

# Lubbock County Family Network



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December 2019 / January 2020

## HOLIDAY FOOD SAFETY

The holiday season is here and festive parties, gatherings, and family dinners are a normal event on your calendar and to do list. All the planning and excitement can bring holiday cheer, especially with delicious food around the table. But, the fun can end soon if the foods you eat make you and others ill.

A foodborne illness is an infection or uncomfortable irritation of the gastrointestinal tract caused by food or beverages that contain harmful bacteria, parasites, viruses, or chemicals. Some common foodborne illness symptoms include vomiting, diarrhea, and flu-like symptoms such as abdominal pain, fever, and chills. These symptoms can start within hours of eating contaminated food or drink and last a few hours to several days.

During holiday parties many dishes are left unattended for more time than recommended causes harmful bacteria to grow. If you are hosting a holiday party or preparing your favorite potluck dish this winter, make sure safe food-handling is practiced in the home.

“Practicing four basic food safety rules can help prevent foodborne illness and keep you and your guests feeling festive this season,” said Elaine Montemayor-Gonzalez, a Health Specialist with Texas A&M AgriLife Extension.

### 1. Clean

Keep it clean!

- Wash hands with warm water and soap for 20 seconds before and after handling any food.
- Wash surfaces such as countertops, cutting boards, dishes, and utensils with hot, soapy water after preparing food items and also before use.
- Rinse fruits and vegetables under cool running water and use a produce brush to remove surface dirt.

- Do not rinse raw meat and poultry (holiday turkey) before cooking. Rinsing these foods can make it more likely for bacteria to spread around sinks and on countertops.

### 2. Separate

Prevent cross contamination!

- Keep raw food away from cooked at all times. It is recommended that eggs, meat, poultry, seafood, and their juices be kept away from foods that will not be cooked. Use this rule while shopping in the store, when storing in your refrigerator (always store raw meat on the bottom of your refrigerator), and while preparing your favorite holiday meals.
- Consider using different colored cutting boards for foods that will be cooked (such as raw meat, poultry, and seafood) and for those that will not (such as raw fruits and vegetables).
- Do not serve cooked meat or other food that is ready to eat on an unwashed plate that has held any raw food.

### 3. Cook

Cook to kill harmful germs!

- Always use a food thermometer to make sure meat, poultry, and fish are cooked to a safe internal temperature. Foods should never be kept in the danger zone of 40°F-140°F. When cooking your turkey, insert a food thermometer into the innermost part of the thigh, wing and the thickest part of the breast. The turkey is safe to eat when the temperature reaches 165°F. Always read instructions on holiday hams for proper cooking times and cooking per pound.
- Boil sauces, and gravies when reheating to kill any bacteria.
- Holiday Baking-always use pasteurized egg products and do not eat uncooked cookie dough, which may contain raw eggs.

#### 4. Chill

Keep it chilled!

- Prepare for the large quantities of food in your fridge by installing an appliance thermometer. Set your refrigerator at or below 40°F and the freezer at 0°F.
- Food should be defrosted safely in the refrigerator, under cold running water, or in the microwave. Never leave food outside on a countertop to defrost. Once food is thawed in cold water or in the microwave, it should be cooked immediately.
- Allow the correct amount of time to properly thaw food. Your turkey this season should take at least 3-5 days to thaw completely when thawed in the refrigerator. Read instructions for proper thawing times per pound.
- Refrigerate leftovers and any type of food that should be refrigerated within two hours. That includes pumpkin and pecan pie, pumpkin rolls, and items with cream cheese frosting!
- Leftovers should be reheated to 165°F and used within 3 days.
- A good rule to follow about whether a food is safe to eat or not... “when in doubt, throw it out.”

Following these food safety rules can help make your party and mealtimes a delicious and memorable time. If transporting a dish to your holiday get-together, keep it cold in a travel cooler and reheat at the party, or transport warm in an insulated container. Keep your food temperatures outside the danger zone. This winter remember to stay calm, clean your surroundings in the kitchen, read instructions and most of all have fun! Remember a food thermometer is always a good stocking stuffer idea!

