Cherokee County 4-H Food Challenge

Entries Advancing to District Competition.
Intermediate Team: Bluebonnet 4-H Club
John Wofford, Sarah Wofford, Makayla Dowling,
Katy Dickey – FCS Agent, Megan Turnmire

Junior Team: Bluebonnet 4-H Club—Zoe Fortune
Amber Dickey, and Kara Wofford

County 4-H Food Show

Entries Advancing to District Competition
David Wingard - Main Dish – Blue Ribbon
David Wingard – Place Setting – Blue Ribbon

CONGRATULATIONS

FCS Chili Luncheon

Friday, February 6th
11 a.m.—1:30 p.m.
Dine-in or Takeout

$5

Bowl of Chili
Cornbread
Dessert
Tea

All proceeds benefit the Cherokee County Family
& Consumer Science Committee allowing them
to provide healthy lifestyle education programs for
both youth & adults of Cherokee County.

Cherokee County Extension Office
165 East 6th Street—Rusk, Texas 75785
(903) 683-5416

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.
1ST ANNUAL CHEROKEE 4-H BAR-B-QUE BRAWL

The Cherokee 4-H PALS has decided to host the first annual Cherokee 4-H Bar-B-Que Brawl. This event is still in the planning stages; however, a tentative date for the event has been set, May 2, 2015. This event will coincide with our annual County 4-H Awards & Leader Appreciation Banquet. A representative of the International BBQ Cookers’ Association has agreed to run the competition and sanction the event in their association’s point standing at no charge. This event will have three divisions: Cherokee County Local - Adults, Cherokee County - Youth (4-H & FFA members ONLY), and Professional IBCA Cookers. We are currently entertaining the notion of having a dance immediately following the awards presentation. As this is the first time 4-H has ever attempted something of this nature, we will be asking any 4-H parent with an interest in participating in this type of event to contact the County 4-H Agent to discuss details. Official IBCA Rules can be found here - http://ibcabba.org/ibca-rules/. Prizes and awards are still pending, as we will be relying heavily on donations and sponsorships.

<table>
<thead>
<tr>
<th>4-H BBQ Brawl - Entry Categories</th>
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</thead>
<tbody>
<tr>
<td><strong>Local Cooks</strong> - Entry Fee $10.00</td>
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<tr>
<td>Potatoes</td>
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<td>Brisket</td>
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<tr>
<td>Beans</td>
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<td>Pork Spare Ribs</td>
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<td>Chicken</td>
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<tr>
<td>Pork</td>
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<tr>
<td>Beans Road Kill (anything goes)</td>
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<td>Dessert – made at home</td>
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<tr>
<td><strong>IBCA Cooks</strong> - Entry Fees $150.00</td>
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<tr>
<td>Brisket</td>
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<tr>
<td>Beans</td>
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<tr>
<td>Pork Spare Ribs</td>
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<td>Chicken</td>
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<tr>
<td>Pork</td>
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<tr>
<td>Open</td>
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<tr>
<td>Dessert</td>
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</tbody>
</table>

*Both Classes will adhere to the IBCA RULES – everything is to be made onsite unless noted above.

Iron Rails & Pine Trails

This is a collaborative effort between the Federal Railroad Administration, the Texas State Railroad, the Texas State Railroad Historic Society, the Texas Forest Service, Venture Club, the Cherokee 4-H County Council and the Cherokee 4-H Parent and Adult Leaders Association. This is the first time we have ever done anything of this nature with this degree of collaboration. Those who have signed up to participate will be meeting at the Rusk Depot at 8:30 a.m. then we will make our way to the maintenance facility for a full tour and railroad safety program by the Federal Railroad Administration Investigator for our region. We will then board the train and ride it out past Maydelle, where we will off-load at the work camp in middle of the I.D. Fairchild State Forest. We will then receive our planting instructions and supplies, break into team and hike approximately 1 mile, planting nearly 700 Redbud and Dogwood trees along both side of the railroad right-of-way. Once we have completed our planting, we will then board the train and make our way back to the park. We will then meet in the dining hall of the park for pizza and sodas provided by the Cherokee 4-H Parent & Adult Leaders Association. This is the first of many opportunities that we will have to work with the Texas State Railroad so we need to be on our best behavior and show them that 4-H kids are truly the best of the best because 4-H does “make the best better”.

