

Impacts from January 28 to April 22

• Health Fairs/exhibits:

- County Employee health fair at the Civic Center exhibited nutrition and diabetes education materials
- 55+ health fair at the ROC 180 senior adults attended. Exhibited fast food nutrition exhibit, "Be Well, Live Well" flyer, diabetes support group information
- Como-Pickton School health fair dangers of second hand smoke, healthy eating – approximately 200 attended
- Promoted Twogether in Texas marriage education workshop at Bridal Sip & See – reached approximately 40

Major programs:

- Twogether in Texas marriage education workshop 3 couples
- Head Start 3 & 4 programs 175 kids
- Master Wellness Volunteer 5-day training 3 new recruits
- "Do Well, Be Well with Diabetes" series 9 participants
- Child Safety Seat check-up 41 inspections, \$54,698 economic impact, 29 car seats replaced or given out (some children arrived unrestrained)
- Created Diabetes Support group 4th Tuesday of each month at noon at the Extension Office 5 attendees the first month

4-H activities:

- County 4-H Council meeting & 4-H Record Book training
- Tractor Supply Paper Clover Campaign & hot dog sale
- County 4-H Roundup: 12 qualified for District competition in public speaking, educational presentations, share-the-fun talent, food show fashion show, consumer decision making contest, and district Food Challenge
- Published 4-H Gazette
- 4-H Sewing Fun Day & Mystery Tour (Good Will)

- Upcoming events:
 - Kids' Camp: Fun, Food, Fitness
 - Skills Camp
 - Do Well, Live Well: Program on Healthy Aging
 - Twogether in Texas marriage education workshop
- Texas Community Futures Forum:
 - Gathering of our Extension committees, Leadership Advisory Board, Master Volunteers, episodic volunteers, stakeholders, and officials to discuss issues facing Hopkins County which could be addressed by Extension. Results:

Family & Community Health:

- 1) Fall Prevention among elderly
- 2) Diabetes education
- 3) Childhood nutrition & wellness
- 4) Marriage education

4-H & Youth:

- 1) Transitioning from high school to college
- Building leadership in older 4-H'ers through involvement in summer camps

Ag/Natural Resources:

- 1) Small landowner trainings
- 2) New rancher education
- 3) Protected predator birds
- 4) Feral hog and coyote issues

Commissioner's Court Interpretation

February 2019

<u>February 4th</u>- First Day of Employment. I traveled to District Office in Dallas to complete New Employee paperwork. Arrived at Hopkins County Office around 11:30am, immediately had a staff meeting with Johanna, Mario, and Barbara. They explained to me how the office works, their individual duties, what they expect of me, and we went over each other's calendars and filled in necessary dates. I attended my first 4-H Council Meeting that evening at 6pm.

<u>February 5th</u>- Called Colby Clary at Overton office to get my computer and accounts set up that morning. I started my online training necessary for new employees. Attended and sat in on Mario's Vet Science meeting at 4-5pm.

<u>February 6th</u> The office staff had a LAB Luncheon Discussion meeting at 9:30am. Johanna, Mario, and Barbara explained to me how the LAB Luncheon works and its purpose.

<u>February 7th-</u> Got to go to the courthouse and meet the County Judge, Judge Newsom. Afterwards I attended a meeting with the Environmental Committee. Mario had a Tomato Grafting seminar at 1pm and I got to sit in on that and assist the volunteers.

<u>February 8th-</u> Radio Interview at 8am with Dave Kirkpatrick at Star 95.9 to introduce me to the community.

February 11th- Attended Commissioners Court at 9am. A representative from Ratcliff's office attended and presented Judge Newsom with a flag from the capital and special recognition for all of this hard work and dedication to the community. Visited 4-Her Isaac Ray at his house to inspect is chickens for NETLA at 1:30pm. The chickens looked good, were feathering out nicely, no sickness detected, and he stated that he would start culling the following week. At 6:30pm I attended my first NETLA meeting at Sulphur Springs High School Ag building. I introduced myself to the other committee members and ag teachers that attended, and I also got the feel for how the NETLA show was going to be ran.

