

# Marion County Extension Newsletter

Volume 2 Issue 10

November 12, 2008



*Brock A. Fry*

Brock Fry, County Agent -AG/NR  
[bafry@ag.tamu.edu](mailto:bafry@ag.tamu.edu)

Cooperative Extension Program  
Prairie View A&M University



*Paulette T. Cooper*

Paulette T. Cooper, EA-CEP (4-H)  
[pcooper@ag.tamu.edu](mailto:pcooper@ag.tamu.edu)



## Topics Covered:

- |                               |        |
|-------------------------------|--------|
| - Jumbo Peanuts               | page 2 |
| - Fair of the Heart           | page 3 |
| - Reflection of past programs | page 3 |
| - Medicare 2009               | page 4 |
| - Am I losing my mind????     | page 7 |
| - Holiday Special             | page 7 |
| - Small Business Development  | page 8 |
| - Building Communities Series | page 8 |
| - Pesticide Licence and Test  | page 9 |
| - Calendar of Events          | page 9 |

## Agriculture Programs Committee

**President:** Cindy McNeely

**Vice-President/Treasurer:** Ray Lewis

**Secretary:** Jane McBride

**Members:** Johnny Neuville

Terrie Neuville

Lin Mabus

### Jumbo Peanuts



Local Stakeholder **Preston Nelson** grew jumbo peanuts this summer. Mr. Nelson planted his peanuts in April. The type of peanuts were some jumbo he picked up at the store in Marshall. Preston harvested them in October with great results.

Mr. Nelson took and shelled the peanuts not knowing if they would even produce. He was shocked to find plants coming up out the soil. He watered and cared for the plants until harvest time.

There is a benefit to growing peanuts like legumes in that they require little nitrogen fertilizer. Calcium is more

critical to have a high yielding peanut crop. Use gypsum or lime, apply when plants start to flower versus during land preparation. Flowers should be seen at 30 days. The soil temperature needs to reach 65 °F at a 4 inch depth. The peanut plants should reach and crack the surface at 7 to 14 days. By 60 days the roots of the plants will reach 35 to 40 inches. Roots grow at a rate of 1" per day. To harvest peanuts you will need to scout and observe. What you are looking for is color correctness. Take a pocket knife and use a "hull scrape" method. Hold the pod with the beak pointing down and away from you, and scrape away the outer hull in the area from the middle of the pod to the peg attachment point. This part of the pod is known as the saddle. Pods will be moist when the color determinations are made. Good luck if you are going to try and grow some peanuts this spring. For more information about peanut production consult the *Texas Peanut Production Guide* a publication from AgriLife Extension. Find it on our website at: <http://marion-tx.tamu.edu/PubCat.cfm?COUNTY=Marion&CatID=2961>.



## **Fair of the Heart**

The 2008 Marion County Fair was Success ful. Our fair is a charming country affair with much appeal to fair goers. From a chili cook off to livestock shows and more, the Marion County fair has been growing over the last couple of years. In 2006 there were about 300 people and in 2007 about 600 people, yet this year was the biggest with about 1,000 people in attendance. Some highlights were Coach Hale being dunked by Students, Parents, and Teachers. The Sonic sponsored Hotdog eating contest. The live music and all the food booths. Congratulations! to Brittany Haggar as she took home the prize of Grand Champion Broilers. The fair court brightens fair every year.



## **Reflection of Past Programs**

About 20 students in Marion County are participating in the 4-H Public Speaking Class. Students are learning to speak up and organize their thoughts. They are organizing speeches for each class and delivering them. We began this course to educate youth about the importance of speech and dealing with talking amongst others. This is a safe environment which provides the essential skills of speech and public speaking. This 4 month program is developing youth for today and the challenges of tomorrow. Pictured to the right is Taylor Foster giving her talk on horses.



I have been honored to be selected as the only agent from District 5 to be a part of the Natural Resource Leadership Course. This is a 2 year program where I learn about Natural Resources in the State of Texas. I attended the first of 4, week long educational events, which was held in Broddus, TX. This program is an intense training focusing on Water, Forestry, Livestock, Minerals, Oil, Wind Power and others.

Help us Spread The Word !!!!! The following article is sent to help You inform our community .  
For more information contact your Medicare Representative.

## **Medicare in 2009**

Andrew B. Crocker, Extension Program Specialist – Gerontology Health

Recently, the Centers for Medicare and Medicaid Services (CMS) announced changes to the Medicare program for 2009. These changes will take effect 01 January 2009. It is important to look carefully at all these changes and determine how they might affect you, especially changes to Medicare Part “D,” the prescription drug benefit.

