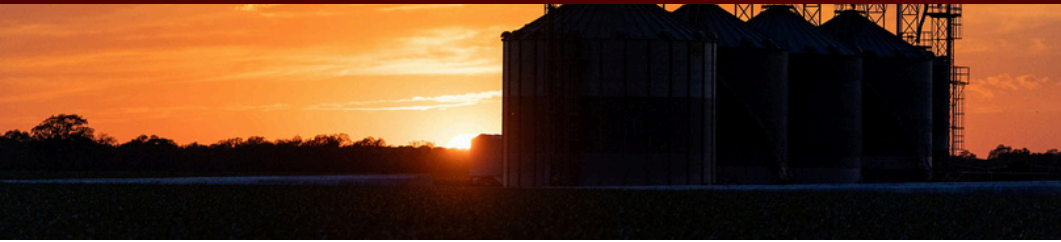


August 2024

THE PANOLA EXTENSION

A Monthly Newsletter by the Panola County AgriLife Extension office



Panola County AgriLife Extension Service

Address:

316 W. Sabine St.
Carthage, Texas 75633

Phone:

(903) 693-0380

Email:

panola-tx@tamu.edu

Website:

www.Panola.AgriLife.org



Facebook:

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

UPCOMING EVENTS:

- 8/5: 4-H Adult Volunteer Training, 1-4 pm, Civic Center Conference Rooms
- 8/5: 4-H Council (5:30) and ALPA Meetings (6:00), Extension Office
- 8/7: East TX State Fair, TX State Fair, and HOT Fair entries due into the Office
- 8/7: Panola Beef & Forage Program Committee Meeting, Noon, Extension Office
- 8/8: 4-H Cookin' Night, 5:30pm, Expo Hall
- 8/8: Master of Memory class, 10am, Chamber of Commerce
- 8/9: Master Gardeners Meeting, Noon, Sammy Brown Library
- 8/9: RSVP's for 4-H Banquet Due
- 8/14: Know the 10 Signs of Alzheimer's (at Diabetes Support Group Meeting)
10am, Sammy Brown Library
- 8/16: East Texas Forage Conference, Hallsville, TX
- 8/24: 4-H End of Year Celebration, 6:00 pm, Hall of Fame
- 9/13: Hay Samples due into Extension Office
- 10/3: Panola/Harrison SCWD Wildlife Information Meeting, TX County Music
Hall of Fame, 6:00pm

In This Issue:

- Sweet Solutions: Navigating Sugar Substitutes and Sugar Alcohols
- Fast Facts on Fats and Heart Health
- Sampling Summer Forages for Winter Feeding
- Enhancing Profits in the Cattle Industry: Embracing Moderate Cow Size
- Unveiling Excellence: Navigating the Path to your Next 4-H/FFA Swine Project
- 4-H Enrollment Information

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



Sweet Solutions

Navigating Sugar Substitutes and Sugar Alcohols

Adapted from: American Diabetes Association



Are you among those who have faced the looming risk of diabetes? If so, you're likely familiar with the crucial advice to cut down on sugary foods and beverages. But here's some sweet news: you can still savor the taste without the guilt by embracing sugar substitutes. Let's delve into what these substitutes entail and how they can revolutionize your dietary habits.

Understanding Sugar Substitutes

Sugar substitutes, also known as artificial sweeteners or non-caloric sweeteners, serve as alternatives to regular sugar. Not only do they impart sweetness to your favorite foods and drinks, but they also spare you the added calories. Moreover, they pack a powerful punch of sweetness, requiring only a fraction of the amount compared to traditional sugar.

Beyond enhancing flavor, these substitutes play a pivotal role in adhering to a healthy meal plan, crucial in staving off type 2 diabetes. Unlike sugar, they don't significantly impact blood glucose levels and are virtually calorie-free. By opting for diet soda or incorporating sugar substitutes into your cooking, you can seamlessly reduce your calorie intake without compromising on taste.

