

EDUCATING FORT BEND COUNTY

AgriLife Extension Education

Educational programs, provided by Texas AgriLife Extension Service and the Cooperative Extension Program at Prairie View A&M University, in conjunction with Fort Bend County Commissioners' Court, are in direct response to the needs of our clientele. Despite the size of the audience or subject matter interest, Extension's vision as an outreach organization focuses on attitude, skills and/or knowledge gained to improve the lives of our Fort Bend County citizens, businesses and communities across this county and this great state. We are pleased to provide you with this edition of *Educating Fort Bend County* as a snapshot review of our educational activities here in Fort Bend.



County Extension Director, Fort Bend

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Improving Lives, Improving Texas!

Quarterly Clientele Contacts for Jan.– March:

- 171 Educational Sessions
- 5,567 Session Contacts
- 281 Office Visits
- 89 Site Visits
- 8,998 Mail, Email Contacts

White—35%
Black—31%
Hispanic—31%
Asian—3%

Female—37%
Male—63%

Youth—65%
Adults—35%

- 844 Volunteers Involved
- Demographics:

FAMILY & CONSUMER SCIENCES

INFORMATIONAL FAIR – The Family and Consumer Sciences Program Area Committee planned and hosted the 4th Annual Information Fair on February 24th. Forty-eight non-profit and government agencies including Texas AgriLife Extension and Prairie View A&M Cooperative Extension participated. The goal of the fair is to create an awareness of what agencies can do to help out one another. For the first time, the Information Fair was open to the public. The fair was held at the Fort Bend County Fairgrounds providing easy access from all directions of the county. Several agencies traveled from neighboring counties as they provided services in Fort Bend. Contact Sandra Fry.



DO WELL, BE WELL with DIABETES - DWBW graduated five participants with diabetes for attending the five week series. Six other participants also completed the series, but attended as a support person for someone in the family who has diabetes and could not attend. The series was held in Rosenberg at the Extension office. Participants learned about nutrition and self care of diabetes, and received many incentive items for attending DWBW. The follow-up, *Cooking Well with Diabetes* will be held in October. Contact Sandra Fry.



4-H SEW & SO PROJECT - QUILT CHALLENGE - Eight young ladies attended the 4-H Quilt Challenge workshop held at the AgriLife Extension office in Fort Bend in March. Each participant had a pattern, fabric and directions for making a patchwork quilt block. The blocks were assembled to form an attractive quilt. The quilt top was completed by the girls and the quilt will be submitted at the Challenge during Round Up in College Station in June. Contact Sandra Fry.

DIABETES EDUCATION AWARENESS & PREVENTION (DEAP) - One of the Cooperative Extension Program's health education projects that takes a holistic approach to reducing diabetes in children and adults in minority communities. The primary focus of the project is to create lifestyle changes, including a healthy diet, exercise, and weight loss, if needed, to help prevent or delay the onset of diabetes. Twenty one participants from Christ Clinic of Katy, TX enrolled into the program in the pursued to help better manage their diabetes. During the past four sessions we've had 40% of participates achieve perfect attendance. Over 50% of the participants are diagnosed Type 2 Diabetics. During the sessions participates have obtained information on understanding the cause and risk factors of diabetes, monitoring blood glucose levels, the importance of incorporating physical activity into daily routine, and management of diabetes through meal planning. Participants are given the opportunity to formulate weekly goals to help integrate behavioral changes to living a healthy life with diabetes. Contact Fralonda Anderson.

BETTER LIVING FOR TEXANS - The BLT program deals with nutrition-related subject matter designed specifically for food stamp recipients and others who are eligible for food stamps including those attending Title 1 schools. Programs are offered in either a series or one-shot opportunities. Since January 1, 2010 target audiences included Head Start, several T-1 elementary schools, Pregnancy Resource Centers, local health fairs, and Fort Bend Gardens, a home for senior citizens. Topics included Shopping Strategies, Stretching Your Food Dollars, My Pyramid, Food Safety, Reading Labels, Facts on Sodium, and Facts of Fat. Over 150 limited-resource participants gained insight and saved on the cost of food. Contact Maria M. Rangel.

