

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 in this second quarter of 2010, 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

Inside this issue:

AgriLife Extension Education	1
Family & Consumer Sciences	1-2
4-H, Youth Development & Urban Youth	2-3
Agriculture, Natural Resources & Horticulture	3-4
Contact Information	4

FAMILY & CONSUMER SCIENCES

4-H Sew & So Camp - Rosenberg, TX - Sandy Fry, Fort Bend County Extension Agent and Marilyn Simmons, Galveston County Extension Agent planned four week-long events to teach youth to sew. The goal was to teach 20 girls each week. Fort Bend County ended up with a total of 42 and a waiting list of 12 additional children ages 10 to 18. Each week-long camp's activities included the construction of a pair of pants or skirt, a shirt; a pillowcase as a community service project to given to the American Sewing Guild (Houston Chapter) for donation to the local Ronald McDonald House, a pillowcase for personal use and the biggest hit of the week - learning to knit. At the end of each camp, a fashion show and display of items was held in each county. Approximately 40 parents, siblings, other relatives and friends attended. Following each camp, several e-mails were received expressing the continued interest their children developed.



Quarterly Clientele Contacts for Jan.-March:

- 160 Educational Sessions
- 36,142 Session Contacts
- 138 Office Visits
- 24 Site Visits
- 15,947 Mail, Email Contacts
- 442 Volunteers Involved
- Demographics:

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

Female—37%
Male—63%

Youth—65%
Adults—35%



Fashions from the Cotton Patch - The fourth annual Fashions from the Cotton Patch Expo was held in Fort Bend County with 23 exhibits presented for judging. Ninety-two people attended the events and had the opportunity to view the cotton fabric exhibits and learn about the cotton industry. P. Johnnie Cooper presented "The Economics of Cotton", sharing information about cotton farming in Fort Bend County. Amy Bowen and Anna Ingram, Brazoria County 4-H'ers presented their illustrated talk, "Cotton Pickin' Cotton" that they had prepared for State 4-H Round Up. Marilyn Simmons, Galveston County CEA-FCS presented a demonstration using cottonseed oil to make healthy salad dressings and provided the salad dressing for the lunch.

Attendees came from Fort Bend, Harris, Montgomery, Galveston, Jefferson and Brazoria counties. Donors for the exhibitor awards included Farm Bureau, Hlavinka Equipment and Kunz Farms. Sandy Fry, Fort Bend Extension Agent and Marilyn Simmons, Galveston Extension Agent planned the event along with the Agriculture & Natural Resources unit.

**Improving Lives,
Improving Texas!**

Pantry 2 Plate – The first annual 3-day nutrition camp entitled “Pantry 2 Plate” was held July 7-9 under the direction of Maria Rangel, County Extension Agent – Family & Consumer Sciences with Sandra Fry, CEA-FCS and Fralonda Anderson, EA-FCS co-teaching and 2 interns from the Coop. Extension Program assisting. Seventeen youth participated. Lectures included Kitchen Basic 101, MyPyramid, and Living Well, while the demonstrations were made up of recipes representing Tex-Mex, Puerto Rican and, American delicacies. Post test results indicated 100% were going to follow the food safety procedures, 88 % learn to measure dry ingredients correctly, 94 % were able to measure liquids, 94 % will read the nutrition label before choosing a food item, 81% are going to increase physical activity, 40 % need more information about body mass indexes (BMI) & eating disorders, and 100 % enjoy the overall experience. Comments included: “it was all really fun,” “I liked it all,” “I loved the camp - ya’ll did a good job teaching us!,” and “I wish it was longer.”



Better Living for Texans (BLT) - BLT is a federally-funded nutrition program designed to help low-income and/or food stamp recipients stretch their food dollar. A series of training include the use of PowerPoint presentation and handouts are utilized by agents listed as presenters under the direction of Maria Rangel, CEA-FCS. During this reporting quarter four sessions were presented on understanding the Food Guide Pyramid to 247 clientele, with 75% being minority. Participants learned food groups, portion sizes, and learned the negative effects of too much sugar, fat and salt in our diets.