Source: Elaine Montemayor-Gonzalez, Extension Program Specialist; Phone 361-668-5705; Email: [elaine.montemayor-gonzalez@ag.tamu.edu](mailto:elaine.montemayor-gonzalez@ag.tamu.edu)

<https://www.cdc.gov/foodsafety/symptoms.html>

<https://www.cdc.gov/foodsafety/prevention/food-safety-seasons-holidays.html>



clean	separate	cook	chill
			
Wash hands, surfaces, and food items before preparing.	Keep raw foods away from cooked!	Always use a food thermometer. Stay out of the danger zone: 40F - 140F	Refrigerate foods within 2 hours of serving.

TEXAS A&M AGRILIFE EXTENSION

#### AGE-RELATED CHANGES IN VISION

A common problem associated with aging is the decreased or loss of visual acuity. Several common conditions exist that may be part of the cause of vision problems. With regular check-ups and proper therapy, these conditions may be easily identified, treated or slowed.

**Cataracts** are painless, cloudy areas in the lens of the eye. A cataract blocks the passage of light from the lens to the nerves at the back of the eye and it may cause vision problems. Changes in the lens of the eye are part of the aging process but normally do not develop into cataracts. However, cataracts are very common in older adults. Cataracts can also occur after an eye injury, as a result of eye disease, after the use of certain medications or as a result of medical conditions such as diabetes. In some instances, cataracts may simply require a strong eyeglass prescription. In other cases, you may need surgery to remove the cloudy area. Your healthcare professional will help you determine which option is best for you.

**Glaucoma** is an eye condition that develops when too much fluid pressure builds up inside of the eye. The increased internal pressure can damage the optic nerve, which transmits images to the brain. Without treatment, glaucoma can cause blindness within a few years. Glaucoma is most often inherited, meaning it is passed from parents to children. Less common causes of glaucoma include a blunt or chemical injury to the eye, severe eye infection, blockage of blood vessels in the eye and inflammatory conditions of the eye. Glaucoma usually occurs in both eyes but it may involve each eye to a different extent. At present, glaucoma is not curable; however, there are prescription drugs that may help lower the pressure within your eye. For those cases in which medications are not effective, your physician may recommend a surgical treatment to relieve pressure.

**Macular Degeneration** occurs when the small central portion of the retina, called the macula, is damaged. The retina is the light-sensing nerve tissue at the back of the eye. Because the disease develops as a person ages, it is often referred to as age-related macular degeneration (AMD). In fact, it is the leading cause of severe vision loss in adults over age 60. Macular degeneration often does not have symptoms and is unrecognized until it affects both eyes. The first sign of macular degeneration is usually distortion of straight lines. This may progress to a gradual loss of central vision - something that may never be restored. Treatment for AMD ranges from therapy to compensate for low vision to medications to laser eye surgery, all of which are intended to slow the further loss of central vision, not restore vision completely.

**Diabetic Retinopathy** is an eye condition that affects people with diabetes who have high blood sugar over a prolonged period of time. Too much blood sugar can destroy the blood vessels in the back of the eye, causing

damage to the retina. Without the retina, they eye cannot communicate with the brain, making vision impossible. In the early stages of diabetic retinopathy these blood vessels leak fluid and distort sight. In the more advanced stage of diabetic retinopathy fragile new blood vessels grow around the retina. If left untreated, these blood vessels may bleed, clouding vision or scarring, detaching the retina. Treatment for diabetic retinopathy involves laser surgery to stop leaking blood vessels and shrink those that have grown abnormally. Vision already lost to this condition cannot be restored but further damage can be slowed or stopped.

**Low Vision** affects some people as they age. Most people develop low vision because of eye diseases and health conditions like macular degeneration, cataract, glaucoma and diabetes. Low vision means you cannot fix your eyesight with glasses, contact lenses, medicine or surgery. It can get in the way of your normal daily routine; however, there are many things that can help. Aids can help you read, write and manage daily living tasks. Lighting should be adjusted to reduce shadows but not so bright that glare is created or inconsistent lighting with the rest of your home or office. You also can try reading glasses, large-print reading materials, magnifying aids and computers that use large print and speech. Many agencies and organizations in the community provide assistance and information to people who have low vision and to their families and caregivers.