Common sugar substitutes include aspartame (Equal, Nutrasweet), saccharin (Sweet'N Low), sucralose (Splenda), and stevia, a natural sweetener derived from a South American plant. Stevia-based products like Truvia offer a plant-powered alternative, further widening the array of choices for health-conscious consumers.



Dispelling Misconceptions About Sugar Alcohols

While some sugar substitutes may have garnered a bad rap, rest assured that those approved by the FDA, such as aspartame, are deemed safe for consumption. However, it's always advisable to consult with your healthcare provider to ensure their suitability for your individual needs.

Beyond sugar substitutes lie another category of sweeteners known as sugar alcohols. Despite their name, these compounds contain no alcohol and are commonly found in fruits, vegetables, and manufactured products. Though not as potent as sugar in sweetness, they offer a lower-calorie alternative and can be found in a variety of processed foods like chocolate and chewing gum.

Navigating Labels and Moderation

As you embark on your journey to embrace sugar substitutes and sugar alcohols, it's crucial to exercise moderation. While these alternatives can aid in managing blood glucose levels and weight, excessive consumption may lead to digestive discomfort such as bloating and diarrhea.

When perusing nutrition labels, keep in mind that "sugar-free" doesn't necessarily equate to "calorie-free." Some sugar-free products still contain other calorie-rich ingredients, so mindful consumption remains paramount. For optimal health benefits, prioritize whole foods whenever possible to satisfy your sweet tooth.

Embracing a Sweet Future

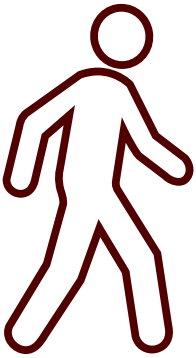
In conclusion, sugar substitutes and sugar alcohols present a tantalizing solution for those seeking to reduce their sugar intake without sacrificing flavor. Whether it's sweetening your morning coffee or indulging in a guilt-free dessert, these alternatives pave the way for a sweeter, healthier tomorrow.

Walk Across Texas!

Grab some friends and mark your calendars! Walk Across Texas is coming

September 8 - November 2, 2024

Join us and see if your team can complete the 832 mile goal (walking across Texas!) in 8 weeks. Both adult and youth versions are available with the option to log on paper or online.



Adult teams can have 2-8 members, but youth teams are not limited in size. ANYONE can join!

For more information, visit

www.panola.agrilife.org/family-and-consumer-health/walk-across-texas/

on our website or howdyhealth.org.

SPECIAL EDITION *Diabetes Support Group*

Alzheimer's is a disease and not a normal part of aging.

See the signs. Start a conversation. Make a difference.

[Learn More](#)

TEXAS Health and Human Services | Texas Department of State Health Services

Know the 10 Signs of Alzheimer's Disease

All are welcome!

August 14, 2024

10:00am

Sammy Brown Library

FAST FACTS

on **FATS**

& **HEART HEALTH**

mayoclinichealthsystem.org



All food sources you may think of as fats, such as butter, shortening and oils, are made up of fatty acids. Fatty acids fall into three categories: monounsaturated, polyunsaturated and saturated. While oils and fats contain a combination of these three types of fatty acids, they're classified by the fatty acid with the highest content percentage. For example, olive oil is made mainly of monounsaturated fatty acids.

Fats perform differently in cooking and baking, and how they affect your health. Choose monounsaturated and polyunsaturated fats, such as olive and canola oils, over saturated fats, like butter and lard, to minimize your risk of heart disease.

Here are some fast facts about each of the main types of fats:

Monounsaturated fats

- Monounsaturated fats are liquid at room temperature but become semi-solid or cloudy in the refrigerator. When substituted for saturated fats, monounsaturated fats can help to improve blood cholesterol levels and reduce the risk of heart disease. Olive oil and peanut oil are examples of monounsaturated fats.

