



Extension Education in Fort Bend County

Making a difference
2009

Improving Lives.
Improving Texas.

AgriLife Extension has been dedicated to serving Texans for nearly a century. The agency was established in 1915 under the Smith-Lever Act to deliver university knowledge and agricultural research findings directly to the people. AgriLife Extension programs have continued ever since to address the emerging issues of

the day, serving diverse rural and urban populations across the state.

Through a well-organized network of program specialists, professional educators, and some 98,000 trained volunteers, the Texas AgriLife Extension Service delivers practical research-based knowledge to Texans in all 254 counties. Our expertise and educational outreach pertain to the food and fiber industry, natural resources, family and consumer sciences, nutrition and health, and community economic development. Among those served are the hundreds of thousands of young people who benefit annually from AgriLife Extension's 4-H and youth development programs.

Texans turn to AgriLife Extension for solutions. Its agents and specialists respond not only with answers, but also with resources and services that result in a significant return on investment to boost the Texas economy. The agency custom-designs its programs to each region of the state, relying on residents for input and for help with program delivery.

These are just a few highlights Extension's impacts on Fort Bend County and its people:

Fort Bend County – Summary of Educational Contacts

Total Educational Programs Conducted - 676

Total Participants – 220,003

Contact Hours via Educational Programs – 319,004

4-H Members - 506

4-H Adult Volunteers - 230

4-H Clubs - 21

Curriculum Enrichment Participants – 2,771

Master Volunteers - 264

Extension Education Club Members -55

Office Contacts – 1,262

Site Visits – 1,034

Phone Calls - 5,825

Newsletter/Mail/E-Mail Contacts – 27,555

Web Contacts – 56,300

Radio and Television Programs - 16

News Releases - 236

Cash and In-Kind Donations by AgriLife Extension Supporters and Collaborators - \$80,425



2009 Fort Bend County – Master Gardener Interns

Developed by Shari Koch, Ph.D., Fort Bend County Extension Agent - Horticulture

Relevance:

Fort Bend County's population is one of the fastest growing in the nation. Increased population gives rise to urbanization. Fort Bend County faces a dilemma in creating a definition for itself as either an urban or rural county. In actuality, it has characteristics of both. Fort Bend County encompasses over 560,000 acres. More than 100,000 acres are in agricultural production while the rest is considered urban. Urban homeowners make up over 85% of the population of Fort Bend County making home landscapes an important part of the horticultural makeup. Many of these homeowners are unaware of the consequences of improperly using lawn and garden products, such as fertilizers, pesticides and other treatments. Therefore it is important for Texas AgriLife Extension Service to conduct educational programming to inform the community about acceptable horticultural practices and consequences of improper use of practices.

Response: The Master Gardener program educates participants on sound horticultural practices for use in their home landscapes, with the intent of creating good environmental stewards. This program requires participants attend sixty hours of classroom instruction. The classroom instruction introduces the participants to the basics of horticulture including trees, perennials, landscape design, propagation, turf, entomology and pathology, and the Earth-Kind® approach. The Master Gardener training course spans eighteen weeks with a different topic covered every week. Twenty-eight individuals enrolled in the Fort Bend County Fall 2009 Master Gardener class. The Interns (class members) receive a tremendous amount of education and in return are expected to give back sixty hours of volunteer service to Texas AgriLife Extension Service in order to become a certified Master Gardener.

Results:

A retrospective post evaluation was administered to determine changes in the participants' understanding of environmental concepts relating to horticultural practices. A total of 24 participants completed the survey. See table.

Mean score differences using a Likert scale¹ to reveal perception of knowledge change concerning Earth-Kind Environmental Stewardship increases using a retrospective post evaluation method.

Topic	Before	After	Change	%Change ²
Understanding of how to landscape for energy	2.04	3.39	1.35	66.18%
Knowledge of how to manage your irrigation system	2.17	3.58	1.41	64.98%
Knowledge of rainwater harvesting to conserve water in the landscape	2.08	3.25	1.17	56.25%



Understanding of how landscape design affects water usage	2.37	3.67	1.30	54.85%
Knowledge of soil preparation	2.27	3.50	1.23	54.19%
Knowledge of appropriate plant selection to better conserve water	2.39	3.43	1.04	43.51%
Understanding of how to safely use and handle pesticides	2.25	2.95	0.70	31.11%
Understanding of how to safely use and handle fertilizer	2.57	3.29	0.72	28.02%
Knowledge of how to prepare and use compost	2.60	3.30	0.70	26.92%
Understanding how to use mulch more effectively	3.04	3.71	0.67	22.04%

1Likert scale is indicated by the following: 1=poor, 2=fair, 3=good, 4=excellent

2Percent change is calculated by the following formula: [(After – Before)/Before]*100

Intentions to adopt.

The following results indicate intentions to adopt practices associated with the Environmental Stewardship program.

- **14 out of 24 (58.3%)** respondents stated they definitely will or probably will adopt Earth-Kind landscape design principles. **4** respondents stated they already adopted these principles.
- **11 out of 24 (45.8%)** respondents stated they definitely will or probably will adopt appropriate mulching practices. **13** respondents stated they already adopted these practices.
- **15 out of 24 (62.5%)** respondents stated they definitely will or probably will adopt plant selection practices based on water conservation. **7** respondents have already adopted these practices.
- **19 out of 24 (79.1%)** respondents stated they definitely will or probably will adopt practices to improve the management of their home irrigation. **5** respondents have already adopted this practice.
- **15 out of 24 (62.5%)** respondents stated they definitely will or probably will adopt practices to modify soil for water conservation. **5** respondents already adopted this practice.
- **15 out of 24 (62.5%)** respondents stated they definitely will or probably will adopt rainwater harvesting practices. **1** respondent has already adopted this practice.
- **19 out of 24 (79.1%)** respondents stated the definitely will or probably will adopt landscape practice for energy conservation. **1** respondent has already adopted this practice.
- **9 out of 24 (37.5%)** respondents stated they definitely will or probably will adopt practices to decrease fertilizer use. **8** respondents already adopted this practice.



- **10 out of 24 (41.7%)** respondents stated they definitely will or probably will adopt practices to decrease pesticide use. **10** respondents already adopted this practice.
- **12 out of 24 (50%)** respondents stated they definitely will or probably will adopt practices to prepare and use compost. **6** respondents already adopted this practice.

Satisfaction.

The following results indicate satisfaction of the participants in the Master Gardener program.

- **21 out of 24 (87.5%)** respondents were mostly or completely satisfied with the program.
- **22 out of 24 (91.7%)** respondents were mostly or completely satisfied with the course materials.
- **23 out of 24 (95.9%)** respondents were mostly or completely satisfied with the location of the program.
- **24 out of 24 (100%)** respondents were mostly or completely satisfied with the accuracy of the information.
- **23 out of 24 (95.9%)** respondents were mostly or completely satisfied with the information being easy to understand.
- **22 out of 24 (91.7%)** respondents were mostly or completely satisfied with the range of topics covered.
- **20 out of 24 (83.3%)** respondents were mostly or completely satisfied with the completeness of the information.
- **23 out of 24 (95.9%)** respondents were mostly or completely satisfied with the timeliness of the information.
- **24 out of 24 (100%)** respondents were mostly or completely satisfied with the instructor's knowledge.
- **23 out of 24 (95.9%)** respondents were mostly or completely satisfied with the helpfulness of the information in making decisions.
- **24 out of 24 (100%)** respondents felt the information provided gave them the ability to make better landscape management decisions.

Future Plans:

The Master Gardener program is a huge success in Fort Bend County. The class will continue to be offered in the Fall of the year. However, with the increase in popularity of gardening and

increased urbanization, the Master Gardener class has become an event that is in demand. Many individuals have expressed interest in the Master Gardener program but simply cannot commit to the class because of work schedules. Therefore, we are investigating the feasibility of adding an evening Master Gardener class in the spring.