February 12th- I visited the Deterding residence around 4pm to help their daughter (who is one of my 4-Hers) work with her steer project. They were concerned that he would not behave well enough for her to show him. I worked with the steer myself so that I could judge his temperament before I watched her work with him. I judged that his temperament was good enough for her to continue to work with him. I then showed her some techniques that she could use on him in order for her to feel more comfortable. I showed her how to properly use a show stick, and how to properly place his feet when she is in the show ring. I felt that the practice went very well, and as long as she practiced the techniques that I showed her she would do well.

February 13th- On this day Mario was giving a Private Applicator Training course at the office from 10am to 2pm. I do not have my Private Applicators license, so I thought it would be best that I sit in on the class as a student in order to take the first step to getting my license. I feel that if I am going to be teaching one of these courses in the future, I need to have my license before I teach someone else how to get theirs. I took the course with the other students and answered any questions that they had during the lessons.

<u>February 14th</u> Valentine's Day!! The office staff was kind enough to throw me a "Meet and Greet" party at the office from 3-5pm. I got to meet a lot of community members, as well as 4-H kids that I had not met yet. Plus, some of my kids that I have met came by and brought their parents with them, which was very nice and very helpful. I had spoken to several of these parents over the phone, so it was nice to put a face to the name and voice.

<u>February 15th-</u> Mario took me out to the Gray residence to visit with some 4-H show kids that show heifers and steers. We had to take them some paperwork, so he let me ride along so I could meet them and see their cattle.

<u>February 18th</u> I clipped 1 goat for the NETLA show at 10am. Then at 4:30pm I went to Andy Endsley's house to help him cull chickens for the NETLA show.

<u>February 19th-</u> I had a radio interview with Dave Kirkpatrick about the NETLA show at Star 95.9 at 8am. Johanna had a Master Wellness class in the back classroom so I finally got to sit in on one of her programs to see what all that consisted of and how she conducted those.

<u>February 20th</u> I had another radio interview at KSST radio station at 8am to introduce me to the community. At 10am I starting clipping steers for NETLA. I finished around 3-3:30pm, then loaded my stuff up and drove to another place to clip 2 goats for the NETLA show.

February 21st -23rd - NETLA show!! Clipped animals and assisted kids the whole time!

February 25th- Sat in on the Community Health and Wellness meeting at noon to help discuss Kids Camp.

<u>February 26th</u> Took phone calls in the office and received Add- Ons for NETLA.

<u>February 27th</u> Went to Still Meadow Dairy with Mario and a Vet Science student to help her log hours for her certification. I have never been to a dairy before so that was very interesting! In the afternoon I spent the rest of the day filling out reports and doing more online training for my new employment.

<u>February 28th</u> The office hosted a Ag In The Classroom planning meeting and a Master Gardeners meeting in the morning. I sat in on the AITC meeting and I was responsible for taking the minutes. After that meeting was over, I introduced myself to the rest of the Master Gardeners that I haven't met yet.

March 2019

March 1- Proofread 4-H Gazette before it was published

March 4- Attended Staff meeting at Extension office

Finished editing Vet Science Lesson for Vet Science Class

Created Doodle Poll for the Tractor Supply Company's Paper Clover Campaign going on March 27th - April 7th. After it was finished I published it online.

<u>March 5-</u> Assisted Mario in teaching Vet Science Course. My topic was Responsibility in the Workplace.

<u>March 8</u>- LAB Luncheon at the Extension Office. My 4-H Group joined the FCS group. We decided that the older 4-H kids need to be more involved with the younger kids and camps.

March 12- Attended the Emergency Management Briefing at the Hopkins County Courthouse at 1:00pm.

