

Marion County Extension Newsletter

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Agriculture Programs Committee

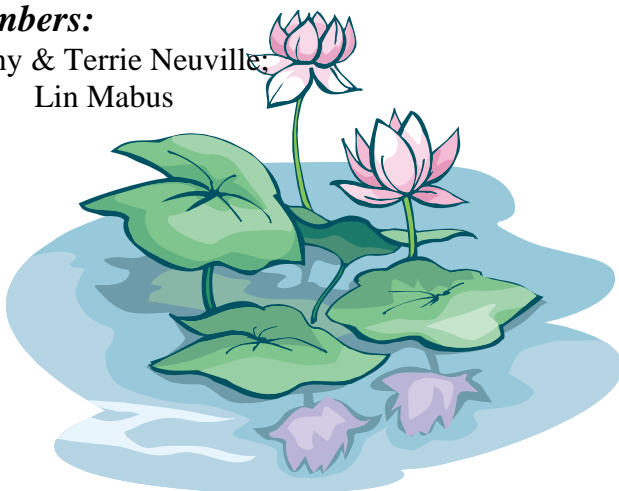
President: Cindy McNeely

V.P. /Treasurer: RayLewis

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Johnny & Terrie Neuville;
Lin Mabus



Topics Covered:

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Beef Committee

Mike Clayton, Chairman

Members: Bob Sanders, David Smith, Gerald Harvey, Johnny McNeely, Ray Lewis, Lin Mabus

From the Garden

Hopefully all of your vegetables are growing wonderfully. As the days warm up we need to be watchful for pest. For best results we want to look at a few areas like the environment, plant selection and rotation.

Environment

The best defenses against pest problems is to keep your plants environment in great condition. A vigorous plant is usually more resistant to diseases and withstands insect attacks. Good environment includes giving your plants proper spacing, soil, drainage, water, light and nutrients.

Plant selection

To avoid insect and disease problems plant selection can really help. Don't plant those plants that are known to be prone to insect or disease problems. Instead, use plants that are adapted to our climate and are naturally resistant to plant disease problems. Use plants that have been bred and selected for insect and disease resistance. If you have plants that constantly seem to have something attacking them despite your best efforts, consider removing them and replacing them with plants that you have found to require less care.

Rotation

In vegetable gardens and annual flower beds that are replanted year after year, crop rotation is important. Planting the same type of plants in the same beds can cause a buildup in the soil of disease organisms that use that plant as a host. Plant different things in your garden in different places whenever possible.

Notes From The Agent ... Paulette Cooper CEP

I recently returned from the National Rural Development Conference for Extension Professionals and want to share a little of the perspectives and information that was shared at the conference. The theme of the conference was "Rural Connections, Creating Sustainable Communities in a Changing America." There were several "White Papers" included in the booklet from the Western Rural Development Center. One in particular was on "An Entrepreneur Based Economy". The Article written by Myra Moss and Bill Grunkemeye states that in their findings, entrepreneurship is emerging as the engine of economic growth and job creation in communities throughout the nation. They found that nationally communities have developed skills in attracting and retaining established businesses, but few understand the importance of building local and regional capacity to create and foster an environment that is entrepreneur-friendly. They believe that in a business environment, where high growth entrepreneurs can choose to start up and build their businesses almost anywhere, the community with leadership that understands its crucial role in supporting entrepreneurship has a clear advantage.

Another paper of interest related to “Diversity, Change and Social Justice and was written by Maurice Dorsey. He writes that “Diversity and Social Change begins with You! Do you know who you are? If yes, how do you know? He defines how one can use one’s self as an instrument of change in their presence, influence, and intervention skills at the individual, interpersonal, group, organization and systems levels of change. Dr. Dorsey believes that the goal is to achieve self-knowledge and self-management. To bring about a change in you as an individual he goes on to say, means that you should keep an open mind, you must be open to deconstructing self, and you must open yourself to rethinking of self”. In other words, If you always do what you’ve always done, you will always get what you’ve always gotten.”

Diversity and change entails reexamining your position on issues of gender, race, religion, sexual orientation, social class, and other categories of diversity and social justice that are often very uncomfortable, especially when you look in the mirror states Dorsey.

