

Marion County Extension Newsletter

Volume 7, Issue 3

July 2013

TEXAS A&M AGRILIFE EXTENSION



Brock A. Fry

County Agent AG/NR

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**130 Kelly Park Rd.
Jefferson, TX 75657
Phone: 903-665-2421
Fax 903-665-1256**

Topics Covered:

1. **From the Garden:** Grow Boxes
2. **Beef Today:** Cattle Trends
3. **Cattle:** Bull Selection & Winter pastures
3. **Health and Wellness:** Things not to ignore
4. **Community Development:** Recycling
5. **Upcoming events:** Announcements
6. **Credits**

HORSE SLAUGHTER TO PROCEED AGAIN

On 6/28/13, the USDA approved a plant in New Mexico to again slaughter horses for human consumption. Additional plants are expected to be approved shortly. For several years, Congress prohibited funds from being spent for inspection of horse meat. Since inspection is required for meat, this effectively stopped horse slaughter. However, that prohibition was not renewed last year, so USDA-FSIS must again provide inspection for approved facilities. Various groups against slaughter of horses are expected to quickly demand legal action against the practice. FSIS requirements for horse slaughter can be accessed at <http://www.fsis.usda.gov/horses/6130.1.pdf>.

Credit to: EDITOR: Dr. Stephen Hammack, Professor & Extension Beef Cattle Specialist Emeritus

From the Garden: Grow Boxes

Grow Boxes are self-watering, low maintenance gardening containers for small spaces. They are reusable, last for 5 years or more, and are great for vegetables, fruits, herbs, and flowers.

You'll need:

1. 1 - 32 gallon plastic storage container with lid
2. 8 - 1 gallon nursery pots
3. 2 foot section of 2 inch PVC pipe
4. Duct tape
5. A long piece of wire
6. Garden soil mixed with compost
7. 1 large plastic garbage bag
8. 6 clothes pins (spring type) optional

Place the 8 nursery pots inside of the container, open ends up.

Next you'll work on the lid. The lid becomes the floor that the soil sits on and is supported by the eight 1 gallon nursery pots. The lid has to fit down inside the container so you'll have to cut about 1 ½ to 2 inches in from the edge. Don't worry if you don't match the contours of the container perfectly because we have duct tape!

Now drill ¼ inch holes about 2 inches apart all over the lid for drainage. Drill 5 or 6 holes in the lower 6 inches of the PVC pipe. With the lid resting on the nursery pots, draw circles for the corner holes approximately where the 2 corner nursery pots will end up. Cut these holes out. This is where the soil will go through the lid all the way to the bottom of the container. Cut another hole in the lid large enough for the PVC pipe that is used to fill the water reservoir. Use duct tape around the outer edges of the lid where it doesn't match up with the side of the container and around the edge of the hole for the PVC pipe. This prevents soil from lipping down into the reservoir below.

Drill side drainage holes. These holes should be drilled through the side of the container just below a point level with the lid when it is resting on the nursery pots, which is about 6 inches above the bottom of the container.

These holes are the part that makes watering this container fool proof. You just pour water down the PVC pipe and when water comes out the drain holes the containers full. Also drill a hole on each long side of the container above the lid and fix a wire tie across the middle of the container to prevent the container from bulging when full. Put the PVC pipe in place.

You're ready to add the soil. Place your container in the spot it is going to call home because once the soil is added it will be very heavy. Start in the corners and fill the holes with the nursery pots under them and pack the soil down a bit. This is how the water is "wicked" up to keep the soil that is above the suspended floor moist. Add a few inches of garden soil (a little soil will go

through the holes but not enough to matter). Pack it down a bit then fill the container with soil. Water the container from the top to moisten, not saturate the soil (this is the only time you'll water from the top). Pack it down again. Spread two cups of dry fertilizer (not the type for dissolving in water) in a narrow stripe, about 3 inches wide down the middle of the container then cover the fertilizer with soil. Use a fertilizer such as 15-5-10 or 13-13-13.

Cover the surface with a black plastic garbage bag to prevent rainwater from washing away nutrients and to reduce surface evaporation. Snap on the rim of the lid that was cut out (or use the clothes pins); it will keep the plastic bag in place.

Now cut holes in the plastic for the PVC pipe and for planting seedlings in the container. The number of plants depends on their mature size and the space they need.

