

January 2022

# 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](mailto:panola-tx@tamu.edu)

**Website:**

[www.Panola.AgriLife.org](http://www.Panola.AgriLife.org)



**Facebook:**

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

## UPCOMING EVENTS:

- 1/1: Registration for 4-H Project Fair Opens
- 1/8: Lamb/Goat Exhibitor Advancement Clinic, 11am-1pm, Expo Hall
- 1/10: 4-H Council and ALPA meetings, 5:45 and 6:30, Expo Hall
- 1/13: Quarterly Ag. Industry Breakfast Meeting, 7:00am, Expo Hall
- 1/14: East Texas Fruit, Nut, and Vegetable Conference, 8am, Tyler, TX
- 1/14: East Region AgriLife Conference and Expo, 7:30am, Tyler, TX
- 1/14: Registration deadline for Master Wellness Volunteer Training
- 1/11: BIG 4-H Youth Workshop, 8:30am, Virtual
- 1/18: Master Wellness Virtual Training Begins, 9am-4pm
- 1/29: 4-H Craft Workshop, 9am-12pm
- 2/1: Entry deadline for Project Fair
- 2/2-11: Late entries accepted for 4-H Project Fair (additional \$25 fee)
- 2/3: Market Rabbit Validation and Entry Forms due, 6-7pm, Expo Hall
- 2/18: Private Applicator Training, Davis Park Community Center, Carthage
- 2/28-3/4: Panola County Junior Livestock Show, Expo Hall

## In This Issue:

- What can Gardening in the New Year Mean to You
- 3 Steps - 1,000 Reasons
- Mistletoe: Not Just a Decoration
- Upcoming 4-H Meetings & Events
- Lamb/Goat Exhibitor Advancement Clinic
- Regenerative Agriculture is about Direction over Perfection
- Cranberry Orange Meatballs

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





# What can Gardening in the New Year Mean to You?

By Lee Dudley

Not made yourself a New Year's resolution well here is one for you to consider: "discover the quiet excitement of gardening". What can a garden mean to you? Gardening can mean goodness and joy to all who engage in it. Gardening can mean fresh air and healthful exercise leading to a feeling of satisfaction and accomplishment at day's end. Gardening can be a form of "medicine" for both body and soul, relieve frustration and tension and replace the need for aspirin and tranquilizers. Gardening can mean a more beautiful, less polluted outdoor environment for all to enjoy. It can help beautify your neighborhood, city and country. Gardening can do so many things for you that no other hobby or pastime can.

And what better place to garden than Panola County, where gardening can be a year-round outdoor experience where soils are good and plant choice and type of gardening is wide and versatile.

Successful gardening may be accomplished on a windowsill, among rocks, in pots and pans, in water, in sun or shade, where its hot, and where it is cold. Each situation calls for somewhat of a new set of gardening rules and practices.

For the unknowing and new gardener, advice is abundant; yet, to select the best gardening information is often difficult. Local gardeners must select gardening books and magazines which are written and adaptable to their growing area. It is of little practical value to learn the culture of the Northern Maples or White Birch when they demand the cold of more northern areas and are not at all adaptable to Panola County. The advantage of buying plants from local nurseries is to be assured of adaptable plants for a given area, as well as some good, free and practical advice of how to grow the plant.

The AgriLife Extension Service, a branch of the Texas A&M University system, is represented in Panola County and has a vast amount of gardening information. The local extension staff have scores of up-to-date publications on nearly every aspect of gardening and ornamental horticulture. We can be reached in our office Monday through Friday 8 am - 4:30 pm by calling (903)693-0300 Ext 161 or simply just stop by the office, I am always glad to visit with you about the steps to having a successful garden.

# EAST TEXAS FRUIT, NUT, & VEGETABLE CONFERENCE

Registration at 8:00am | Program at 8:30am | \$25.00 per person, Payable at the Door  
RSVP to the Smith County Extension Office at (903) 590-2980

- 8:00 am Registration
- 8:30 am Growing Tomatoes and Peppers in East Texas, Kim Benton
- 9:30 am Growing Berries in East Texas, Dr. David Creech
- 10:30 am BREAK
- 10:45 am Fire Ant Control, Janet Hurley
- 12:45 pm Grafting Pecans, Truman Lamb
- 1:45pm BREAK
- 2:00 pm Native Fruits and Nuts, Greg Grant
- 3:00 pm Adjourn



**TWO CONFERENCES, ONE DAY!!**

**JANUARY 14**

Cross Brand Cowboy Church  
11915 FM 2015, Tyler, TX 75708

# EAST REGION AGRILIFE CONFERENCE & EXPO

Registration 7:30am | Program 8:30am | \$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*

# 3 STEPS

# 1,000 REASONS

By Clarissa Moon

During Fall 2021, I took two courses toward my Master's Degree in Family & Community Services. For my finals in these courses, I wrote a research paper, narrated/created a powerpoint presentation and created a PSA; all focusing on family dynamics during health crises (such as stroke, serious accident, diagnosis of a chronic condition, etc).