4-H / Youth Development / Urban Youth Development

2010 MAJOR STOCK SHOWS - March marked the end of the 2010 Major Livestock Show season. FBC 4-H Members had a great and exciting year with a total of sixty-three youth exhibiting in Fort Worth, San Antonio, Houston and Austin. 4-H Members did well making the sale with poultry, steer and swine at these shows. This year proved to be very good in the poultry department with 4-H member, Trey Thumann, winning Reserve Champion Broilers at the Star of Texas Fair and Rodeo. The breeding heifer division was successful with many of the 4-H exhibitors winning their classes. The County's Horse Judging and Livestock Judging Teams participated at Fort Worth, San Antonio and Houston. Devon George participated in the calf scramble at San Antonio and Austin, and he caught a calf at both. In addition, we had 4 members scramble at Houston. Contact Dwight Callis.

4-H SHOOTING-SPORTS MEMBER BRINGS HOME THE GOLD! - Christopher Nona was recently named the 2010 Texas State Jr. Olympics Champion in both Sport Pistol and Air Pistol. He shot his personal best score of 559 out of a possible 600 in the 10-meter Air Pistol event, and a score of 540 in the 25-meter Sport Pistol event. Christopher also earned 2009 USAS National Junior Champion in 25 meter Rapid Fire Pistol. Scores from the January 2010 competitions, that were held in Rosenberg and Dallas, were submitted to TSRA and USA Shooting. He received the two Gold medals from USA Shooting. Christopher is a seasoned competitor, he was also the 2009 USAS National Junior Champion. Christopher will travel with the USA Shooting team, March 17 to 22 to Frankfurt, Germany, to participate in the 2010 International Rapid Fire Week in Wiesbaden. Christopher has also been invited to participate in the 2010 USAS Jr. Olympics Nationals in Colorado Springs, Colorado, on April 21-26. Join us in wishing Christopher Nona the best. Contact Dwight Callis.

NATIONAL 4-H CONFERENCE - Two youth, Myron Sias and April Smart, from the All American Fresno 4-H Club joined seven other youth from across the state to serve as part of the Texas 4-H delegation at the National 4-H Conference March 20-25, 2010. Myron and April not only served as a state representatives, but attended educational workshops and break out sessions. Myron and April also participated in educational tours of several historic DC monuments and memorials including Arlington Cemetery. On Capital Hill Myron and April visited with U.S. Representatives promoting 4-H and youth development for their community. Also during the 2010 National 4-H Conference, Agent Timothy Sandles along with Specialist Gail Long served as conference workshop speakers, presenting two workshops entitled "Engaging Youth Serving Community: Cultivating Youth & Adult Partnerships." Contact Timothy Sandles.

"The most important things I learned were how to speak in front of a group and how to put a presentation together."

HATCHING IN THE CLASSROOM - One-hundred one first grade students at Dulles Elementary in Ft. Bend ISD participated in the Hatching in the Classroom program. The first grade team had purchased 6 incubators through a grant from their district and contacted Extension for help starting the project. The team of 6 first grade teachers received a copy of the curriculum, and the the FBC Extension office assisted them in getting 6 dozen eggs for the project. During the course of the program students kept journals, created a calendar illustrating the stages of development throughout the incubation period and learned how to "candle" the eggs. Teachers constructed an observation table for the chicks to be kept at the school for a period of time with all grade levels participating in this educational experience. The project resulted in 34 of the eggs successfully hatching. Contact Shelley Pappas

Agriculture / Natural Resources / Horticulture

MASTER GARDENERS' COMMUNICATION SUMMARY - During the 2009, a survey for our members was provided to see what could be done to improve the Fort Bend Master Gardener program. Some of the suggestions that will lead to change are: 1) Introduce a blog (<http://blog.fbmng.com>) that would allow contributors to write about horticulture related topics for the general public's viewing. Our County Extension Agent—Horticulture (Shari Koch) will review and approve all entries. We have had over 17,000 visitors to our blog; 2) Re-design our website (<http://www.fbmng.com>) to allow visitors easier access to educational material. During 2009 this website logged over 116,000 visitors; 3) Create an Entomology Mailing List which is designed to allow our members to receive and send emails to the subscribers; 4) Create an electronic newsletter to which the public will be able to subscribe. This newsletter will continue publishing on a monthly basis. The FBC Master Gardeners and the horticulture unit will strive to improve our electronic forms of communication in 2010. Contact Dr. Shari Koch.

