



HAPPY★NEW★YEAR

TEXAS A&M
AGRI LIFE
EXTENSION

CONTINUED DEMAND FOR TEXAS BARBECUE FUELING BEEF CONSUMPTION

Continued strong demand for Texas barbecue will help fuel the need for steady supplies of beef in 2019, according to a Texas A&M AgriLife Extension Service livestock economist.

I definitely think barbecue demand is driving the demand for beef," said Dr. David Anderson, who gave an outlook presentation on a variety of meats on barbecue restaurant menus at the Fifth Annual Texas Barbecue Town Hall Meeting recently at Texas A&M University in College Station.

Anderson said the overarching themes going into 2019 are increased consumer demand and growing beef supplies from an expanding cow herd.

U.S. cow inventory was at 31.7 million head for 2018, up 1/6 percent for the year, he said. Steer dressed weights did not show increases as they have in years past.

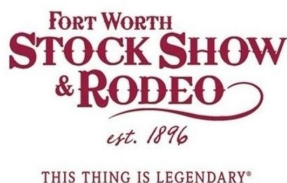
"Animals aren't staying in feedlots longer and getting heavier, they are being pulled on through," he said.

"What it means is demand for beef is there and those

cattle are moving, not standing there adding more gain in the feedlot."

Another trend, Anderson said, is fewer cattle grading USDA choice. The faster they bring those animals through, the less time they have to put on weight.

Daniel Vaughn, Texas Monthly Magazine barbecue editor, discussed several ways for barbecue restaurant owners to market their menu items through social media. Vaughn has traveled extensively throughout Texas, visiting barbecue restaurants to compile the magazine's annual top restaurants in the Lone Star State.



GOOD LUCK TO ALL OF OUR PARTICIPANTS



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JASPER COUNTY 4-H CLOTHING WORKSHOP

START YOUR NEW YEAR OUT RIGHT!
PARTICIPATE IN AN EXCITING
PROGRAM OFFERED BY
JASPER COUNTY 4-H



**Jasper County 4-H
Clothing Workshop**

Saturday, January 26, 2019
9 am to 2 pm
Courthouse Annex Conference Room

Please register by calling 409-384-3721 by Friday, January 18th

Workshop to include:
Basic components of the 4-H Clothing Project
Learn how to make a simple quilt block
and paper jewelry!!!
Some supplies will be available.....

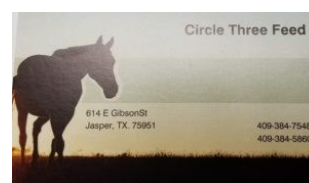
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TEXAS A&M
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START YOUR NEW YEAR OUT WITH SOME 4-H FUN

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NOTICE! DATE CHANGE FOR SYMPOSIUM!

Deep East Texas Forestry Symposium



Please register online by February 18th at

http://tfsweb.tamu.edu/healthyforests_workshops

For more information, contact Michelle Moore @
Michelle.Moore@tfs.tamu.edu or 936-639-8184.

*Space is limited so
reserve your seat now!
Cost \$10. Pay at the door.*

Topics Include:

- Forest Stewardship
- Landowner Forestry Tools
- Timber Market Outlook
- Cost Assistance Information

Lunch is Provided!!



Friday, February 22, 2019

9:00 am-2:00 pm

First Baptist Church

Family Life Center

112 Timberland Hwy

Pineland, TX 75968

MUST RSVP BY FEB 18th

A full day of information on selection, planting, managing and marketing your timber, including how to get cost sharing assistance. Mark your calendars for this very important and informative symposium.



DO YOU HAVE **concerns** **about falling?**



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

Classes will be offered:

**Tuesday's
10:00 am to Noon**

**February 19th—April 9, 2019
at
Jasper County Courthouse Annex
271 East Lamar Street, Jasper
(parking in parking lot on Houston Street)**

THE PUBLIC IS INVITED

**For more information or to register please
call 409-384-3721.**

TEXAS A&M
AGRI LIFE
EXTENSION

Area Agency
on Aging
Of Deep East Texas

1-800-256-6848

CLASS SIZE IS LIMITED! CALL TODAY!
**Sponsored by Jasper County Extension Office
& Area Agency on Aging**

NO FEE TO ATTEND but MUST PRE-REGISTER

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model

Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.