The short version is- it's really important to discuss health care wishes with your family before an accident/crisis occurs. If you were unable to voice your opinions and your family had to speak for you; that can create a huge amount of conflict and stress to an already worrisome situation. This is a rather heavy topic, but hope that you will consider at least watching the 2 minute PSA I created.

If you're interested in learning more, view some of the resources I list at the end of the PSA, and/or ask me questions or request a copy of the powerpoint or research paper I created. Rest assured that everything is research-based and that I got A's on everything, so it's quality work.

## STEP 1: IDENTIFY YOUR VALUES

## STEP 2: DOCUMENT YOUR WISHES

## STEP 3: START TALKING

To view the PSA, go to the link below:

<https://biteable.com/watch/3386182/92ad746b3dc068b8f6d1d75938affafe>

**WATCH THE VIDEO HERE!**





# Mistletoe

## NOT JUST A DECORATION

By Lee Dudley

Just hearing the word mistletoe takes me to the holidays with branches of the plant hanging over doorways and many of youth receiving their first kiss thanks in part to this little plant. Unfortunately, that's where the fun of this plant stops. For you see, mistletoe during the rest of the year is a major concern to homeowners around the state with it infecting trees such as hackberry, oak and cedar elms found growing in many of your own yards. You might ask just what mistletoe is, well I will tell you; it is a parasitical plant that attaches itself to a host tree, producing its own food and energy by sucking water and nutrients from its host. Being an evergreen, mistletoe grows 12 months out of the year but really comes to the attention of homeowners during the winter months when the host tree sheds its leaves allowing for the leaves of the mistletoe to become more visible.

Mistletoe spreads by the production of white berries which many birds consume and then intern transfer to new locations, or the seeds simply fall off the main plant and land on a lower branch where it then roots out penetrating the bark attaching itself to the tree. Don't start panicking yet and running out to look at your trees for this little green pest, for you see, mistletoe seldom kills a tree over night, but when it does become heavily infested in a tree it can and will severely weaken the host tree thus increasing the susceptibility of the host tree to other problems.

Limbs with little infestation can be removed by cutting them 12 inches below the mistletoe. Currently this is the best method of control. If the cut is made too close to the mistletoe, some of the root system may remain and branch out again. If mistletoe is found on the larger limbs or even the trunk of the tree it is not recommended to cut it out of the tree but to simply remove the mistletoe itself. On the major limbs and trunk if we cut into the tree to remove the

parasite, we can weaken the tree more thus increasing its susceptibility to other problems. For controlling small clumps of the plants, some reports have been made on simply covering the plant with a dark plastic bag for 1-2 years. What this method accomplishes is that mistletoe being a plant, relies on the sun for the manufacture of food and by eliminating the sun, you in essence starve the plant, but this is again a very lengthy process, and the bag must be kept on at all time and securely around the plant preventing the smallest amount of light from entering.

Because of the close relationship of mistletoe and the host trees vascular system, currently there are no known chemical control method found to be effective. Herbicides such as Round Up, 2-4 D, Paraquat, MSMA and DSMA evaluated in field trials by Texas AgriLife Extension have been ineffective or caused harm to the host tree. Again, currently there are no herbicides recommended for the control of mistletoe.

On a good note, in the fight against mistletoe, the berries by which the plant is spread are only produced by mature plants. It normally takes 2-3 years for a plant to become mature and start bearing seeds. By removing the mistletoe plant before it reaches maturity, you can reduce its spread. However, this approach is only effective if all the property owners are willing to get involved in removing any mistletoe they might have in their trees as well. Trees vary in their susceptibility to mistletoe, some trees that tend to be more resistant to the parasite include cedar, pecan, live oak, and magnolia trees. So, when selecting a tree for the landscape, remember to check to see if it is adapted to your specific area and that it does not have a major problem with mistletoe. For more information pertaining to mistletoe or any other tree problems in your landscape, contact Lee Dudley, AgriLife Extension Agent, Panola County (903)693-0300 Ext 161

# DISTRICT 4-H Photography Contest

REGISTRATION OPENS JANUARY 14 - MARCH 4

Entry Fee: \$10 per person, \$0.50 per photo  
Rules & Categories on the [District 5 website](#)



## Photography Workshops

### Corpus Christi

Jan 15-16

RSVP by Jan. 10

Beach photography, Harbor Bridge, Downtown Seawall, Bob Hall Pier, and more!