These are just two of the topics of many sessions that were taught at the conference. For more information on these and other sessions taught at the conference you may go to the NACDEP website and look under the 2009 sessions.

ARE YOU READY?

Texas is one of the hottest states in America. Heat kills by pushing the human body beyond its limits. In extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain a normal temperature.

Most heat disorders occur because the victim has been overexposed to heat or has over-exercised for his or her age and physical condition. Older adults, young children, and those who are sick or overweight are more likely to succumb to extreme heat.

Conditions that can induce heat-related illnesses include stagnant atmospheric conditions and poor air quality. Consequently, people living in urban areas may be at greater risk from the effects of a prolonged heat wave than those living in rural areas. Also, asphalt and concrete store heat longer and gradually release heat at night, which can produce higher nighttime temperatures known as the “urban heat island effect.”



To prepare for extreme heat, you should:

- Install window air conditioners snugly; insulate if necessary.
- Check air-conditioning ducts for proper insulation.
- Install temporary window reflectors (for use between windows and drapes).
- Weather-strip doors and sills to keep cool air in.
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings, or louvers. (Outdoor awnings or louvers can reduce the heat that enters a home by up to 80 percent.)
- Keep storm windows up all year.

The following are guidelines or what you should do if the weather is extremely hot:

- Stay indoors as much as possible and limit exposure to the sun.
- Stay on the lowest floor out of the sunshine if air conditioning is not available.
- Consider spending the warmest part of the day in public buildings such as libraries, schools, movie theaters, extension office, shopping malls, and other community facilities. Circulating air can cool the body by increasing the perspiration rate of evaporation.
- Eat well-balanced, light, and regular meals. Avoid using salt tablets unless directed to do so by a physician.
- Drink plenty of water. Persons who have epilepsy or heart, kidney, or liver disease; are on fluid-restricted diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.
- Limit intake of alcoholic beverages.
- Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible.
- Protect face and head by wearing a wide-brimmed hat.
- Check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone.
- Never leave children or pets alone in closed vehicles.
- Avoid strenuous work during the warmest part of the day. Use a buddy system when working in extreme heat, and take frequent breaks.

Remember that heat is something to consider during the summer months in Texas. Be aware of the different conditions that may result such as sunburn, heat cramps, heat exhaustion, and heat stroke. For information about heat related dos and don'ts contact Texas AgriLife Extension at 903-665-2421.

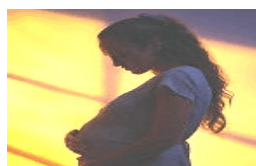
Teen Pregnancy

Teen Pregnancy Data

Number of Teen Pregnancies

Statistic

Number of Teen Pregnancies, Girls 15-19, 2000



Texas

80,050

United States

821,810

The Alan Guttmacher Institute. (2004). U.S. teenage pregnancy statistics: Overall trends, trends by race and ethnicity and state-by-state information. Retrieved February 20, 2004, from www.guttmacher.org/pubs/state_pregnancy_trends.pdf

Number of Teen Pregnancies by Age

Statistic

Girls 15-17, 2000

Girls 18-19, 2000

Texas

28,140

51,910

United States

281,900

539,910

The Alan Guttmacher Institute. (2004). U.S. teenage pregnancy statistics: Overall trends, trends by race and ethnicity and state-by-state information. Retrieved February 20, 2004, from www.guttmacher.org/pubs/state_pregnancy_trends.pdf

Teen Pregnancies is an issue around the national, Texas and in Marion County. Efforts have been made address this issue like abstinent commitments and education at our schools. The Marion County Extension office would like to help with a high impact education program targeted at reducing the accounts of teen pregnancy in Marion County. **If teen pregnancy hits home with you we would like to visit with you.** If you would like to help address this issue here we would like to form a committee for input on this program. If you can help us be more effective don't hesitate every 10 minutes a new born comes from a teenager. Contact Brock Fry or Paulette Cooper at 903-665-2421.

Southern region ag economists to address financial climate via Webcast video

June 02, 2009

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COLLEGE STATION - A Webcast video featuring a group of agricultural economists from the southern region will be available June 12 as a means of helping producers develop strategies to reduce risk during times of economic uncertainty.