2009 Fort Bend County Agriculture Literacy

Developed by: Joe W. Mask, Fort Bend County Extension Agent-Ag and N/R

Relevance

Due to the rapid urbanization of Fort Bend County, it is imperative that Texas AgriLife Extension Service take an active role in educating the younger population about the Importance of Agriculture in their daily lives.

To increase knowledge it is important that we start with pre-school to fifth grade students when teaching about the abundance of Agriculture in the county.

Response

Texas AgriLife Extension Service in Fort Bend County developed and implemented the following programs for 2009 to address the relevant issue of Agriculture Literacy.

- AgriLife Expo (May 2009)-cancelled due to the H1N1 outbreak in Fort Bend County
- AG'tivity Barn (September 2009)

Texas AgriLife Extension Service would like to recognize the partnerships with Fort Bend County Master Gardeners, Coastal Prairie Master Naturalist, Brehm's Feed Store, Needville Feed, Fort Bend County Farm Bureau, Fort Bend County Fair Association, Rosenberg Tractor, Texas Parks and Wildlife, Brazos Bend State Park, Southwest Mobile Dairy, Fort Bend Bee Keepers, Southern Cotton Oil Company, Kunz Farms, East Fort Bend Jaycees, Krogers, Randalls, HEB, Enchanted Gardens, Caldwell Nursery, Landscape Direct, Wal Mart, and The Home Depot.

Results-

A survey instrument was used which included seven questions evaluated using a likert scale 1-5. The instrument also asked questions about gender, grade in school and if they ever participated in a previous Ag Literacy program. The evaluation was conducted post AG'tivity Barn for all students that attended.

Outcome Results

The tables below indicate gender and grade in school of those students that attended the AG'tivity Barn.

65 %	Females
35%	Males

624 participants	Pre-School through fifth grade
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I have participated in a previous Ag Literacy program-**40 % yes, 60% no**

Listed below are the seven questions ask on the post survey.

Agriculture is important in my daily life	94 %	marked completely understood
I learned milk comes from cows	100%	marked completely understood
My cloths can be made from cotton	90%	marked completely understood
I learned that the meat that comes from cows is called beef	96%	marked completely understood



Agriculture and Natural Resources

My shoes are made from leather that comes from beef animals	79%	marked completely understood
Proper nutrition helps me to be healthy	96%	marked completely understood
Rank your overall experience at this event	94%	marked completely satisfied

Respondent rate of 76 % of students that participated in the program

Future Program Actions

Although we see the AG'tivity Barn as a success, I believe the Agriculture Literacy programs are here to stay in Fort Bend County. With the increase in urbanization it is relevant to continue on the same track to offer AG'tivity Barn and AgriLife Expo to educate the young and old alike about the importance of Agriculture in our Daily Lives. The data that was evaluated this year will help in the future programming stage to keep these types of programs improving for our clientele.



2009 Fort Bend County Sustainable Agriculture Series

Plan developed by Major W. Stevenson, Jr., EA-ANR, Cooperative Extension Program - PVAMU, Fort Bend

Relevance:

The sustainability of the small farmer and ranchers in Ft. Bend County as well as other counties in Texas is a major concern of the Cooperative Extension Program at Prairie View A&M University. Limited resource producers are faced with many challenges producing and marketing their products. Through several educational programs, producers will gain knowledge, adopt management practices, and skills that will help them to gain a greater return on their investments that will support their operations.

Response: Goals of the Sustainable Agriculture Series facilitated by the Cooperative Extension Program in Fort Bend County was to developed the following mini-series in a effort to help local producers gain knowledge, as well as allow an opportunity to adopt management practices. An Equine Health Clinic was held in the Fresno Community to discuss equine dentistry and hoof management. Dr. W. C. Baker DVM provided participants with hands on experience, discussing important issues in equine dentistry. Dr. Baker also taught the value of routine veterinary visits and discussed the importance of Coggins testing as a part of equine herd management. The clinic was concluded by Dr. Baker demonstrating how to carefully execute hoof maintenance and care. As part of the mini-series, training on the eradication of Chinese Tallow trees in Fort Bend County was held. During the training, Program Specialist Mr. Hugh Soap with the Cooperative Extension Program discussed the many methods of Chinese Tallow tree eradication. Equipment preparation as well as herbicide mixture and application were discussed for best results in total Chinese Tallow tree eradication. Participants were also reminded to follow herbicides label directions. In addition, participants were enlightened about the Forage Management Calendar for South Central Texas.

Results: Through the Sustainable Agriculture Series approximately 28 farmers and ranchers were reached. Although no formal evaluation was given at the equine health clinic participants received a wealth of information to facilitate the adoption of the taught practices. Based on a retrospective survey completed after the Chinese Tallow tree training (of 9 evaluations completed).

- 88% of participants increased knowledge level of Chinese Tallow trees “substantial”
- 100% of participants learned new ways to eradicate Chinese Tallow trees and will adopt the mention practices
- 100% of participants learned the proper planting dates of forages and will use the calendar dates for planting

Future plans: Sustainable Agriculture Series will continue to be held in Fort Bend County to educate the producers on best practices. Future topics will include beef cattle management and forages as well as proper management of home lawn care, as requested by participant evaluation. Also there will be other equine programs offered where a formal evaluation will be completed to capture the amount of knowledge gained from producers.



2009 Fort Bend County Beef and Forage Programs

Joe W. Mask, County Extension Agent-Agriculture & Natural Resources

Summer Beef Cattle Workshop

The Fort Bend Beef Task Force with the Ag Agents from Texas AgriLife Extension service and the Cooperative Extension Program conducted a beef cattle workshop that dealt with beef cattle trichomoniasis that was presented by Dr. Mike Mabry Texas Animal Health Comm. and chute side manners presented by Dr. Joe Paschal. During the chute side manners program Dr. Mabry conducted a program just for cattle veterinarians to get them certified to check bulls for trich. Participants also had the opportunity to win door prizes donated by local Ag businesses. 36 participants were in attendance

Fort Bend County Fair Commercial Heifer Program

Commercial heifer program was held at the Fort Bend County Fair. Dr. Joe Paschal discussed with the participants heifer selection for the Gulf Coast of Texas. Texas Rep. Charlie Howard was also in attendance at the program. Rep. Howard attends as many Ag programs as his schedule will permit.

24 participants were in attendance

Pesticide Re-Certification Programs

During 2009 The Texas AgriLife Extension Service of Fort Bend County planned and implemented two Pesticide Re-Certification Programs for Private, Non-Commercial and Commercial Pesticide Applicator. Each program was five hours in length to satisfy CEU's for each applicator required by Texas Department of Agriculture.

103 participants were in attendance at the two programs

Private Applicator Training and Testing

Each year we offer private Applicator Testing programs to satisfy the requirements to test for a Texas Department of Agriculture license.

31 participants completed the class with 100% of them passing the TDA test with a mean average of 84

We also provide Private Applicator Training and Testing for the clientele of the Texas Department of Criminal Justice Institutional Division-Central Unit. The participants are enrolled in the Alvin Community College Horticulture Program.

34 participants complete the training with 85 % of them passing the TDA test with a mean average of 76.

2009 Fort Bend County Horse Program

Each year the Fort Bend Horse Program Area Committee with advisement from County Agent plan and implement several horse related events. 2009 was no different events that were held included Connie Combs Barrel Clinic, Reining Clinic, Basic Horsemanship Clinic, 2 Ranch Sorting Clinics and the Stock Horse of Texas clinic and show.

Connie Combs Barrel Clinic had 9 participants

Basic Horsemanship Clinic had 16 participants

SHOT Clinic had 34 participants

2 Ranch Sorting Clinics had a total of 31 participants

Reining Clinic had 16 participants

SHOT Clinic had 34 participants

SHOT Show had 60 participants



2009 Fort Bend County Crop Production

Developed by: Joe W. Mask, Fort Bend County Extension Agent-Ag and N/R

Relevance

Due to the outstanding crop production in Urban Fort Bend County, it is imperative the Texas AgriLife Extension Service take an active role in educating our producers about the benefits of new varieties to increase their bottom line.

