

December 2021

THE PANOLA EXTENSION

A Monthly Newsletter by the Panola County AgriLife Extension office



Panola County AgriLife Extension Service

Address:

110 S. Sycamore St.
Room 104
Carthage, Texas 75633

Phone:

(903) 693-0300 Ext. 160

Email:

panola-tx@tamu.edu

Website:

www.Panola.AgriLife.org



Facebook:

[/PCAgriLife](https://www.facebook.com/PCAgriLife)

UP COMING EVENTS:

- 12/6: 4-H Council meeting, 5:45pm, Expo Hall
- 12/15: Market Broiler entries due
- 12/25: Christmas Day, office closed December 22-24
- 1/3: ALPA meeting, 6:15pm, Expo Hall
- 1/8: Lamb/Goat Exhibitor Advancement Clinic, 11am-1pm, Expo Hall
- 1/14: East Region AgriLife Conference and Expo, 7:30am, Tyler, TX
- 1/11: BIG 4-H Youth Workshop, 8:30am, Virtual
- 1/17: Martin Luther King Jr. Day, Office Closed
- 1/18: Master Wellness Virtual Training Begins, 9am-4pm
- 2/1: Entry deadline for Project Fair
- 2/3: Market Rabbit Validation and Entry Forms due, 6-7pm, Expo Hall
- 2/21: Presidents' Day, Office Closed
- 2/28-3/4: Panola County Junior Livestock Show, Expo Hall

In This Issue:

- Family Fitness During the Holidays
- Selecting the Perfect Yule-Tree
- When Will She Calve?
- Upcoming 4-H Meetings
- Lamb/Goat Exhibitor Advancement Clinic
- 17 Healthy Gift Ideas

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife Extension Service

TEXAS A&M
AGRI LIFE
EXTENSION





FAMILY FITNESS DURING THE HOLIDAYS

By Clarissa Moon

The holidays can be a love/hate time for people like me who love to indulge but don't want to see the evidence when trying to button up our pants! It's important to exercise at any time, but especially so when you've consumed extra calories. This isn't just for adults, though! Children need to develop healthy habits as well. Read on for some words of wisdom from Alice Kirk, an Extension Program Specialist in Child Health and Wellness.

As the temperature outside continues to grow colder, it is easy to simply want to cuddle up on the couch with a warm cup of hot cocoa, snacks, and your favorite holiday movie. However, with the rising obesity levels, especially among children, staying active before, during, and after the holidays is an important part of being healthy. Children in the United States today are less fit than they were a generation ago, and physical inactivity has become a serious problem. Americans are increasingly overweight, with the number of obese adults and overweight children doubling between the late 1970s and the early 2000s.

Both children and adults need time to improve their health through physical activity. A pattern of inactivity, also known as a sedentary lifestyle, begins early in life, making the promotion of physical activity among children imperative. Research indicates that regular physical activity has significant health benefits. Even modest increases in activity levels can have health-enhancing effects, including a reduction in chronic disease risk such as hypertension, type 2 diabetes, cardiovascular disease, and obesity.

So, what can parents do to help increase the entire family's fitness level? It's not as difficult as it seems. First and foremost, parents can be good role models. If children do not see the adults in their lives taking interest in hobbies and participating in activities that promote continuous movement for 30 to 60 minutes a day, they are less likely to adopt active lifestyles.

Decreasing "screen time" for families during the holidays is another way parents can increase the family fitness level. According to the American Academy of Pediatrics, the average child watches about 3 hours of television a day. And the average child spends 5 1/2 hours daily on all media combined, according to the Kaiser Family Foundation. Choosing to turn off the television or computer and taking an outdoor family walk to see neighborhood holiday decorations or just dancing around in the family room to favorite music are two ways to keep the family moving.

According to the 2005 dietary guidelines from the U.S. Department of Agriculture and the Department of Health and Human Services, all children 2 years and older should get 60 minutes of moderate to vigorous exercise on most, and preferably all, days of the week, with adolescents and adults getting at least 30 minutes.

As winter approaches, here are some helpful ways to increase your family's physical activity time:

- Designate a space indoors where children can climb, jump, dance, and tumble. Let this space become the "play zone."
- Establish a weekly Dance-A-Thon night, dancing to a variety of favorite fun music from various eras.
- Create either an indoor or outdoor obstacle course of favorite games using household items (i.e., trashcan basketball, blanket volleyball, bean bag tossing, hopscotch, etc.).
- Put up and take down holiday decorations outside as a family.
- Play games that also get you active, such as charades or twister.
- Have a pillow fight!

Being active is a crucial element of health for all ages. So this year, resolve to take small steps to help your family make healthy behavior changes that will keep your family moving towards better health in the coming year.

Source: Alice Kirk, Extension Program Specialist, Child Health and Wellness, Texas A&M AgriLife Extension Service, November 2005

References:

American Heart Association, <https://www.heart.org/>
 CDC Youth Recommendations, https://www.cdc.gov/physicalactivity/basics/index.htm?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fphysicalactivity%2Feveryone%2Fguidelines%2Findex.html
 American Academy of Pediatrics, <https://www.aap.org/>



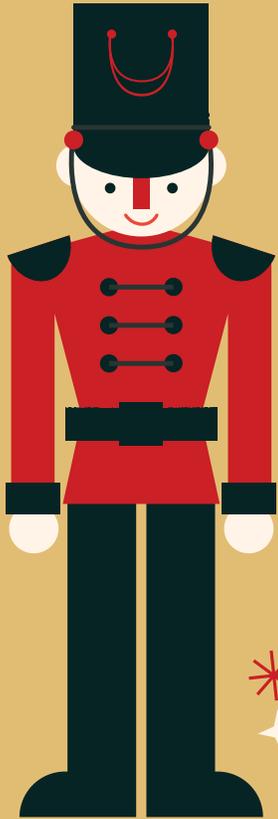
EAST REGION AGRILIFE CONFERENCE & EXPO

January 14 | 7:30am - 3:15pm | \$10 Registration Fee

Cross Brand Cowboy Church, Tyler, TX | To Register call 903-693-0300 ext: 160

7:30-8:30am:	Registration and Visit Vendors		
8:30-9:30am:	Termites (Janet Hurley)	SPCS: 1 Termite	
9:30-9:45am:	Break and Visit Vendors		
9:45-10:45am:	Ants in Turf and Pastures (Janet Hurley)	SPCS: 1 Pest	TDA: 1 Gen
10:45-11:00am:	L & R (Mark Matocha)	SPCS: 1 Gen	TDA: 1 L&R
11:00am- 12:00pm:	Safety (Mark Matocha)	SPCS: 1 Gen	TDA: 1 Gen
12:00-1:00pm:	Lunch and Visit Vendors		
1:00-2:00pm:	Disease in Turf and Bermuda Grass (Dr. Segars)	SPCS: 1 L&O	TDA: 1 IPM
2:00-2:15pm:	Break and Visit Vendors		
2:15-3:15pm:	Weed ID & Control using IPM Strategies (Dr. Segars)	SPCS: 1 Weed	TDA: 1 IPM

This Event Will be Replacing Vesperis & Rozell Sprayer TDA & Structural CEU Course



MERRY CHRISTMAS

FROM PANOLA COUNTY AGRILIFE EXTENSION

Our office will be closed
DECEMBER 22-24
We will be back Monday, Dec. 27



Deep Dish Apple Cranberry Pie

Cranberries and apples are the perfect combination for this delicious homemade dessert.
Makes 10 servings.