SPOTLIGHT ON SPONSORS

Bacon Chevrolet has become the newest sponsor of the Cherokee County 4-H Program. Our 4-H members wish to thank you so much for your support!
<table>
<thead>
<tr>
<th>JANUARY</th>
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<tbody>
<tr>
<td>01</td>
<td>Happy New Year</td>
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<tr>
<td>05</td>
<td>Cherokee 4-H PALS Mtg. CEO 6:30PM</td>
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<tr>
<td>07</td>
<td>County 4-H Photography Entry Deadline</td>
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<tr>
<td>10</td>
<td>County 4-H Food Show/Food Challenge - CEO 9AM</td>
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<tr>
<td>10</td>
<td>County 4-H Vet Science Class – CEO 5PM</td>
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<tr>
<td>11</td>
<td>Cherokee 4-H Shooting Sports – Range Day</td>
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<tr>
<td>15</td>
<td>Project Workshop – Photo Judging – CEO 6PM</td>
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<tr>
<td>17</td>
<td>Iron Rails &amp; Pine Trails – 8:30AM @ TSRR- Rusk</td>
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<tr>
<td>17</td>
<td>Sr. Vet Science Class – CEO 5PM</td>
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<tr>
<td>18</td>
<td>District 4-H Consumer Decision Making Deadline – 4-H Connect</td>
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<tr>
<td>21</td>
<td>Leadership Advisory Board Mtg. – CEO 10AM</td>
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<tr>
<td>25</td>
<td>Cherokee 4-H Shooting Sport – Range Day</td>
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<tr>
<td>28</td>
<td>District 4-H Food Show/Challenge Deadline -4-H Connect</td>
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<tr>
<td>29</td>
<td>Project Workshop – Photo Judging – CEO 6PM</td>
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<td>12</td>
<td>Project Workshop – Photo Judging – CEO 6PM</td>
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<tr>
<td>14</td>
<td>District 4-H Food Show/Challenge – SFA</td>
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<tr>
<td>14</td>
<td>Project Workshop – Photo Judging – CEO 6PM</td>
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<tr>
<td>21</td>
<td>Cherokee County Jr Livestock Show Validation (Rabbit, Hort. &amp;Shop) 8-10AM</td>
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<tr>
<td>21</td>
<td>4-H Senior Vet Science Class – CEO 5PM</td>
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<td>22</td>
<td>Cherokee 4-H Shooting Sport – Range Day</td>
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<td>23</td>
<td>Cherokee 4-H Council Mtg. – CEO 6PM</td>
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<td>25</td>
<td>District 5 4-H Photography Deadline – 4-H Connect</td>
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<thead>
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<th>MARCH</th>
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<td>Project Workshop – Photo Judging – CEO 6PM</td>
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<tr>
<td>14</td>
<td>CCJLS Showbarn Work Day – as per show rules</td>
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<tr>
<td>14</td>
<td>County 4-H Vet Science Class – CEO 5PM</td>
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<tr>
<td>21</td>
<td>CCJLS Showbarn Work Day – as per show rules</td>
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<tr>
<td>21</td>
<td>County 4-H Photo Judging Contest – CEO 10 AM</td>
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<tr>
<td>25</td>
<td>4-H Day at the State Capitol – Austin</td>
</tr>
<tr>
<td>25-28</td>
<td>Cherokee County Jr. Livestock Show - Jacksonville</td>
</tr>
</tbody>
</table>

Contact Willie Arnwine in the County 4-H Office for specific event details (903) 683-5416
or via email at wrarnwine@ag.tamu.edu