The following are the number of acres of crops grown in the county; Upland Cotton 22,762, Corn 16,967, Grain Sorghum 34,787, Soybeans 1,476 and Rice 5,588. These are significant number of acres grown in a county with a population of over 500,000 residents. We want to increase the knowledge of our producers with new data on new varieties in corn and cotton.

Response

Texas AgriLife Extension Service in Fort Bend County developed and implemented the following programs with the help of the Row Crop and Rice Task Forces in 2009 to address the relevant issues in crop production.

- ❖ Rice Conference (February 2009)
- ❖ Row Crop Field Tour (June 2009)
- ❖ Crop Production Conference (November 2009)

Texas AgriLife Extension Service would like to recognize the partnership with Alan and Lisa Stasney for their help planting, maintaining, and harvesting with the variety trials. We would also like to Thank Mr. Jack Wendt for the use of his camp house for crop meeting and tours. We would like to Thank our Sponsors which include Wiese Crop Insurance Tom Kelley, UAP, Rice Tech, Syngenta, and all the seed companies that donated corn and cotton seed for the use in demonstration in 2009.

Results

A survey instrument was used at each event to determine the clientele's knowledge gained on a specific topic as well as their ranking of the overall effectiveness of the speakers on the program. All evaluations were conducted post program.

Outcome Results

- When asked if the participants gained knowledge about new varieties of corn and cotton **100%** said yes.
- Participants were asked if they gained knowledge about the increased yield of different varieties **100%** said yes.
- The participants were also asked if they gained knowledge about the economic impact of using different varieties and **100%** of them said yes.
- When evaluating the speaker's knowledge of a specific topic **94%** marked completely satisfied.
- When evaluating the speaker's effectiveness **96%** of participants were completely satisfied.



Respondent rate at all three programs was 100%, because they participants had to turn in a completed survey to get their CEU certificate.

Future Program Actions

Each year we need to strive to gain new knowledge through variety trials to help producers make informed farming decisions. With the increased urbanization in Fort Bend County it is imperative that farmers make choices that yield them more profit on less acreage. We plan to keep doing the corn and cotton varieties and are planning on adding grain sorghum for the 2010 crop season.



2009 Fort Bend County Green Thumb Seminars

Developed by Shari Koch, Ph.D., Fort Bend County Extension Agent – Horticulture

Response: Fort Bend County has offered the Master Gardener training since 1989 to help educate homeowners on proper landscape management, however, the 60 hours of training and 60 hours of volunteer service are more than many of our residents can accomplish. Therefore the need for an additional educational program that presents similar horticulture basics with less time demands was identified. To address this need, the Green Thumb Seminar Series was developed. The topics for the Green Thumb series include: Fort Bend Yard Care Basics, Plant Growth and Disease Control, Soil and Composting, Trees, Fruits and Vegetables, Home Lawn Care, Plants that Live in Fort Bend, Gardening to Attract Butterflies and Birds, Plant Propagation, Landscape Planning and Renovation and Pests. The presentations are delivered at various locations throughout the county. Presentations are developed and taught by the Horticulture County Extension Agent and Master Gardener Volunteers.

2009 Fort Bend County Green Thumb Seminars

Results: Each Green Thumb Seminar covered a different topic. Over 600 individuals attended the Green Thumb Seminars. Each seminar attracted different individuals looking for information. The seminars focusing on Trees and vegetables were especially well received. Many individuals attended these events and were particularly interested in the best methods to growing their own food, especially vegetables and citrus. Interest was particularly high in production of citrus with a record number of people requesting information about the yearly tree sale which features citrus and other fruits.



2009 Fort Bend County Do Well, Be Well with Diabetes

Developed by Sandra Fry, County Extension Agent - FCS

Relevance:

Do Well, Be Well with Diabetes is a program covering four nutrition and five self-care management topics. The program helps people with diabetes learn the skills needed to manage their disease successfully.

The Issue:

- 9.7 percent (1.7 million) of Texans 18 years and older have a diagnosis of diabetes; another 425,157 are believed to have undiagnosed diabetes.
- In 2008, the number of people diagnosed with type 2 diabetes rose sharply.
- The number of Americans with diabetes is projected to increase 43 percent, growing to 17.4 million by 2020.
- Health care costs now average \$11,744 per person with diabetes, for an annual total cost of \$174 billion in the U.S. – \$116 billion for health care & \$58 billion in lost productivity.
- Men with diabetes miss an average of 11 work days each year; women miss 9 work days.
- Almost \$1 of every \$5 spent on health care is for people with diabetes.
- Currently, only 7 percent of people with diabetes are at recommended levels for blood glucose, blood pressure, and blood cholesterol.
- Poor diabetes management increases health care costs.
- People with diabetes who maintain their blood glucose, blood pressure, and cholesterol numbers within recommended ranges can keep their costs, health risks, quality of life, and productivity very close to those without the disease.

Background:

- Diabetes occurs when the body does not make enough insulin, or the insulin it makes does not work properly.
- While diabetes is not curable, it is manageable.
- Skills needed to effectively manage diabetes are well documented.
- Diabetes education is not readily available.
- Burdens of diabetes mismanagement are disproportionately borne by those with little or no insurance coverage, lower literacy, poor or no English skills, lower educational and income levels, and poor access to transportation.

Severity of the Problem:

- The annual cost of diabetes in Texas is estimated at over \$12.5 billion.
- An estimated 1.7 million adult Texans have been diagnosed with diabetes.
- Texas is projected to have a greater incidence rate and increased costs in the future due to the growing population of Hispanics/Latinos, who are at a greater risk for the disease.

The Educational Program:

- Extension health professionals developed Do Well, Be Well with Diabetes, a low-cost



class series covering nine self-care and nutrition topics delivered in five sessions.

- Class materials include a curriculum consistent with the American Diabetes Association Standards of Care along with overheads, videos, a complete marketing package, and an evaluation program.
- Volunteer local health professionals, with leadership by county Extension agents, use Do Well, Be Well with Diabetes class materials to teach the classes.
- The primary goal of the program is to improve blood glucose management.
- All diabetes classes for 2009 were taught at the Meals on Wheels sites under the auspices of Fort Bend's Meals on Wheels program. Sites included Fresno, Kendleton, Fulshear, Brookshire and Katy. Brookshire was co-presented with the Waller County agent. The Katy site was changed to the City of Katy Senior Center and co-presented with the Harris County agent. A total of 234 people participated in the 26 lessons taught by Extension agents and professionals in the medical field.
- Two lessons were taught using lesson materials from the Cooking with Diabetes curriculum. **Lessons:**

What Is Diabetes

Nutrition - First Step to Diabetes Management

One Diabetes Diet - No Longer the Sole Option

Managing Your Blood Glucose

Nutritional Labels

Diabetes and Exercise

For Good Measure at Home and Eating Out

Diabetes Medicines

Preventing and Managing Complications

Results:

Outcome results are based on participants who have diabetes, attend the nine lessons and submit all forms for documentation. Senior attendance was too sporadic and there were too few attending with diabetes to determine any outcomes. However, clientele attending the lessons showed great interest as a relative may have diabetes or it is a disease that they do not want and want to know how to prevent or delay the onset.

Future Plans:

Diabetes education will continue in Fort Bend County with senior groups and other organizations.



2009 Fort Bend County Food Protection Management

Developed by Sandra Fry, County Extension Agent - Family and Consumer Sciences

Relevance:

Retail food establishments are required by Texas law to maintain a certificate in “Food Protection Management” to show knowledge of safety and sanitation rules and to train fellow employees in the establishment. There are over 500 food establishments in Fort Bend County. Texas AgriLife Extension Service of Fort Bend County shares with the Fort Bend County Environmental Health Department, the responsibility of providing educational opportunities for food service providers.