Ingredients

- 4 apples (large, peeled, cored, and sliced)
- 2 1/2 cups cranberries (fresh or frozen)
- 3/4 cup sugar
- 1/4 cup flour (all purpose)
- 1 teaspoon apple pie spice
- 1 pie crust (prepared)



Directions

- Wash hands with soap and water.
- Stir all ingredients (except for the pie crust) together in a medium sized mixing bowl and place in a 10-inch deep dish pie pan.
- Place one pie crust on top of the fruits. Cut 3 or 4 slits to allow the steam to escape.
- Bake at 375 degrees for about an hour. Serve warm. Refrigerate any leftovers.



Selecting the
PERFECT
YULE-TREE

By Lee Dudley

With Thanksgiving behind us, families being the task of replacing their fall themes for the festive bright colored decorations that make the season bright. It's during this time of year as my own family decorates our house and go about placing our family ornaments on our Christmas Tree that I get to thinking. Just where this custom of decorating trees for Christmas came from and what all goes into selecting that perfect Yule-tree.

Wikipedia states a Christmas tree "is a decorated tree, usually an evergreen conifer such as spruce, pine, or fir associated with the celebration of Christmas." In my readings I found that the trees were traditionally decorated with edibles such as apples, nuts, or other foods, with origins tracing back to early modern Germany. Predecessors can be traced further back to the 16th and possibly 15th century to the symbolism of evergreen trees in pre-Christian winter rites. This can be seen particularly through the story of Saint Boniface and the conversion of the German pagans. In which Saint Boniface cuts down an oak tree the German pagan worshipped, and replaced it with an evergreen tree, telling them about how its triangular shape reminds humanity of the Holy Trinity and how it points to heaven.

While the use of Christmas trees originated during the Renaissance of early Germany, the tradition wasn't introduced to America until 1850. When an engraving of the British Royal family from 1848 with their Christmas tree at Windsor Castle was republished in America, this time with the absence of the Queen's tiara and Prince Albert's moustache to make the image more American it was distributed in Godey's Lady's Book a popular American women's magazine at the time, making the image the first widely circulated picture of a decorated evergreen Christmas tree in America. The image was reprinted in 1860, and by the 1870s, putting up a Christmas tree had become common in America. Understanding better now the origins of the humble Christmas tree, it's easy to see why everyone wants to have that perfect tree being the center piece of all our winter decorations.

In selecting your tree, you should determine where you will display it in your home. This will help you choose a tree of the correct height and dimensions and whether all four sides must be suitable for viewing. A good rule-of-thumb to remember is that most trees on tree farms are trimmed to an 80% taper. So, a tree that's 10' tall will be 8' wide at the bottom. A tree that will fit in the room vertically may be entirely too big horizontally.

Freshness is extremely important when selecting a tree. Hold a branch about eight inches from the tip between your thumb and forefinger, apply gentle pressure and pull your hand towards you as the branch slips thru your fingers. Needles should adhere to the branch and not slip off into your hand. Other indicators of dryness or deteriorations to look for would include discolored foliage, a musty odor, and wrinkled bark. A good rule-of-thumb is, when in doubt about the freshness of a tree, select another one. Remember, when you are choosing from pre-cut trees that all Christmas trees are painted or dyed to achieve a uniform dark green color, but they also should have a fragrance and freshness about them.

Once you have purchased your tree here are some tips to keeping your tree fresh, beautiful, fragrant, and above all else, safe throughout the holiday season. If it is going to be one or two days before you actually set up and decorate your tree; store it in a garage, on a cool porch or in the shade where it will be protected from the sun and wind. If the tree is to be stored for several days, make a straight cut across the base of the trunk about an inch from the end. This opens the trees vascular system and allows for the uptake of much needed moisture. Store the tree upright, with the freshly cut trunk in a container of water. Maintain a constant supply of moisture. When the tree is moved to the house for decorating, make another fresh cut, straight across the trunk about an inch above the original cut. Place in a tree stand that has a large water container. Trees are thirsty depending on their size they may “drink” one to four quarts of water per day. Check water levels regularly and remember to keep them placed away from heat sources,



such as fireplaces, radiators, exhaust vents and even TV sets. Always turn your lights off when you leave home or before going to bed for the night. Never use combustible decorations. Always check electric lights, cords, connections before you begin decorating. Avoid overloading wall sockets and never allow open flames such as candles in the vicinity of the tree. Following these simple guidelines will help ensure that you and your family enjoy one of the oldest and grandest traditions of the season. If you need additional assistance in learning more about tree selection and care, remember to stop by your local Texas A&M AgriLife Extension or give us a call at (903)693-0300 Ext. 161. So, make your plans and if you have not yet start turning your home into a winter wonderland this Christmas season always remember the reason for the season and above all else enjoy the time with family and friends