**Cherokee County 4-H Calendar of Events**

**Cherokee County 4-H Enrollment**

January 2005 – 94 Members
January 2006 – 99 Members
January 2007 – 115 Members
January 2008 – 132 Members
January 2009 – 144 Members
January 2010 – 147 Members
January 2011 – 163 Members
January 2012 – 103 Members*
January 2013 – 158 Members
January 2014 – 196 Members
January 2015 – 221 Members

“Ten Years of Project Growth”

*Enrollment fee established August 2010
BREACKFAST CEU SERIES

Cherokee County Texas A&M AgriLife Extension Service will be hosting a monthly Breakfast CEU meeting. We will meet once a month on the third Tuesday of every month at various cafés around the county for a "Dutch Treat" breakfast followed by a one hour pesticide topic worth one CEU. There will be a one-time $10 fee for attending the yearlong Breakfast CEU Series. Anyone attending a CEU course should bring their pesticide license number with them to receive credit at CEU classes. Driver’s licenses will not be allowed on re-certification credits. (Please note the later start time for the February meeting.)

January 20th—Rusk WHATABURGER—6:30 a.m.

February 17th—Alto Yellow Jacket Café—7:00 a.m.

March 17th—Jacksonville Beverly’s Café—6:30 a.m.

FOREST PEST SEMINAR

Angelina County Extension Office
2201 S. Medford Dr. Lufkin, Texas 75901
Friday, Feb 13, 2015

8:00 a.m.  Registration
8:30 a.m.  Forestry Pest Management
           Dr. Ron Billings, Forest Health Manager
           Texas A&M Forest Service
9:30 a.m.  Real Application Issues & Solutions
           John Hamilton, Silviculture Manager
           Campbell Global
10:30 a.m. Success vs. Failure with Forestry Herbicide
           Applications, George Bieber
           Area Manager, Red River Specialties Inc.
11:30 a.m. Lunch
12:15 p.m. Legislative Update to Key Resource
           Management, Ron Hufford, Executive
           Director, Texas Forestry Association
1:15 p.m.  Forest Pesticide: News, Changes, Use &
           Availability, George Bieber, Area Manager,
           Red River Specialties Inc.
2:15 p.m.  Adjourn

5 CEU Credits Available to Current Texas Pesticide License Holders
5 SAF Cat-1 CF; 5 Pro Logger Credits

Please RSVP by Monday, February 9th to (936) 634-6414 ext. 100. Registration is $50 (includes meal & materials).

Cow Business 101 Workshop

Cherokee County Expo Center
611 SE Loop 456 Jacksonville, TX 75766
Friday, February 27, 2015

8:00 a.m.  Registration
8:30 a.m.  Welcome
           Larry Pierce, Regional Program Director
           Texas A&M AgriLife Extension Service
9:00 a.m.  Weed Control for Optimum Forage Production
           Chad Gulley, Smith Co CEA-Agriculture/NR
10:00 a.m. Break
10:15 a.m. Soil Fertility & Soil Requirements
           Dr. Haby—Professor Emeritus, Soil Science
           Texas A&M Research
11:15 a.m. Forage Management, Varieties & Utilization
           Dr. Rouquette, Texas A&M Regents Fellow &
           Professor of Forage Physiology
12:00 p.m. Lunch
12:30 p.m. USDA Program Update (EQUIP, Cost Share, etc.)
           Darrin Smith, NRCS
           Joseph Grier, FSA
1:30 p.m.  Adjourn

2 General CEU Credits Available to Current Texas Pesticide License Holders

Please RSVP by Monday, February 20th for meal planning, to (903) 683-5416. Registration fee of $20 with checks/money orders made payable to:

Cherokee Beef & Forage

Directions: Located South of Jacksonville. Take Loop 456 W for 1 mile. The Cherokee County Expo will be on your left.

Cherokee & Smith County Extension Offices Cooperating
STEPS TO BECOMING A PRIVATE PESTICIDE APPLICATOR

Step 1:
Contact our office at (903)683-5416 to schedule a time to complete the training FIRST. There is a $50 fee for the training and manuals.

Step 2:
Upon completion of the training, a Training Verification form (D-1411) will be provided to the applicant. Applicants should keep the yellow copy for their records. The white copy (original) should be mailed to TDA with the Private Pesticide Applicator license application form (PA-400P).