<u>March 13-</u> I drove to Mt. Pleasant to meet the new Ag Extension Agent for Titus County. Her name is Callie Zoeller.

<u>March 21-</u> I went to Tractor Supply Company to discuss the Paper Clover Campaign. I found out what they were going to furnish, and what I needed to furnish.

<u>March 22-</u> Drove to State Fair Park in Dallas, Tx to attend and judge the Food Challenge. It was a very eye opening and exciting experience.

<u>March 25-</u> Attended the Community Health Alliance meeting at the Extension office. We discuss Kids Camp and Skills Camp.

<u>March 26-</u> County Round Up was held at the office, so I spent most of the day helping Mario and Johanna set up and get ready for that. I was then a timekeeper for the speaking events.

March 27- TSC Paper Clover Campaign began! Set up booth at TSC.

March 28Attended CRCG meeting that was held at the Extension Office.
Attended and assisted with PAWS meeting held at SSES.
I assisted Jeremy Bridges with teaching Archery to the kids.

March 29- I completed monthly reports online and set up for Hotdog Cookout at TSC.

<u>March 30-</u> TSC Paper Clover Campaign Hotdog Cookout Fundraiser. Several kids showed up to help. We made \$43.05 just on hotdog sales. There were also a large number of donations that were not calculated. The total number of donations made to TSC is still unknown. However, Sulphur Springs Tractor Supply had the most paper clovers donated on the first day than any other TSC in their region!!

April 2019

- April 1- The office staff held a meeting that morning to go over everyone's calendars.
- **April 2-** I assisted Johanna in setting up her display for a Health Fair that was taking place at the Rock in Sulphur Springs.
- -I assisted Mario in teaching his Vet Science class at the Extension Office. My topic was over Attitudes, and how attitudes can affect the staff, customers, and animals at the clinic.
- **April 3-** I had a meeting with Mr. Hurley Miller that went over new employee expectations and early employee training.
- **April 5-** I traveled to Dallas to attend Career Ladder Training at the Headquarters in the Dallas Center.
- **April 8-** I went to TSC to pick up and clean up the display that we used for the Paper Clover Campaign.
- April 10- I had a meeting with Mr. Larry Pierce here at the Extension Office. He set me up on some existing plans, and we also agreed to set up some new plans. I am going to be putting on a Steer & Heifer Showmanship Clinic on June 1 with the help of several volunteers. It is going to take place at the Civic Center, in the area on the hill, from 9:30am-3pm. We are going to have live cattle for the kids to learn and practice with, and we are going to show them how to properly show, care for, and feed their bovine projects. Larry and I have also agreed upon me starting an Equine Club in the Hopkins County 4-H. This club is going to be for kids that like horses, and are interested in horses, the horse industry, and horse judging.
- **April 12-** Mario and I had a short meeting with the local Zoetis representative concerning some research and complaints from a local cattle producer. We discussed some of the side effects of a certain vaccine that is used in the NETBIO sale.
- -I had a meeting with a volunteer that is helping me set up the Livestock Showmanship Clinic.
- **April 15-** I attended the NETLA meeting at the Sulphur Springs high school Ag building. Rule changes were suggested, and will be discussed at next meeting.
- **April 16-** I traveled to Regional Onboarding Training in Tyler, TX. This training tells us how to handle volunteers, parents, and kids.
- April 17- Mario and I went to the Grasslands Tour for 3rd and 4th graders. We taught a class over aquatics.
- **April 18-** I attended a Council of Governments (COG) meeting in Mount Pleasant with Mario. They discussed recycling issues in their region, and ways to improve the involvement of the community in keeping our counties clean and free of trash.