Need activities to keep the kiddos engaged over Christmas break?

Check out the 4-H At Home page on 4-H.org.

They have TONS of activities for all age groups, indoor/outdoor, no materials, etc. Enter an age group and project area they're interested in and BAM! You have dozens of activities to choose from!

<https://4-h.org/about/4-h-at-home/>



WHEN WILL SHE CALVE?

By Lee Dudley

Often, throughout the year I receive calls into the office for this exact question, when will she calve? Followed by, I know when the bull covered her or the day, she was Artificially Inseminated, and I looked at my calving table and she should have calved on this date. Well, the problem with those handy calving tables is that the cattle can't read. Yes, the average and I strongly emphasize the average gestation period for cattle is 283 days.

In my readings I found a study that demonstrates this point perfectly. It was conducted by Keith Helmuth, extension beef specialist at North Dakota State University, where he reviewed cattle records and compiled data on a set of cows with absolute breeding dates. In all total, there were 462 head that had been inseminated on May 21st and conceived to the unit of semen she was inseminated with. Now if we look at those handy calving tables, we see the cattle should have all calved on March 1st. But in this study, only 87 head calved on the expected date. In reality, the first live calf arrived February 11th and the last calf arrived March 19th, resulting in a 32 day calving period.

In breaking down the numbers further, we see that approximately 80 percent of the cattle calved within an 11-day window, 95 percent in a 19-day window and 98 percent within a 28-day window to the March 1st due date. Now if we add up the different gestation periods for the whole group and find the average, we come up with surprise 282.5 days. So can we all see where that magical number of 282.5 days for a gestation period comes from. This number is just an average, a good bases to go by, but not an exact. So, the next time your cattle miss the due date you thank they have, or calve early, don't worry she just can't read the chart.

AVERAGE
Gestation period for cattle
283 DAYS



December



4-H MEETINGS!

4-H Council

Dec. 6 | 5:45pm | Expo Hall

ALPA

No Meeting in December

Beckville 4-H:

No Meeting in December

4th Monday of the Month

6pm | Beckville Sunset Elementary

Brandy Dudley (903) 690-1108

Carthage 4-H:

No Meeting in December

4th Tuesday of the Month

6pm | Expo Hall

Tara Harris (903) 754-4245

Fairplay 4-H:

2nd Monday of the Month

6pm | Allison Chapel in Fairplay

Eric Pellham (903) 754-2582

Gary 4-H:

No Meeting in December

3rd Monday of the Month

6pm | Gary ISD Cafeteria

Jennifer Whitby (903) 692-1729

Shooting Sports 4-H:

No Meeting in December

4th Monday of the Month

6:00pm | Expo Hall

Sabrina Scott (903) 930-9836

Stillwaters 4-H

For December Only: December 13 at 6:30

3rd Monday of the Month

6:30pm | Stillwaters Church

Corie Young (903) 692-7737



Blackland Income Growth Conference

Youth Workshop

Empowering Youth Voices in Agriculture



Live streamed, no in-person registration

TUE. JANUARY 11

8:30-8:45: Sign in & equipment check

9:00-9:15: Welcome & Introductions

9:15-9:45: Dr. Whit Weems, Texas Farm Bureau

"Finding your voice in agriculture to better serve your community"

9:50-10:30: Wendy Scott,

Extension Program Specialist, Texas 4-H District 2

"Energizing your leadership skills"

