

Marion County, Texas



Cooperative Extension Program
Prairie View A&M University



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Quote of the Month

Freedom is not Free!

Programs for June

Northeast Texas Woody Bioenergy Symposium	4,5,6	Jeffersonian Institute
Kid's Fish Day	7	Hurricane Creek
Building Communities Series – Final Class: The Art and Science of Putting It All Together	13	Kelly Park
Bob Bullock Museum Trip – Gladys Jenkins	30	Austin, TX

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Calving during June
by Brock Fry



There are several things to consider when new born calves hit the ground in June. One is observation we want to pay close attention to the cows behavior and watch for signs of dystocia and after the calf is born watch for nursing and colostrum intake is being preformed. Second, is birth weights and physical exams, take some measurements it will payoff in the long run. Watch for behavior and make sure the navel is not infected.

It is a good idea to number your cattle either with an ear tag or notches or tattoo. Some other things to think about is castration or dehorning during the first two months after birth.

So, now that the calf is taken care of, let's talk about the cow. The cow is been through a life event and if she is a good cow will have one every year. These cows have been drained of some of there vital nutrition and so an evaluation of the cows body condition score, utters, feet, and teeth. If they are lacking in any area it may be to your benefit to try and restore these for next years calf or sale the cow while she is still pretty healthy. To better understand what the cow will be getting from forage during the spring and fall we will need to take a soil test of the pasture and hay samples during the fall. Cows need energy to do every day work like forage and find water as well as feed that new calf along her side.

Youth Issues:

by Paulette Cooper

The search is on for Adult volunteers to work with local youth in the 4-H program. Volunteers may serve in a variety of positions they are comfortable with once they are approved through the State screening process. Project, leaders, club managers, Fair volunteers, and other roles are available for Adults who feel they want to give back to their community. This year alone the Texas 4-H Program gave over 2.5 million dollars to outstanding 4-H members preparing to attend various Colleges and Universities for their contributions in project work, community service and leadership. There are also other opportunities youth may apply for, but it takes willing adults volunteering their time to make it happen, as well as the included efforts of Parents. For more information on how to participate please contact either Brock Fry or me Paulette Cooper. For more information from a volunteer contact Mary Spearman who has served as a volunteer for the past 15 years. Her daughter just received one of the Houston livestock scholarships for \$15,000. Vanessa has served as : Local club president, Council president , Secretary and held other leadership positions in the county as well participated in several projects relating to rabbits, goats, chickens, leadership, photography and citizenship. She is also a 2006 Gold Star Recipient and will be attending Stephen F. Austin in the fall.

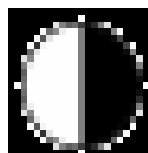
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Texas 4-H State Round up
by Brock Fry

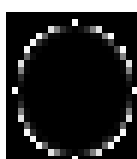


Eva Love Hall has worked very passionately over the past year and half on the presentation she gave at District 5 Roundup this year. The illustrated talk was over Reflex Sympathetic Dystrophy Syndrom a debilitating disease that affects over 1 million people here in the United States. She place second at district, but beat the sox off her competitor in state by placing 5th of 18 students from around the state. Congratulation Eva!

From the Garden



Jun 26
7:11 A.M.



Jul 2
9:20 P.M.



Jul 9
11:34 P.M.



Jul 18
3:00 A.M.

Community Development Issues:

by Paulette Cooper

----The Webinar classes for the community development classes are winding down with the final class to be held on Friday July 11 here at Kelly Park from 10:00 to 11:00 am. The final class is a make up for the April Session. "Entrepreneurship---It's Good for Business, Government and the Civic Sector." The session in June covered "The Art and Science of Putting It All Together. " In this session we learned how and when to support our communities need to have an early success or to take a step back and put a plan in place and we also received hands on and real world information on how to guide a community in making local, sustainable development choices.

----- The City of Jefferson is also offering funds for home repair. Those applying must meet certain guidelines in order to qualify. The guidelines are based on household income, and the number of persons living in that home. Qualifying incomes for 2008 must be at or below \$1,270 for a single person and up to \$2,400 for a family of eight. Total Annual income for a family of eight must be \$28,800 or less. More information can be obtained by calling the City Hall in Jefferson and asking for either City Manager, Jim Gibson or City Secretary Doris Hines at 903-665-3922.