Response:

“Food Protection Management” is a curriculum developed by Texas AgriLife Extension Service with input from Texas Department of Health and a statewide Advisory Committee and which must follow the Texas food safety and sanitation laws. It is a 12 hour curriculum that includes:

- Know the Facts
- Prevent Biological Contamination
- Physical and Chemical Contamination
- Practice Proper Handwashing
- Purchase Safe Food
- Keep Food Safe in Storage
- Prepare Safe Food
- Serve Food Safely
- HACCP
- Clean Facilities
- Pests and Rodents
- Work with the Inspector

The target audience for this program includes food service providers and other county residents who need or have an interest in completing the course. Food safety certification training was implemented twice in Fort Bend County. There were two participants in the spring training and a third person taking only the test. There were five participants in the fall training.

Results:

After testing in the spring training, two of the three people taking the test passed within the required percentage pass rate and were able to receive their certificates from the Texas Department of Health and Human Services. Results from the testing of the fall class have not be reported.

Future Plans:

Food Protection Management training for the certification of food service employees will continue with the implementation of one training to take place in August 2010.



2009 Fort Bend County Fathers Reading Every Day

Developed by Sandra Fry, County Extension Agent - Family and Consumer Sciences

Relevance:

- Reading aloud to children on a frequent basis is one of the most effective ways to promote early literacy development among young children.
- Strong relationships exist between children's literacy skills, academic performance, and future income potential.
- Children who are read to at least three times a week by a family member are almost twice as likely to score in the top 25% on tests of reading ability than children who are read to less frequently.
- Children who read well in the early grades are far more successful in later years; those who fall behind often stay behind when it comes to academic achievement.
- Only 30% of Texas 4th graders are reading at or above the proficient level.
- When parents are actively involved in their children's education, children are more likely to receive A's, enjoy school, and are less likely to repeat a grade.
- Fathers Reading Every Day is a program within the Partners for Parenting Task Force. The target audience has been Title I schools.

Response:

- FRED is a literacy program designed to increase parental involvement in children's literacy development, with a specific focus on fathers.
- Parents of children enrolled in Head Start, Even Start, schools, and child care centers are presented with information to help them begin daily reading activities with their children.
- Since its inception in 2002, over 7,000 parents and children in more than 77 Texas counties have participated in FRED.
- Fort Bend ISD Title I Parent Involvement Training - promoted FRED to 19 schools, 75 people in attendance.
- FRED was promoted at the Epsilon Omega meeting to 46 participants. Members are teachers in the Lamar and Needville school districts.
- E-mail notification was sent to Lamar CISD and Fort Bend ISD with FRED information. Approximately 7500 hard copy fliers went to Kendleton ISD, Needville ISD and Stafford MSD promoting the FRED program.
- Presented Fathers Reading Every Day at a session of the No Child Left Behind Conference held in Houston. There were 46 parents, para-professionals, teachers and administrators in attendance.

Results:

- Ninety-six fathers/father-figures and children completed the program from Fort Bend County in 2009.
- Statistically significant differences from pre to post were noted in the following areas: the amount of time someone in the family spent reading to their children, the amount of time fathers spent reading to their children, and the amount of time fathers spend with their children.



Family and Consumer Sciences

- When given a chance to express their agreement or disagreement with a series of statements related to the program, adult participants (N = 47) reported the following:

- Got me reading to my child everyday 38.3% (18 of 47)
- Increased the time I spent with my child 66.0% (31 of 47)
- Improved the quality of the time I spent with my child 44.7% (21 of 47)
- Helped me get to know my child better 31.9% (15 of 47)
- Helped me become more involved in my child's education 55.3% (26 of 47)
- Led to improvements in my child's vocabulary 46.8% (22 of 47)
- Led to improvements in my child's ability to count 25.5% (12 of 47)
- Helped my child learn to read 42.6% (20 of 47)
- Increased my satisfaction level as a parent 57.4% (27 of 47)
- Improved my relationship with my child 53.2% (25 of 47)

Future Plans:

This program will continue in Fort Bend County reaching fathers in the Title I schools as well as any other school that requests the program. A training for the Title I schools in the Fort Bend ISD will be held in December 2009 in preparation for the program kickoff in February 2010. A request has been made by Head Start administrators to incorporate the program in the Fathering Initiative. Stafford MSD has indicated an interest in using the program in the primary grades and Lamar CISD schools will continue using the program also.



2009 Fort Bend County Master of Memory

Developed by Sandra Fry, County Extension Agent - Family and Consumer Sciences

Relevance:

Studies show that 80 percent of older adults complain about memory problems, but only 15 percent report them to their health professional. People of all ages complain about forgetting, but older people tend to worry more about forgetting and memory loss. Many things may diminish memory. Increased anxiety about memory loss may interfere with the hippocampus, which puts together new memories and processes them for storage as long-term memories. Regardless of age, memory losses are increased by factors such as inattention, anxiety or depression. Living alone, stress, illness, adapting to the loss of relationships and the negative stereotypes of society all may affect the older person and their memory. Biological and psychological factors may also affect memory. Hearing and vision loss are examples of biological factors that may affect the mind. Also, medical conditions such as hypertension or high cholesterol may play a role in memory function. Physical activity combined with proper nutrition may be able to impact high blood pressure and high blood cholesterol. In addition, higher levels of physical activity may increase blood flow to the brain, which is integral to brain function. While there are changes in memory as people grow older, most people can improve their memory with training and practice. Improving memory, however, requires a belief that change is possible. Studies have shown that older adults were less likely than younger adults to attribute memory function to controllable factors such as using effective strategies. Those elders who did make attributions to these factors demonstrated better performance than their peers who did not see memory as being under their control. Other research demonstrated that older adult memory performance can be improved through external and internal strategy training. Nearly 7% of the population in Fort Bend County is over the age of 65. Since people are living longer, it is more important than ever to learn how to keep the brain functioning at peak levels. The Master of Memory Coalition assisted with the educational presentations of the six lesson series.

Response:

The Master of Memory series was conducted three times in Fort Bend County with 150 people attending 9 meetings during which two lessons were taught each time.

Results:

As a result of attending the educational series in Fort Bend County, participants demonstrated higher confidence levels in their ability to take steps to improve their memory functioning. Similarly, respondents indicated a reduction in negative attitudes related to memory and aging (Item Numbers: 1, 2, 3 and 10). Data also indicated that respondents had a statistically significant increase in their understanding of risk factors that may be controlled to help memory function, including diabetes, depression, hearing loss, and vision loss (Item Numbers: 4, 6, 7, 8, 11, 13, 14). Lastly, respondents indicated an improved understanding of proactive steps they could take to improve their memory (Item Numbers: 5 and 12).

Selected Evaluation Results (Percentages are figured based on the number of persons completing a particular evaluation and are not adjusted for lack of response):

- **65%** reported learning that changes in the way that they do things may help exercise their brains and improve memory.



- **85%** reported learning a memory strategy that they plan to use at home.
- **51%** reported learning nutritional supplements and “memory pills” do not go through the same trials as other drugs and they should discuss taking these with their health provider.
- **79%** reported learning older adults are at an increased risk for medication error because the prescription they are taking may not be evaluated for function on older adults.
- **56%** reported learning changes in vision and hearing may affect memory and the ability to learn.
- **74%** reported learning the difference between delirium and dementia, an important distinction that may prevent misdiagnosis of Alzheimer’s disease or other form of dementia.
- **51%** reported learning many memory problems are treatable and may be reversible.
- **100%** of respondents indicated that after all lessons in the Master of Memory series they felt more confident in their ability to remember.

Selected Demographic Data:

Gender: **69%** Female

31% Male

Age range: **38 – 88,**

x = 70

Future Plans:

Master of Memory series will continue to be offered to the community to educate the elderly and adult children about loss of memory and aging. A goal is to develop Master Wellness Volunteers to assist with the educational process.