10:45-11:15: State Officer Panel

(comprised of Texas FFA & Texas 4-H State Officers)

"Becoming a leader in your community"

11:15-11:30: Wrap up & next steps

Must register by December 31 | No cost to attend
<https://agrillife.org/.../events-and.../bigyouthworkshop/>

BROILER ENTRIES

all entries due in the
Extension office by December 15



MARKET RABBIT

VALIDATION



Entry forms due at validation
on February 3, 6-7pm, at the
Panola County Expo

Lamb/Goat Exhibitor Advancement Clinic

With this year's Panola County Junior Livestock Show quickly approaching, it is important that we keep an eye on the development of our animal projects making sure that they will meet the weight requirements all while looking their best come show day. It is with this in mind, that Panola County AgriLife Extension would like to announce this year's Goat & Lamb Advancement Clinic is set for January 8th from 11:00 a.m. - 1:00 p.m. at the Panola County Expo Hall. This program will be specifically for those youth that are in the first few years of showing. It is required that you bring your animal to this program for the hands-on training that will be available.

JANUARY 8 - EXPO
11:00am - 1:00 pm



Remember, it is never too early to start working with your animals to make a difference in their appearance, whether that is to increase their weight gain or to start a holding diet slowing the gain down. If we are not routinely, weighing our animals we cannot determine average daily gain inhibiting us to project their final weight by show time. Without this crucial information we go into the show ring a step behind the game. Currently there are several sets of small animal scales around the county available for use by any member of Panola County 4-H. If you are wanting to weigh your child's livestock project and would like the location of a scale close to you, or simply want to set a time for me to come out and check the progress of your project, give us a call in the Extension office at (903)693-0300 Ext 160.



75th Annual Panola County Junior Livestock Show Event Schedule



February 28th March 4th

Monday February 28, 2022	5:30 - 6:00 pm Weigh-In for all PCJLS Steers & Bill Whitaker Rate of Gain Contest. Held at Carthage Veterinary Hospital
Tuesday, March 1, 2022	5:00 pm Ag Mechanics Projects in place & Checked-in
Wednesday, March 2, 2022	9:00 am Pen of Heifers Check-In 10:00 am Pen of Heifers Judging 1:00 pm Pen of Heifer Sale (All Heifers removed from barn following conclusion of sale) 2:00 - 4:00 pm Weigh-In Barrows 3:30 pm Market Broiler Check-In 4:00 pm Market/Breeding Rabbit Check-in 4:00 pm Market Broiler Show Followed by Market Rabbit and Breeding Rabbit Show 4:30 - 5:00 pm Weigh-In Market Lambs and Goats
<u>Pictures are to be taken immediately following judging of each species</u>	
Thursday, March 3, 2022	7:00 am Breeding Swine in place and Checked-in 8:00 am Judging Begins Market Barrows followed with Breeding Gilts 1:00 pm Judging Begins Market Lambs followed by Market Goats 2:00 pm Ag. Mechanics Judging Begins All Breeding Swine must be removed from the premises by 6:00 pm
Friday March 4, 2022	6:00 am All Breeding Heifers and Market Steers in place and Checked-in 8:00 am Ag. Mechanic Silent Auction Begins 8:00 am Judging Begins Pre-Junior Mini Herefords 8:30 am Judging Begins of Market Steers followed by Registered Heifers 10:45 am Buyers Lunch 1:00 pm Sale of Champions Starts 3:00 pm Ag. Mechanics Silent Auction Ends
PCJLS Sale Order: Sale of Champions Steers All 1st placing Barrows, Lambs, Goats, Rabbits and Broilers All 2nd placing Barrows, Lambs, Goats, Rabbits and Broilers Etcetera through all remaining placings	

All Market Animals Must be in Barn by 4:00 pm

Showmanship to follow Conclusion of each species

Beef Showmanship to follow Conclusion of Heifer Show



17 HEALTHY GIFT IDEAS



By Clarissa Moon

The holidays are here! Have you finished your shopping? Many of us experience mixed emotions during this time of year, and gift-giving can be an added stress. It's difficult to think of something practical, useful, and joyous at the same time. Show your loved ones you care with some non-traditional but still thoughtful gifts that promote healthy behaviors! Read on for suggestions from the Nutrition Department at Harvard T.H. Chan School of Public Health.