2019 Activit	ties Calend	ar Hopkins County Ag/NR	Plan	
Month	Day	Activity		
January	5	Goat/lamb clinic	4-H AgNR	
January	7	staff conference	ADMINISTRATION	
January	14	NETLA meeting	4-H AgNR	
January	20	Ft Worth Dairy Judging	4-H AgNR	
January	28	Commisioner's Court Int	ADMINISTRATION	
February	1	DEA Performance Appraissal	ADMINISTRATION	
February	4	Staff Meeting	ADMINISTRATION	
February	4	4-H Council meeting	4-H GROW	
February	7	Tomato Grafting	Water Conservation	
February	7	Potts training at icehouse	Livestock and Forage	
February	11	NETLA meeting	4-H AgNR	
February	14	Private Applicator training	Livestock and Forage	
February	18	Goat project clipping	4-H AgNR	
February	21-23	NETLA Junior Market Show	4-H AgNR	
March	1	4-H Gazette		
March	4	Staff Meeting	ADMINISTRATION	
March	8	LAB lunch	ADMINISTRATION	
March	18-22	Spring break	ADMINISTRATION	
March	25	NETLA Meeting	4-H AgNR	
March	26	Gardening talk	Water Conservation	
March	26	4-H Round-Up	4-H GROW	
April	1	Staff Meeting	ADMINISTRATION	
April	1	4-H Council	4-H GROW	
April	9	DOPA- Stephenville	Livestock and Forage	
April	12	DOPA planning meeting	Livestock and Forage	
April	17	Grasslands tour - youth	Water Conservation	
April	22	Commissioner's Court Int	ADMINISTRATION	
April	24	Greenhouse tour- Seagoville	Water Conservation	
April	26	Grasslands tour - Adult	Livestock and Forage	
April	27	College Station- Livestock Judging	4-H AgNR	
April	26	Texas SuperStars Plant Sale	Water Conservation	
May	2	4-H Gazette	4-H GROW	
May	6	Staff Meeting	ADMINISTRATION	
May	10	Beef Program NETBIO	Livestock and Forage	
May	15	Private Applicator Training	Livestock and Forage	
May	21	Faculty Training -Dallas	ADMINISTRATION	

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June	3	4-H Council Meeting	4-H GROW
June	7	Tour Day	4-H GROW
June	8	Dairy Show	4-H AgNR
June	13	Dairy show sale	4-H AgNR
June	10 to 14	4-H Round Up State	4-H GROW
		Economics of beef ranching	Livestock and Forage
June	29	Economics of beer fancing	Livestock and Forage
tule	1	Staff Conference	ADMINISTRATION
July	11	Record Book Judging	4-H GROW
July			4-H GROW
July	15-17	Multicounty camp	ADMINISTRATION
July	29-31	TCAAA	ADMINISTRATION
July	29-31	skills camp	
	F	De af Chart Course	Livesteck and Forage
August	5 to 7	Beef Short Course	Livestock and Forage
August	8	LAB Dinner	ADMINISTRATION
August	14	Private Applicator training	Livestock and Forage
August	20	Fall Faculty Conference	ADMINISTRATION
August	26	Commissioner's Court Int	ADMINISTRATION
September	3	2020 plans due	4-H GROW
September	6	Ag in the classroom volunteer mtg	4-H AgNR
October	5	Beef Day	Livestock and Forage
October	8	Ag in the Classroom	4-H AgNR
October	9	Ag in the Classroom	4-H AgNR
October	30	DOPA training	Livestock and Forage
November	6	PAT CEU's	Livestock and Forage
November	13	PAT new licensees	Livestock and Forage
November	14	LAB banquet	ADMINISTRATION
November	25	Commisioner's Court Int	ADMINISTRATION

NorthEast Texas Junior Market Livestock Show 2019 Sale of Champions Saturday, February 23, 2019