"Given the recent economic decline, turmoil in the financial markets and the uncertainty about recovery, we felt this would be a good time to deliver a wide-reaching message," said Dr. Steven Klose, Texas AgriLife Extension Service economist, who will moderate the event. "The message is not only about a couple of immediate topics that will be covered in the one-hour program, but it is also about what we as economists have to offer in Extension education during these trying times."

The June 12 program, Managing Risk in a Turbulent Economy, will be available at 3 p.m. CST from the Auburn Extension host site at <http://wms.aces.edu/accordent/>.

The program will include the following topics:

- A glimpse at what Extension agricultural economics has to offer in helping producers mitigate risk and enhance profitability (Klose).
- Managing in Changing Markets, Dr. John Anderson, Mississippi State University. With opportunities to reduce price risk come many dangers in terms of profit margin risk. Anderson will provide information for producers on what to expect from fluctuating markets and how they should view the commodity markets in which they operate.
- Financial Management, Dr. Danny Klinefelter, AgriLife Extension Service economist. From Wall Street to turn row, the financial market crisis of the last nine months has affected almost everyone. Klinefelter will explain how the markets are connected and what it will mean for producers and their credit situation. He will also tell producers what they can expect and how they should react to upcoming financial challenges.

For more information, contact Klose at 979-845-1138 or email sklose@tamu.edu.



FOR YOUR HEALTH

Living Today for a Better Tomorrow – Older Americans Month 2009

Source: US Administration on Aging

May is Older Americans Month, a great time to bring attention to the issues that affect older adults and create community-wide opportunities to help older Americans improve their quality of life. This year's theme is "Living Today For a Better Tomorrow," and we, as a nation, must work together to give older adults the tools they need to make healthy decisions.

By 2030, one in every five Americans will be age 65 or older. Although the risk of disease increases with advancing age, poor health is not an inevitable consequence of aging. Many illnesses, disabilities and even death associated with chronic disease are preventable.

Nearly 40% of deaths in America can be attributed to poor health habits such as lack of physical exercise, poor eating habits and smoking. Older Americans can prevent or control chronic disease by adopting healthy habits such as exercising regularly, maintaining a healthy diet and ceasing tobacco use.

The benefits of regular physical activity include weight control; healthy bones, muscles and joints; arthritis relief; reduced symptoms of anxiety and depression; and more. Exercise does not have to be strenuous and is safe for people of all age groups. In fact, it's healthier to exercise than eliminate it altogether. Older Americans can greatly benefit from a regular exercise routine that includes strength, balance, stretching and endurance exercises.

In addition to a regular exercise routine, good nutrition is vital in maintaining good health. Improving older Americans' diets can reduce the occurrence of chronic diseases, but most older adults over age 65 do not maintain a healthy diet. Reducing saturated fats and eating a balanced diet of fruits, vegetables, and grains can help out older Americans on the right track to staying healthy.

Tobacco use increases the risk of heart disease and cancer and is the single most preventable cause of death in the United States. Older adults who stop smoking will gain immediate and long-term health benefits.

While it's important for older Americans to have good physical health, it's equally important that they maintain good mental health. Nearly 20 percent of Americans age 55 and older experience depression and anxiety disorders.

Studies have shown that engaging in social activities within the community can greatly improve mental health. In fact, research has demonstrated a strong relationship between volunteering and mental health and that volunteering provides older adults with greater benefits than younger volunteers. Benefits include improved mental and physical health, greater life satisfaction, lower rates of depression and lower mortality rates.

The U.S. Administration on Aging and its National Aging Services Network support a number of successful programs throughout the country that are helping older adults live better today and in the future. These programs keep people independent and out of nursing homes through streamlined access to health and long term care information and options and provide home and community-based systems of services that include the support for family care givers. These programs also encourage older people to remain active and make behavioral changes through the increased use of evidence-based disease prevention programs under the Older Americans Act as well as the use of preventive benefits available under Medicare.

Americans of all ages and backgrounds can celebrate Older Americans Month. Contact your local Agency on Aging and volunteer for activities in your area; promote community, state, and national efforts to serve older adults; and find ways to enrich the lives of older adults who touch your life. Additionally, actively search out ways you can involve your community's older adults in volunteer efforts, allowing them to share their wisdom and energy. By working together, we can improve the health and well being of our Nation's older adults and pave the way for better health as we age.