Step 3:
The applicant needs to obtain a hard copy of the Private Pesticide Applicator license application form (PA-400P) from TDA. (Website: www.TexasAgriculture.gov or Phone: 1-800-835-5832 or 512-463-7622).

Step 4:
Submit the completed Private Pesticide Applicator application form, license fee of $60, and the white (original) copy of the Training Verification form to TDA for processing.

Step 5:
When the license application is accepted, TDA will send the applicant a letter in the mail with their Account Number. This Account Number is the number the applicator will use to register and schedule the Private applicator exam with PSI.

Step 6:
Applicants can go to PSIexams.com or call 1-800-733-9267 to schedule an exam at one of 22 locations around the state.

A Pesticide Licensing Examination Candidate Information Bulletin is provided at the PSI website to assist the applicant with the exam scheduling process.

A private applicator exam is free for the first attempt. If the applicant fails the first attempt, the second (or subsequent) attempts will require a payment of $52.00 each time to PSI. There is a 24 hour waiting period to take a repeat exam.

PSI will provide a confirmation number and testing location information.

Step 7:
Upon completion of the exam, the testing center will provide test results immediately. A passing grade is 70% or higher.

Step 8:
PSI will send exam scores to TDA daily. If all licensing criteria are met, TDA will issue the license.

Join us for a 2-Day Agricultural Business Start-Up School
✓ Gain ideas about operations you can add to an existing ranch
✓ Learn options for setting up grazing & wildlife leases
✓ Discuss business types, tax info, & insurance needs
✓ Exposure to all the latest land management tools & techniques

Available In
San Angelo: March 5th-6th
Stephenville: March 12th-13th
Corpus Christi: April 9th-10th

Course Includes: 2 Days of Expert Instruction, a Resource Notebook & File Drive, 5 included meals, and Earn a Generation Next School Completion Certificate

Registration Fee: $150 ($25 discount for students)
Limited to the first 30 people per location
To Register: https://agrilifeext.tamu.edu/ESSM
Or call 979-845-2604

For more information on any of the previously mentioned programs contact: Aaron Low at 903-683-5416 or arlow@ag.tamu.edu.
Now is an especially active time in the yard and garden. Our average date of last freeze is March 15th. Of course, we never really know what we are going to get. To me, East Texas gardeners are some of the most talented because we have to be able to anticipate all possibilities and be so very aware of all the weather changes.

Keep an eye out on the weather in regards to the weed situation in the yard for putting out pre-emergent herbicide and keeping down those summer annuals. I do not recommend weed and feed products, as you will not generally see the response you are expecting for the money you spent on the product. You would be much better off putting the pre-emergent and the fertilizer down at separate times, and in ratio’s best suited to your own soil test.

Some vegetables to consider putting out in early February are potatoes, asparagus, carrots, onions (if you don’t have them out already), beets, broccoli, cabbage, English peas, spinach, and turnips.

March suggestions would be corn, cucumbers, swiss chard, collards, snap and lima beans, peas, melons, tomatoes, squash and peppers, just to name a few. Even writing the word squash makes me want to go till some ground!

The following to-do’s should hit your radar at the end of Feb or beginning of March. Spring-flowering shrubs bloom on last season’s growth and should be pruned soon after they bloom. This allows for vigorous summertime growth and results in plenty of flower buds the following year. Some examples would be forsythia, azaleas, quince, and spirea, just to name a few!

Select and order caladium tubers as well as geranium and coleus plants for late April and early May planting. Do not plant caladiums until soil temperature reaches 70F.

Beware of close-out sales on bare-root trees and shrubs. The chance of survival is rather low on bare-root plants this late in the season.

Don’t forget to add compost to your beds as you are preparing them. Compost and mulch are our best friends during drought periods!

Dig and divide summer and fall flowering perennials just before they initiate their spring growth. Daylilies are a wonderful choice for your perennial bed. They are very low maintenance, and edible!