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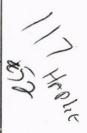
Steer			Swine		
	Sr. Destiny Lackey	НС4Н		Sr. Carol Nabors	CPFFA
	Int. Mika Gray	HC4H		Int. Brody Busby	CPFFA
	Jr.			Jr. Roman Massey	MGFFA
Lamb			Goat		
	Sr. Wyatt Wharton	NHFFA		Sr. Dayton Wood	Cumby FFA
	Int. Paisley Watkins	НС4Н		Int. Caroline Coker	SSFFA
	Jr. Ramsey Ragan	НС4Н		Jr. Camille Coker	SSFFA
Poultry			Heifers		
	Sr. Micah Flemens	CPFFA		Sr. Savannah Allen	SSFFA
	Int. Karrigan McQuary	SSFFA		Int. Aspen Mayhew	НС4Н
	Jr. Miley McCormack	НС4Н		Jr.	
		Heifer C	Heifer Champions		
	Grand Champion Heifer	Mika Gray - HC4H			
	Reserve Champion Heifer	Blaine Flemens - CPFFA	:FA		

Grand Champion Heifer	Mika Gray - HC4H
Reserve Champion Heifer	Blaine Flemens - CPFFA

Bid											
8											
Buyer											
Resale	\$ 1,412.25	\$ 124	\$ 170	\$. 183	148	\$ 1,401.75	\$ 121	\$ 174	\$ 231		1240 \$ 1,302.00
Weight	1345 \$	276	131	83		1335	569	134	105		1240
Chapter	NHFFA	NHFFA	SSFFA	NHFFA	SSFFA	CPFFA	NHFFA	NHFFA	CFFA	SSFFA	НС4Н
Exhibitor	Tracey Shackelford	Grand Swine Kindal Shackelford	Annie Horton	Amy Sprague	Grand Poultry Karrigan McQuay	Reserve Steer Canyon Thomas	Tate Myers	Reserve Lamb Wyatt Wharton	Reserve Goat Dayton Wood -	Kase Saucier	Madi Skaggs
Species	Grand Steer	Grand Swine	Grand Lamb Annie Horton	Grand Goat	Grand Poultry	Reserve Steer	Reserve Swine Tate Myers	Reserve Lamb	Reserve Goat	Reserve Poultry Kase Saucier	Steers
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Madison Joslin	Ramsey Ragan	Kaitlynn Harness	Braden Lennon	Mika Gray	Harli Watson	Laney Bankston	Jessica Hatley	sackson Wook	Rebekah Stanley	Jackson Reed	Trenton Wood	Caroline Coker	Blaine Flemens	Destiny Lackey	Hayden Daniel	Reese Ragan	Darby Williams	Cameron Endsley	Dylan Strain	Alexis Green	Baylor Boatman	Alaina Johnson	Micah Flemens	Rhayne Thomas	Sam Gamblin	Lilly Bankston	Parris Pickett	Jackson Lundell	Molly Kelley	Ryder Rawson	Alexus Sallee	Camille Coker	Addison Monk
Swine	Lambs	Goats	Poultry	Steers	Swine	Lambs	Goats	Poultry	Steers	Swine	Lambs	Goats	Poultry	Steers	Swine	Lambs	Goats	Poultry	Steers	Swine	Lambs	Goats	Poultry	Steers	Swine	Lambs	Goats	Poultry	Steers	Swine	Lambs	Goats	Poultry
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46	Steers	Esperanza Deterdino	нсан	1310	¢ 1375 50		Γ
47	Swine	Carol Nabors	CPFFA	267	2011	120	7
48	Lambs	Jessie Rivera	NHFFA	134	1	174	П
49	Goats	Keegan Callihan	NHFFA	86		216	
50	Poultry	Isaac Ray	нС4н				П
51	Steers	Armando Osornio	CFFA	1195	\$ 1,254.75	75	I
52	Swine	Jalyn Hrabal	NHFFA	271	\$ 13	122	I
53	Lambs	William Sallee	MGFFA	158		205	
54	Goats	Reed Williams	нС4н	93		205	
55	Poultry	Kannon Gibson	нС4н				Γ
99	Steers	Shane Johnson	SBFFA	1215	\$ 1,275.75	75	
57	Swine	Brody Busby	CPFFA	279	\$ 13	126	
58	Lambs	Rhye Caudle	НС4Н	156		203	Γ
59	Goats	Jocelyn Helterbrand	MGFFA	91	\$ 20	200	Γ
09	Poultry	Cash Vititow	SSFFA				
61	Steers	Cassidi Froneberger	MGFFA	1085	\$ 1,139.25	25	
62	Swine	Danielle Garrett	MGFFA	228	\$ 10	103	
63	Lambs	Paisley Watkins	HC4H	132	\$ 17	172	
64	Goats	Hattie Bland	NHFFA	100	\$ 2.	220	
65	Poultry	Seth Johns	НС4Н				
99	Steers	Rolando Massey	MGFFA	1180	\$ 1,239.00	00	
29	Swine	Maddox Potts	нс4н	232	\$ 10	104	
89	Lambs	Chandra Lee	MGFFA	140		182	
69	Goats	Savannah Allen	SSFFA	81	\$ 1.	178	
70	Poultry	Phillip Rater	нс4н				
71	Steers	Harrison Fite	SBFFA	1185	\$ 1,244.25	25	
72	Swine	Baylee Bowen	CPFFA	238	\$ 10	107	
73	Lambs	Ashlyn Hudson	CFFA	185		241	
74	Goats	Blaine Allen	SSFFA	71	\$ 1.	156	
75	Poultry	Coen Bell	SSFFA				
92	Swine	Chloe Romero	CPFFA	242	\$ 10	109	
77	Lambs	Ashley Aguilar	NHFFA	134	\$ 1.	174	
78	Goats	Hattie Thompson	нс4н	89	\$ 1.	150	
79	Poultry	Ayden Koon	SSFFA				



