

# EDUCATING FORT BEND COUNTY

## AgriLife Extension Education

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*Improving Lives,  
Improving Texas!*

### Quarterly Clientele Contacts for Jan.–March:

- 220 Educational Sessions
- 17,965 Session Contacts
- 197 Office Visits
- 170 Site Visits
- 8,665 Mail, Email Contacts
- 505 Volunteers Involved
- Demographics:
  - White—59.5%
  - Black—23.9%
  - Hispanic—14.7%
  - Asian—1.7%
  - Female—70.9%
  - Male—29.1%
  - Youth—21.8%
  - Adults—78.2%

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. Throughout 2011, our educational programs will continue to address major issues as identified in 2010 by the 2010 Leadership Advisory Board. These issues broadly include: Education; Parenting & Community Services; Housing; Health; Agriculture-Related Base Programs; Increased Urbanization; and Diversity.

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 major educational activities here in Fort Bend for the first quarter of 2011.



County Extension Director, Fort Bend

**2010 FACTS ABOUT FORT BEND COUNTY** - Fort Bend County is located in the Houston metropolitan area of southeast Texas. Its population is among the fastest growing in the United States and has been recognized as being among the most educated and diverse counties in the nation. According to the 2010 U.S. Census, Fort Bend County has more than 585,000 residents. Fort Bend's vibrant economy has also received national recognition: the County ranked 5th in the nation for job growth according to CNN/Money Magazine in 2010.

### 2010 Fort Bend County

Total Population: **585,375\***  
 White: 211,906 (36.2%)  
 Hispanic: 138,734 (23.7%)  
 Black: 123,514 (21.1%)  
 Asian: 99,514 (17.0%)  
 Other: 11,701 (2.0%)

\* 2010 U.S. Bureau of Census

## FAMILY & CONSUMER SCIENCES

**2011 INFORMATION FAIR/SENIOR FRAUD EXPO**—The Annual Information Fair was held in Sugar Land with 40 vendors participating. The objective was to provide a networking opportunity for local, regional and state agencies to share information with each other to assist with the needs of clientele in Fort Bend. To more efficiently use resources, the Family & Consumer Sciences Program Area Committee planned the Senior Fraud Expo in conjunction with the Information Fair. Fifty-seven people attended the lectures that were provided: "Senior Medicare Fraud", "Emergency Medical Response" and "Financial Fraud". Contact Sandra Fry.



**DIABETES EDUCATION AWARENESS & PREVENTION (DEAP)** - The Project “DEAP” (Diabetes Education Awareness Prevention) Fitness Challenge was developed in efforts to assist in increasing the physical activity level in Fort Bend County citizens. The goal for individuals participating in the DEAP Fitness Challenge is to obtain 30 minutes of moderate to high intensity physical activity, 5 days a week; also to try new exercising techniques. Thirty-nine members from Missouri City Baptist Church of all ages chose to take the challenge. Participants engaged in incorporating some form of physical activity into their daily routine. For five different exercise sessions the group experienced, Zumba, Geo-Mat Work-out, Walk Aerobics, Yoga and Cardioke Work-out. Any participants expressed their excitement in learning new ways of achieving more physical activity. The evaluation surveys from the program revealed that most participants did engage in 30 minutes of physical activity at least 5 days a week; the most enjoyed work-out activity was Zumba; the least enjoyed activity was Yoga. This upcoming June residents of the City of Kendleton will begin the Project DEAP Fitness Challenge in Kendleton, TX Park-N-Ride; followed by Windsor Village United Methodist Church. Contact Fralonda Anderson.



**DO WELL, BE WELL with DIABETES** - DWBW graduated sixteen participants with diabetes for attending the five week series. 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 was held in March with six graduates. Also, one Master Wellness volunteer assisted with educational presentations. Contact Sandra Fry.

**PARENTING CONNECTIONS** - Parenting plays an essential role in children’s development and later-life successes. In 2011 a 4-lesson series that was offered in February. Ten participants graduated after attending all of the lessons. Lessons included Child Development, Communications, Positive Behavior and Developing Self-Esteem. Contact Sandra Fry.