Polyunsaturated fats

- Polyunsaturated fats are always liquid, even when refrigerated. When used in place of saturated fats, they can help improve blood cholesterol levels and reduce the risk of heart disease. Omega-3 fatty acids are polyunsaturated fats that lower triglyceride levels, improve heart health and provide anti-inflammatory benefits. Canola oil, sunflower oil and walnut oil are examples of polyunsaturated fats.

Saturated fats

- Saturated fats are solid at room temperature. A diet high in saturated fats has been linked with elevated cholesterol levels and increased risk for heart disease, so it's best to limit your use of them. Butter, lard, palm oil and coconut oil are examples of saturated fats.

Hydrogenated fats

- Hydrogenated fats are solid at room temperature. Hydrogenation is the chemical process that changes liquid oils into solid fats. Fully hydrogenated oils are primarily saturated fat. A diet high in saturated fats has been linked with elevated cholesterol levels and increased risk of heart disease, so try to reduce your use of them. Shortening, premade pie crusts and refrigerated doughs like biscuits and rolls are examples of hydrogenated fats.

Trans fats

- Most trans fats are formed through an industrial process that adds hydrogen to vegetable oil, which causes the oil to become solid at room temperature. Trace amounts also occur naturally in some meat and dairy products. Trans fats raise your low-density lipoprotein (bad) cholesterol and lower your high-density lipoprotein (good) cholesterol. High LDL, along with low HDL levels, can increase your risk for heart disease and stroke. These fats are so unhealthy that the Food and Drug Administration has prohibited food manufacturers from adding the major source of artificial trans fats — partially hydrogenated vegetable oils — to foods and beverages.

Healthy fats to keep on hand

If you have limited pantry space and are budget-conscious, these three oils will cover your basic cooking and baking needs:

Olive oil

- In addition to being a source of monounsaturated fats, extra-virgin olive oil is also high in antioxidants called polyphenols that have been linked to heart health. Olive oil works well for roasting or sautéing vegetables and making homemade salad dressing.

Canola oil

- The neutral flavor and high smoke point make canola oil an excellent choice for baking and sautéing. Most canola oil is highly refined and has a relatively long shelf life. It's incredibly versatile and can be used for sautéing, roasting, baking and making salad dressings.

Walnut oil

- Although this specialty oil is more expensive than olive or canola oil, walnut oil has a rich, nutty flavor and boasts heart-healthy omega-3s. Walnut oil, as with all nut oils, has a short shelf life. Buy a small bottle and store it in your refrigerator for up to three months. Its nutty flavor only works in some dishes. The best uses include salad dressings — try a blend of canola and walnut oils — or to give baked goods a light walnut flavor.

Using heart-healthy oils

If you're changing to a healthier oil, here are two recipes to get you started:

Citrus Vinaigrette

By Mayo Clinic

Serves 8

Making salad dressings at home lets you control the ingredients. Drizzle this sweet-tangy dressing over mixed fruit or a salad of mixed greens, orange tidbits, cranberries and walnuts.

- 1 cup water
- 1/2 cup orange juice concentrate
- 1/2 cup canola oil
- 1/4 cup rice wine vinegar
- 2 tablespoons honey
- 1 tablespoon fresh thyme
- 1/4 teaspoon salt
- Pinch of ground black pepper

In a blender, mix all ingredients until smooth. Serve immediately. Place leftovers in a container in the refrigerator for up to two weeks. Shake well before use.

Nutrition per 2-tablespoon serving: 143 calories, 14 grams total fat, 1 gram saturated fat, 9 grams monounsaturated fat, 89 milligrams sodium, 7 grams total carbohydrate, 0 grams fiber, 0 grams protein.

Tomato Basil Pesto Sauce

By Mayo Clinic

Serves 15

Make the pesto sauce and freeze in containers portioned for your family.