Water the container by filling the reservoir through the PVC pipe. When the plants are small you can water once a week and when about 5 feet tall approximately every other day depending upon temperatures and amount of sunlight the plants are receiving. Just make sure there is water in the reservoir.

Make it portable by placing it on casters, or keep it on a patio or in a school garden. Use it for quick or continual harvests of annuals and perennials.

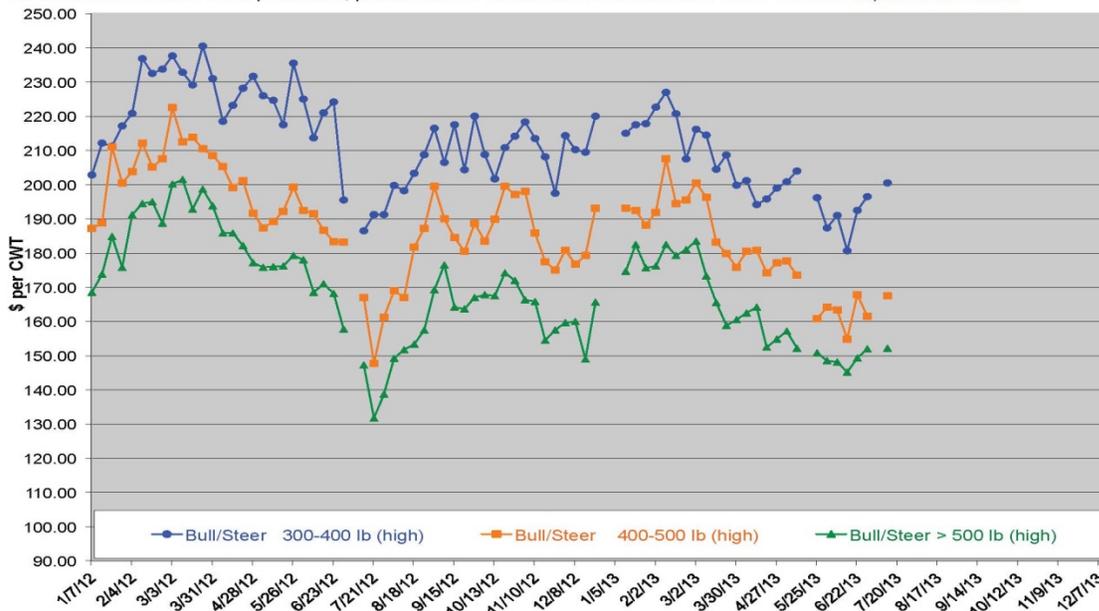
Beef Today

Calf Price Trends

Trend of **Highest** Prices Reported for Various Weight Calves, Average of 3 East Texas Livestock Auctions

For a weekly email copy of this chart, please contact your Local Texas AgriLife County Extension Agent

For information on beef cattle production, please visit the Texas A&M Extension Beef Cattle Website: <http://beef.tamu.edu>