Retrieved 04 May 2009 from http://www.aoa.gov/AoAroot/Press_Room/Observances/oam/Arc

Pass it on Ok?

--Kitchen Sponges can harbor bacteria and are difficult to clean. If you are a sponge user, e-specially in the Kitchen, replace them frequently with new ones.

--Minimize Cross-Contamination in the kitchen by using paper or cloth towels for surface cleaning. If cloth towels are used, wash them often in the hot cycle of your washing machine.

--With Summer coming on, Drink more water. Water hydrates the body and brain, gives us energy, helps with digestion, and helps us think better and among other great advantages, is needed by cells to maintain life.

--Relaxation is a necessity, not a luxury. It helps us handle life's daily up and downs by relieving stress.

Announcements

– Pesticide Licence Training and TDA Test

Date: June 18, 2009

Location: Kelly Park Community Center Time: 8:00 am – 1:00 pm

Cost: \$10 R.S.V.P. by June 17, 2009

This license allows private applicators to use restricted use pesticides. This training will last 4 hours and a note taking sheet will be given to you. Lunch will be brought in from Riverport BBQ.

Kelly Park is located west of Jefferson on HWY 49 about 4.5 miles. In a big tan colored building. Address is 130 Kelly Park Rd. Jefferson, TX 75657.

If you need further information contact the Marion County Extension office 903-665-2421

--The Marion County Fair is fast approaching and we are planning a big watermelon contest. Individual wishing to participate should began now getting those plots ready and looking at the growing period of the melons so they will be ready by fair time the last weekend in October. We would also like to know who is going to participate so call the office at 903-665-2421 and pre register.

--AARP had their last meeting before September and the Red Hatters really put on a great show. In April, Master Planter Dave Shimic of Shimic Nursery gave us all the information we needed for planting gardens and fruit and vegetable trees. If you missed the session you can find him at the shop on the lake.

Home Canning Workshop Planned

As we approach the opening date of the Marion County Fair, (held the last weekend in October) some of the exhibitors have asked if we would conduct a workshop on food preservation. In an article titled "A Global Look at Some Home Canning Activity Today" A nationwide telephone survey was conducted by the National Center for Home Food Preservation in conjunction with the Survey Research Center, University of Georgia, between October 24, 2000 and January 10, 2001. Interviews about home canning and freezing practices were completed with 501 adults from households randomly selected across the U.S.* some of the results from that study were:

- 27% of respondents reported canning food at home in 1999.
- 48% of these individuals obtained their canning instructions from friends or relatives while 19% consulted cookbooks for the purpose.
- 67% reported using their home-canning instructions "as is", while 29% adapted them for use.
- The most common products canned were vegetables (71% of respondents), followed by tomatoes/tomato products (60%), and then fruits and fruit products (47%).
- 58% of 103 respondents canning fruits and tomatoes used a boiling water canner, 15.5% a pressure canner, and 18% a pressure cooker. A rather high percentage (21%) used the "open-kettle" method (no processing after filling), and almost 4% reported using the oven for "canning" method.
- Many people are using methods putting them at high risk for food borne illness from home-canned vegetables, including botulism. 39% reported using the boiling water canner, 15% the open-kettle method, and 3% the oven.

With these thoughts and safety measures in mind, Extension agent Paulette Cooper along with Cass county agents will be hosting a Canning workshop that will promote a variety of canning methods, new and up to date information on food safety and health hazards and a hands on "test your pressure cooker session. If you are in doubt about why your jams don't jam, your veggies are dark or not sealing and how to prepare the perfect salsa, this workshop is for you. Knowing the perfect jars and filling requirements that will make your product a winner at the fair is ideal for exhibits. The workshop is June 25th starting at 1: pm here at Kelly park. We ask that you call a neighbor relatives or friends and let us make this a winning workshop.

***** There will be a small fee of \$2.00 to cover the cost of the workshop. *****

For more information, contact the Marion County Extension office at 903-665-2421.

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“Improving Lives. Improving Texas.”