- 1/4 cup olive oil
- 4 garlic cloves, minced
- 1/4 cup red wine vinegar
- 8 cups diced Roma tomatoes
- 1/2 cup tomato paste
- 12 fresh basil leaves, chopped
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1/4 teaspoon ground pepper
- 1/2 cup grated Parmesan cheese

Heat a large saucepan to medium-low heat; add the oil. When the oil is heated, add the garlic and sauté until lightly golden. Add the vinegar and sauté for an additional 2 minutes. Stir in the tomatoes, tomato paste, basil, sugar, salt and pepper. Bring the mixture to a simmer and stir occasionally until the tomatoes break down, about 8 to 10 minutes. Remove the pan from the heat and let it cool slightly. Place the sauce and cheese in a food processor and process until smooth. Taste the sauce and adjust the seasonings as needed.

Nutrition per 1/2-cup serving: 85 calories, 4 grams total fat, 1 gram saturated fat, 3 grams monounsaturated fat, 344 milligrams sodium, 8 grams total carbohydrate, 0 grams total sugars, 1 gram fiber, 2 grams protein.



Sampling Summer Forages *for* Winter Feeding

By Lee Dudley



When producing or purchasing winter forage supplies, it's crucial to ensure they meet the nutritional requirements of your cattle. For optimal production, the quality of the forage should match the nutritional needs of the animals. Lactating cows, for example, require a higher nutritional intake than dry cows (those that are pregnant but not nursing a calf). Specifically, lactating cows, regardless of breed, need about 11.5% protein and 60% total digestible nutrients (TDN). In contrast, dry cows in late gestation need around 8% protein and 55% TDN.

It's important to recognize that not all forages and hay are equal in quality. There can be significant variations both between different types of forage and within a single type. Factors influencing hay quality include maturity at harvest, forage species and variety, fertilization, temperature, leaf-to-stem ratio, and weather conditions during harvesting and baling. Low-quality forage can lead to poor animal performance and increased costs for supplemental feeding, whereas high-quality hay may reduce or eliminate the need for supplementation.

Whether you're buying hay or using what you've harvested, testing the hay's nutritional content is vital to determine if supplementation is necessary. To collect samples effectively, it's recommended to sample about 10% of the bales from a particular cutting or load using a hay probe, available at the AgriLife Extension Office. Samples should represent hay from the entire field. After collecting samples, combine them and take a portion of the composite for analysis.

Now is the perfect time to sample your hay. Until September 13th, the Panola County AgriLife Extension Service is collecting hay samples from local producers. Submitting your samples provides valuable information at little to no cost and enters you into the annual hay show on October 17th, sponsored by the Panola Soil and Water Conservation District. The PSWCD will cover the cost of the first two samples per individual, with a \$10 fee for each additional sample. Ensure you submit your forage samples to the AgriLife Extension office by September 13th to take advantage of this opportunity. For more information, contact the Panola County AgriLife Extension office at (903) 693-0380.

HAY SAMPLES DUE: SEPTEMBER 13

First two samples: Free • \$10 per additional samples

SAVE THE DATE: OCTOBER 17
Panola County Hay Show

SPONSORED BY THE PANOLA SOIL AND WATER CONSERVATION DISTRICT

East Texas Forage Conference

Friday, August 16

Gold Hall, 101 Elm St., Hallsville, TX
Registration 8:30am • Program 9:00am

Topics:

Implementing a Year Round Beef Management Plan

Sprayer Calibration

Kaput Feral Hog Stewardship

Impact of Soil Fertility as a Weed Control Mechanism

Yearlong Pond Management Strategies for Weed Control and Pond Health



Save the Date!