"I cultivate my garden, and my garden cultivates me." ~Robert Brault
Growing the future of Agriculture—one child at a time.

Planting daffodils with the Rusk Primary Pre-K and Headstart kids in November. They were extremely excited to dig in the dirt and plant the bulbs. Great thanks to Spooktacular Bull Bash for sponsoring this activity and providing the bulbs!

Are you a teacher? Would you like to have me come visit your classroom? Please contact me at 903-683-5416 and let’s talk! I love to see the kids smile!

2015 Annual East Texas Turfgrass Conference
Texas A&M Research Center
1710 FM 3053 N
Overton, TX 75684
Thursday, February 5th
Registration starts at 7:30 a.m.—Adjourn 3:15 p.m.
Topics Will Include:
Feral Hog Control, Pre & Post Weed Control Methods,
Turfgrass Disease Updates, Soil Fertility, IPM, Pesticide Laws & Regs.
Registration Fee $30 (includes lunch)
Please make checks payable to District 5 TCAAA
5.0 Credit hours are offered for this conference.
(2 General, 2 IPM & 1 L&R)
Current Pesticide License holders please bring your pesticide license or number with you. DL numbers are not valid.

2015 East Texas Fruit and Vegetable Conference
Nacogdoches County Exposition and Civic Center
3805 NW Stallings Dr. ~ Nacogdoches, TX 75964
Tuesday, February 24, 2015
Registration starts at 8 a.m.—Adjourn 3 p.m.
Topics Will Include:
Soil Residual Herbicide Remediation, Organic & Conventional Weed Control, Bees, and much more.
Registration Fee: Individual $30, Couples $50, College Students $25 ($5 Late Fee if Registering after Feb. 20th)
RSVP by Feb. 20th to the Nacogdoches Co. Extension Office at (936) 560-7711
TDA Pesticide License Holders may earn 2 CEU Credits. Master Gardeners may earn 5 CEU Credits.
Current Pesticide License holders please bring your pesticide license or number with you. DL numbers are not valid.
New Year = NEW YOU!

I hope each of you had a wonderful Christmas and a very happy start to your new year! What goals are you working towards in 2015? This time of year many of us start a new fad diet, re-commit to our expensive gym memberships, and clean out the pantry to make room for healthier food. The key to our success is setting GOALS!

I said it. GOALS! This word can either be motivating or overwhelming. The word goal brings up lots of emotions for each of us. Feelings of success, change, hope, failure, pain, and growth are a few. Reflect back on the goals you have made in your life. Why were you only able to complete some? Why haven’t you reached every goal you have set? When setting goals there is a guide to follow to help us improve our success rate.

When setting a goal, make sure it is a SMART goal:

S: Specific (Be very specific! What exactly is your goal or end result?)
M: Measurable (Goals that can be measured and tracked are more likely to be achieved.)
A: Actionable (Is your goal an ACTION? Instead of not drinking soda, make your goal is to drink ___ glasses of water a day.)
R: Realistic (Multiple small victories = big progress.)
T: Timely (Set time limits and specific dates to keep yourself on track.)

Now, think back to the goals you have set for 2015. How can you turn them into a SMART goal? My challenge to you is to set a SMART goal and complete it. Good luck in 2015 with your SMART goal and becoming a healthier and happier YOU!

Estimated Calorie Needs per Day by Age, Gender, and Physical Activity Level

This table has the estimated amounts of calories needed to maintain balance for various gender and age groups at three different levels of physical activity. The estimates are rounded to the nearest 200 calories. An individual’s calorie needs may be higher or lower than these average estimates.