Participants can attend just one day of the workshop, or both.

<https://www.signupgenius.com/go/10c0d4ca5a729abf8cf8-2day1>



### Gladewater

Feb. 19

RSVP by Feb. 10

Explore more than 28 acres of daffodils and other flowers on an 816 acre property that includes two lakes, wooded valleys, and a replica pioneer log cabin!

<https://www.signupgenius.com/go/10c0d4ca5a729abf8cf8-field4>

# January



# 4-H MEETINGS!

## 4-H Council

Jan. 10 | 5:45pm | Expo Hall

## ALPA

Jan. 10 | 6:30pm | Expo Hall

## Beckville 4-H:

4th Monday of the Month  
6pm | Beckville Sunset Elementary  
Brandy Dudley (903) 690-1108

## Carthage 4-H:

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:

3rd Monday of the Month  
6pm | Gary ISD Cafeteria  
Jennifer Whitby (903) 692-1729

## Shooting Sports 4-H:

4th Monday of the Month  
6:00pm | Expo Hall  
Sabrina Scott (903) 930-9836

## Stillwaters 4-H

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/>

# 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
<b><u>Pictures are to be taken immediately following judging of each species</u></b>	
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 <b>All Breeding Swine must be removed from the premises by 6:00 pm</b>
Friday March 4, 2022	6:00 am <b>All Breeding Heifers and Market Steers in place and Checked-in</b> 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
<b>PCJLS Sale Order:</b> 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**



# Regenerative Agriculture Is About **DIRECTION OVER PERFECTION**

By: Noble Research Institute

In today's agricultural climate of fluctuating markets, erratic weather patterns and growing social restlessness, the resolve of the American farmer and rancher has never been more tested. As stewards of the nation's private working lands, many progressive producers are working to mitigate those uncertainties by refocusing efforts on the foundational building block of their operation: the soil resource. For most agricultural enterprises, success and long-term viability ultimately hinges on soil health. For decades, the agriculture industry has focused, studied, and ultimately understood the physical and chemical characteristics of our soil resource. However, until recently, little emphasis has been placed on the biological constituents and their importance in a healthy, functional soil. As researchers work to better understand the complexities of soil health, further understanding tends to lead to more questions. Noble Research Institute has recently focused efforts to gain critical insight into these soil health questions and help producers understand their impacts. Today, Noble Research Institute is poised to deliver producer-focused solutions in the area of regenerative agriculture.

Regeneration is addressed by following principles that rebuild processes from the ground up rather than focusing on specific singular management practices. Maintaining a solid foundation with healthy soil is the cornerstone to any agricultural enterprise. Soil health is the cornerstone of regenerative agriculture and is often defined as, "the continued capacity of the soil to function as a vital, living

ecosystem that sustains plants, animals and humans." We often think of "soil health management" as a new strategy but it's actually not. For instance, in 1949, Aldo Leopold in *A Sand County Almanac* stated, "Land, then, is not merely soil; it is a fountain of energy flowing through a circuit of soils, plants and animals." Healthy soils with effective nutrient and hydrologic cycles were functioning well before man decided to manage them. However, agriculture in the early 1900s tended to focus more on plowing up the prairie soils with industrial technology and machinery rather than its ecology, thus soils were largely viewed as a medium to grow crops. For some, the Dust Bowl of the 1930s changed the perception or view of the soil. Fast forward to now and a lot has changed in how we "view" the soil. What has not changed is our responsibility as land stewards.

For more than a decade, a regenerative movement has been taking the agriculture industry by storm. However, this movement was not born in a laboratory nor was it born by legislation. It was born by farmers and ranchers who wanted to do things differently. Sixty years ago, the agricultural industry was operating on cheap feed, cheap fertilizer, and cheap fuel. During that time period, our industry, and our science, focused on the chemical and physical characteristics of soils with little to no consideration of soil biological interactions. During this period, the prices of inputs eventually increased to the point at which they became unsustainable for many

operations. Some farmers had to make a choice: continue doing what we have always done or find new ways to farm. Born out of equal parts necessity and frustration, some farmers began to experiment with farming techniques that limited the use of feed, inorganic fertilizer and fuel. They began to see that limiting or eliminating tillage reduced their fuel bill and using an ageless practice of “cover crops” began to keep the ground covered and provided numerous benefits to the soil. In essence, they were building a foundation of principles that we follow today in managing healthy soils.

When applying these principles, it is important to also operate within your context. Know your environment and understand that no two farms or ranches are the same. The same could be said for ecological regions and major land resource areas. These principles should be applied within the context of each individual farm or ranch. Practices that provide positive results in North Dakota may not be the same combination of practices that are effective in Oklahoma. The aforementioned principles should be applied as strategies to guide the application of individual management practices. The practices (no-till, cover crops, etc.) are simply tools used to implement the principles.

We begin to implement these principles into our operating plans, we look for tools to help us achieve these goals. Cover crops are commonly utilized in agronomic systems to meet several management goals, such as keeping the ground covered and adding biological diversity. Cover crops are an incredible tool and can be utilized to directly or indirectly meet any or all of the soil health management principles. Many producers have been utilizing mixed-species cover crops in cropland and pasture systems to increase diversity, increase organic matter, increase soil microbiological function, etc. However, with that said, you will notice that simply planting cover crops is not one of the principles. Cover crops are facilitators; they facilitate the producer’s ability to follow the soil health principles.

The primary goal of regenerative agriculture should be to improve soil health as it is a foundational precursor to the proper function of many ecological processes. The health of our landscapes and soil are interdependent. Our land’s condition is characterized by the functioning of both the soil and plant communities. Following these principles will allow the site’s production, health of the soil, and mineral and water cycles to greatly improve, ultimately creating an opportunity to regenerate the landscape.

QUARTERLY MEETING  
**AGRICULTURE INDUSTRY  
BREAKFAST**

January 13  
7:00am Expo Hall

Topic: **Soils; the Importance  
of Sampling**

1 General CEU



**4-H CRAFT  
WORKSHOP**



*Save  
THE  
Date*

**JANUARY 29  
9am-12pm**



# 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**



### ENTRIES DUE FEBRUARY 1

**ENTER HERE**

<https://panola.agrilife.org/4-h/>



**SCHEDULE (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



**PHOTOGRAPHY**

**FOOD & NUTRITION**

**ARTS, CRAFTS, & FIBER ARTS**

**CLOTHING & FASHION**

**CLOVER KIDS**



# Cranberry Orange MEATBALLS

## INGREDIENTS

### Meatballs

- 2 pounds lean ground beef
- 1 teaspoon garlic powder
- 2 teaspoons onion powder
- 2 large eggs
- 1/2 teaspoon black pepper
- 1 teaspoon kosher salt
- 1/2 cup breadcrumbs plain
- 1 cup 2% milk
- 2 tablespoon Parmesan cheese grated

### Orange Cranberry Sauce

- 1/2 cup jellied cranberry sauce
- 1/2 cup sugar-free orange marmalade with Splenda
- 1 tablespoon dehydrated minced onions
- 1 teaspoon garlic powder
- 1 tablespoon olive oil or spray non-stick cooking spray
- 1/4 cup Chopped parsley for garnish

For this recipe and more go to:  
[dinnertonight.tamu.edu](http://dinnertonight.tamu.edu)



## INSTRUCTIONS

### Meatballs

1. Clean area and preheat oven at 425 degrees.
2. Line two baking sheets with foil and set them aside.
3. Place all the ingredients for the meatballs in a large mixing bowl. Gently mix with your hands until well combined. Do not overmix.
4. Use a small scooper to portion out meatballs to ensure they are all the same size and cook evenly. Place on foil-lined baking sheet.
5. Bake meatballs in over for 10-14 minutes or until internal temperature reaches 160 degrees.

### Meatballs & Sauce

1. Once the meatballs have been cooked, lightly spray your slow cooker with a non-stick cooking spray and add meatballs.
2. Top the meatballs with the remaining ingredients listed for the orange cranberry sauce and stir to coat the meatballs well.
3. Cover and cook on high for 2 hours. Turn heat to low until ready to serve.
4. Note: Cooked meatballs can be stored in the refrigerator for 3 days or frozen for up to 3 months.

# Kids in the Kitchen!



Involving Your kids in the kitchen can help them explore their senses and taste new foods! They can learn valuable life skills such as team work and cooking with your kids may create stronger family relationships. Use the holidays as a reason to get your kids involved in the kitchen!



# — THE PANOLA EXTENSION —

## Panola County AgriLife Extension Service

**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](mailto:panola-tx@tamu.edu)

**Website:**

[www.Panola.AgriLife.org](http://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

TEXAS A&M  
**AGRILIFE**  
EXTENSION