Panola/Harrison SCWD **Wildlife Information Meeting**

October 3

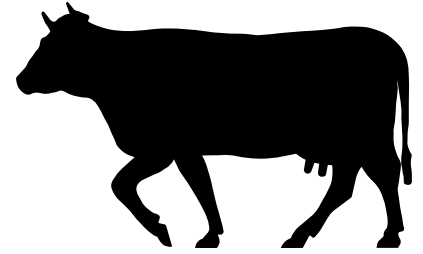
Texas County Music Hall of Fame, 6:00pm

Topics: Timberland management, fire, wetland areas

Enhancing Profits in the Cattle Industry

Embracing Moderate Cow Size

By Lee Dudley



In our continual quest to bolster profits within the cattle industry, let's delve deeper into the pivotal role of maintaining moderate cow size. As we embark on this discussion, it's crucial to acknowledge that amidst market fluctuations, returning to fundamental practices, refining operations, and devising long-term management strategies are paramount for sustained success.

The impact of cow size on forage consumption is a critical factor to consider. Larger cows inherently demand more forage to sustain themselves daily, inevitably affecting stocking rates. For instance, comparing a 1,400-pound cow to a 1,200-pound counterpart reveals a significant disparity in forage consumption. With an average daily intake of 2.5% body weight, the larger cow consumes just over 14% more forage. Consequently, adjusting stocking rates becomes imperative when transitioning to larger cows. If forage production remains constant, a shift from 1,200-pound to 1,400-pound cows necessitates an 11% reduction in stocking

rates to maintain adequate forage levels. While larger cattle theoretically yield heavier calves, this increase often fails to offset the reduced cow numbers and associated input costs. Thus, embracing moderation in cow size emerges as a prudent strategy to bolster the bottom line.

Join us in our forthcoming discussions as we explore additional strategies aimed at maximizing profits during market upturns while mitigating downturns. It's crucial to recognize that the distinction between hobby farmers and professionals lies in the financial dynamics of cattle management—while hobbyists pay to run cattle, professionals ensure that cattle contribute to covering operational costs. For further insights on this topic or any inquiries you may have, don't hesitate to reach out to your Panola County AgriLife Extension Agent at (903) 693-0380 or visit us at our new office on 316 W. Sabine St. in Carthage, TX. Drop by for a chat, and remember, our door is always open.

Small Acreage Fall **Landowner Series**

10:00 am-12:00 pm | AgriLife Extension Office | \$10/class or \$20/series

September 20

**BACKYARD POULTRY
101**

Lee Dudley

October 23

**CONSIDERATIONS
FOR DRILLING A
WATER WELL**

Dr. Joel Pigg

November 22

**GETTING STARTED IN
HORTICULTURE
ENTERPRISES**

TBA

4-H ENROLLMENT

INFORMATION

Clover Kids: Kindergarten - 2 Grade

Regular Members: 3-12 Grades

The Texas 4-H year officially starts on September 1 but enrollment opens on August 15th.

Youth 8 years old and going into the 3rd grade must wait until September 1st to enroll.

Youth Club Member: \$25 (goes up to \$30 after October 31)

Clover Kids: \$10

When enrolling, be sure to use an e-mail address you actually use!
This is how we communicate important information.

MONTHLY NEWSLETTERS!

Be sure to sign up for our monthly newsletters by going to our website!

<https://panola.agrilife.org/>

Monthly Newsletters come from lani.west@ag.tamu.edu

You may need to add that email address to your contacts to prevent emails from going to you spam folder!

Livestock Show
CHECKS

Are now available! Please remember that we cannot hand out checks unless you have turned in your **stamped** and **unsealed** thank-you notes!