Some studies are now showing the benefits of certain nutrients from foods in improving eye health. Ask your healthcare provider about these new dietary recommendations. Regular eye exams by a trained professional can help detect these conditions and provide you with information regarding your treatment options. Talk to your healthcare provider if you would like more information about conditions that may affect the eye or would like a referral to see an eye doctor. Early detection of most of these conditions is key since current treatment methods for most of these conditions can only slow further progression, not undo damage.

Source: Andy Crocker, Gerontology Health Specialist.

### **DON'T CRASH THE PARTY THIS HOLIDAY SEASON!**

**Buckling Up Could Save Your Giblets!**

As families travel long and short distances to gather together and begin the holiday season, the roads become more heavily traveled and the chances for car crashes go up. In fact, the Thanksgiving holiday is one of the most dangerous holidays of the year when it comes to vehicle crashes and fatalities. In Texas in 2018, more than 43% of those killed in traffic crashes were reported as unrestrained. Buckling up is the single most effective step you can take to increase your chances of a safe road trip. Taking those few seconds to make sure all of your passengers, young and old, are buckled up, as well as keeping your focus on driving and preparing ahead for the trip, can make all the difference.

Texas A&M AgriLife Extension reminds motorists to give driving your full attention, buckle up, check road and weather conditions, and protect yourself and others on the road. Follow these steps to make sure you arrive alive:

- **Prepare.** Make sure your car and tires are in good condition and that roads and visibility are clear. If using a GPS device, enter your destination before you start to drive. If you prefer a map or written directions, review them in advance.
- **Make sure all passengers are buckled up correctly.** Passengers in the back seat need to buckle up – it's the law! Make sure children are in appropriate car seats for their age, height, weight and developmental stage.
- **Turn it off and stow it.** Turn your phone off or switch it to silent mode before you get in the car. Then stow it away so that it is out of reach.
- **Pull over.** If you need to make a call, first pull over to a safe area.
- **Secure your pets.** Unsecured pets are not only dangerous to themselves and other passengers, they can also be a big distraction in the car.
- **Mind the kids.** Pull over to a safe place to address situations involving children in the car.
- **Focus on driving.** Multi-tasking behind the wheel is dangerous. Refrain from eating, drinking, reading, grooming, smoking, and any other activity that takes your mind and eyes off the road.

As a reminder to buckle up, the Click It or Ticket campaign will be in force during the holidays with extra officers on patrol to increase awareness and enforcement of the seat belt and car seat laws. The key message of the effort is that surviving your holiday drive this year – and making it to next year – can be as simple as buckling up!

### **ARTHRITIS**

Arthritis is one of the most common diseases in this country, affecting millions of adults and half of all people age 65 and older. Arthritis literally means “joint inflammation;” however, there are many kinds of arthritis, each with different symptoms and treatments.

Arthritis can attack almost any part of the body. Some forms of arthritis cause changes you can see and feel – swelling, warmth and redness. Other types have fewer symptoms but still slowly cause damage. This article will focus on the three most common types of arthritis in older adults: osteoarthritis, rheumatoid arthritis and gout.

Osteoarthritis (OA) is the most common type of arthritis in older adults. OA starts when cartilage, the tissue that cushions bones, begins to wear away. At its worst, all of the cartilage in a joint wears away, leaving bones that rub against each other. Symptoms may range from stiffness and mild pain that comes and goes to severe pain that persists when you are at rest. Sometimes OA causes you to

feel stiff when you have not moved in a while but the stiffness goes away when you move.

Rheumatoid Arthritis (RA) is an autoimmune disease, meaning the body attacks the lining of a joint just as it would if it were trying to protect you from an infection. RA leads to inflammation in your joints, causing pain, swelling and stiffness. This can often happen in many different joints at the same time. If you have RA in a joint on one side of the body, the same joint on the other side of the body will probably have RA. People with RA often do not feel well, often being tired or running a fever.