If you have not already, you will be receiving a copy of Medicare and You 2009 in the mail. This handbook will help you navigate the services to which you are entitled under Medicare and should be kept in a place for easy reference. If you happen to lose your copy or do not receive one, you may access it through the Medicare website: <http://www.medicare.gov>.

An overwhelming majority of Medicare beneficiaries do not have to pay a monthly premium for their Medicare Part “A” benefit, inpatient hospitalization coverage, because they have at least 40 quarters of Medicare-covered employment (or are the spouse or surviving spouse). However, for those who may not have worked the required 40 quarters, you may obtain Part coverage by paying a monthly premium. For those who worked less than 30 quarters, this premium will be \$443 per month for 2009. For those who worked 30 to 39 quarters, this premium will be \$244 in 2009.

The annual Part “A” deductible in 2009 will be \$1,068, an increase of \$44. This amount is paid by the beneficiary when admitted as a hospital inpatient. The Part “A” deductible is the beneficiary’s only cost for up to 60 days of Medicare-covered inpatient hospital care in a benefit period. Beneficiaries must pay additional amounts for stays longer than 60 days – these amounts will increase slightly in 2009.

For the first time in a number of years, there will be no change in the monthly premium for Medicare Part “B,” the optional outpatient health insurance. The standard Medicare Part B monthly premium will be \$96.40 in 2009. Additionally, the \$135 annual deductible for services for 2009 is unchanged from 2008.

The 2009 open enrollment period for a person to enroll in or change a Medicare prescription drug plan begins on 15 November and ends on 31 December, 2008. Any and all changes made will go into effect 01 January 2009. Each beneficiary should compare the changes in cost and drug coverage that will take place in 2009 to their current prescription drug plan. Beneficiaries should then compare this to the costs and coverage of other plans that will be offered in their community – checking to see 1) the costs of these plans, 2) the medicines and services they cover, and 3) how it works with their pharmacies and doctors. Each beneficiary needs to choose the best plan that meets their prescription drug needs and then enroll in this plan.

Conditions and costs of each plan will vary by provider and by the plan type. Some plans offer additional help and some beneficiaries will qualify for extra assistance based on income. To find out the specifics for each plan, consult the plan provider directly. In 2009, monthly premiums will average \$30 and beneficiaries must meet the \$295 annual deductible before the Part “D” plan begins paying, unless that particular plan has some exception. Coverage will continue with the beneficiary paying just the co-payment and any residual cost for prescription drugs until the amount paid by the plan and the beneficiary reaches \$2,700. At that point, the beneficiary will be responsible for 100% of drug costs until \$4,350 is reached unless the particular plan has some exceptions for coverage during this gap period. Once the beneficiary has spent more than \$4,350, coverage resumes under the plan.

According to CMS, some Part “D” beneficiaries may see significant premium increases or changes – such as reduced coverage in the gap – if they stay in the same prescription drug plan in 2009. Medicare encourages individual beneficiaries to review how their plans are changing and what other options are available.

There are four ways to find out more information on Medicare as well as review and compare Part “D” plans:

- Call 1-800-MEDICARE (1-800-633-4227, TTY 1-877-486-2048). 24 hour help is available from trained Medicare representatives.
- Visit <http://www.medicare.gov>. Compare costs, coverage and more. Get an estimate of your out-of-pocket costs for the year.
- See the listing of plans in your Medicare & You handbook and information sent to you by your plan.
- Talk with local Medicare experts at your State Health Insurance Assistance Program.

## **AM I LOSING MY MIND?????**

Yes, this was the question answered by program speaker Andrew Crocker for approximately 45 participants in two programs while here in Jefferson in October. He answered myth questions and declared most of them false but, added that becoming a creature of habit will help one in the long run. Some of his answers included: There are three types of memory—Visual (see it) Audible (hear it) and Kinesthetic (do something and remember it) Placing objects such as keys in the same place every day or whenever you use them is a good habit to adopt. Getting enough sleep helps because, the oxidation process taking place while you sleep helps you work with what you have. (One needs at least 3 hours of un-irrupted sleep for the brain to work properly). Talking to someone every day, puzzles, word games, card games and other forms of activity seems to help. Doing things differently such as putting your hands in your pockets or taking a different route may also increase brain power. Slowing down on the multitasking and writing a list are good habits to form even if you forget the list. (You will remember some of the things you had on the list when you get where you're going.) There is short term and long term memory. Telephone numbers are usually short term, so when we forget them don't worry, we never learned them in the first place. They were a form of liquid memory. Hot flashes are "Power surges".

Vitamins believed to help include: B. Complex vitamins but must be the complete B family of vitamins. B 1 and B 2 won't work. Dark green vegetables are essential, but must be consumed as recommended by your Doctor if you are on heart medications.