2009 Fort Bend County Parenting Connections

Developed by: Sandra Fry, County Extension Agent - Family and Consumer Sciences

Relevance:

Although children are influenced by many different elements in their environment, parents are the primary influence in the lives of their children. Parents' contributions to their children's development are unparalleled, especially during their early childhood years. Research indicates that children who grow up with actively involved and nurturing parents (as opposed to uninvolved parents) reap numerous benefits, including better school performance, increased self-esteem, healthier relationships with peers, healthier sex-role development, and greater access to financial resources. In addition, children who are raised in environments in which parents are fully involved are less likely to engage in behaviors that put them at risk for a variety of physical and mental health problems. Research suggests that quality educational programs can assist parents in developing the skills they need to effectively raise their children. The qualities/skills that are common to effective parents (e.g., unwavering love, sensitivity to a child's needs and feelings, clear and consistent limits geared toward a child's stage of development, firm but not harsh discipline, encouragement of child's emerging independence, parental involvement in child's education, being a positive role model) can be taught through a series of parenting education classes that allow parents the opportunity to discuss and practice the desired skills. Parenting Connections falls under the Partners for Parenting Task Force. Many of the parents attending the classes are referrals from Adult Probation, Court Appointed Special Advocates (CASA), Council on Substance Abuse and Child Protected Services (CPS).

Response:

From January to April, 2009, the Texas AgriLife Extension Service conducted multiple parenting classes in Fort Bend County, including lessons on guidance/discipline, parent-child communication, promoting a healthy self-esteem in children, and child development. Two-hundred and eleven parents and/or other relatives attended the educational sessions. The average age of participants was 29.1 years. Parents who attended the classes had an average of 1.3 children. Fifty percent of attendees were male and 33% were female. Approximately 53% possessed a high school diploma and 14% a college degree. Nearly 10% did not possess a high school diploma. Twenty-four percent of the participants identified themselves as African-American, 30% Hispanic/Latino, 25% Caucasian, and 3% Asian. Thirty percent reported household incomes under \$20K, 14% between \$20-29K, and 28% over \$30K. Twenty-three percent of participants were married (1st time), 14% divorced/separated, 4% remarried, and 42% single. Thirty-eight percent identified themselves as the child's custodial parent, 10% as the non-custodial parent, and 5% as an "other" caregiver.

Results:

Participants were asked to indicate their agreement or disagreement with a series of items related to the parent education classes. Two-hundred and eleven participants completed written surveys (see below for items and participant responses).



Parent Outcomes - Overall (N = 211)*

I learned new information from today's class. 90.5% 9.5%

I will use this information now. 81.5% 18.0%

I will use this information in the future. 90.0% 9.0%

The information presented today was NOT helpful to me as a parent. 18.5% 77.3%

The information presented today will help me become a better parent. 84.8% 12.8%

As a result of attending this class, I feel more confident as a parent. 82.5% 16.1%

Parents who complete the series of four lessons receive a completion certificate enabling them to meet one of the requirements for the referring agency.

Future Plans:

Dates have been established to continue offering the parenting classes. There are relatively few outlets for parents to receive parenting classes. Child Protective Services works closely with us making recommendations for meeting attendance, dates and time for the classes. We have established fairly strict guidelines in an effort to make the parent a more responsible person.



2009 Fort Bend County Walk Across Texas

Developed by Sandra Fry, County Extension Agent - Family and Consumer Sciences

Relevance:

Walk Across Texas! is an eight week program to help people of all ages support one another to establish the habit of regular physical activity. Walk Across Texas! is recognized as a Best Practice Physical Activity Program by the Texas Department of State Health Services.

The Issue:

- 26 % of Texas adults are obese.
- 19 % of Texas children are obese.
- Only 25% of adults and 27% of high school students get regular, moderate exercise.
- 29% of American adults are not physically active at all.

Background:

- Regular physical activity is associated with a longer, healthier life.
- Regular physical activity and controlling weight can significantly reduce the incidence and impact of chronic diseases like heart disease, stroke, diabetes, cancer, high blood pressure, and depression.
- Regular physical activity is also associated with fewer hospitalizations, physician visits, and medications.
- Chronic diseases account for 70% of deaths and 75% of U.S. health-care costs each year.
- Estimated direct costs of obesity and inactivity together account for approximately 9.4% of U.S. health expenditures.
- With regular physical activity, 58% of people with pre-diabetes were able to temporarily or permanently delay the onset of type 2 diabetes.
- Community-wide programs like Walk Across Texas! have been strongly associated with significant increases in physical activity.

Severity of the Problem:

- Texas ranks 8th in the nation as the most physically inactive state.
- Texas ranks 12th as the state with the highest obesity rates.
- Texas ranks 6th as the state with the highest childhood overweight rates.

The Educational Program:

Teams of eight people, school classes, or individuals walk 830 miles across a map of Texas during the eight week period. Components include:

- Visit <http://walkacrosstexas.tamu.edu>
- The program begins by an Extension agent forming a community task force with members from targeted groups such as schools, worksites, churches, etc.
- Plan Kick-Off, Half-Way, and Recognition activities.
- Train site managers, captains, teachers, and other volunteer helpers.
- Register participants.
- Walk for eight weeks.



- Enter mileage on the website.
- Provide recognition for the team walking the most miles and the team reaching the destination (830 miles) first.

Response:

- Fort Bend County government offices - a planning meeting was held with the site coordinator (Human Services)
- Twenty-six teams and individuals for a total of 211 people registered.
- Schools : program was promoted at the School Health Advisory Committee meeting for Lamar CISD in May. An invitation to present at the Physical Education Department back to school in-service for 80 PE teachers and coaches was extended. E-mail notices with information about the Texas AgriLife Extension/Texas Education Agency initiative was sent to all school districts Athletic Department in September.
- A marketing presentation for Delta Kappa Gamma for 30 teachers in August.

Results:

- 212 people participated from Fort Bend County. Team captains submitting all completed paper work were eligible for door prizes and teams who walked the required mileage were also eligible for door prizes at the Celebration event. Certificates were awarded for a team name contest and a recognition certificate was awarded to the site coordinator.
- Potential Economic Impact to the Fort Bend County: If the 124 participants completing the eight-week program continue walking at the same level as during Walk Across Texas!, they have the potential to save a collective \$1,851,007 in future health care costs by avoiding type 2 diabetes and by reducing work absences.
- Thirty-one teams from Sugar Mill Elementary School in Fort Bend ISD participated in the school initiative. Seven hundred thirty-seven students walked over 9000 miles. Each student received a completion certificate. A certificate of appreciation was sent to the PE teacher coordinating the teams.

Future Plans:

Fort Bend County government departments will continue with their involvement in the Walk Across Texas! program. Schools will again be encouraged to register their physical education classes. Other organizations and businesses will be encouraged to develop teams and promote increased physical activity of their employees.



2009 Fort Bend Texas Extension Education Association

Developed by Sandra Fry, Fort Bend County Extension Agent - Family and Consumer Sciences

Mission:

The mission of the Texas Extension Education Association is to work with Texas AgriLife Extension Service to strengthen and enrich families through educational programs, leadership development and community service.

Scope:

Texas Extension Education Association of Fort Bend is comprised of 4 clubs with a total of 55 members. Educational programs hosted by TEEA included: "Healthy Snacks", "Accupressure", "Controlling Backyard Pests", "Quick Meals for One or Two", and "Diet to Help Relieve Arthritis Pain the Natural Way". At their annual meeting, they were trained to teach the lessons: "Medication Management: The Prescription for a Healthier You!", "Paving the Path to Wellness", "What You Need to Know about Pandemic Flu", "Homemaking in the 21st Century", and Personal Traits of Leaders". Besides these lessons, each club may offer other types of educational programming. Educational tours they participated in included: Brookwood and the Co-Cathedral. Over 400 people attended their educational programs.

In addition to the educational programming, they provide community service throughout the county. They provided two scholarships to 4-H totaling \$800 and donated \$300 each to Helping Hands, Fort Bend County Libraries and the Salvation Army. In addition to the monetary donations, members donate materials to Activities Supporting Adolescent Parents (ASAP), Pregnancy Resource Center and Ronald McDonald House.