1. OLIVE OIL

This may already be a pantry staple, but splurging on a high-quality oil – something many people typically don't buy for themselves – is a gift that will truly delight the taste buds. Also, consider some special oils, such as hazelnut, walnut oil or roasted pumpkin seed oil, for a special flavor treat. For the true connoisseur, consider giving an “oil of the month” subscription that will please their palate year-round.

2. VINEGAR

Similar to olive oil, this is a kitchen must-have that many people don't think much about – but should, given that vinegars come in all ages and flavors that can enhance the flavor of food in different ways. Prompt friends and family to explore new flavors by giving them a bottle!

3. HERB SEED KIT

This easy-to-assemble and inexpensive present allows recipients to watch their gift grow, making it both fun and unique – especially great for kids.

4. PEDOMETER

Every step counts – especially during the holidays, when time for exercise is at a minimum. Though many phones have a built-in pedometer, having an “old fashioned” one tucked in a purse or pocket is great motivation to stay active throughout the day – not to mention that keeping your pedometer separate from your phone may help minimize screen time.

5. WATER BOTTLE

While many people already tote a trusty water bottle to work or the gym, why not give them another option? We get used to our everyday items, so a new replacement can bring a much-needed dose of inspiration.

6. TEA CUP & SAUCER

The holidays can be hectic, and sometimes it's the little things that make a huge difference. For coffee or tea lovers, consider picking out a beautiful tea cup for them – it's a way to make a simple beverage break feel like a special indulgence. Also, consider including some fragrant, flavorful tea to make it a complete package.

7. KITCHEN UTENSILS

Most of us own at least one of the basic kitchen utensils – including a wooden spoon, rubber spatula, and flat spatula – but sometimes it's helpful having more than one on hand. For a thoughtful gift sure to get lots of use, bundle together a few kitchen favorites. This ensures that when one is in the dishwasher, your lucky gift recipient can keep on cooking!

8. WATER GLASSES

Everyone knows the benefits of skipping soda, and having beautiful glasses to drink out of makes water all the more alluring. This gift is simple and useful – and versatile. You can give one glass, or eight – it's up to you, but your recipient is sure to enjoy sipping from them.

9. NUTS

While many people gift homemade sweets to friends, neighbors and coworkers, consider going with something more filling instead. Nuts offer more protein and healthy fats with far less sugar, making it a satiating and healthy food gift. Feeling extra generous? Consider giving a “nut of the month” gift subscription, so your loved ones can snack smart all year long.

10. REUSABLE LUNCH BAG

Besides being better for the environment than paper bags, reusable lunch bags will inspire your gift recipients to make their own lunches instead of eating out – which may be better for both their waistline as well as their wallet.

11. SLEEP MASK

We all realize the importance of sleep, but sometimes it can be hard to come by. Starting with simple steps can help, including wearing a basic sleep mask to block out the light. Available in numerous colors and materials, this easy-to-pack present can be taken on trips or kept on the bedside table.

12. BOARD GAMES

This may not seem like the most obvious “healthy gift” choice, but you'd be surprised! Give your friends & family games this holiday season, and perhaps that will encourage them to spend leisure time huddling over a board game instead of around the snack table or staring at a screen.



13. AN ORANGE

In centuries past fresh oranges were scarce, so around holiday time it was a treat to be given one as a gift. Nowadays many people carry on the tradition by gifting someone a single orange. It's a sweet gesture that celebrates simplicity, and also serves as a refreshing break from the typical holiday fare.