Gout is one of the most painful forms of arthritis. Gout begins when crystals of uric acid form in your joints. These deposits lead to swelling, redness, heat, pain and stiffness in the joint. Gout attacks often follow eating foods like shellfish, liver, dried beans, peas, anchovies or gravy. Gout is most often a problem in the big toe but it can affect other joints, including your ankle, elbow, knee, wrist, hand or other toes. Swelling may cause the skin to pull tightly around the joint and make the area red or purple and very tender.

Common symptoms and indications that you might have some form of arthritis include:

- Lasting joint pain, swelling and/or stiffness
- Tenderness or pain when touching a joint
- Problems using or moving a joint normally
- Warmth and redness in a joint

If any one of these symptoms lasts longer than two weeks, see your health provider. If you have a fever, feel physically ill, suddenly have a swollen joint or have problems using your joint, see him or her sooner.

Medications may help with the pain and swelling –Acetaminophen and some NSAIDs (nonsteroidal anti-inflammatory drugs) are sold without a prescription. These are medications like Tylenol, ibuprofen or naproxen. Read the warning on the package or insert that comes with the drug and talk to your health provider about if and how you should use acetaminophen or NSAIDs for your arthritis pain. There are some treatments that are specific for each common type of arthritis, including prescription drugs or steroid injections. Your health provider may make an individual recommendation for treatment after he or she determines which type of arthritis you have.

Along with taking the right medicine and properly resting your joints, exercise is a good way to stay fit, keep muscles strong and control arthritis symptoms. Daily exercise helps keep joints moving, lessens pain and makes muscles around the joints stronger. The three types of exercise that are best if you have arthritis are:

- Range-of-motion exercises, like dancing, relieve stiffness, keep you flexible and help you keep moving your joints.

- Strengthening exercises, such as weight training, strengthen muscles to support and protect joints. Be sure to move in a slow, steady manner - do not bounce. A gentle stretch at the end of each motion is ok, but there should be no pain.
- Aerobic or endurance exercises, like bicycle riding, improve overall health and well-being and may lessen swelling in some joints.

You might find comfort by applying heat or cold, soaking in a warm bath or swimming in a heated pool. Your health provider may suggest surgery when damage to your joints becomes disabling or when other treatments do not help with pain. Surgeons can repair or replace these joints with artificial ones.

Do not take for granted that your pain and arthritis are just part of growing older. You and your health provider can work together to safely lessen pain and stiffness and prevent more serious damage to your joints. You may find more information from the National Institute of Arthritis, Musculoskeletal and Skin Diseases:

<https://www.niams.nih.gov/>

Source: Andrew B. Crocker, Extension Program Specialist - Gerontology Health

**TEXAS A&M AGRILIFE EXTENSION SERVICE  
RECRUITS VOLUNTEERS FOR COUNTY-WIDE  
HEALTH, WELLNESS EDUCATION PROGRAM  
Training for New Master Wellness Volunteer  
Program begins in January 2020**

Finding reliable resources of health and wellness information can be a challenge. Since 1906, Texas A&M AgriLife Extension Service has provided Texans with guidance in various health areas and is now training volunteers to provide more communities with the education and tools needed for healthy living.

The Master Wellness Volunteer Initiative is an AgriLife Extension program that provides volunteers with 40 hours of training in health and nutrition education. In return, the volunteers agree to give back 40 hours of service. The volunteer opportunities are diverse – giving presentations for local community groups, assisting with periodic cooking schools, distributing information at health fairs, and much more. Previous health or wellness training is not required, but an interest in living healthfully and helping others do the same is.

Volunteer training for the program will be held January 21, 2020 and March 3, 2020 with online course work to be completed in February 2020. Both days are required. Cost is \$25 for college students or \$75 for all others. The training will focus on physical activity, nutrition, food safety and food demonstrations, child health, various AgriLife Extension health programs, and more. Those interested in participating may call E. Kay Davis at the

AgriLife Extension office in Lubbock County at 806-775-1740 or e-mail [kay.davis@ag.tamu.edu](mailto:kay.davis@ag.tamu.edu) for more information or visit <http://agrilife.org/mwv>.