Panola County

4-H CLUBS

Club Name	Club Manager	Meeting Date & Time
ALPA Adult Leaders & Parents Association	Corie Young 903-692-7737	1st Monday, 6:00pm Extension Office
BECKVILLE 4-H	Brandy Dudley 903-690-1108	3rd Monday, 6:00pm Beckville Sunset Elementary 
CARTHAGE 4-H	Rachel Laney 940-232-5412	4th Tuesday, 6:00pm Expo Hall
DEBERRY 4-H	Shawntel Wells 903-690-6552	3rd Thursday, 7:00pm 332 CR 310 DeBerry
FAIRPLAY 4-H	Eric Pellham 903-754-2582	2nd Monday, 6:00pm Allison Chapel UMC in Fairplay
GARY 4-H	Jennifer Whitby 903-692-1729	3rd Monday, 6:00pm Gary ISD Cafeteria
SHOOTING SPORTS 4-H	Mauri Pierce 903-263-7551	4th Sunday, 3:00pm Expo Hall
STILL WATERS 4-H	Casey Price 903-445-8001	3rd Tuesday, 6:00 pm Still Waters Cowboy Church 



UNVEILING EXCELLENCE

Navigating the Path to Your Next 4-H/FFA Swine Project

By Lee Dudley

With July fading into the rearview mirror and August making its presence felt, the dawn of a new 4-H year beckons us to embark on the quest for our next 4-H/FFA market or breeding swine project. As we envision days spent traversing barns, evaluating scores of pigs, one might wonder: why does animal selection hold such paramount importance?

The answer, while seemingly straightforward, unfolds into a complex tapestry of considerations. In the pursuit of our next market/breeding swine project, the pivotal first step lies in selecting the finest specimen available. Acquiring a subpar pig from a litter invariably diminishes our prospects of securing top honors in the show ring. To stand triumphant amidst the competition, we must begin with a foundation of quality, adeptly discerning between animals possessing desirable traits and those falling short of livestock show standards. Thus, a nuanced understanding of factors such as age, weight, frame size, and breed type emerges as indispensable in the selection of a market barrow or breeding gilt.

For those eyeing participation in the PCJLS or major spring livestock shows, timing proves to be of the essence. Barrows, ideally born between July and August, should be procured around 2 months of age. It is prudent to commence the search in August, ensuring the selection process concludes by mid-September. Similarly, gilts destined for the show ring must conform to age-divided classes, necessitating birthdates spanning from July to September. Delving deeper, an understanding of weight management becomes imperative, with market swine gradually attaining a market

weight ranging between 240 to 280 pounds after a period of sustained growth. Given the variance in weight requirements across different shows, meticulous adherence to specific rules and guidelines stands as a prerequisite for exhibition success.

Amidst a diverse array of swine breeds, each boasting unique characteristics, the discerning exhibitor is tasked with a choice. From Hampshire to Duroc, Yorkshire to Landrace, a myriad of options beckon, each warranting careful consideration. Swine classification, typically categorized into dark and light breeds, further enriches the selection process, underscoring the importance of abiding by show rules and local county regulations. Amidst this rich tapestry of breed diversity, the discerning eye must remain attuned to the core tenets of selection criteria: structure, muscle, and balance.

Structural integrity serves as the bedrock upon which show ring triumphs are built. A thorough evaluation encompassing various structural facets ensures the animal's ability to move freely and stand squarely on its feet and legs. From the alignment of pig's feet to the flexibility of its hock joints, each aspect contributes to the overall functionality and mobility of the animal. Concurrently, assessing muscle development emerges as a pivotal component in the selection process. A well-defined musculature, particularly evident in the loin and ham regions, underscores the animal's capacity to yield maximum lean meat with minimal excess fat.

Yet, it is the harmonious balance between these attributes that ultimately distinguishes a champion market barrow. Symmetry, proportionality, and skeletal adequacy converge to create a visually striking specimen capable of commanding attention in the show ring. As judges deliberate over an array of contenders, it is imperative to acknowledge the inherent subjectivity of livestock evaluation. Diverse perspectives and preferences inevitably shape the outcome, underscoring the importance of remaining open-minded amidst the adjudication process.