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Kalea Weatherford	Jamilyn Hensley	Lilly Campbell	Bethany Taylor	Kallie Potter	Griffin Crawford	Gaby Osornio	Ann Dorner	Brooks Burgin	Miley McCormack	Kayleigh Brewer	Kate Taylor	Maurie Flecker	Braddox Rawson	Mason Burgin	Anderson Grimes	Elly Eddins	Gunner Campbell	Bella Romero	Kaitlyn Myers	Jace Thompson	Aiken Grimes	Emma Eddins	Slayton McClendon	Misty Taylor	Elli Kate Daniel	Jaci Wood	Haylee Shultz	Brayden Morris	Liberty Weatheread	Payton Hunt	Brody Gunn	Sydney Bell	Harley Vaughn
Swine	Lambs	Goats	Poultry	Swine	Goats	Poultry	Swine	Goats	Poultry	Swine	Goats	Poultry	Swine	Goats	Poultry	Swine	Goats	Poultry	Swine	Goats	Poultry	Swine	Goats	Poultry	Swine	Goats	Poultry	Swine	Goats	Poultry	Swine	Goats	Poultry
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)	нс4н	NHFFA	NHFFA	NHFFA	SSFFA	NHFFA	CFFA	NHFFA	нс4н	CPFFA	нС4н	CPFFA	нс4н	CFFA	SSFFA	Saltillo FFA	НС4Н	NHFFA	NHFFA	CFFA	NHFFA	SSFFA	NHFFA	CPFFA		
1	Ireland Fite	Jesse Bearden	Brooklin Jordan	Hadlee Hrabal	Peyton Miesse	Jared Vaughn	Carly Talley	Lindsey Faulks	Bradyn Love	Sydnee Neal	Chloe Willis	Houston Pegues	Sailan Adair	Tatum White	Catherine Rissman	Tobin Potter	Connor Burgin	Brody Weatheread	Kenna Lane	Canyon Talley	Rylan Sills	Kaden Wallace	David James	Brylee Moon	Scholarship Swine Spradlin Family	
	Swine	Goats	Poultry	Swine	Goats	Poultry	Swine	Goats	Poultry	Swine	Goats	Poultry	Swine	Goats	Poultry	Swine	Goats	Poultry	Swine	Goats	Poultry	Swine	Goats	Poultry	Swine	7.7.7
	114	115	116	117	118	119	120	121	122	123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138	130

2019 Market Show Sponsors

Grand Champion Steer - Legacy Ag Credit Reserve Champion Steer - Texas Farm Credit

Grand Champion Swine - Roy and Yvonne King Reserve Champion Swine - Farm Country Inc

Grand Champion Lamb – Texas Heritage National Bank Reserve champion Lamb – Professional Land Title

Grand Champion Broiler – Hall Oil Co Reserve Champion Broiler – Bell Concrete

Grand Champion Goat – Hopkins Co. Abstract Reserve Champion Goat – Ronny Parris/Jay Hodge Chevrolet

Grand Champion Heifer – Tractor Supply Company Reserve Champion Heifer – Farm Country Inc.

Grand Champion Ag Mech - 5W Contracting Reserve Champion Ag Mech - 5W Contracting

Jackie Gibson Memorial Award - Martindale Feed Mill

Showmanship Awards

Steers - Catocon Inc.

Goats - Catocon Inc

Lambs - Burgin Pipe and Supply

Swine - Tractor Supply Company

Heifers - Tractor Supply Company

Broilers - Tractor Supply Company

Ag Mech - 5W Contracting

Ag Mech Sweepstakes - BT Medical

Buyers Luncheon - Farm Bureau

Buyers Stew - Professional Ag. Workers

Buyers Gifts - Moola Transport

Brochure - Legacy Ag Credit

Raffle Steer / Processing - In Touch Communications by Cumby Tel & Hopkins County Food Locker

Straw - Barnhart Custom Harvesting

Luncheon / Stew Donations - Southwest Dairy Farmers

Printing - Advantage Copy Systems

T-Shirts for Exhibitors Making Sale- A. K. Gillis

Exhibitor Sale Tags - Circle E Western Wear

Thank you to all the volunteers that work countless hours to make it all possible.

SPECIAL THANK YOU TO THE BUYERS!

Field Day for Producers and Grasslands Managers

Ebel Grasslands Ranch, Sulphur Bluff, Texas April 26, 2019

8:30 AM to 4:30 PM

Agenda

8:30 - 9:30 am Welcome (given in covered pavilion)

-Native Grasslands: Environmental benefits, Economic benefits and sustainability- Rotational / prescribed grazing -Optimizing various grass/forage types -Water development

9:30 - 12:30p Pasture Walk: Opportunity to see topics discussed.

12:30 - 1:30p Lunch sponsored by NETBIO

Presentation on Fencing options, Rotational and other challenging pasture moves-Calving seasons.

1:30 - 4:30p Pasture Walk: Opportunity to see topic discussed.

Address: 225 CR 3611, Sulphur Bluff, TX 75481

Directions from Sulphur Springs: TX-154 W turns slightly right and becomes TX-19 N 4.0 mi Turn right onto FM 1537 E 0.9 mi Turn left onto FM 3236 N 7.0 mi Turn right onto W Farm Rd 71 E 8.9 mi, Turn right onto Co Rd 3611. You will see White Shop on left

This program is free. Limited to first 25 participants.

Register by calling The Hopkins County Extension Office at 903-885-3443

by April 5, 2019











Beef Up Cattlemen's Conference

May 10, 2019

2:00 PM to 7:00 PM

Hopkins County Regional Civic Center Covered Arena 1200 Houston Street, Sulphur Springs, Texas

2:00 to 3:00 PM- Registration and Exhibitors Displays

BEEF

3:00 to 3:30 PM- Animal ID: new perspectives

Hank Hayes- Texas Animal Health Commission

3:30 to 4:00 PM- Knowing Your Customer

Chris McClure- Private Consultant

STOP 4:00 to 4:15 PM- Break and Exhibitors Displays

4:15 to 4:30 PM- Creating native grasslands

Christian Ebel- Hopkins County 4-H

4:30 to 5:00 PM-Fifty shades of cattle health



Kevin Gray- 4G Veterinary Care



5:00 to 5:30 PM-The Beef Industry Today



Randy Harp—Texas A&M Commerce



5:30 to 6:00 PM- Questions and Answers



All presenters



6:00 to 7:00 PM - Steak Dinner

Call 903-449-6079 or email belldbarb@aol.com to secure meal before May 1, 2019.



Diabetes Support Group



Date: Thursday, February 28

Time: 5:30 p.m.

Location: Texas A&M AgriLife Extension

Office

1200 W. Houston

Sulphur Springs, TX 75482

Have you been diagnosed with diabetes and need encouragement? Join us at this meeting to share ideas and thoughts with those who understand!

Contact Johanna Hicks at 903-885-3443 or Sue Potts, 903-348-3903 for more info.





Free Marriage Education Workshop 2019 Schedule

When:

Saturday, February 9

(Pick one)

Saturday, May 18

Saturday, August 24

• Where: Texas A&M AgriLife Extension Office

1200-B W. Houston Street Sulphur Springs, TX 75482

• Time: 8:30 a.m. to 3:30 p.m.

• Who can come: married couples, engaged couples,

seriously dating couples

Facilitator: Johanna Hicks, Extension Agent

• Must call to sign up: 903-885-3443

Engaged couples will receive a certificate to save \$60 upon applying for a marriage license.

Communication

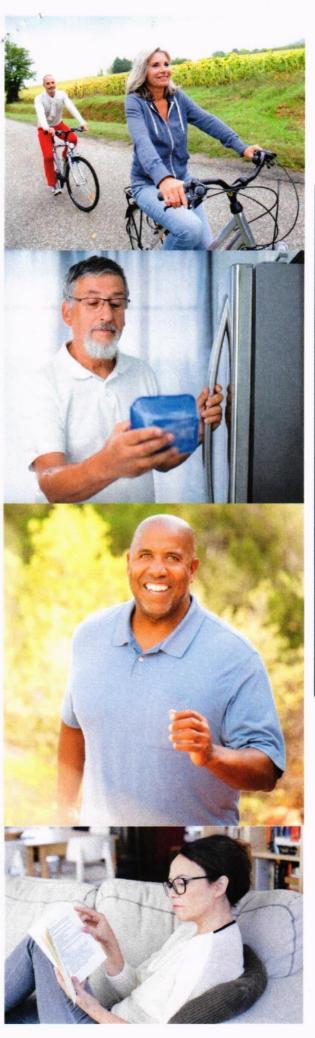
Marriage Expectations

Conflict Resolution

Money Management

Goal Setting

Lunch Provided!



Be Well, Live Well: A Program on Healthy Aging

Learn How To:

- Reduce your risk for disease
- Engage in a healthy lifestyle

Be Independent, Eat Well

Learn which nutrients you need more of as you age, how to support cognition through food, and more!

Be Able, Read the Label

Find out how to use the nutrition facts label as tool to help you maintain a healthy eating pattern.

Be Safe, Eat Safe

Learn how to keep food safe while shopping, how to interpret dates on food packages, safe food storage practices, and more!

Be Creative, Plan Meals

Find solutions to eating alone and learn how to plan meals for small households.

Be Fit, Move More

Learn the benefits of physical activity as you age, and ideas to include physical activity in your daily life.

No charge to attend! Sessions:

May 6, 9, 13, 16, 2019 / 10:00 – 11:30 a.m.

Texas A&M AgriLife Extension Office

1200 W. Houston / Sulphur Springs, TX 75482

Please RSVP by May 2, 2019:

Johanna Hicks / 903-885-3443 jshicks@ag.tamu.edu



The members of Texas A&M Agril.ife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color sex, reliaion, national oriain, age, disability, genetic information, veteran status, sexual orientation, gender identity, or gender expression.