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Northeast Texas Woody Bioenergy Symposium Recap by Brock Fry

On June 4,5,6 2008 an estimated 100 people per day attended series of meetings either the train-the-trainer, a landowners program, or the bioenergy conference. The response was sensational from sponsors to results of the program. Without our Gold level sponsors such as Ag Workers Mutual Insurance, Texas Farm Bureau and Jeffersonian Institute the symposium would not have been possible. During this Symposium Educators in both private sector and public sector gave real research accounts of markets that can strengthen the timber industry and the bottom line of tree producers. The Texas Agricultural Commissioner Todd Staples attend the Conference lunch and talked about the governments role in the process of legislation farm bills that have passed and upcoming important issues upcoming. If you would like some more information about the presentations and information give the Marion County Extension office a call 903-665-2421.

NEWS UPDATE

----AARP/Diabetes: The public is invited to travel with the group on their annual trip to Austin to the Bob Bullock Museum on Thursday July 24th. It will be a fun filled day beginning at the Courthouse parking lot at 6:00 am, traveling to Austin, touring the museum, having the evening meal at Salado, Texas and returning to Jefferson before Midnight. Deposits are due by July 3rd, 5:00pm to Rev. Eugene Murphy, Mrs. Jean Roquemore or to the Marion County Extension Office. For more information, call the office; go to the Marion county Extension website at: marion-tx.tamu.edu

----The Group will also be offering its annual Defensive driving course on August 20th from 1-5 and the same time on the 21. The program will be held at Kelly Park and is open to the public. It is great for those savings on your insurance but is not good for the removal of tickets.

-----The Elderly Care/ Health Resource Conference is coming up and seniors are urged to start getting their papers in order for items or questions they might need help with. We published a

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list of Documents needed earlier for USDA home improvements and will be happy to share that again if needed. The Information Fair is set for September 25th from 11:00 am until 3:00 pm.

Forestry Tour Cancellation

This tour had to be cancelled and will be rescheduled due to a conflict with:

WETLANDS RESERVE PROGRAM TOUR: The East Texas Timberland Owner's Association will conduct a tour of "Last Frontier" Wetlands Reserve Program (WRP) 1,950 acre site on Tuesday June 24, 2008. The tour group will meet in the South parking lot of the Bowie County Courthouse, 710 James Bowie Drive, in New Boston at 9:30 am on Tuesday June 24, 2008 and carpool to the reserve site. Texas Forest Service will have a van for those that want to leave their vehicle at the courthouse. The tour will be looking at hardwood trees planted over the last four years, and wildlife habitat at a WRP site on the South side of the Red River and just NW of New Boston in Bowie County. The WRP is a voluntary program offering landowners the opportunity to protect, restore, and enhance wetlands on their property. **The emphasis of WRP is to protect, restore, and enhance the functions and values of wetland ecosystems to attain** habitat for migratory birds and wetland dependent wildlife. Participants are encouraged to wear hats, sturdy boots, field clothing, and bring along bug spray. A question and answer session will follow this tour. The tour group will return to the Bowie County Courthouse around 3:00 pm. In case of rain on Sunday or Monday prior to the event, the tour will be cancelled due to muddy roads! The East Texas Timberland Owner's Association serves the timber owners of Bowie, Cass, Marion and Red River Counties and we welcome new members. For additional information, contact Charles Snowden, Program Chairman at 903-756-7172 or Fred Winters at 903-639-1267 or Russell Lykins, Linden District Forester at 903-756-5571/5572 or Don Edson, New Boston District Forester at 903-628-2711.

ISSUES ON HEALTH

The Human Immune System

Andrew B. Crocker, Extension Program Specialist – Gerontology Health

The human immune system is the body's defense against infectious organisms and other invaders. The immune system is made up of a network of cells, tissues, and organs that work together to protect the body. In most cases, the immune system does a great job of keeping people healthy and preventing infections; however, problems with the immune system can lead to illness and infection.

The cells that are part of this defense system are white blood cells, or leukocytes. They come in two basic types which combine to seek out and destroy the organisms or substances that cause disease. Leukocytes are produced or stored in many locations throughout the body, including the Thymus gland, Spleen and bone marrow.

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The leukocytes circulate through the body between the organs and nodes by means of the lymphatic vessels. Leukocytes can also circulate through the blood vessels. In this way, the immune system works in a coordinated manner to monitor the body for germs or substances that might cause problems.