They contributed over 1000 hours (valued at \$19.51 per hour) to educational programming and community service and over \$1000.00 for other community service and educational programming materials for a total of nearly \$19,000.

Support:

TEEA raises funds through educational programming. One such activity is the "Christmas Countdown". Four educational vignettes are offered throughout the day as well as having a large variety of vendor booths to help you with your Christmas shopping. The annual garage sale is held in late summer and all members contribute to the garage sale items. Fort Bend County Fair is a busy activity for the TEEA members. With over 229 exhibits entered, they share their creativity and association information with other fair goers.



Other Significant Programs

Developed by Sandra Fry, County Extension Agent-Family and Consumer

4-H Sew & Sew Camp

Response:

The 4-H Sew & So Camp was developed to provide an opportunity for youth to learn how to sew. Besides the “sewing” opportunity, participants learn about equipment used in clothing construction, safety in using the equipment, fabric types and properties, and different techniques used in clothing/accessory construction. The camp was five days and was offered twice in Fort Bend County with 20 youth enrolled for each week. Actual number of participants was 39. Participants used a sewing machine, a serger machine, learned how to use an iron, how to knit using a round loom and how to needle felt using a special needle, wool felt and wool roving. For many, all of these were first time experiences. The sewing camp is a team activity. I work with Galveston County for two weeks with their camp and the agent in Galveston County comes to Fort Bend County for two weeks to work with our camp. I had five volunteers assist with the teaching of the activities.

Results:

Fifty-percent of the youth participating in the 2008 camp returned to participate in the 2009 camp. A total of 39 youth completed the sewing camps. On the last day of the camp, the youth participated in a fashion show modeling their pull-on pants and each had an exhibit space that included their notebook, fabric identification box, needle felted 4-H clover, pillow cases constructed using the serger, knitted scarves and their tote bags. Parents and other relatives were invited to the fashion show and enjoyed punch and cake. The participants were given a survey evaluation. I found that they enjoyed the projects, some more than others. Parents were sent a survey evaluation about a month after the camp, and I found that many were still knitting (parents had bought them their own loom) and they were continuing to sew small projects on their own. Some had requested workshops throughout the year, holiday gifts, other things for the youth to do to keep the interest. As a result of those comments, a Winter Workshop is being offered before Christmas for an opportunity to make a gift for mom, grandma or favorite person. The sewing camp will continue in 2010. We had a waiting list in 2008 with a one week camp, a waiting list in 2009 with two weeks of camp and anticipate filling two weeks again in 2010.

Fashions from the Cotton Patch Expo

Response:

Fashions from the Cotton Patch Expo is an event planned by the Fashions from the Cotton Patch Task Force. It is a multi-county, multi-disciplinary Task Force including agents from Fort Bend and Galveston Counties and members of the American Sewing Guild-Houston Chapter. 2009 was the third year for this event that addresses construction skills through modeling of garments, accessories and home decor using 100% cotton fabrics. Participants learn about the agricultural side of cotton through a presentation made by the Fort Bend County Agricultural agent.

Results:

There were 58 participants attending the Expo including 13 models with 17 entries. Awards



consisted of rosettes, sewing machine, serger, electric scissors, and sewing tote. Door prizes and gifts for all attendees were provided by Task Force members. The date for the 2010 Fashions from the Cotton Patch Expo has been set for August 28.

Information Fair

Response:

The Information Fair is an event planned by the Family and Consumer Sciences Program Area Committee. The objective of the event is to provide opportunity for government and non-profit agencies to network and learn what services they provide that will help each other best serve their clientele. 2009 was the third year for the event.

Results:

Vendor participation in 2007 was 35. Vendor participation in 2008 was 22. The committee spent a great deal of time trying to determine the feasibility of an event that was decreasing in numbers. It seemed that it was not going to be a worthy event. The location of the event was changed to the fairgrounds, a fairly well known location. The event grew to 55 vendors. The event lasted for two hours and was considered a great success with the new vendors participating. The event is planned for February 24, 2010 and will provide agency networking time as well as an invitation to the community to visit the vendors.

Partners for Parenting Conference

Response:

Partners for Parenting Conference has been named the Grandparents and Relatives Raising Children for the past three years. The name, day and location were changed this year with the hope that more people would attend. The objective of the conference is to provide relevant information to the participants through speaker sessions and exhibitors that will assist them in raising other children. Topics included "Caregivers Guide to Survival", "Legal Issues", "Caregivers - Take Care of Yourself!", "Starting a Support Group", and a panel discussion of Internal Revenue Service, Social Security and Medicaid representatives. Awards and recognition for the "Pamela Terry Award" and "Significant Family Member Composition Contest" were the culmination of the event. This conference is planned by the Partners for Parenting Task Force.

Results:

Attendees included 2 award recipients; 16 grandparents and relatives; 15 exhibitors; 5 speakers; 11 committee members; 5 other and 6 youth volunteers attending. Not quite the attendance the Task Force had hoped for, but the evaluations showed that the information provided was of high quality and beneficial to them. There were 11 vendors with additional information. The Task Force will be determining the structure of the conference - whether it will be a train the trainer conference or geared to the caregiver for 2010.



Quality Counts

Developed by Dwight D. Callis, County Extension Agent - 4-H

RELEVANCE: Texas has the highest totals in 4-H and FFA livestock projects in the country. In 2006, there were over 89,000 market entries for steers, swine, meat goats, and lambs across the state (Coufal 2007). These figures have constantly climbed over the last decade and into the new millennium. Thus, Quality Counts in Texas has been developed for 4-H and FFA members who participate in these livestock project areas.

Quality Counts in Fort Bend County is an on-going program for 4-H and FFA members exhibiting livestock projects. This included market and breeding projects such as beef cattle, sheep, swine and goats. The purpose of Quality Counts in Fort Bend County is to provide youth the opportunity to learn personal character attributes and acceptable livestock management practices. In Fort Bend County, we have 506 4-Hers in community clubs. Of the 506 members, 300 are involved in livestock projects. Two hundred (200) of these members completed the Quality Counts program. That leaves us with 100 4-Hers that need to complete this program. With the concerns of providing a wholesome product for the consumer and make sure that 4-Hers do the right thing and make the right decisions when feeding and showing livestock, the 4-H Parent Leaders, along with the 4-H Livestock Task Force decided that this program has to continue in this County.

RESPONSE: Texas AgriLife Extension in Fort Bend County offered one leader training and two workshops to train leaders which in turn would train 4-Hers using the Quality Counts curriculum. 4-Hers would receive four-hours of training on Quality Counts to be verified as a Quality Counts Exhibitor.

The training areas included:

- I. Lesson 1. The Purpose of Quality Counts
- II. Lesson 2. The Purpose of 4-H and FFA
- III. Lesson 3. The Purpose of Livestock Projects
- IV. Lesson 4. The Importance of Quality Assurance in Livestock Production

The four-hour long session included activities to support the curriculum. In addition, each 4-H member who attended the Fort Bend County 4-H Livestock Workshop and Livestock Project Check received training on Quality Counts.

RESULTS: This was a year-long program that started with three leaders being trained on the Quality Counts curriculum. These leaders taught Quality Counts to two 4-H Clubs reaching 56 4-Hers. All 56 4-Hers received four-hours of training on Quality Counts Lessons 1 through 4. In addition, these 4-Hers also enrolled in Texas Trail, an online module for Quality Counts that gives an additional two-hours of training. All 56 4-Hers participating in this program had to fill out pre-test and post-test evaluations to be verified as a Quality Counts Exhibitor in Fort Bend County. Leaders noticed a change in 4-Hers' knowledge in both quality assurance and character education in their livestock



4-H and Youth Development

projects. All members who completed this program were awarded a Quality Counts Carry Bag that was sponsored by Frost Bank.