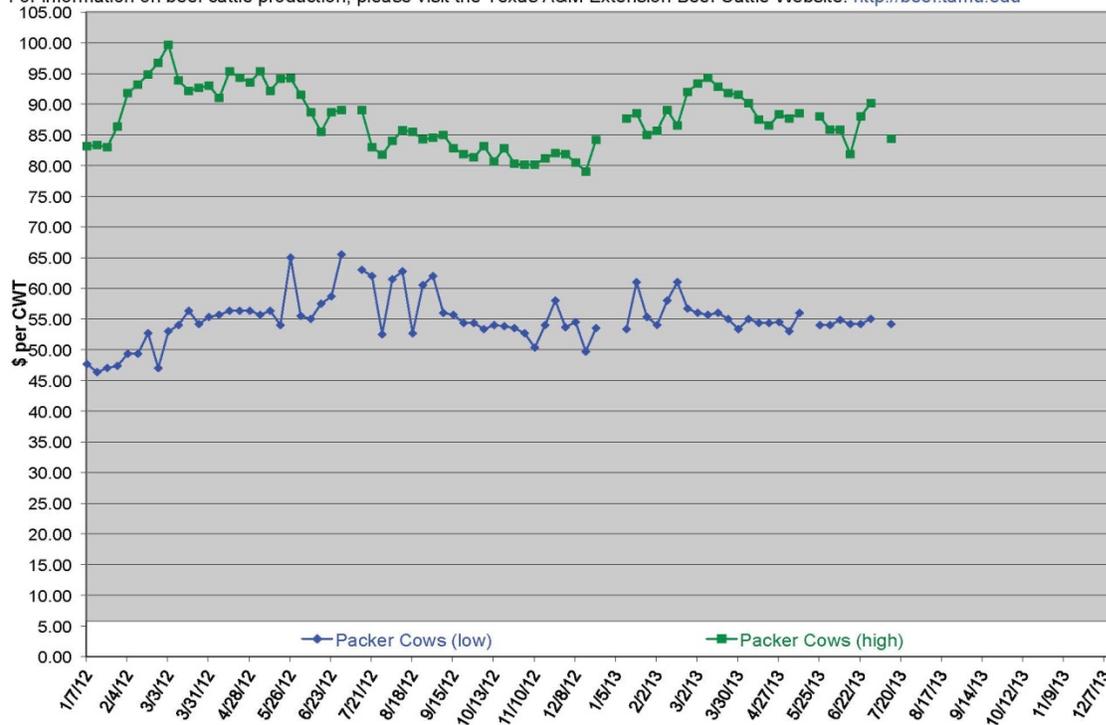


Packer Cow Price Trends

Trend of High and Low Prices Reported for Packer Cows, Average of 3 East Texas Livestock Auctions

For a weekly email copy of this chart, please contact your Local Texas AgriLife County Extension Agent

For information on beef cattle production, please visit the Texas A&M Extension Beef Cattle Website: <http://beef.tamu.edu>



DOES TEMPORARY CALF REMOVAL FOR TIMED AI AFFECT REPRODUCTION AND CALF PERFORMANCE?

Over three years, in Florida, Minnesota, North Dakota, and Mississippi, 679 Angus or Brangus cow-calf pairs were synchronized with the 7-day CO-Synch+CIDR protocol. In one experiment, with dams averaging 68 days postpartum, one-half of the suckling calves were removed from their dams for the 72 hours before timed AI and one-half of the calves remained with their dams. In the second experiment, with dams averaging 71 days postpartum, treatments were: calves removed for 72 hours before timed AI; calves removed for 48 hours before timed AI; calves removed for 48 hours but allowed to nurse 24 hours before timed AI; controls.

Calves left with their dams lost less weight during the 3-day treatment period, as did older calves. Treatment group had no effect on calf weight 63 days after timed AI. Follicle growth was greater when calves were removed for 72 hours. However, pregnancy rates, averaging 50%, did not differ between treatments.

(J. Animal Sci. 91:2414; Univ. of Florida, Univ. of Minnesota, North Dakota St. Univ., Mississippi St. Univ.)

Winter Pastures for Central and East Texas



Friday, August 23, 2013

Texas A&M AgriLife Research and Extension Center
1710 N. Hwy 3053, Overton, TX 75684

Winter pastures can be utilized to greatly reduce the amount of hay and supplementation that is needed during the winter-feeding period, greatly reducing feed expenses and increasing the economic bottom line of an operation. **During this intensive day-long program Drs. Vanessa Corriher-Olson and Jason Banta will cover the following topics:**



- Cool-season forages and variety selection
- Monthly and seasonal forage production potential
- USDA web soil survey demonstration
- Establishment and fertilization
- Grazing and utilization strategies
- Impact of cool-season annuals on warm-season perennials
- Appropriate mineral supplementation
- Armyworms and other cool-season forage insects
- Estimated costs

Cost: \$60/ person
(includes lunch and program materials)

Limited to the first 50 people to register!

Register online at: <https://agriliferegister.tamu.edu>;
keyword **pasture**
or call Extension Conference Services @ 979-845-2604



2 Pesticide CEUs Available (1 IPM and 1 general)

9:30 Registration starts
10:00 Program starts
12:00 Lunch served
5:00 Adjourn

For more information on this
program please contact Michelle
Sensing @ 903-834-6191.

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin.