For those navigating the intricacies of swine selection, the Panola County AgriLife Extension Service stands as a beacon of guidance and support. Whether seeking assistance in deciphering show rules or refining selection criteria, our team remains steadfastly committed to empowering exhibitors on their journey towards exhibition excellence. For more information or personalized assistance in selecting your next 4-H Market/Breeding Swine project, please contact us at (903) 693-0380. Embark on your path to success today, and together, let us elevate your swine project to new heights of achievement.



4-H END OF YEAR CELEBRATION!



→ Saturday, August 24 ←

6:00 p.m. at the Hall of Fame!



FREE for all 2023-2024 4-H Members, Clover Kids and enrolled volunteers

\$10 for all other adults and guests



RSVP required by August 9! →



East Texas State Fair, Tyler

State Fair of Texas, Dallas

Heart of Texas Fair, Waco

Entry deadlines **August 7th**
all materials into the office.



4-H Adult Volunteer Training

NEW THIS YEAR

All adults who plan to be registered 4-H Volunteers must attend.

This includes club managers, project leaders, and adult club officers.

Any adult who is a signer on a 4-H Bank Account MUST attend the financial management portion of the training.

Registration is required at <https://forms.gle/pbwiUX6hzJVP3G7r8>



2024-2025

DISTRICT 5 4-H ADULT LEADERS TRAINING

*Best Financial Practices Planning & Management Recruitment & Involvement
Fundraising, Community Service & Publicity*

Local!

Monday, August 5

1-4 pm

Carthage Civic Center

1702 S Adams St

Carthage 75633

Hosts: Shelby, Panola, & Rusk
Counties

Saturday, August 10

9 am to noon

Smith Co Extension Office

1617 W Front St

Tyler 75702

Hosts: Anderson, Henderson,
Smith & Wood Counties

Saturday, August 17

9 am to 2 pm

Gregg Co Extension Office

405 E Marshall Ave, Ste 101

Longview 75601

Hosts: Gregg, Harrison, Marion
& Upshur Counties

Thursday, August 22

6-9 pm

Angelina Co Extension Office

2201 S Medford Dr

Lufkin 75901

Hosts: Angelina, Cherokee &
Nacogdoches Counties

Saturday, September 14

10 am to 2 pm

Jasper County Annex

271 E Lamar

Jasper 75971

Hosts: Jasper, Newton, Sabine &
San Augustine Counties

Saturday, October 12

1-4 pm

Corrigan City Hall

101 W Ben Franklin St

Corrigan 75939

Hosts: Houston, Polk, Trinity &
Tyler Counties



Registration in Advance Required at <https://forms.gle/pbwiUX6hzJVP3G7r8>

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.

4-H COUNCIL



2023-2024
Members

Meeting August 5th to plan 4-H Banquet!
5:30 pm at the Extension Office

2024-2025
Members

Our first meeting will be Monday, October 7th
5:30 pm at the Extension Office.

ALPA

is welcoming new members!

Our 4-H ALPA group is welcome to all 4-H parents, volunteers and leaders! This group meets bi-monthly (ish) to help steer the local 4-H program. Please join us on the 1st Monday of August and October at 6:00 pm at the Extension Office. Questions? Call Corie Young 903-692-7737

JOIN NOW

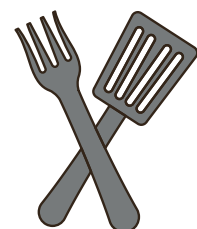
4-H Cookin' Nights are back!



If you are interested in doing any 4-H Food contests this year, or just want to have some fun in the kitchen, Please join us! We will kick off the year with a full Food Challenge night! Future practices will include skill development, MyPlate/Nutrition knowledge, guest speakers and more! Contact Clarissa if you have any questions.



August 8 • 5:30pm
Expo Hall





— THE PANOLA EXTENSION —

Panola County AgriLife Extension Service

Address:

316 W. Sabine St.
Carthage, Texas 75633

Phone:

(903) 693-0380

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

TEXAS A&M
AGRI LIFE
EXTENSION

