



EXTENSION

Center for Technology Outreach

QUICK BITES

SEPTEMBER 2021

Quick Bites programs are offered through the Mississippi State University Extension Service and provide information in a wide variety of topics through Zoom. The programs are held during lunch (12-1 pm) on **Thursdays**. Sessions will be held in Bost 409 for those who are on campus. Contact your county office for more information.

SEPTEMBER 2 – CHANGES IN LATITUDES; CHANGES IN ATTITUDES

LYNETTE MCDUGALD, INSTRUCTOR – PLANT & SOIL SCIENCES

This Jimmy Buffett song reminds us that an occasional attitude adjustment is necessary, and living with flowers can bring a grand result. Get ready for an hour of informative and fun ways to make every day brighter.

Zoom Registration Link: <http://msuext.ms/qb2021-09-02>

SEPTEMBER 9 – POND ALKALINITY/WATER MANAGEMENT 101

ROSS OVERSTREET, LAMAR COUNTY EXTENSION AGENT

Maintaining optimal water quality is an extremely important step in producing a productive fishery for recreation. This program is intended to cover basic water quality management techniques, once a pond has been constructed, including how/where to have your water sampled. There will be time saved at the end of the program for general or specific weed control/management technique questions as well.

Zoom Registration Link: <http://msuext.ms/qb2021-09-09>

SEPTEMBER 23 – BEING ACTIVE

MADISON PAYNE, OFFICE OF NUTRITION EDUCATION. COASTAL R&E CENTER

Looking for some ways to get the whole family active and moving? Learn some fun, easy exercises to get 20 -minutes of physical activity with “Aim for 20” that can be done almost anywhere! We will also discuss family friendly “Quick and Easy Snack Ideas” that are great before or after physical activity, to fuel our bodies especially with on-the go busy schedules!

Zoom Registration Link: <http://msuext.ms/qb2021-09-23>

Developed by the Extension Center for Technology Outreach

We are an equal opportunity employer, and all qualified applicants will receive consideration for employment without regard to race, color, religion, sex, national origin, disability status, protected veteran status, or any other characteristic protected by law.