Majestic Girls Summer Camp - Fifty-five young ladies participated in an Etiquette Session provided by the Cooperative Extension Program conducted for the Majestic Girls Summer Camp held in Missouri City. The session provided information about fashion, conduct, self-image, and self-esteem. A wardrobe presentation was used to give the girls an opportunity to understand to importance of good first impressions. During a fun activity the ladies used their creativity to design and model “trash bag” dresses they created. The ladies also engaged in a “Tea Party” in which proper table manners were demonstrated. Many young ladies expressed positive feedback about the information that was presented during the session.



4-H / Youth Development / Urban Youth Development

School Supply Give - A - Way - As a collaboration between the Cooperative Extension Program through Timothy Sandles, Fort Bend Extension Agent (4-H), All American Fresno 4-H Club and the All American Youth Rodeo Association, a “Back to School Family Picnic & School Supply Give-a-Way” was held to provide community service and gain more community visibility. Participants participated in fun games and activities and even attended an educational nutritional session on preparing healthy after school snacks facilitated by Krystal Wilcox (Expanded Food and Nutrition Education Program Aid). With a total of 93 recorded participants, the event concluded with the disbursement of school supplies.



2010 Fort Bend County 4-H Day Camp - 112 youth and 19 team leaders participated in a one-day 4-H Day Camp held at the Fort Bend County Fairgrounds in Rosenberg, Texas on July 14. This year the Day Camp focused on “Old Fashion Good Time,” - a trip back in time. The participating youth experienced an opportunity to make home-made refrigerator pickles taught by Tricia Kaminski, hand stitched a picture project for community service, learned & practiced leather-working with the Big Creek 4-Hers bracelet-making project group, and were taught how to make a mobile by Fort Bend Master Gardeners. In addition, the campers enjoyed hotdogs & snacks, played games, won door prizes provided by local merchants, and each took home a goody bag loaded with great stuff.

Anti-Bullying Workshop - Prairie View A&M University, Cooperative Extension Program held an Anti-Bullying Workshop entitled “Not Cool to be Cruel”, for an group of teens at Boys and Girls Club of Greater Houston Fort Bend Unit. The curriculum was geared to help students understand the importance of positive communication, consequences of violence, showing respect and developing a strong professional self-image. The workshop allowed the participants to engaged four active sessions which included several team-working, communication, and self-awareness activity to aid in decreasing acts of bullying. The participants completed a School Bullying Survey. The survey revealed that 95% of the participants witnessed bullying while in school and 45% bullied because, “I want people to leave me alone”, 20% bullied because, “I was taught to stick up for myself”, another 20% expressed, “I don’t bully, and 15% bullied because, “My friends and I think it is fun.” Stated in the Anti-Bullying Post Test, 100% of the participants can identify acts of bullying, and expressed a plan to help them and their peers decrease bullying actions.

Summer Basic Horsemanship Clinic - Hosted by the FBC Horse Task Force on June 22-23 at the Fort Bend Fair-grounds with twelve youth participating. This 2-day, hands-on, one-on-one horsemanship clinic was for youth and presented by students from Texas A&M University. They cover the basic skills from equipment usage, safety and showmanship at halter to more advanced maneuvers. Some of the advanced skills include horse response to bit pressure, gait transitions and specialized event advice.

“Think Positive, Think Outdoors” - On July 21, 2010, a Think Positive, Think Outdoors Educational Program was held at Seguin Elementary School in Richmond, Texas. The Think Positive, Think Outdoors Program was designed to promote positive attitudes about health and well being for youth of all ages. Program participants attended three concurrent sessions focusing on environmental awareness, nutrition education, and physical activity. Each session was developed to enlighten and empower each individual expanding on topics such as sun safety, healthy living through gardening and proper nutrition as well as outdoor physical activity. Over 60 individuals were engaged through program efforts.