<table>
<thead>
<tr>
<th>Gender/Activity Level</th>
<th>Male/ Sedentary</th>
<th>Male/ Moderately Active</th>
<th>Male/ Active</th>
<th>Female/ Sedentary</th>
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<tbody>
<tr>
<td>Age (years)</td>
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<td>1600</td>
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**Breakfast Burritos**

**Ingredients**
- Vegetable cooking spray
- 2 egg whites
- 2 whole wheat tortillas
- 1/4 cup fat-free cheese
- 1/4 cup rinsed canned beans (such as pinto beans or black beans)
- Salsa (to taste)

**Directions**
1. Spray vegetable cooking spray into a frying pan.
2. Scramble the egg whites in the pan and cook to the desired degree of doneness.
3. Place the cooked eggs on the tortillas.
4. Sprinkle the cheese over the eggs.
5. Place the beans over the cheese and eggs.
6. Roll each tortilla into a wrap.
7. Microwave for 30 seconds.
8. Spoon salsa on top.

**Strawberry Parfaits**

**Ingredients**
- 1 lb strawberries
- 2 cups low fat vanilla yogurt
- 6 tbsp granola cereal

**Directions**
1. Cut 1 lb strawberries into quarters and divide half among 4 glasses.
2. Divide 1 cup low fat vanilla yogurt and 3 tbsp granola cereal evenly among glasses.
3. Repeat with remaining berries and additional 1 cup yogurt and 3 tbsp granola. Top with sliced berries.

**Berry Breakfast Smoothie**

**Ingredients**
- 1 banana, cut into chunks
- 1/2 cup fat-free milk (cold in the summer, warm in the winter)
- 1/4 cup frozen unsweetened blueberries
- 1/4 cup frozen unsweetened strawberries
- 1 teaspoon peanut butter
- 1/2 teaspoon honey

**Directions**
1. In a blender, combine the banana, milk, blueberries, strawberries, peanut butter, and honey. Process about 1 minute, or until the consistency of a thick milkshake.

**Vanilla Spice French Toast with Apple**

**Ingredients**
- 1 egg plus 2 egg whites
- 1 teaspoon vanilla extract
- Dash each of cinnamon and nutmeg
- 2 pieces whole-grain bread
- 1/2 medium apple, sliced