**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 consisted of three different series as well as one-shot event opportunities. For this quarter target audiences included EvenStart, several Title 1 elementary schools, SEARCH Homeless Shelters and local health fairs. The series topics included *Back to Basics*, *Get the Facts*, and *Three Easy Bites*, while one shot events were made up of *Shopping Strategies*, *Stretching Your Food Dollars*, *My Pyramid*, *Food Safety*, *Reading Labels*, *Facts on Sodium*, and *Facts on Fat*. Over 200 limited-resource participants gained insight and saved on the cost of food. Contact Maria M. Rangel or Terri Bisor, BLT Extension Assistant.

**MASTER WELLNESS VOLUNTEER PROGRAM** - One of the high-priority issues addressed by Texas AgriLife Extension Service is helping county residents improve their health. AgriLife Extension has great programs to help people learn and adopt behaviors that can positively impact their wellness. The challenge that we face is diff using these programs among the vast audiences who are in need of such education. One idea for expanding the reach of our Extension health and nutrition programs is to use volunteers. In January and February, 10 individuals were trained in the various aspects of health and wellness programming efforts including the Do Well Be Well with Diabetes. These individuals included a retired teacher and nurse, police, university students, others relative with health professional. Contact Maria Rangel.

## 4-H / Youth Development / Urban Youth Development

**AG4U Day- HOUSTON LIVESTOCK SHOW & RODEO** - On March 8, 2011, 32 youth and adults of the All American Fresno 4-H Club of Fresno, TX attended the Houston Livestock show and Rodeo AG4U Day. AG4U Day is an action-packed, fun-filled day that spotlights the importance of the agriculture industry in ones daily life. Participants participated in a career and education fair, seminars, and electronic scavenger hunts. The highlight of AG4U Day was the All American Fresno 4-H Club being awarded and recognized as the winner of the Houston Livestock Show and Rodeo video challenge. The video can be found at [www.youtube.com](http://www.youtube.com) entitled “A Community of Anticipation.” Contact Timothy Sandles.



**2011 MAJOR LIVESTOCK SHOWS** - The livestock show season was a success for Fort Bend County 4-H. The season began with 3 members competing at the Southwestern Livestock Expo in Fort Worth. The next stop was in San Antonio at the San Antonio Livestock Expo with 11 livestock exhibitors and a Grand Champion Red Angus Steer! We also had 8 youth participating in horse judging and 24 youth participating in livestock judging. March brought the Houston Livestock Show with 20 livestock exhibitors, 12 horse judging participants and 24 livestock judging participants. It was a winning year in Houston with 8 or 9 poultry exhibitors making the premium sale and a catch for one of our calf scramblers. We ended the major show season in Austin at the Star of Texas Fair with 9 livestock exhibitors. Contact Dwight Callis.

## AGRICULTURE / NATURAL RESOURCES / HORTICULTURE

**AGRICULTURAL LITERACY FOR YOUTH** - During the Texana Day celebration at Sartartia Middle School in Sugarland, the Texas, AgriLife Extension Service collaborated with Fort Bend County Farm Bureau to provide an Agricultural literacy program for approximately four-hundred 7th grade students. The program provided educational presentations focused on the importance of Cotton, Corn, Rice and Dairy to the early settlers and its importance to our lives today. Contact Dr. Allen Malone

**2011 ANNUAL RICE PRODUCTION CONFERENCE** - In February the annual Rice Production Conference was held in Beasley, TX at Jack Wendt's Camp House. Dr. Ted Wilson spoke to producers and industry representatives about the impact of Insects on the 2010 crop and what the expectations are for the 2011 production year. He also discussed the effects of Environmental Stress and Decline with the group. Dr. Garry McCauley provided an Evaluation of the Rice Varietal Performances for 2010 and Mr. Dennis DeLaughter presented the Rice Industry and Price Outlook for 2011. There were 22 program participants and the program was sponsored by Crop Production Services (Wharton and Loveland, CO), RiceTec (Alvin) and Wiese Crop Insurance, (Eagle Lake). Contact Dr. Allen Malone

**HORSE DE-SPOOKING AND DE-SENSITIZING PROGRAM** - The Fort Bend County Horse Task Force in conjunction with the Texas AgriLife Extension Service held a Horse De-Spooking and De-sensitizing clinic for the Horse community of Fort Bend County. The Clinician provided an evaluation of the horses and divided them into groups according to their level of skill and sensitivity. Then each horse and rider received individual instruction on basic horsemanship. Clinician Greg Sokoloski of the Houston Police Department Mounted patrol introduced various noise and sound distractions. The third step was to introduce different riding obstacles (gates, water) to develop confidence in the rider and the horse. Eleven individuals participated in the training. Contact Dr. Allen Malone

**MASTER NATURALIST PRESCRIBED BURN TRAINING** - The Coastal Prairie Chapter of the Master Naturalist held a prescribed burn demonstration workshop at Seaborne Creek Park. The focus of the training was to teach the 26 individuals the importance of Safety, Back Burning, Wind Speed and Direction and many other important factors. The highlight of the program was a hands on prescribed burning of approximately 2 acres at Seaborne Creek Park under the direction of Texas Parks and Wildlife. Contact Dr. Allen Malone

**FORT BEND COUNTY PESTICIDE TRAINING AND RE-CERTIFICATION** - Because of the amount of Commercial, Non-Commercial, and Private applicators in Fort Bend County a 5-hour Pesticide Re-Certification program was provided to local pesticide applicators. The training covered Transgenic Cotton Crops, Texas Department of Agriculture Laws and Regulations, Controlling Aquatic Vegetation, Brush Management in Pastures and Calibrating Spray Equipment for the 40 licensed applicators. There were also six individuals who participated in the Private Application Training and Testing program to become Certified Pesticide Applicators. Contact Dr. Allen Malone

**BEEF CATTLE PALPATION CLINIC** - On April 29-30, 2011 approximately 23 small farm beef cattle producers from Fort Bend, Waller, and Washington counties attended a Beef Cattle Palpation Clinic held on the campus of Prairie View A&M University on April 29 - 30, 2011. With this tool beef producers will be able to better manage their beef operations. "Pregnancy determination can also help our clients manage feeding to meet the high nutritional demands of gestation, calving, lactation and rebreeding more effectively." Dr. Wendell C. Baker, DVM, Baker Veterinary Clinic in Prairie View, Texas, facilitated the clinic. Dr. Baker gave detailed information on management tools to use to determine pregnancy in cattle, practices to improve reproduction in the herd, culling decisions that need to be made and necessary equipment to use. Dr. Baker also took the producers through the cows' reproductive cycle and gave them hands-on experience in palpation techniques to help them determine the stages of pregnancy in their herd. Contact Major Stevenson Jr.



**DISCOVERY ZONE GARDENING PROJECT** - From the Seed to the Shelf students learn about Gardening at Lamar Consolidated Independent School District Juan Seguin Elementary School in Richmond, TX "Discovery Zone Gardening Project". The students planted a variety of vegetables in Mid-February and have had a vast amount of gardening activities taught. With the Highlight of Harvest Time the Seguin Youth picked tomatoes, corn, yellow squash, okra, onions, cucumbers, fresh herbs and Bonnie's Mega Cabbage. The mega cabbages that the students are growing have been entered into Bonnie Mega Cabbage Contest for Texas Youth. Contact Major Stevenson Jr.

**2011 FORT BEND VEGETABLE CONFERENCE** - The 26<sup>th</sup> Annual Fort Bend County Vegetable Conference was held on February 3, 2011 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. 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 200 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. 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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**AGENTS**

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**TITLES**

CEA - Agriculture & Natural Resources  
 CEA - Horticulture  
 EA-CEP-PVAMU - Agriculture & Natural Resources  
 CEA - 4-H & Youth  
 CEA - Urban Youth Development  
 EA-CEP-PVAMU - 4-H & Youth  
 CEA - Family & Consumer Sciences  
 CEA - Family & Consumer Sciences and  
     BLT Coordinator  
 EA-CEP-FCS - Family & Consumer Sciences  
 PP-CEP - Expanded Food & Nutrition Ed. Program



**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 System, U.S. Department of Agriculture, and the County Commissioners' Courts of Texas cooperating