NOTE\*\*\*\* "Even though some vitamins are good, More is not always better"

## **HOLIDAY SPECIAL**

### **"OVERSIZED AND STUFFED"**

By Paulette Cooper

This month the AARP /Diabetes Chapter will be presenting their holiday special program titled "Oversized and Stuffed". The program presenter is Program Health Specialist Carolyn Perkins Frank from Prairie View A&M University. The program is geared to assist Diabetics and others as they approach the holidays with a sensible and enjoyable eating plan while having fun and enjoying the holidays. It is set for November 20<sup>th</sup> at 2:00 p. m. at the Kelly Park complex. Members usually bring refreshments and ask that you come and bring others with you but, let us know how many are in your party by calling 903-665-2421.

### **Small Business Development Program** by Paulette Cooper

The Cooperative Extension Program/Marion County Extension office will be offering an opportunity for the citizens of Marion and the surrounding area to come and examine if they possess the entrepreneurial spirit needed to start a business in the New Year and techniques needed to improve business already in progress. The program presenter is Field Counselor, Jimmy Henry from The Cooperative Extension Program at Prairie View A& M University. Jimmy will also be discussing funding and other resources for startup of business ventures.

The date is December 1<sup>st</sup> Monday at 6:00 p. m. at Kelly Park Complex. The meal and registration is \$10.00. RSVP is a must as we need to order food and make copies. RSVP by November 21, 2008 by calling 903-665-2421.

### **Building Communities Series** by Paulette Cooper

The first session of the community Development series began with new participants, Katherine Carson and Bob Thomas, (local business owners) and Roger Opiela from the Chamber. The program titled “Setting the Stage: Sustainability and Sustainable Community Development” was presented by: Kelly Hawke Baxter. She is from “The Natural Step Program in Canada” and has also served as the Director of Communications for Canada’s National Roundtable on the Environment and the economy. Her topics included a broad process for Sustainable Community planning in phases. 1. Structure the Planning Process. 2. Create Shared Understanding, 3. Determine and Analyze Strategies for Community Success, 4. Identify Initiatives to Move from Current Reality to Success and 5, Ongoing Monitoring and Implementation. The second part of the process is structuring the process and it includes key steps related to Commitment to the plan, determining the parameters, choosing the process leader and other expertise, forming the Citizens Advisory committee and planning the planning process. Knowing the desired outcomes and the committee of community champions that can put together the format to provide the guidance during the planning process to move the plan forward are vitally important.

The next session titled: “Energy Efficiency” gives us another opportunity to look at yet another part of the plan that makes our community planning important. What do we have as resources that can strengthen our needs that we may not have looked at? Leonard Sweet, Author/Futurist once said that “The future is not something we enter. The future is something we create.” It is with this thought I invite you to join our next class on November 18<sup>th</sup> at the Jeffersonian Institute in downtown Jefferson at 120 E. Austin from 11:30 to 12:30 p. m. Bring a friend or a partner. The sessions are \$10.00 per session or \$50.00 for all nine. The classes are designed for community leaders, judges, commissioners, and all elected officials who desire to learn more about innovative ways other people are using examples and new strategies to improve their community.

For more information call 903-665-2421.



## **Pesticide Licence can be earned in Marion County**

On December 16, 2008 the Texas Department of Agriculture will make a visit to Kelly Park. The class will start at 8:00 a.m. and should end at 2:00 p.m. Cost is \$10 if you RSVP a seat. We will except late registrations for \$15. You can RSVP by calling 903-665-2421. Lunch will be provided by Riverport BBQ.

## **Calendar of Events**

### **November**

18th, Equine Brood Mares - Dr. Brett Scott  
Kelly Park Community Center 6:00 PM

19th, Tuesday Animal Issues Committee Meeting  
Kelly Park Community Center 6:00 PM

20th, Thursday AARP - Health Care Interpretations  
Kelly Park Community Center

### **December**

16th, Tuesday Pesticide Test for Licence  
Kelly Park Community Center 8:00 AM - 2:00 PM

18th Thursday AARP - Celebration  
Kelly Park Community Center

Published Monthly By:  
**Texas AgriLIFE Extension Service,  
Marion County Office**  
130 Kelly Park Road, Suite A  
Jefferson, TX 75657 - 6667  
903-665-2421 or 903-665-2272 office  
903-665-1256 Fax

<http://marion-tx.tamu.edu/>

Brock Fry: [bfry@ag.tamu.edu](mailto:bfry@ag.tamu.edu)  
Paulette Cooper: [pcooper@ag.tamu.edu](mailto:pcooper@ag.tamu.edu)

***"Improving Lives. Improving Texas."***



