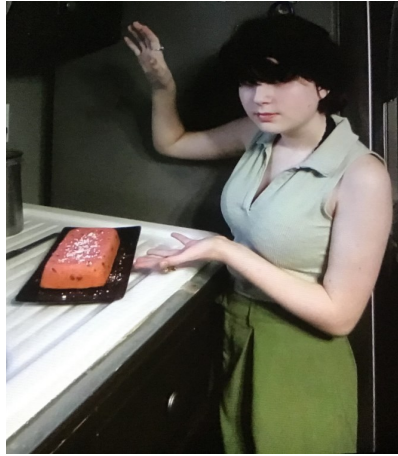
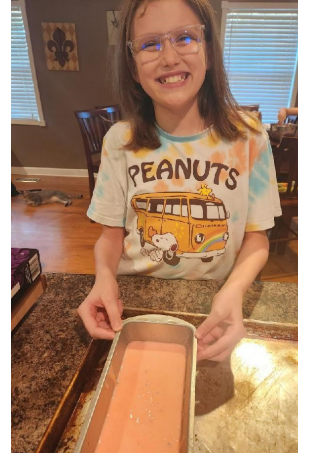
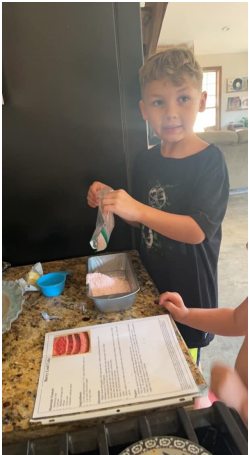
Sewing Class

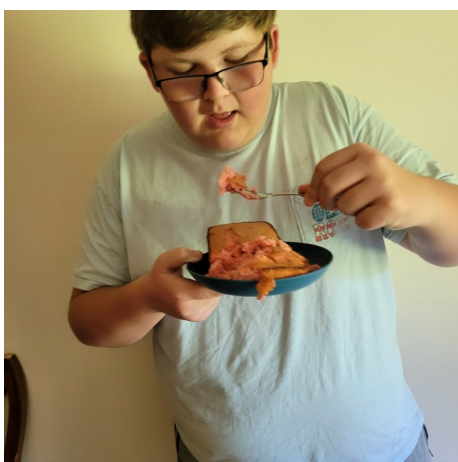
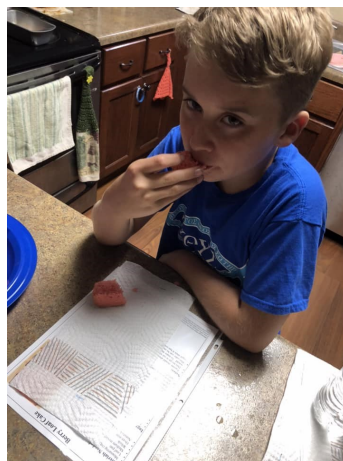
Sewing class will meet on Monday, November 28 at 3:30 PM at the Extension Office. Ages 5-18 are welcome to attend. Please sign up by calling our office, texting 662-769-9847, or emailing ehc28@msstate.edu.

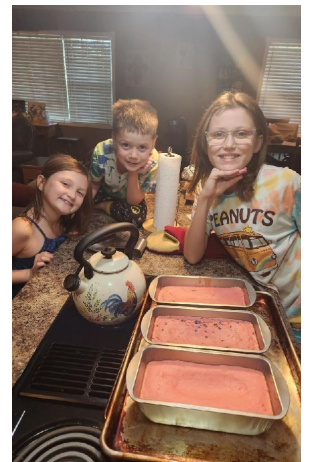
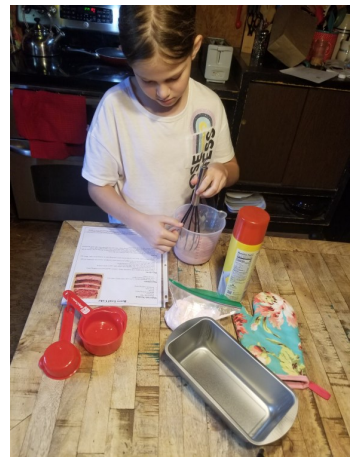
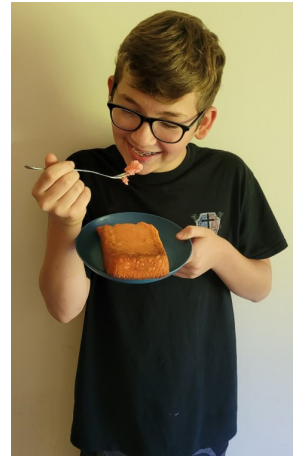


Congratulations to Noah Sheffield on placing 1st in Hereford Junior Yearling Bulls and Reserve Champion Hereford Bull at the Mississippi State Fair Hereford Open Livestock Show!

Congratulations to Sage Hughes on winning Reserve Champion Commercial English Heifer and Noah Sheffield on winning Champion Hereford Bull and Overall Reserve Supreme Champion Bull at the Mississippi State Fair Junior Livestock Show!







Diabetes Awareness Month

Understanding Type 1 Diabetes in Children

If you suspect your child has diabetes, it may feel overwhelming. With November being National Diabetes Month, it may be a good time to learn about the things you can do as a parent to help spot the symptoms and manage the disease. It may mean making some lifestyle changes, but keep in mind, you're not alone in this journey and there are resources to help.

There is currently no way to prevent Type 1 diabetes (previously known as juvenile diabetes) and there is no cure, which makes it crucial that parents are aware of the symptoms in order to help their child manage the disease. Type 2 diabetes is becoming increasingly common with the rise in obesity. However the treatments for these conditions can be different, so it's important for your child to be diagnosed properly.

Diabetes symptoms can appear quickly. Consult with your child's doctor if you notice the following:

- Your child seems to be drinking too much.
- Your child has frequent urination.
- Sudden bed-wetting occurs that's out of the norm.
- Your child has unintended weight loss.
- Your child is especially irritable or other unexpected mood changes.
- Your child's vision becomes blurred.
- Your child is constantly fatigued or feels weak.

Diabetes doesn't define or limit your child; it is important to follow your doctor's recommendations to help him or her thrive. Here are some tips to help:

- Follow the insulin prescription.
- Ensure your child eats a balanced diet.
- Monitor your child's blood sugar levels.
- Encourage physical activity.

If your child has diabetes, learning about the disease is an important first step to help them better manage it. While there are many great resources for parents, always follow your doctor's specific recommendations.

https://www.healthlink.com/documents/child_obesity.pdf

<https://www.mayoclinic.org/diseases-conditions/type-2-diabetes-in-children/symptoms-causes/syc-20355318>





NOVEMBER 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 Deadline to register for cooking kit	5
6 Daylight Saving Time Ends	7	8	9	10	11	12
13	14	15	16	17 Cooking Kit Pickup 12-5 PM @ Extension Office	18	19
20	21	22	23	24 Thanksgiving Day - Extension Office Closed	25 Extension Office Closed	26
27	28 Sewing Class 3:30 PM @ Extension Office	29	30			

Text Notification Reminders

To sign up to receive reminders about upcoming events, text [@tishco4-h](https://www.tishco4h.org) (in the message area) to **81010** (in the recipient box).