FUTURE PLANS

All responders thought that the Quality Counts Program did increase their knowledge in quality assurance and enhanced their ability to make the right decisions and do the right thing when managing livestock projects. This program will continue in 2010 to help educate new 4-H members in the area of Quality Counts. We will also introduce a new program for adults called "Quality Counts Gold."



2009 Fort Bend County Take A Stand Pilot Program

Developed by: Shelley Pappas, CEA-4-H & Urban Youth Development

Relevance

Conflicts among youth and bullying have been increasing. School districts have been mandated by the Texas Legislature through two bills (House Bill 212 and 283) to adopt and implement a dating violence policy and a discipline management policy. Both bills require training for teachers/staff as well as training/curriculum for youth to address these issues.

Currently, there is no standard curriculum being utilized by school districts. Texas 4-H developed, in partnership with the Texas Rural Mediation Services, a curriculum called Take A Stand! This curriculum addresses both of these issues. This plan was designed for counties who have been selected to pilot test the curriculum and provide feedback on the curriculum and evaluate students using an outcome evaluation instrument. Data and feedback from pilot counties will be used to further fine tune the curriculum for final production.

Response

The curriculum was presented over the course of six classroom meetings. Lessons included: Lesson 1-Keep Your Cool, Lesson 2-A Walk in My Shoes, Lesson 3-A Manner of Speaking, Lesson 4-Get in the Game, and Lesson 5-You + Me = Harmony. I modified and developed activities for each lesson based on lesson objectives. I was able to present more appropriate and relevant activities that better fit the needs of my youth audience. Activities were “hands on” and required each student to participate either individually or as part of a group. The lessons were taught to 15 elementary school students in Fort Bend ISD.

Results

At the conclusion of the program, an evaluation tool was utilized to measure programmatic impact. The evaluation included a measure of the student’s change in knowledge and skills to solve conflict peacefully. Students were evaluated on their understanding of their ability to recognize the need to resolve conflict and whether they anticipated implementing skills learned. Overall program satisfaction was also evaluated. The evaluation tool and averaged results for all participants are as follows:

Part 1	Never	Rarely	Sometimes	Often	Always
a. I can recognize signs of anger in myself and others and know how to control it.	3	2	3	1	6
b. I can accept and understand the consequences of violence	2	2	2	3	6
c. I can explain my point of view to others	1	2	3	1	8
d. I can listen to other points of view	1	3	2	1	8
e. I can compromise to solve a conflict	2	3	3	4	3



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f. I respect others	1	0	3	4	7
g. I practice good manners	2	2	1	2	8
h. I am a good team member when working with a group	3	2	2	4	4
i. I can work with others to make decisions	2	2	4	3	4
j. I can identify ways people are alike and different	1	1	3	2	8
k. I respect customs and traditions of others	2	2	2	2	7
Part 2.	Completely	Mostly	Somewhat	Total	Missing
Overall, how satisfied were you with the program	5	4	1	10	5
Part 3	Completely	Mostly	Somewhat	Slightly	Not at all
a. Satisfaction with activities being enjoyable	10	2	1	0	2
b. Satisfaction with information being easy to understand	1	9	3	1	1
c. Satisfaction with range of topics covered	6	5	2	1	1
d. Satisfaction with instructor's responses to questions	6	4	3	0	2

Note: Values represent percentages.

Overall, results indicate the program was a success and the students gained valuable skills regarding identifying bullies and handling a situation when being bullied. Results also indicate that students have a better understanding of their behavior and can identify situations where they are able to resolve their conflicts effectively. When asked "what was the most important thing learned in the Take A Stand Program", participants stated...

- "What makes me mad"
- "I know when I'm getting angry"
- "Sometimes I hurt people's feelings"
- "Tell the teacher if someone is making me mad"
- "Try to solve the problem."
- "Sometimes it's hard to keep cool."
- "Everyone gets mad, but try to work it out."

Future Plans

I'd like to continue to teach this curriculum at the elementary level. Hopefully I will be able to implement it in more schools and have more students in grades 3-5 participating. In order to accomplish this, I'd like to train more teachers to use the lessons and activities as part of their everyday classroom management practices. I believe this program needs to be delivered to all students, considering the challenges each of them face in school on a regular basis. It is a valuable program, contains an important component dealing with Character Education, and addresses issues that are growing among youth today: bullying, anger management, violence and character building.



2009 Fort Bend County, CEP- Civic Engagement

Developed By: Timothy Sandles, Fort Bend County Extension Agent- CEP (4-H)

Relevance:

With approximately 146,870 youth in Fort Bend County, across Texas many youth reside in communities where youth can get involved in civic and community development opportunities. In many cases, the emerging issue is that young people are faced with limited access to role models with civic responsibility and rebel against exposure to community connectivity and neglect community issues. Throughout numerous communities, volunteering among youth is unpopular and youth and community leader partnerships are sparse. Community youth development is the process of young people and adults working together in partnership to create the necessary conditions that will result in the successful development of young people, their peers, families and their communities. Youth are engaged and empowered in leadership roles and community awareness so that they will become familiar with current issues, community resources, opportunities and other factors influencing the direction of their community's future. The goal is to enhance the ability of young people from rural backgrounds to successfully transition from adolescence into responsible adulthood, economic self-sufficiency and engaged citizenship by building the capacity to create supportive environments.

Response:

With specific focus on the rural communities of Fresno and Kendleton in Fort Bend County, the Engaging Youth Serving Community Project and 4-H was introduced to ignite civic engagement. The goals of Civic Engagement are to provide youth with the knowledge, skills, attitudes and behaviors necessary to live productive, contributing, and fulfilling lives through constructive and encouraging relationships among adults and peers. In addition, Civic Engagement provides an array of youth development opportunities to build competencies to foster youth as partners in their own development and the development of their communities. Community forums were held involving youth in partnership with adults to address community needs. In each community youth and adults agreed to work together in a partnership to improve their community based on addressed issues, attempting to utilize other organizations and stakeholders to increase impact as community capital was increased. 381 contacts were reached through program efforts.

Results:

Fresno - Youth desired to gain more community visibility while fostering a community that rallies around youth and the sport of rodeo as a means to stand guard against gangs, youth violence and other negative deterrents. Through the youth and adult partnership a sign was purchased to welcome visitors to the Fresno Community and through the use of a now annual rodeo camp, community youth were introduced to the sport of rodeo as well as other topics such as the harms of smokeless tobacco. For their hard work, The White House Office of Faith-Based and Neighborhood Partnerships (formally the White House Office of Faith-Based and Community Initiatives) recognized youth for their hard work and diligence with three youth traveling to Washington D.C. to participate in a youth roundtable to discuss their community involvement. Kendleton - A partnership was developed with the FBC Heritage Unlimited Museums to preserve the legacy of community leaders, families and churches of the surrounding area while helping the museum gain notoriety and visibility.



4-H and Youth Development

A Photo Heritage Day was held to petition the community to bring historic items to be logged for potential museum use as well as to simply invite the community out to participate in a day of history preservation and reflection. The event which made the front page of the National 4-H Council yearly publication “Power of Youth” was a huge success. Youth also visited the Children’s Museum of Houston to help provide input to a developing Children’s Corner and recently assisted in the developing of an upcoming FBC Heritage Unlimited Museum promotional video to be presented the museum. Based on a pre/post retrospective survey: Percentages based on 18 respondents to the survey.

Increase in Abilities: (% of respondents reporting ‘Good’ or ‘Excellent’)

- Before (37%) After (95%) – I can organize a group activity.
- Before (47%) After (90%) – I can establish time use priorities.
- Before (37%) After (84%) – I can lead group discussions.
- Before (16%) After (84%) – I can evaluate programs.
- Before (68%) After (95%) – I can work as a team member.
- Before (26%) After (84%) – I can speak before a group.
- Before (32%) After (90%) – I can keep written records.
- Before (32%) After (95%) – I can see things objectively.
- Before (53%) After (90%) – I follow a process to make decisions.
- Before (32%) After (90%) – I can plan programs.
- Before (42%) After (95%) – I can identify resources.
- Before (53%) After (95%) – I can share new ideas with others.
- Before (58%) After (90%) – I can teach others.
- Before (68%) After (95%) – I can meet with others.
- Before (58%) After (95%) – I can relate to people from other cultures and backgrounds.