Bull Selection for Commercial and Seedstock Beef Producers

Friday, September 27, 2013

Texas A&M University Beef Center
7707 Raymond Stotzer Parkway
College Station, TX 77845

A bull is responsible for 50% of the herd's calf crop and a good bull is an investment that can certainly pay big dividends. This one-day, intensive workshop will discuss applied as well as advanced bull selection techniques and use live animals to teach visual selection criteria. **Drs. Jason Banta and Jason Cleere will cover the following topics:**

- Cattle Breeds and Breeding Programs
- Visual Selection
- Individual Performance Data, EPDs, and Genetic Markers
- Bull Fertility and Bull to Cow Ratios
- Real World Selection Exercises

Cost: \$60/ person

(includes lunch and program materials)

Register online at: <https://agriliferegister.tamu.edu>

keyword: bull

or call Extension Conference Services @ 979-845-2604



Limited to the first 50 people to register!

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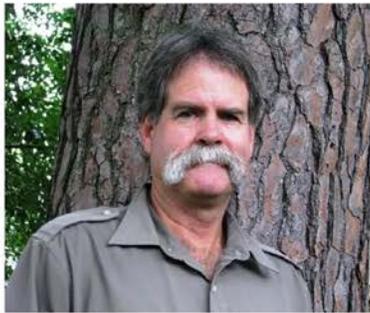
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TEXAS A&M AGRI LIFE EXTENSION



Ag Water Seminar



Dr. Billy Higginbotham
Texas A&M Agrilife Extension
Wildlife & Fisheries Specialist



Lisa N. Fisher, CFM
Senior Environmental Investigator
Texas Commission on Environmental
Quality, Region 5 Tyler



Dr. Larry Redmon
Texas A&M Agrilife Extension
Service Forage Specialist



Date: **September 10, 2013**

Location: **David Beard's Catfish Village**
16192 Old State Highway 155
Ore City, TX 75683

Phone: 903-968-6520

Time: **9 a.m. – 12:30 p.m.**

Cost: **\$20**, includes catfish meal

3 CEU offered, 1 Laws and Regulations, 2 General

R.S.V.P. by September 6, 2013 to 903-665-2421



Topics:

9-10 am Lisa Fisher – Water Rights, Pesticides

10-11 am Dr. Higginbotham – Feral Hogs

11-12 am Dr. Redmon – Healthy Streams

12-12:30 pm Panel Discussion – Q&A



Educational programs of Texas A&M AgriLIFE Extension Service are open to people of all ages without regard to race, color, sex, socioeconomic level, disability, religion or national origin. Anyone having special needs to facilitate attending programs should call the Extension office for arrangements in advance 903-665-2421.



Entomology Program

Fly Control



- Topics:
- Stable Fly Control
 - Cattle Fly Control
 - Horse Fly Control
 - Using a pump sprayer (Agent Fry)

Speaker: Dr. Sonja Swinger,
 Assistant Professor & Extension Specialist
 Entomology Department
 Texas A&M AgriLife Extension Service

Date: August 15, 2013
 Time: 6:30 p.m.
 Location: Kelly Park Center
 103 Kelly Park Rd., Jefferson, TX 75657
 Cost: \$20, includes BBQ meal, **R.S.V.P. by August 14, 2013 to 903-665-2421**
 2 CEU offered, 1 Laws and Regulations, 1 Integrated Pest Management



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Health and Wellness

9 Symptoms You Should Never Ignore

Pain, fever, shortness of breath — when are these a temporary bother or something much worse?

You wake up one morning with a fever. Or maybe you have a really bad neck ache. How do you know if a symptom is serious or not? "The things that we doctors are most concerned about are new symptoms that develop quickly, rather than things that develop over a long period of time," says Keith L. Black, M.D., chair of neurosurgery at Cedars-Sinai Medical Center in Los Angeles.

Another warning sign? That uh-oh feeling that tells you something's not quite right. "You know your body best," says Len Lichtenfeld, M.D., deputy chief medical officer at the American Cancer Society. "When you see or feel something different or just feel 'off,' pay attention; don't dismiss it."

Here are nine symptoms and what they might mean.

1. Sudden Intense Headache

The big worries: If you experience [head pain](#) unlike any you've had before, especially if it peaks in seconds to minutes in any part of the head, it could signal a ruptured aneurysm, a blood vessel in your brain that suddenly bursts, requiring immediate attention.