Obtain knowledge and skills to live a healthier lifestyle and encourage others to do the same. Receive 40 hours of training and give back 40 hours of service!

**MASTER WELLNESS VOLUNTEER PROGRAM**

allows those who have a passion about health and wellness to share that passion with others via worksite wellness programs, community events and more!

2020 Series Dates:  
 January 21 - First Session  
 February - Online Study  
 March 3 - Final Session

Cost:  
 Regular: \$75  
 College Student: \$25

Session Times:  
 9:30 AM - 3:30 PM

Registration Opens: November 15, 2019 at <https://agrilife.org/mwv>  
 Registration Deadline: January 14, 2020

For More Information and Session Location  
 Contact Kay Davis, CEA-FCH at 806-775-1740

TEXAS A&M AGRILIFE EXTENSION

## FOOD SAFETY TIPS FOR ELECTRIC MULTI-COOKERS

Have you jumped on the electric multi-cooker (such as an Instant Pot®\*) craze? These appliances are used for slow-cooking, searing, sautéing, simmering, steaming, and much more. Probably the most talked-about use for electric multi-cookers, is the pressure cooking feature.

When looking online for electric pressure-cooking information, a variety of cooking times are listed for foods such as meat, poultry, and fish. The cooking time needs varies with the size and model of the multi-cooker, size/cut of meat, amount of liquid, pressure release used, and other factors. However, the most important step is often left out-use of a food thermometer to ensure food has reached a safe minimum internal temperature.

Using a food thermometer is the only reliable way to ensure safety of meat, poultry, and egg products. Place the food thermometer in the thickest part of the food, making sure not to touch bone, fat or gristle. According to USDA, food should be cooked to the following minimum internal temperatures as shown in the chart below. For personal

preference, you may choose to cook food to higher temperatures.

If food has not reached the proper temperature after pressure cooking, it is important continue the cooking process. Whether it is going back to pressure cooking, using the sauté feature on your multi-cooker or switching to using the stove top or oven, make sure a safe temperature is reached.

Product	Minimum Internal Temperature
<b>Beef, Pork, Veal &amp; Lamb</b> (steaks, chops, roasts)	145°F (62.8°C) and allow to rest for at least 3 minutes
<b>Ground Meats</b> (beef, pork, veal, lamb)	160°F (71.1°C)
<b>Ham</b> , fresh or smoked (uncooked)	145°F (62.8°C) and allow to rest for at least 3 minutes
<b>Fully Cooked Ham</b> (to reheat)	140°F (60°C) for ham packaged in USDA plants 165°F (73.9°C) for all other hams
<b>All Poultry</b> (whole birds, parts, ground poultry and stuffing)	165°F (73.9°C)
<b>Eggs</b>	160°F (71.1°C)
<b>Fish and Shellfish</b>	145°F (62.8°C)
<b>Casseroles</b>	165°F (73.9°C)

Source: Safe Minimum Internal Temperatures, USDA, <https://go.unl.edu/05ny>

*\*Reference to commercial products or trade names is made with the understanding that no discrimination is intended of those not mentioned and no endorsement by University of Nebraska-Lincoln Extension is implied for those mentioned.*

## Super Quick Brown Rice Pilaf

2 cups uncooked brown rice  
2½ cups low-sodium chicken broth  
2 Tablespoons minced onion  
2 teaspoons dried parsley  
1 teaspoon garlic powder  
Salt and pepper to taste

1. Add brown rice, chicken broth and minced onion to multi-cooker. Set device to 22 minutes of pressure cooking time.
2. When time is up, open the multi-cooker after a 10-minute natural pressure release. Add spices; salt and pepper to taste. Stir to combine and serve. Makes 8 servings (½ cup each). Each serving contains 123 calories, 0.8g fat, 174mg sodium, 24g carbohydrate and 2g fiber.

*Cook's Notes: Fresh onions, garlic and parsley would be delicious if available. Dried fruits or nuts could be added after cooking the rice along with a few vegetables such as cooked carrots or peas.*

Check out more Food Fun for Young Children Newsletters at: <http://go.unl.edu.chi>

Source: Article written by: Cami Wells, MS, RD ([cami.wells@unl.edu](mailto:cami.wells@unl.edu)) Extension Educator. Nebraska Extension, University of Nebraska Lincoln.