Outcomes: (% of respondents who ‘Agree’ or ‘Strongly Agree’)

- (93%) – I taught others.
- (84%) – I acted as a mentor to others.
- (63%) – I planned learning activities.
- (95%) – I am more confident in helping others.
- (95%) – I am more confident in myself overall.

Future Plans: Future plans include implementing a civic engagement project in the community of Missouri City in Fort Bend County. Missouri City is a growing urban community which will offer a new youth perspective.



2009 Fort Bend County, 4-H Outdoor Explores

Developed By: Timothy Sandles, Fort Bend County Extension Agent- CEP (4-H)

Relevance:

In an effort to introduce limited resource youth and their families to outdoor education and 4-H, a partnership was formed between The Prairie View A & M University-Cooperative Extension Program and The Texas Parks and Wildlife Department (TPWD). The Prairie View A & M University-Cooperative Extension Program and The Texas Parks and Wildlife Department (TPWD) have a history of collaboration to provide outdoor educational programs to inner city and rural youth. Together we have recognized the need to have children experience the outdoors. We recognize that outdoor programs such as angler education, archery, outdoor cooking and camping encourage lifetime lessons and promote sports that foster family unity and personal growth.

Response:

In Fort Bend County, Kendleton Independent School District and the All American Youth Rodeo Association wrote letters of partnership and pledged to provide meeting space, volunteers and youth to participate in the project. Through a series of camping trips, lessons in angler education and outdoor sports such as archery and kayaking youth and their families delved into outdoor education first hand. Family field days were utilized to engage the whole family and rally around the idea of outdoor education as a family activity. During family field days participants took part in outdoor cooking and identified animal track all while being taught many outdoor safety tips. Texas Parks and Wildlife facilities such as Sea Center Texas and Huntsville State Park provided great outdoor get-a-ways and learning facilities. Through the partnership our goal was to educate youth about natural resources in Texas and provide programming that teaches leadership and life skills hands on. A National Archery in Schools Training (NASP) was even held to introduce areas teacher and community educators to archery education. Through program efforts 2,633 contacts were reached.

Results:

Percentages based on 98 respondents to the survey.

Value of Activity:

- 52% of respondents said that they liked **kayaking** the most regarding the 4-H Outdoor Explores program.
- 18% of respondents said that they liked **outdoor cooking** the most regarding the 4-H Outdoor Explores program.
- 5% of respondents said that they liked **angler education** the most regarding the 4-H Outdoor Explores program.
- 36% of respondents said that they liked **shooting sports** the most regarding the 4-H Outdoor Explores program.

Plans to Adopt: (% of respondents who definitely will adopt the following practices)

- (94%) – continue to explore the great outdoors



4-H and Youth Development

Level of Understanding: (% of respondents who had 'some' or 'a lot' increase in their understanding of...)

- (54%) – angler education
- (55%) – angler safety
- (56%) – basic principal of casting
- (51%) – outdoor cooking safety
- (82%) – Texas Parks and Wildlife and their recourses
- (67%) – ability to perform as part of a team
- (81%) – shooting sports
- (77%) – shooting safety
- (62%) – preserving the environment, nature and its habitats
- (67%) – water and kayak safety

As a result of teachers and community leaders participating in the National Archery in Schools Program (NASP) training and receiving Basic Archery Instructor Certificates, approximately 1272 participants have been engaged in archery education utilizing equipment and training sponsored by the Cooperative Extension Program.

Future Plans: Through output programming, continue to utilize outdoor education as a means to promote extension programs as well as recruit potential learners.



2009 Fort Bend County Emergency Management Workshop

Developed by Vincent J. Mannino, CED-FBC

Relevance

Texas is subject to numerous disasters, whether natural, accidental or intentional. These hazards are somewhat unpredictable. During 2005, Texas experienced the effects of two hurricanes, drought, and numerous wildfires. During 2006 wildfires were the main threat, while in 2007 flooding was widespread and in the news, and in 2008 Hurricane Ike devastated the upper Gulf Coast.

Emergency Management is an organized analysis, planning, decision making, and assignment of available resources to prepare for, mitigate, respond to and recover from the effects of all hazards.

The 2009 Fort Bend Emergency Management Output Plan supports the State of Texas Emergency Management Plan and those of local cities in Fort Bend.

Response

Fort Bend County Emergency Preparedness Workshop was held in Stafford, TX on May 1, 2009. Over 140 attended the daylong event. The morning session included topics of interest to First Responders while the afternoon session included topics geared toward general citizens/homeowners.

Results

A total of 67 participants completed and returned the survey after the morning session, and 49 for the afternoon session. Overall - 100% of respondents were mostly or completely satisfied with the activity. Regarding the content:

- 97% of respondents were mostly or completely satisfied with the information being what they expected.
- 98% of respondents were mostly or completely satisfied with the information being accurate.
- 97% of respondents were mostly or completely satisfied with the information being easy to understand.
- 97% of respondents were mostly or completely satisfied with the completeness of information given on each topic.
- 99% of respondents were mostly or completely satisfied with the timeliness of information given on each topic.
- 94% of respondents were mostly or completely satisfied with the helpfulness of the information in decisions about your own situation.
- 97% of respondents were mostly or completely satisfied with the quality of course materials.



- 97% of respondents were mostly or completely satisfied with the relevance of the examples used.

Anticipated Changes & Economic Impact:

- 91% of respondents plan to take actions or make changes based on the information from this activity.
- 51% of respondents anticipate benefiting economically as a direct result of what they learned from this Extension activity.

Value of Activity:

- 95% of respondents said that the information and programs provided by Extension were quite or extremely valuable to them.
- 99% of respondents would recommend this activity to others.
- 100% of respondents would attend another subject offered by Extension if it addressed a specific need or interest of theirs.

A total of 35 participants completed and returned the survey after the afternoon session. Overall -100% of respondents were mostly or completely satisfied with the activity. Regarding the content:

- 100% of respondents were mostly or completely satisfied with the information being what they expected.
- 100% of respondents were mostly or completely satisfied with the information being accurate.
- 100% of respondents were mostly or completely satisfied with the information being easy to understand.
- 100% of respondents were mostly or completely satisfied with the completeness of information given on each topic.
- 100% of respondents were mostly or completely satisfied with the timeliness of information given on each topic.
- 97% of respondents were mostly or completely satisfied with the helpfulness of the information in decisions about your own situation.
- 97% of respondents were mostly or completely satisfied with the quality of course materials.
- 100% of respondents were mostly or completely satisfied with the relevance of the examples used.
- 100% of respondents were mostly or completely satisfied with the instructor responses to student questions.



Anticipated Changes & Economic Impact:

- 79% of respondents plan to take actions or make changes based on the information from this activity.
- 53% of respondents anticipate benefiting economically as a direct result of what they learned from this Extension activity.

Value of Activity:

- 94% of respondents said that the information and programs provided by Extension were quite or extremely valuable to them.
- 100% of respondents would recommend this activity to others.
- 100% of respondents would attend another subject offered by Extension if it addressed a specific need or interest of theirs.

Level of Understanding: (% of respondents who increased their understanding of . . .)

- (82%) – Hurricane Weather.
- (82%) – Insurance-Information You Need To Know.
- (83%) – Hurricane Disaster Scams.
- (79%) – Tree Pruning before Hurricane Season.

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The demographics of participants are as follows: 66% female, 34% male. Racial breakdown: 17% Black, 17% Hispanic, 57% White, 9% Other. Age-wise we had 2% under age 30, 42% ages 30 to 49, 47% ages 50 to 69, and 9% age 70 or older.

Texas AgriLife Extension Service Fort Bend County

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