In addition, your doctor will want to rule out three other conditions:

1. **Cardiac cephalgia:** A rare disorder in which reduced blood supply to the heart manifests as a headache and can also cause chest pain and exhaustion with exertion.
2. **Meningitis:** A headache often accompanied by a stiff neck, fever and confusion or other changes in mental status.
3. **Temporal Arteritis:** A rare illness in which a person's immune cells invade the walls of the arteries that carry blood to the head, causing headache, low-grade fever or pain upon speaking or chewing. "The reason temporal arteritis is such a concern is that it can result in the temporary or permanent loss of vision in one or both eyes," says Brian Grosberg, M.D., codirector of the Montefiore Headache Center in the Bronx, New York. Steroids usually take care of the problem if treatment is prompt.

What else it might be: Shingles can cause pain in the forehead before the notorious skin reaction (shingles is a painful flare-up of the herpes zoster virus that lies dormant in anyone who's had chicken pox). Contrary to common belief, sudden severe headaches are unlikely to be a sign of a brain tumor. Rather, research shows that two-thirds of patients diagnosed with a brain tumor experienced tension headaches — dull, achy or pressure-like pain — that steadily worsened over a period of weeks to months.

2. Chest Pain

The big worries: Any intense discomfort, heaviness or pressure — like an elephant sitting on your chest — could spell [heart attack](#). It may be combined with pain radiating down an arm, nausea and vomiting, sweating, and shortness of breath. Women can experience more subtle symptoms, like fatigue, a burning sensation or upper abdominal pain. In any case, call 911. "If it is a heart attack, a delay could cause the heart muscle to be damaged," says Eric Topol, M.D., a cardiologist at the Scripps Clinic in La Jolla, California. If these symptoms occur only during exertion, it could also be angina, which happens when the heart muscle temporarily doesn't get enough blood.

Sudden severe chest or upper-back pain (often described as a ripping sensation) can be caused by a tear in the aorta, known as aortic dissection, which requires immediate attention. Fortunately, this life-threatening condition occurs in only about three out of 100,000 people.

What else it might be: "Perhaps 10 to 20 percent of cases of intense chest pain are due not to heart trouble but to [gastrointestinal reflux disease](#) [GERD]," says Topol. Rarely, it could also signal esophageal spasm, an abnormal contraction of the muscles in the esophagus, which carries food from the throat to the stomach. Both conditions can be treated with medications, but it's always wise to go to the ER: "It's a heart attack or angina until proven otherwise," Topol says.

3. Unexplained Weight Loss

The big worries: Losing more than 5 percent of your body weight — without trying — over a period of six months could mean cancer: Weight loss is a symptom in up to 36 percent of cancers in older people. "If you or a family member is suddenly losing weight after trying 400 times before, you have to ask, 'Why is this time the charm?'" says Lichtenfeld.

What else it might be: Endocrine disorders are a common cause of unintentional weight loss. Of those with an endocrine disorder (especially hyperthyroidism, an overactive thyroid), up to 11 percent experience weight loss. The condition also triggers restlessness, sweating, increased appetite and difficulty concentrating.

If your weight loss is accompanied by extreme thirst or hunger, fatigue and [frequent urination](#), it could be a sign of diabetes.

Gastrointestinal conditions like inflammatory bowel disease and celiac disease cause weight loss as well — in addition to symptoms such as diarrhea and abdominal pain.

Depression and other psychiatric conditions could be to blame, too. "Decreased appetite and weight loss are very common symptoms of depression," says Susan G. Kornstein, M.D., professor of psychiatry and obstetrics/gynecology at Virginia Commonwealth University. "But patients with unexplained weight loss should undergo a workup to rule out general medical causes."

4. Unusual Bleeding

The big worries: Ulcers and colon cancer can cause rectal bleeding or black or tarry stools, says Andres Pardo-Agila, M.D., a family medicine physician at the University of Texas Health Science Center at Houston. If you haven't had a colonoscopy recently, talk to your physician. Vaginal bleeding can be linked to gynecologic cancers. Bloody vomit can result from stomach or esophageal cancer, and people with lung cancer can cough up blood. "Whenever you see blood where it shouldn't be, see a doctor," says Lichtenfeld.

What else it might be: Blood in the stool may be due to hemorrhoids, while blood in the urine may be the result of a bladder or kidney infection. Vaginal bleeding long after menopause may be due to the growth of benign polyps or fibroids. Vomiting blood can result from a tear in the blood vessels or an ulcer in the stomach or esophagus. And coughing up blood can happen with noncancerous conditions, like bronchitis, pneumonia or tuberculosis. "There are many common reasons for seeing blood where you don't expect it, but it still has to be checked out and treated," Lichtenfeld advises.

5. High or Persistent Fever

The big worries: Fever is your body's way of fighting infection. But "fever of 103 degrees and higher warrants a trip to the doctor — period," says David Bronson, M.D., president of the American College of Physicians. It may indicate a urinary tract infection, pneumonia, endocarditis (inflammation of the lining of the heart chambers and valves) or meningitis, which may require antibiotics to clear up. A persistent low-grade fever — for several weeks — with no obvious cause is characteristic of some infections, including a sinus infection, and some cancers, like lymphoma and leukemia. "Cancer is on the list of things we think about, but it is usually not the first thing," says Ronan Factora, M.D., a geriatrician at the Cleveland Clinic in Ohio.

What else it might be: Fever can be triggered by a virus, which, depending on your health and other symptoms, may require hospitalization.

6. Shortness of Breath

The big worries: Sudden shortness of breath can indicate a pulmonary embolism — when a blood clot forms in the body's deep veins (usually in the legs), travels to the lungs and gets lodged in the lung's blood vessels. Suspect an embolism if you've recently traveled, have undergone surgery or have been immobile, and/or your shortness of breath is accompanied by chest pain and coughing up blood. If you find yourself gasping after climbing two or three stairs or getting tired sooner than you used to, doctors will want to rule out chronic obstructive pulmonary disease (COPD), especially if it's accompanied by a cough and fatigue and you have a history of smoking. Irregular heart rhythm, congestive heart failure and other types of heart disease are additional possibilities. When organs aren't getting enough oxygen, breathlessness can result. See a doctor — stat.

What else it might be: Shortness of breath can occur with asthma, bronchitis or pneumonia. You can also experience shortness of breath, sometimes with heart palpitations, if you are under extreme emotional distress or anxiety. Regardless, patients should go to the doctor. "I don't jump to a psychological issue unless there is nothing else going on," says Factora. "But we don't want to miss those few cases where survival is at stake."

7. Sudden Confusion

The big worries: If you're experiencing sudden confusion, personality changes, aggression or an inability to concentrate, it's important to see a doctor right away. "The mortality rate for severe confusion is pretty high. You have to figure out what's going on," says Bronson. In the worst case, a brain tumor or bleeding in the brain could be behind the delirium. If you're also experiencing slurred speech, difficulty finding the right words, or numbness or weakness in the face, hand or leg, stroke is a strong possibility. "You have a window of about two to three hours to get to the hospital," says Cedars-Sinai's Black. Beyond that, brain loss may be irreversible.

What else it might be: Medicines and drug-alcohol interactions can also affect your mental state. Plus, confusion can signal an infection, abnormal blood pressure, low blood sugar or dehydration, each of which should be ruled out by a physician.

8. Swelling in the Legs

The big worries: An accumulation of fluid (called edema) in the extremities can be caused by a number of conditions, but the one that most concerns doctors is heart failure, when the heart cannot pump as much blood as the body needs. When that happens, blood backs up in the veins, causing fluid to accumulate in the body's tissues. "Swelling of the legs, especially if it is persistent, should never be ignored," says Gordon F. Tomaselli, M.D., director of the division of cardiology at the Johns Hopkins University School of Medicine in Baltimore. Heart failure is suspected when both legs are affected and the patient also has shortness of breath, fatigue and chest tightness.

What else it might be: A vein problem known as venous insufficiency can also cause swelling. Normally, valves in the leg veins keep blood flowing back to the heart, but in those with venous insufficiency, these valves are weakened, causing a backup of blood. "If valves are the problem, swelling usually goes away when you lie down," Tomaselli says. Compression stockings can help. Swelling can also result from hypothyroidism (not enough thyroid hormone).