A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

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. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

SWINE SHOW CLINIC



SWINE SHOW CLINIC -
SATURDAY, JAN. 19TH
10 A.M. TO NOON
JASPER CO LIVESTOCK ARENA



Our office will be closed on
Monday, January 21st
in observance of
M L K Day



Our office will be closed on
Monday, February 18th
to observe Presidents Day



Presidents Day is an American holiday celebrated on the third Monday in February; Presidents Day 2019 occurs on Monday, February 18. Originally established in 1885 in recognition of President George Washington, the holiday became popularly known as Presidents Day after it was moved as part of 1971's Uniform Monday Holiday Act, an attempt to create more three-day weekends for the nation's workers. While several states still have individual holidays honoring the birthdays of Washington, Abraham Lincoln and other figures, Presidents Day is now popularly viewed as a day to celebrate all U.S. presidents, past and present.

BECOME A TEXAS MASTER GARDENER

Who are Texas Master Gardeners?

Master Gardeners are members of the local community who take an active interest in their lawn, trees, shrubs, flowers and gardens. They are enthusiastic, willing to learn and to help others, and able to communicate with diverse groups of people.

What really sets Master Gardeners apart from other home gardeners is their special training in horticulture. In exchange for their training, persons who become Master Gardeners contribute time as volunteers, working through their Extension office to provide horticultural-related information to their communities.

If you want to learn more about the culture and maintenance of many types of plants, are eager to participate in a practical and intense training program, look forward to sharing your knowledge with people in your community and have enough time to attend training to complete the volunteer service, the Master Gardener program could be for you! Contact the Extension Office to obtain an application!



Pecan Coffee Cake



Did you know that Texas's state tree is the Pecan tree? Texas produces approximately 60 million pounds of pecans every year. If they are stored properly, pecans are a great addition to several recipes and make a great snack year round. Check out this delicious and healthy dessert recipe to start using pecans in your food! This dessert is sure to satisfy your craving for something sweet!

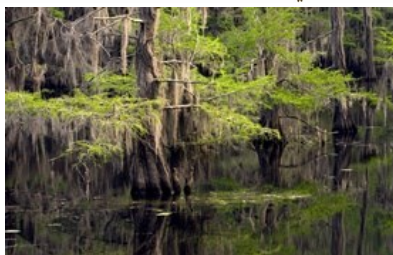
Servings: 24 pieces

Ingredients:

1 cup sugar	1/2 cup nonfat greek yogurt
1 tbsp vanilla extract	2 eggs
1/2 cup 2% milk	2 cups whole wheat flour
1 tbsp baking powder	1/4 teaspoon salt
1/2 cup brown sugar	2 tbsp butter
1 tbsp cinnamon	1 C coarsely chopped pecans



(1) Begin by mixing sugar, milk, yogurt, eggs and vanilla together until well combined. (2) In a separate bowl, mix together flour, baking powder and salt until well combined. (3) Slowly add dry mixture to the wet mixture and make sure it is well combined. (4) Pour into a greased 9 x 13 inch pan. (5) Combine brown sugar, cinnamon and pecans and melted butter. Sprinkle evenly on top of the unbaked batter. (7) Bake in an oven at 350 degrees for 30 to 35 minutes.



The sky's the limit when you join up with Master Naturalists. If we're not already learning what you want to learn, find an opportunity and add it. If we're not already doing what you want to do, start doing it and teach us how. You're the master of your destiny, whether you just want to be a nature lover with more opportunities to learn and explore, or you want to become an expert who gives back to the community. You might be the next leader in the area's natural resource conservation efforts.

Get involved!!!

NOTE; NEW MASTER NATURALISTS CLASSES WILL BEGIN IN MARCH. CALL OUR OFFICE FOR MORE INFORMATION. 409-384-3721



Beef Cattle Marketing

February 11, 2019

Speaker: David Anderson

6:00 P.M TO 8:00 P.M.

Fausto Fried Chicken

34074 US-96

Buna, TX 77612

Please RSVP by Feb. 8, 2019

Phone 409-384-3721

Cost is \$10

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Provisions from the American Disability Act will be considered when planning educational programs and activities. Please notify the Jasper County Extension Office at 409-384-3721, 5 days before an event if you plan on attending an Extension educational program and need specialized services. **Texas A&M AgriLife Extension** provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating