

Making a Differencein Fort Bend County

2013—Volume 1, Issue 2—Spring

**Special Topics for
 Spring, 2013**

- Extreme Heat
- Backyard Basics
- Take A Stand Against Bullying
- Dinner Tonight!
- Healthy Lifestyles
- 4-H State Roundup Results
- Validated Issues for Fort Bend Co.
- Contact Info
- Calendar of Events



April—June, 2013
TOTAL CONTACTS
 305 educational sessions
 72,385 attendees
 829 site visits
 1,332 office visits
 1,301 phone calls
 20,441 emails
 567 websites
 3188 mailouts
 155 volunteers assisted

Extreme Heat!



Heat-related deaths and illness are preventable, yet annually many people succumb to extreme heat. Historically, from 1979-2003, excessive heat exposure caused 8,015 deaths in the United States. During this period, more people in this country died from extreme heat than from hurricanes, lightning, tornadoes, floods, and earthquakes combined. In 2001, 300 deaths were caused by excessive heat exposure. People suffer heat-related illness when their bodies are unable to compensate and properly cool themselves. The body normally cools itself by sweating. But under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs.

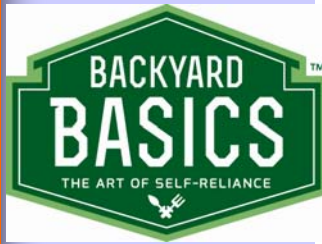
Several factors affect the body's ability to cool itself during extremely hot weather. When the humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly. Other conditions related to risk include age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use.

Because heat-related deaths are preventable, people need to be aware of who is at greatest risk and what actions can be taken to prevent a heat-related illness or death. The elderly, the very young, and people with mental illness and chronic diseases are at highest risk. However, even young and healthy individuals can succumb to heat if they participate in strenuous physical activities during hot weather. Air-conditioning is the number one protective factor against heat-related illness and death. If a home is not air-conditioned, people can reduce their risk for heat-related illness by spending time in public facilities that are air-conditioned. Summertime activity, whether on the playing field or the construction site, must be balanced with measures that aid the body's cooling mechanisms and prevent heat-related illness. This pamphlet tells how you can prevent, recognize, and cope with heat-related health problems. For more information on Extreme Heat or any emergency-related topic go to:

<http://texashelp.tamu.edu> .

Backyard Basics!

Backyard Basics is a new initiative that promotes healthy living by providing all residents of Fort Bend County about the benefits of homegrown and homemade foods. Backyard Basics is a series of lectures that will provide consumers, backyard gardeners, homemakers, educators and even small farmers “do-it-yourself” learning opportunities to include such topics as food preservation, gardening techniques, selecting



meat & grilling, composing/vermiculture, fish, poultry/eggs, rabbits and more.

This summer series of Backyard Basics programs offered in Fort Bend County will include: Vegetable Gardening –August 10th, Composting – August 17th, Water Conservation – August 24th, Food Dehydration and Freezing – September 7th, Growing Backyard Fruit - September 14th, and Selecting Meat/Beef and Grilling - September 21st. Registration begins at 8:30 am, lectures start at 9:00, and the programs conclude at 11:00 am. The programs will be held at the Bud O ' Shieles Community Center located at 1330 Band Road in Rosenberg – right next to the AgriLife Extension office. Registration for a single class is \$15 dollars, \$25 dollars for couples. If you want to sign up for all classes, preregistration is discounted at \$75 dollars for all classes and \$125 dollars for couples taken all classes. Kids under 10 are free!

Future programs being planned for 2014 include small flock poultry production, small herd goat and lamb production, hydro and aquaponic production systems, cut flower and herb gardening, beekeeping and honey production, and canning of jams and jellies. There will be updates on Upcoming Events on our website.

For more information on these events and registration, please contact Administrative Assistant Brandy Rader at brandy.rader@ag.tamu.edu or (281) 342-3034. Visit <http://fortbend.agrilife.org> to download and print fliers. Also visit us on Facebook at [Fort Bend County Extension](#). Please pass along this information to friends and neighbors. We aim to spread the word and get our communities back to the basics.

Take A Stand Against Bullying

Bullying is an issue youth across America are dealing with on a daily basis! Teens and adolescent youth are constantly being faced with challenges that can affect them mentally, emotionally, and physically! Take A Stand was created to help youth better identify bullying and learn how to deal with it effectively.

Take A Stand offers fun and innovative lessons and activities on Conflict Resolution & Bullying, Communication, Etiquette, Teamwork, and Cultural Awareness. These lessons offer a variety of ways to learn about anti-bullying techniques along with other cultures. Take A Stand is available for grades 3-5, 6-8, & 9-12! The curriculum is available from your local county extension agent or can be found at the AgriLife Bookstore at agrilifebookstore.org . In Fort Bend, contact Joe Mask, County Extension Agent for 4H/Youth Development at Joe.Mask@ag.tamu.edu, or Timothy Sandles, Extension Agent—4H for Cooperative Extension Program at PVAMU at tsandles@ag.tamu.edu or Angela Bosier, Assistant 4H Agent at Angela.Bosier@ag.tamu.edu .

Dinner Tonight - <http://healthyliving.tamu.edu/>



Fort Bend County Family & Consumer Science agents have been using the great new *Dinner Tonight* program as an educational strategy to help people of all ages plan healthy meals without going broke. The Dinner Tonight Healthy Cooking Schools initiative began this year in Fort Bend and are becoming more and more popular as time goes on. These cooking schools provide an opportunity to bring people together in a fun environment to learn healthy meal planning and food preparation. The pictured event was held on May 31 at Missouri City Middle School with over 500 present and 95 completing the pre & post program evaluations. Samples for everyone!

Healthy Life Styles



Throughout the Texas 4-H & Youth Development Program, more than 120,000 youth participate in healthy lifestyles

programs, encompassing the food and nutrition, health and safety projects. Through food and nutrition project activities, youth learn to make healthy food choices, improve energy and alertness, and gain knowledge of nutrients.

Youth also learn how to improve physical, intellectual, emotional and social health through participation in the health project. Specifically, youth learn about the importance of physical activity, proper hygiene, dental care, healthy snacking, vaccinations and sleep. Knowledge of how to reduce disease and illness risks is also explored. Participation in the Walk Across Texas Program helps youth establish the habit of regular physical activity. Safety concerns related to health issues, such as first aid, CPR and emergency preparedness, are also addressed in the 4-H Healthy Lifestyles Program.

As a part of the learning experiences, youth also share with others what they have learned by presenting educational presentations to various groups and participating in community service activities that help promote good health practices in the community.

The classes and resources for the 2013 4-H Healthy Lifestyles Invitational Contest are now available at: http://texas4-h.tamu.edu/healthy_lifestyles. Previous contest classes are also posted on the web site. The contest is held during Texas 4-H Roundup and is open to intermediate and senior 4-H members. Youth may compete as teams or individuals.

4H State Roundup Results

A BIG congratulations to Fort Bend County 4H members who participated in Texas 4H Roundup help recently at TAMU in College Station and state shooting competitions across the state. Our participants included:

Photography (Domestic Animals) - Bethany Copple earned Best of Show
(Animals-Wildlife) – Bethany Copple placed
(Nature/Landscape) - Bethany Copple placed
(Dominant Color) - Megan Grant placed
(Catch-All) - Megan Grant placed
(Details & Macros) - Megan Grant placed
(Elements of Design)- Victoria Hornsby placed
(People) - Victoria Hornsby placed



Swine Skill-A-Thon (seniors) - the Fort Bend team of Chance Legendre, Caitlin Wesneski, Austin Oney & Cameron Tiemann placed second,

Swine-Skill-A-Thon (intermediates) the team—Trace Legendre, Alexis Smith & Mitchell Wendt placed first

Swine-Skill-A-Thon (intermediates) - Mitchel Wendt earned Highpoint 1 & Alexis Smith earning Highpoint 3.

Companion Animals – Bethany Copple ranked 1st,

Vocals - Starr Swanson placed

Qualifying Horse Judging – the Fort Bend Team made up of Victoria Hornsby, Scarlett Swanson & Starr Swanson placed,

Bare Bow (1st Year Juniors) - both Aspen Tolman and Benjamin Russell placed.

Compound Bow Unaided (1st Year Juniors) - Coral Tolman placed,

Compound Bow Aided (1st Year Juniors - Davis Coldeway, Rebekah Barber & Mason Maus placed.

Bare Bow (1st Year Intermediates) - Mollie Russel placed

Compound Bow (1st Year Intermediates) - Aided Dennis Todd & Will Culpepper placed

Compound Bow (Intermediates) - Aided Zachary Twardowski a& Brandon Wied placed

Compound Bow (Seniors) - Aided both Zachary Torman and Logan Maus placed

2013 Leadership Advisory Board Selects & Validates County Issues

The 2013 LAB made up of 18 members including homemakers, farmers/ranchers, salesmen, ISDs, Law Enforcement, Farm Bureau, Senior Citizens, YMCA, charities, Service Clubs, city government and Fort Bend County met on March 26th and molded our updated list of issues during the month of April. May 1, 2013, the issues were uploaded onto our AgriLife Extension website for statewide use and program planning purposes. The issues are as follows:

- **Ag & Natural Resources:** 1) Water - quality/quantity; 2) Water – drought/flooding; 3) Agricultural Profitability; 4) Land Fragmentation; and 5) Fresh/locally grown produce & Food Preservation
- **Environmental Sustainability:** 1) Youth Development; 2) Crime/Bullying (against youth, involving youth); 3) After-School/Summer youth activities; and 4) Education (quality, affordable)
- **Families & Health:** 1) Education (parenting, youth, home economic skills); 2) Wellness (diabetes, obesity, healthcare, exercise); 3) Nutrition (education, food preparation/processing); and 4) Economics (affordable housing, healthcare, safety)
- **Community & Economic Development:** 1) Employment (jobs, economy, transportation, attracting new businesses); 2) Water (costs, water rights, impact of flooding/drought); and 3) Job readiness skills for teenagers.

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Upcoming 2013 Calendar of events.

For a complete & current listing of upcoming events go to: <http://fortbend.agrilife.org/>

July 2013

15-19 - So & Sew Camp for Kids

17 & every Wednesday - Master Gardeners ' Workday

18 - 4-H County Council & Adult Leaders ' meeting

27 - Backyard Basics - Drying & Freezing

29 - Serger Class (Sewing)

30 - Backyard Basics - Vegetable Gardening

30 - Adult Sewing Class

August 2013

5-9 - JMG EarthKind Kids Kamp (all day, every day)

12 - Textile Study Group Training (all day)

17 - Backyard Basics - Composting

19 - Vet Science Info Meeting & Training w/ Dr. Buddy Faries (6-9 p.m.)

20 - ' Take A Stand ' FBC Fairgrounds (3rd-6th Grade)

21 - TEEA Speed Cleaning Class

23 - TEEA Garage Sale in support of non-profit groups

24 - Backyard Basics - Water Conservation

September 2013

7—Backyard Basics—Food Dehydration

7 - Coastal Prairie Master Naturalist - fall classes begin

14 - Backyard Basics - Fruit Production

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Our Vision

*To be the premier 21st
Century outreach and
continuing education
organization in Texas
responding to the
needs of the people.*