9. Sudden or severe abdominal pain

The big worries: Sudden abdominal pain could signal that an aortic aneurysm — a bulge that develops in the aorta, frequently in the abdominal area — has ruptured. "If the aneurysm ruptures, the pain tends to be sudden and severe and typically centralized around the belly button," says Richard Desi, M.D., a gastroenterologist with Mercy Medical Center in Baltimore. Alternatively, sudden pain can indicate a perforated viscus (a hole in the stomach, intestine or

other hollow organ), often due to an ulcer. Intestinal ischemia, which happens when blood flow to the intestines slows or stops, starving tissues of oxygen, can be a culprit, too. "It's more common in older, sicker patients who have heart failure or atrial fibrillation," says Brian Putka, M.D., a gastroenterologist with the Cleveland Clinic. Each of these conditions is life threatening, requiring emergency surgery.

What else it might be: Abdominal pain is frequently due to gallstones, which are hard, pebblelike deposits that get lodged in a gallbladder duct, resulting in sharp pain as well as nausea and vomiting. Diverticulitis — inflammation or infection in small pouches of the large intestine — can be another cause of sudden, severe pain, along with changes in bowel habits, fever and nausea. Although irritable bowel syndrome can trigger painful spasms in the colon, the pain tends to come and go over time and may also cause constipation, diarrhea or alternating bouts of both. Appendicitis is a less likely candidate for sudden abdominal pain in those over 50, as the condition is less common with age. When it does occur, however, expect gradually worsening pain in the right-lower quadrant of the abdomen.

Community Development

See Flier below: Single Stream Recycling is HERE in Marion County.

Leadership Marion County 2012- 2013

1933 Study Club

Texas Rural Leadership Program (TRLP)

TEXAS A&M AGRI LIFE EXTENSION



First Recycling Bin in Marion County Pct. 1

Support from Commissioner Pct. 1 J.R. Ashley
2013 Leadership Graduate

Pictured are:

Robin Moore (1933 Study Club)

Mike Gannon (president LMC)

Michael Vollmer (Youth)



Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating. If you need assistance for a disability please call in advance so necessary accommodations can be made (903)665-2421.

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60%

TEXAS A&M
AGRI LIFE
EXTENSION

OF YOUR HOME WASTE CAN BE RECYCLED!

NO COST
NO DUMP TICKETS

Recycle HERE/NOW Marion County

What is Single-Stream? Place all recyclable materials in one bag and dump it!

ACCEPTED with Single-Stream

All types Paper & Cardboard (Examples: cereal boxes, mail, newspaper, phone books, shredded paper in bags, etc.)

Empty Plastic containers #1-#7 (detergent, water, soda bottles, milk jugs, etc.)

Empty Aluminum & Tin/Steel cans (aerosol cans included)

NOT ACCEPTED with Single-Stream

Food, Glass, Styrofoam, Paint, Pesticides bottles, Wood, Kleenex and Napkins,
Construction debris, No Liquids, Pool chemicals, Hazardous wastes

IT IS OUR RESPONSIBILITY TO TAKE CARE OF THE EARTH!

THIS IS YOUR CHANCE TO MAKE A DIFFERENCE FOR THE FUTURE!

Precinct #1 Hours of Operation:

Monday & Wednesday 12 pm - 4 pm + Saturday 12 pm – 5 pm

FM 729 W of Jefferson, turn right Victory School Road. 3 miles to Precinct #1 dump sign.

Have questions about Single-Stream recycling?

Brock Fry, County Extension Agent 903-665-2421 or email bafry@ag.tamu.edu

Educational programs conducted by the Texas Agrilife Extension Service serve people of all ages regardless of race, color, sex, religion, disability or national origin.

Upcoming events

Marion County Hay Show: If you want your hay tested for only \$5.00 per sample and the County Agent will collect samples. Please contact Agent Fry at 903-665-2421 for an appointment. Samples will be taken during the August 26 – 30, 2013. Results are not public but will be used to determine the results of the Hay Show. Or if you would just like to know what your hay samples are testing at we would gladly send in your samples for testing. The Hay show will be on September 24th at Kelly Park Community Center 6:30 p.m. Guest Speaker Dr. Vanessa Corriher-Olsen.

4-H Poultry and Rabbit workshop: August 22 at 7 p.m. location will be Kelly Park Community Center. You will be able to sign up for free broilers at this program. Rabbits are not free, but no set fee has been established. Guest Speaker and Rabbit leader Jackie Degner will provide leadership to Marion County 4-H.

For more information contact the Marion County Extension office.

Phone: 903-665-2421



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“Improving Lives. Improving Texas.”