**Directions**
1. Whisk eggs, vanilla, and spices together. Dip bread into egg mixture. Spray skillet with cooking spray, and sauté bread on each side until brown (about 3 minutes). Top with apple slices.
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>5</td>
<td>Cherokee 4-H PALS Mtg.—CEO @ 6:30 p.m.</td>
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<tr>
<td>10</td>
<td>County 4-H Food Show/Food Challenge—CEO @ 9 a.m.</td>
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<tr>
<td>10</td>
<td>County 4-H Vet Science Class—CEO 5 p.m.</td>
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<tr>
<td>11</td>
<td>Cherokee 4-H Shooting Sports – Range Day</td>
</tr>
<tr>
<td>13</td>
<td>Master Gardener Orientation—CEO @ 9 a.m.</td>
</tr>
<tr>
<td>15</td>
<td>Project Workshop – Photo Judging—CEO @ 6 p.m.</td>
</tr>
<tr>
<td>17</td>
<td>Iron Rails &amp; Pine Trails—TSRR-Rusk @ 8:30 a.m.</td>
</tr>
<tr>
<td>17</td>
<td>Sr. Vet Science Class—CEO 5 p.m.</td>
</tr>
<tr>
<td>20</td>
<td>Breakfast CEU Series—Rusk Whataburger @ 6:30 a.m.</td>
</tr>
<tr>
<td>21</td>
<td>Leadership Advisory Board Mtg. – CEO 10 a.m.</td>
</tr>
<tr>
<td>25</td>
<td>Cherokee 4-H Shooting Sport – Range Day</td>
</tr>
<tr>
<td>29</td>
<td>Project Workshop – Photo Judging—CEO 6 p.m.</td>
</tr>
<tr>
<td>5</td>
<td>2015 Annual East Texas Turfgrass Conference—Texas A&amp;M Research &amp; Extension Center, Overton @ 7:30 a.m.</td>
</tr>
<tr>
<td>6</td>
<td>FCS Chili Luncheon &amp; Bakeoff—CEO @ 11 a.m.—1:30 p.m.</td>
</tr>
<tr>
<td>8</td>
<td>Cherokee 4-H Shooting Sport – Range Day</td>
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<tr>
<td>12</td>
<td>Project Workshop – Photo Judging—CEO @ 6 p.m.</td>
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<tr>
<td>13</td>
<td>Forest Pest Seminar—Angelina County Extension Office @ 8 a.m.</td>
</tr>
<tr>
<td>13</td>
<td>Texas A&amp;M Forest Service Tree Planting/Pruning Workshop—Ruth B. Nichols Arboretum, Jacksonville @ 9 a.m.</td>
</tr>
<tr>
<td>14</td>
<td>District 4-H Food Show/Challenge – SFA</td>
</tr>
<tr>
<td>14</td>
<td>Project Workshop – Photo Judging—CEO @ 6 p.m.</td>
</tr>
<tr>
<td>17</td>
<td>Breakfast CEU Series—Alto Yellow Jacket Café @ 7 a.m.</td>
</tr>
<tr>
<td>21</td>
<td>Cherokee County Jr Livestock Show Validation (Rabbit, Hort &amp;Shop) 8 a.m.—10 a.m.</td>
</tr>
<tr>
<td>21</td>
<td>4-H Senior Vet Science Class—CEO @ 5 p.m.</td>
</tr>
<tr>
<td>21</td>
<td>Cherokee 4-H Shooting Sport – Range Day</td>
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<tr>
<td>23</td>
<td>Cherokee 4-H Council Mtg.—CEO @ 6 p.m.</td>
</tr>
<tr>
<td>23 &amp; 25</td>
<td>Food Manager 2-Day Certification Training—CEO @ 8:30 a.m.</td>
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<tr>
<td>24</td>
<td>East Texas Fruit &amp; Vegetable Conference—Nacogdoches County Expo Center, Nacogdoches @ 8 a.m.</td>
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<tr>
<td>27</td>
<td>Cow Business 101 Workshop—Cherokee Co Expo Center, Jacksonville @ 8 a.m.</td>
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<tr>
<td>27</td>
<td>Food Handler Course—CEO @ 9 a.m.—12 p.m.</td>
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<td>8</td>
<td>Cherokee 4-H Shooting Sport – Range Day</td>
</tr>
<tr>
<td>12</td>
<td>Project Workshop – Photo Judging—CEO @ 6 p.m.</td>
</tr>
<tr>
<td>14</td>
<td>CCJLS Showbarn Work Day – as per show rules</td>
</tr>
<tr>
<td>14</td>
<td>County 4-H Vet Science Class—CEO @ 5 p.m.</td>
</tr>
<tr>
<td>17</td>
<td>Breakfast CEU Series—Beverly’s Café, Jacksonville @ 6:30 a.m.</td>
</tr>
<tr>
<td>21</td>
<td>CCJLS Showbarn Work Day – as per show rules</td>
</tr>
<tr>
<td>21</td>
<td>County 4-H Photo Judging Contest—CEO @ 10 a.m.</td>
</tr>
<tr>
<td>25</td>
<td>4-H Day at the State Capitol – Austin</td>
</tr>
<tr>
<td>25-28</td>
<td>Cherokee County Jr. Livestock Show - Jacksonville</td>
</tr>
</tbody>
</table>
4th Annual Dessert Bake-Off

Any and All Desserts Welcome!

Pies
Cakes
Cookies
Bars
Candy
Confections

Texas A&M AgriLife Extension Service
Website: cherokee.agrilife.org
Email: cherokee@ag.tamu.edu
4-H Blogsite: cherokee4h.blogspot.com

The Extension Office is now on Facebook!
Go checkout our page and give us a “like”.
https://www.facebook.com/
CherokeeCountyExtension

Entries & Recipe need to be @ the Cherokee County Extension Office, 165 E. 6th Street, Rusk
Entries may be dropped off: 7:30 AM – 9 AM, Feb 6th

- Top 3 desserts will receive ribbons
- Open to Adults & Youth
- You MAY enter as many entries as you like
- Need NOT be present to WIN
- NO Entry Fees
- Desserts become the property of Extension Office

Please label dishes for pick-up after 2 PM on Feb. 6th

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