Agriculture / Natural Resources / Horticulture

2010 Earth-Kind® Kids Kamp - Thirty youth participated in the second annual Earth-Kind® Kids Kamp June 14-18 hosted by Master Gardeners. The focus on this year’s camp was Conserving Habitats. The campers were enthralled by several presenters on various topics relating to wildlife and the loss of their habitat and the importance of insects to our environment. Campers enjoyed seeing snakes from Brazos Bend State Park, birds from the Houston Audubon Society, frogs and toads from Texas Parks & Wildlife and many interesting insects from the FBC Master Gardener Entomology Group. Afterwards the campers promoted habitat conservation by participating in a community service project. They built six Bluebird houses to be distributed at community gardens in Fort Bend County. The campers also learned how to identify snakes. The 2010 Earth-Kind® Kids Kamp was hosted by the FBC Master Gardeners under the direction of Dr. Sharon E. Koch, CEA-Hort. Several parents and kids expressed their gratitude and left with enthusiasm for next year’s camp.

4-H Veterinary Science Orientation & Genetics Lesson - Approximately 80 parents and youth participated in the 4-H Veterinary Science Project interest meeting on Tuesday, August 31, at the Fort Bend County Extension Office. Dr. Floron “Buddy” Faries, Professor and Extension Program Leader for Veterinary Medicine, conducted the meeting and outlined the project goals and objectives as well as the five-year curriculum plan, followed by a one-hour lesson on Genetics. The Vet Science Project is a 5-year curriculum-based project with 100 lessons and 50 activities that gives youth interested in veterinary medicine opportunities to work in the field. The project is career-oriented and job-training so students can determine if this is a field they would like to pursue. Students who participate in this project will work with licensed veterinarians at their practice. By doing this hands on training they learn the knowledge and skills that are expected of a veterinary assistant. This will also be valuable on a resume and will help them to prepare for a professional program degree from an accredited university. This project has a set curriculum that allows youth and adults to work together to achieve success. It also allows for youth to develop an interest in veterinary medicine, human medicine and other allied health fields.



2010 AG’tivity Barn - An ag-awareness event and a collaborative effort between AgriLife Extension and the FBC Fair Association. The 18 exhibits, depicting agriculture in FBC, were constructed and facilitated by volunteers from the AG’tivity Barn task force, Master Gardener, Master Naturalist groups, North Fort Bend Water Authority and FBC Farm Bureau Association. During the nine-day county fair, over 140,000 youth and adults were reached, plus an additional 302 youth as part of school tours. Evaluations indicate that 94% understood the importance of agriculture, 100% knew that milk came from cows, 90% learned cloths came from cotton, 96% learned meat came from cattle, and 79% learned that shoes were made of leather from cattle. Contact Allen Malone.

Stock Horse of Texas (S.H.O.T) Clinic & Show - Stock Horse of Texas (SHOT) Clinic attracted 51 individuals from surrounding counties to evaluate rider and horse skills for pleasure and for occupation. Rider knowledge and skills are taught to maximize horse trainability, performance, and safety. Topics included Stock Horse Pleasure, Trail/Versatility, Reining, and Working Cow Horse. Competition took place on Saturday, October 31 to evaluate gain in knowledge and skill. One-hundred-three spectators were present. The event was sponsored by Texas AgriLife Extension Service of Fort Bend County and the Fort Bend Horse Task Force. Contact Allen Malone.

Jack Wendt, Man of the Year - We want to truly congratulate Mr. Jack Wendt, an avid and dedicated rice farmer who has produced more than 60 rice crops over the course of his rice farming career in the Beasley/Kendleton area of Fort Bend County. Jack was awarded the prestigious Man of the Year for 2010 by the Texas County Agricultural Agents Association. Jack has been a staunch supporter for Texas AgriLife Extension Service and AgriLife Research for as many years as he has been farming. Jack has volunteered his farm for demonstration purposes along with his camp house for rice Extension meetings to benefit all producers not only from Fort Bend, but also Wharton, Matagorda and Waller Counties.




Photo provided by Fort Bend Herald

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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**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.