### Recipe Corner



#### Pressure Cooker Honey Sesame Chicken

Prep Time: 5 minutes    Cook Time: 3 minutes  
Additional Time: 17 minutes  
Total Time: 25 minutes

4 large boneless skinless chicken breasts, diced (about 2 lbs.)  
Freshly ground pepper and salt  
1 tablespoon vegetable oil  
½ cup diced onion  
2 cloves garlic, minced  
½ cup reduced sodium soy sauce  
¼ cup ketchup  
2 teaspoons sesame oil  
½ cup honey  
¼ teaspoon red pepper flakes  
2 tablespoons cornstarch  
3 tablespoons water  
2 green onions, chopped  
Sesame seeds, toasted

1. Season chicken with freshly ground pepper. Preheat pressure cooking pot using the sauté setting. Add oil, onion, garlic, and chicken to the pot and sauté stirring occasionally until onion is softened, about 3 minutes.

2. Add soy sauce, ketchup, and red pepper flakes to the pressure-cooking pot and stir to combine. Pressure cook on high for 3 minutes. When timer beeps, turn pressure cooker off and do a quick pressure release.
3. Add sesame oil and honey to the pot and stir to combine. In a small bowl, dissolve cornstarch in water and add to the pot. Select Sauté and simmer until sauce thickens. Stir in green onions. Add salt to taste.
4. Serve over rice sprinkled with sesame seeds.

#### Nutrition Information:

Yield: 6	Serving Size: 1
Amount Per Serving:	
Calories: 322	Total Fat: 9g
Saturated Fat: 2g	Trans Fat: 0g
Unsaturated Fat: 7g	Cholesterol: 68mg
Sodium: 1418mg	Carbohydrates: 34g
Fiber: 1g	Sugar: 26g
Protein: 28g	

## Garlic and Parmesan Pressure Cooker Asparagus

1 bunch of asparagus  
3 cloves of garlic  
1 cup of water  
3 tablespoons butter  
3 tablespoons Parmesan cheese

1. Place 1 cup of water and trivet in the bottom of your electric pressure cooker.
2. Place asparagus on a large piece of aluminum foil with whole cloves of garlic and butter. Curve the edges of the aluminum foil so no butter leaks out.
3. Place your pot on high pressure for 8 minutes, for soft asparagus, 4 minutes for crispy.
4. Do a quick release, sprinkle with Parmesan cheese and serve.

Source: Texas A&M AgriLife Extension TEEA Pressure Cooker recipes.

Sincerely,

A handwritten signature in cursive that reads "E. Kay Davis".

E. Kay Davis, M.S.  
County Extension Agent -  
Family and Community Health  
Lubbock County

Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in Extension sponsored meetings are encouraged to contact the County Extension Office at 775-1740 to determine how reasonable accommodations can be made. The information given herein is for educational purposes only. References to commercial products or trade names is made with understanding that no discrimination is intended and no endorsement by Texas A&M AgriLife Extension Service is implied.



BETTER LIVING  
FOR TEXANS  
TEXAS A&M FOR LIFE EXTENSION

# WALK 'N TALK

*Walk N Talk is a physical activity and nutrition education class where we will meet to "Walk" and "Talk" about choosing healthy drinks and the importance of hydration.*

- **It's FREE!**
- **We will meet once a week and then keep a log of the physical activity we do throughout the week.**
- **Our goal is to collectively reach 834 miles (the distance across Texas) in eight weeks. Any type of physical activity can count towards our miles using the equivalency calculator.**
- **Each participant will receive-**
  - **an ICE CHILL'R water bottle**
  - **a Watch pedometer**
  - **Infused water samples & recipes**

## RETHINK YOUR DRINK!

**Tuesdays @ 8 a.m.  
Lubbock Dream Center TLC  
1111 30th Street**

**January 7-March 31, 2019**

This material was funded by USDA/Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider.

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

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