

## HELPING TEXANS BETTER THEIR LIVES

### AG & NATURAL RESOURCES

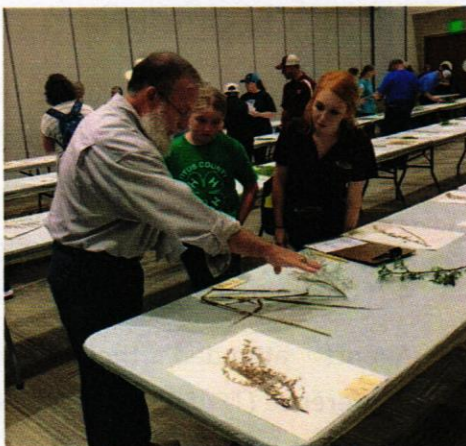
**Quarterly Ag Newsletters:** Ag Agent is sending out quarterly ag newsletters that contain informative articles along with upcoming programs and events relevant to ag producers in Titus County.

**Ag Email List:** By joining the ag email list, stay up to date on upcoming programs, events and receive timely information on any ag issues that may arise. You can also receive the quarterly ag newsletter via email.

**Titus County Hay Show & Forage Program:** There were 52 hay entries submitted. These hay samples will be judged on October 25th. Producers will also learn about topics such as weed control, producing quality hay, and understanding forage analysis results. Program will offer producers with a TDA pesticide license 1 General CEU.

#### **Upcoming Ag Events:**

- ◇ **Titus County Hay Show and Forage Program**  
Friday, October 25th from 8:00 a.m.-12:00 p.m.  
at the Titus County Extension Office.
- ◇ **Northeast Texas Pesticide Seminar**  
Wednesday, January 22, 2020 from 8 AM -3 PM



**Lou Ann Rollins**

Family and Community Health County Agent  
larollins@ag.tamu.edu

**Jenifer Ross**

Office Manager  
jmross@ag.tamu.edu

**Callie Zoeller**

Ag and Natural Resources County Agent  
callie.zoeller@ag.tamu.edu

### YOUTH DEVELOPMENT

**East Texas State Fair:** Titus County 4-H competed in the Plant Identification Contest at the East Texas State Fair in Tyler.

**State Fair of Texas:** Titus County 4-H competed in the Plant Identification Contest at the State Fair of Texas. Contestants had to identify 40 plants and list their characteristics from a list of 129 plants commonly found across Texas rangelands.

**Titus County Fair:** Titus County 4-H had a successful Titus County Fair with all 4-H members making the sale of champions. All the exhibitors did an excellent job showing.

**Four States Fair:** Titus County 4-H had heifer and lamb entries in the Four States Fair held in Texarkana. Titus County 4-H was well represented.

**Service:** Titus County 4-H members volunteered at the recent Four States Fair by working the showing and also helping with the Titus Co. Fair Buyers Luncheon.



# TITUS COUNTY HIGHLIGHTS

## HELPING TEXANS BETTER THEIR LIVES

### FAMILY AND COMMUNITY HEALTH

**Cooking Well with Healthy Blood Pressure Cooking School:** is a hands-on cooking school designed to help not only the person with hypertension, but anyone who prepares food for those with hypertension. Twenty attended the cooking school. They took home a spices great for healthy blood pressure recipes.



**Be Well, Live Well!** is a nutritional and physical activity series for older adults. FCH Agent completed BWLW series at the Senior Meal Center with 25 graduates. They were most impressed with their pedometers watches and surprise with how many steps they did or did not take.

**Food Protection Manager and Food Handlers:** Food Handlers is a two hour class are offered for those who handle food. Twenty attended and received a two year certification. Food Protection Managers is a two day course offered in October and the National Serve Safe Exam will be proctored by agent.

### YOUTH DEVELOPMENT

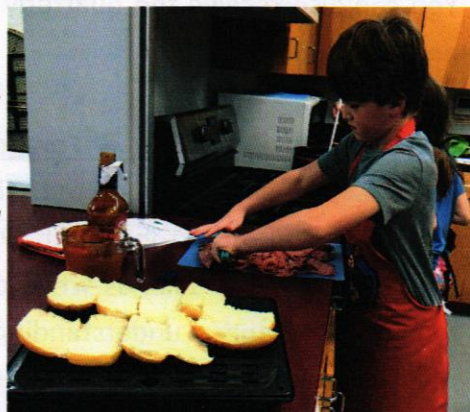
The **Titus County 4-H Club and Shooting Sports Club:** held Open House to Kick-Off and attended Home School Night for the 2019-2020 4-H year. Great turn out! Katy Hientz, Titus County Veterinary was the guest speaker for the first 4-H meeting of the year.

**District Record Book Judging** was held in Rockwall and agents judged 4-H record books.

**Leadership Lab:** FCS Agent attended the three day Camp held at Lone Star Baptist Encampment in July. Over 50 youth attended and participated in leadership activities such as "Money in the Real World".

#### **Kid's Cooking**

**Workshops:** This years food theme is "Food Around the World" The first workshop was a tasting, preparing food



from Canada. Kaden Martin is making famous Calgary Stampede BBQ Sandwiches.

### STAFF DEVELOPMENT & OFFICE

- ◇ Roger Farr and Keith Kridler installed AV and Sound System in the Large meeting, kitchen and outdoors.
- ◇ Agents attended D4 Fall Faculty Conference and 4-H Committee Workday in Dallas.
- ◇ Agents attended their Professional State Conference (TEAFCS-McKinney & TCAAA-Corpus Christi) in July.