14. HOMEMADE ROASTED CHICK PEAS OR BLACK-EYED PEAS

Instead of gifting sugar-laden sweets, try giving more nutritious snacks! For example, you can roast your own chick peas or black eyed peas, then store them in a glass jar with your own handmade tag. Most people snack on what's around them, so they'll appreciate having this delicious & nutritious alternative to the usual holiday cookie platter.

How to do it? Drain the canned peas of your choice, dry the peas thoroughly, and toss with plenty of olive oil and sea salt. Add herbs & spices, too, if you want to get creative with the flavor! Then roast at 400 degrees for 20-30 minutes.

15. SALAD SPINNER

Not just a relic from earlier decades, salad spinners are great for making the task of cleaning vegetables easier – and it's a great way to get kids involved with food prep. Give the gift of clean greens this holiday!

16. DARK CHOCOLATE

Looking to give a gift that's still sweet, but comes with more health benefits than the usual platter of cookies and baked goods? Forego the flour and opt for dark chocolate, which – depending on the brand and cocoa percentage – offers a wide range of complex and delightful flavors. Aim for 70 percent cocoa content or higher, keeping in mind that the higher the number, the less sweet it will be.

17. HOME-COOKED MEAL

During the holidays when everyone is on the go, sometimes giving your loved one the gift of time can be the best gift of all. In this case, you can take something off their plate by putting something on their plate – a thoughtfully prepared dinner, cooked in your home or theirs. After asking about any dietary restrictions or allergies, assure them they can turn off their devices, disconnect, and dine on a nourishing home-cooked meal.

Harvard T.H. Chan School of Public Health (n.d.) 17 Healthy gift ideas. Harvard University Sustainability. <https://green.harvard.edu/tools-resources/green-tip/17-healthy-gift-ideas>

BECOME A MASTER WELLNESS VOLUNTEER!

Receive 40 hours of training and give back 40 hours of service!

Obtain knowledge and skills to live a healthier lifestyle and encourage others to do the same.

The Master Wellness Volunteer Program is an engaging series of classes that provides volunteers with 40 hours of training in health and nutrition education. In return, the volunteers agree to give back 40 hours of service to the community. The training focuses on nutrition and dietary guidelines, food safety and food demonstrations, healthy lifestyle choices, and children's health.

Give back to the community . Meet people . Live a healthier lifestyle
Learn nutrition and wellness facts . Receive training and tools
Support a particular workplace, group, or organization . Have fun!

2022 Virtual Live Statewide Training

First Session, JANUARY 18, 9am - 4pm

Online Course Intervening Weeks

Last Session, March 1, 9am - 4pm

Registration is Open Now!

More info
on our
website!

FIRST ANNUAL PROJECT FAIR



A project showcase that includes the many aspects of 4-H



PHOTOGRAPHY

FOOD & NUTRITION

ARTS, CRAFTS, & FIBER ARTS

CLOTHING & FASHION

CLOVER KIDS

→ Entries due February 1 ←

Winter Break is a great time to put together some projects for the Project Fair! If you'd like more information on the project fair, or would like to attend another workshop, contact Clarissa

*For more information on rules
and how to enter visit our website!*

SCHEDULE

(During livestock show week, Feb 28 - March 4, 2022)

Tuesday-Wednesday: Check In Exhibits

Wednesday: Closed Judging

Thursday: Open for public viewing

Friday: Open for public viewing in morning,
check out exhibits in afternoon

 **4-H GROWS HERE**



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Address:

110 S. Sycamore St.
Room 104
Carthage, Texas 75633

Phone:

(903) 693-0300
Lani: ext 160, Lee: ext 161, Clarissa: ext 217

Email:

panola-tx@tamu.edu

Website:

www.Panola.AgriLife.org

Facebook:



[/PCAgriLife](https://www.facebook.com/PCAgriLife)

LEE DUDLEY

Agriculture & Natural Resource, County Coordinator

CLARISSA MOON

Family & Community Health, 4-H Coordinator

LANI WEST

Support Staff - Secretary

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