2010 FORT BEND VEGETABLE CONFERENCE - The 25th Annual Fort Bend County Vegetable Conference was held on February 2, 2010 at the Fort Bend County Fairgrounds in Rosenberg. The Vegetable Conference disseminated the most recent and relevant information regarding vegetable production to the Gulf Coast Region. Vegetable production has become increasing popular in today's culture. Individuals are more concerned about the origins of their produce while also trying to save money. Vegetable production is one area that addresses both of these concerns. The Gulf Coast Vegetable Committee slated a fantastic lineup of speakers to present topics relevant to vegetable production. These topics included Interpreting Soil Test, Crop Selection, Marketing Produce, Vegetable IPM and Pesticide Laws and Regulations. The Vegetable Conference was a resounding success with over 250 individuals in attendance. Commissioner Richard Morrison, Commissioner of Precinct 1 in Fort Bend County, gave a warm welcome to the attendees and stressed the importance of Agriculture in Fort Bend County. The attendees gained valuable information from the program and indicated they would use the information to improve their vegetable production. Contact Dr. Shari Koch.

EQUINE DE-SPOOKING CLINIC & DE-SENSITIZING CLINIC hosted by Fort Bend County Horse Task Force was held on March 20-21, at the Fort Bend County Fairgrounds' "Rodeo Arena" in Rosenberg, Texas. A total of 12 participants and horse enthusiasts took part in the two-day event. The Clinician, Greg Sokoloski, has worked for the Houston Police Department for 28 years and has been in the mounted patrol since it started in 1984. The clinic included: Discussion about people, horses and the clinic; Ground Work; Work on Obstacles & Confidence; and Work in the Saddle. Contact Joe W. Mask.

UPPER GULF COAST HAY SHOW displaying hay harvested in 2009 was held on Thursday, January 14, 2010 at the R.L "Bud" O'Shieles' Community Center in Rosenberg. Twenty-three individuals attended the program that included an educational presentation by Dr. Jason Cleere, Assistant Professor and Extension Beef Cattle Specialist, Texas AgriLife Extension Service, entitled "Beef Cattle Nutrition." Thirteen hay samples were collected and results announced at the Hay Show along with the presentation of awards. Participants earned 1.5 CEUs that applies to either private, commercial or non-commercial pesticide applicators. Contact Joe W. Mask.



AGRICULTURE INDUSTRY ROUNDTABLE ON CARBON REGULATION — Thirty-one individuals representing the Fort Bend County agriculture community attended the educational program hosted by Congressman Pete Olsen, District 22 on Thursday February 18 at the Fort Bend County Education Center. Also in attendance were State Representative Charlie Howard (District 22), Senator Joan Huffman (District 17), State Representative John Zerwas (District 28), five legislative staffers and 8 AgriLife Extension and Cooperative Extension Program reps. The scope of the program was the effects of the so-called "Cap & Trade" legislation. Contact Joe W. Mask.

TRI-COUNTY BEEF CATTLE SERIES is a comprehensive, informative and exciting training series developed by Prairie View A & M University's Cooperative Extension Program and the agricultural and natural resources Extension units of Waller, Washington and Fort Bend counties. The program consist of hands-on training within the 3 county area including the 40 acre small farm operation at PVAMU. The series began in March with "Introduction to Soils and Fencing" with 28 participants attending. Programs will continue through November. Topics include "Forage Growth & Development" (April 24), "Pasture & Grazing Systems" (May 15), "Weed & Brush Management" and "Sprayer Calibration" (May 29), "Winter Forage Management" and "Forage Legumes for Pastures" (August 21), and "Culminating Event & Program Highlights" (Nov. 13). Contact Major Stevenson, Jr.

FORT BEND COUNTY-GRAFTING CLINIC was held on March 27, 2010 at the Fort Bend County office of Texas AgriLife Extension Service with 35 pecan enthusiasts in attendance. Monte Nesbitt, Pecan Program Specialist in Horticulture was the featured speaker. Mr. Nesbitt reviewed in detail the three major pecan grafting techniques including Inlay Bark, Four-Flap, and the Cleft Graft and the tools needed to achieve grafting success. Based on the survey that was conducted, 100% were satisfied with the program that reached their basic needs in changing their native pecans into commercially important varieties. Seventy-five percent of the participants represented commercial interests, while 25% were interested in door-yard production. In either case participants were interested in yielding high quality and generous quantity of pecans. Contact Dr. Shari Koch.



Extension's Vision: To be the premier 21st Century outreach and continuing education organization in Texas responding to the needs of the people.

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4-H/Urban Youth Development:	Shelley R. Pappas, CEA
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**Fort Bend County Commissioners' Court
 County Judge Robert "Bob" Hebert**

Precinct 1 Commissioner Richard Morrison
 Precinct 2 Commissioner Grady Prestage
 Precinct 3 Commissioner Andy Meyers
 Precinct 4 Commissioner James Patterson

Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas cooperating.