The two basic types of leukocytes are:

- Phagocytes – eat invading organisms
- Lymphocytes – allow the body to remember previous invaders and destroy them

The most common type of phagocyte is the neutrophil, which primarily fights bacteria. If your health provider is worried about a bacterial infection, s/he might order a blood test to see if you have an increased number of neutrophils triggered by the infection.

There are two kinds of lymphocytes: B cells and T cells. Antigens are foreign substances that invade the body. Antigens trigger the B cells to produce antibodies, specialized proteins that lock onto specific antigens. Antibodies and antigens fit together like a key and a lock. Once the B cells have produced antibodies, these antibodies stay in your body so that if the same antigen is presented again, the antibodies are already there to do their job. This is why if someone gets sick with a certain disease, that person typically does not get sick from it again. This is also why we use immunizations to prevent getting certain diseases.

Although antibodies can recognize an antigen and lock onto it, they are not capable of destroying it without help. That is the job of the T cells. The T cells are part of the system that destroys antigens that have been tagged by antibodies.

Humans have three types of immunity:

- Innate Immunity – A type of general protection with which everyone is born. Innate immunity includes the external barriers of the body, like the skin and mucous membranes, which are our first line of defense in preventing diseases.
- Adaptive Immunity – This type of immunity develops throughout our lives. Adaptive immunity involves the lymphocytes and develops as we are exposed to diseases or immunized through vaccination.
- Passive Immunity – Passive immunity is "borrowed" from another source and it lasts for a short time. For example, antibodies in a mother's breast milk provide temporary immunity to diseases to which the mother has been exposed.

There are some things that you can do to help keep your immune system strong. The Centers for Disease Control and Prevention (CDC) recommends vaccines against pneumonia and the flu for older adults in addition to routine boosters, like having your tetanus updated every 10 years. For more information on vaccines, talk to your health provider or visit <http://www.cdc.gov/vaccines>.

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Too, because your body may be constantly battling poor health habits, there are some other considerations, besides vaccinations, that may help keep your immune system strong. The top recommendation for a strong immune system is reducing stress. Stress and what happens in your body during stress may negatively impact your ability to remain healthy. The good news is that lowering your stress can help your body maintain both your physical and your emotional health.

Other factors that may help improve your immune system are

2. Sleep – Prolonged sleep deprivation wears down immune protection but getting adequate rest can help boost your defenses. To help give your immune system an extra boost, get seven to eight hours of sleep a night.

4. Exercise – Moderate exercise, like a brisk 30-minute walk, most days each week, has been shown to increase your immunity to disease. However, exercising too much may actually run down your immune system and make you more susceptible to illness.

6. Diet – Vary your diet with lean meats, fish, fruits and vegetables. This may be beneficial to the immune system as well as overall health.

For more information, contact your County Extension Agent. You may also access additional information through the National Institute of Allergy and Infectious Diseases, part of the National Institutes of Health, at <http://www.niaid.nih.gov>.

July

15th, Tuesday Disaster Management Program
Kelly Park Community Center

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29th Tuesday Garden Program

Kelly Park Community Center

August

20th, Wednesday Defensive Driving

Kelly Park Community Center

26th, Tuesday Pesticide Class 2 CEUs

Kelly Park Community Center 6:00 PM

September

9th, Tuesday Leadership Advisory Board Meeting

Kelly Park Community Center 6:00 PM

23rd, Tuesday Hay Show - Dr. Gerold Evers and Clint Perkins

Kelly Park Community Center

25th, Thursday AARP - Elder Care Conference - Agency Vendors, Health and Services

Fair, USDA Housing Program

October

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7th, Tuesday Cattle Raisers Meeting - Chute Side - Dr. Jason Banta

Smith Ranch Lewis Chapel Rd.

16th, Thursday AARP - Gardening: Preparing for the Future Harvest - Dave Shimic, Shimic

Gardening, and Planting Fruit Trees - Brock Fry, Extension Agent

Kelly Park Community Center

28th Tuesday Wildlife Program

Kelly Park Community Center

November

T.B.A. Equine Brood Mares - Dr. Brett Scott

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Kelly Park Community Center

18th, 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 Class, 2 CEUs
Kelly Park Community Center 6:00 PM

18th Thursday AARP - Celebration
Kelly Park Community Center

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“Improving Lives. Improving Texas”