





ISSUE 03 • DECEMBER 2020

MAKING A DIFFERENCE

HARRIS COUNTY QUARTERLY NEWSLETTER

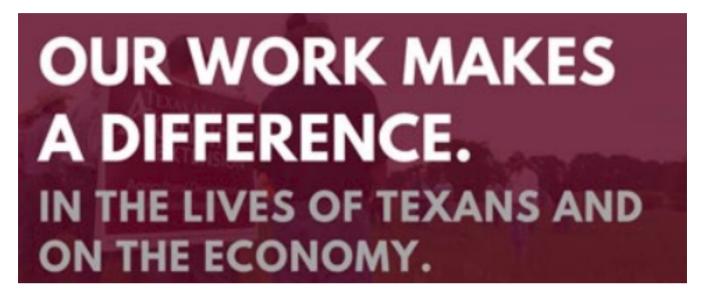






Extension Education in Harris County

Howdy and Welcome to Harris County!



Vision: Help Texans better their lives

Mission: Through the application of science-based knowledge, we create high-quality, relevant continuing education that encourages lasting and effective change.

Capabilities: We provide programs, tools, and resources local & statewide that teach people how to improve agriculture and food production, advance health practices, protect the environment, strengthen our communities, and enrich youth.

Cover Images: Participants in the Senior Fall Planters Event, held at the home of Texas State Representative Alma Allen on November 10, 2020. Article on page 19.

LET'S TALK: A LETTER FROM THE DIRECTOR





Texas A&M AgriLife Extension Service - Harris County



As 2020 comes to a close and I reflect upon the events of this past year, I would be remiss if I did not take a moment and thank you all for your commitment, professionalism, and dedication. The accomplishments that Texas A&M AgriLife Extension Service - Harris County has been able to achieve and the challenges we were able to overcome during these difficult times, are a direct reflection of the great people that make up our team of Extension professionals.

Whether you are a volunteer, paraprofessional, administrative assistant, county extension agent, extension agent, or program assistant, you each play a role in helping us accomplish out mission and meet our goals. The sacrifices that each of you make are truly instrumental in maintaining a strong presence in the communities across Harris County.

It is truly a privilege to serve as your County Extension Director, and I thank you for all that you do. I wish each of you, your families, and loved ones a safe and joyous holiday season, and please accept my best wishes for your continued success in the year to come.

Respectfully,

David D. Wright

County Extension Director – Harris County Texas A&M AgriLife Extension Service









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DISASTER ASSESSMENT & RECOVERY

BY MERRYL HOLMES, DISASTER ASSESSMENT & RECOVERY EXTENSION AGENT

The Disaster Assessment and Recovery Agent (D.A.R Agent) is a position developed to assist local and state governments with ensuring communities are educated through training and activities for planned and unplanned disasters. D.A.R Agents have and will continue to assist with Covid-19 recovery operations.

D.A.R agents have teamed up with Texas Engineering Extension Service (T.E.E.X), South East Texas Regional Advisory Council (S.E.T.R.A.C), local municipalities, and the Texas National Guard to complete all tasks handed down by the State of Texas and the Texas Department of Emergency Management (T.D.E.M). During the beginning of the epidemic, agents assisted the state by helping to provide secure transportation of all Covid-19 tests to labs in Austin, TX. Once testing became more manageable at the local level, agents assisted with personal protective equipment distribution to local first responders, day cares, schools, and health care facilities throughout Harris and surrounding counties.

D.A.R. agents have also assisted with helping school districts with administering rapid Covid-19 tests to students and teachers, ensuring a safer environment within schools. During the Covid-19 epidemic several D.A.R. agents were deployed to assist with assessing damage caused by hurricanes Beta and Delta.

WELCOME TO

MISHA CHAKRABORTY

4-H PROGRAM ASSISTANT

Misha attended Texas A&M University where she obtained a PhD in Education. She is passionate about helping others in need and Extension provides her the opportunity to work with and work for the residents of Harris County and Texas A&M AgriLife Extension's vision of helping Texans better their lives. Prior to coming to Extension, Misha has worked with children, youth and adults in various educational classes, training programs and mental health seminars. In her spare time Misha loves to read, draw and paint.



STEVEN FREDERICK

4-H PROGRAM ASSOCIATE

Steven is a graduate of Texas A&M University with a B.S. in Agricultural Science. Steven's passion is working with and educating today's youth about all facets of agriculture and trying to make an impact in their everyday life. His background has been in the agricultural industry, and prior to starting his new position with Texas A&M AgriLife Extension Services of Harris County, he taught Agricultural Science. In his spare time, he enjoys being with family, the great outdoors, woodworking and traveling.



KRISTINA BROWN

EXTENSION AGENT - BETTER LIVING FOR TEXANS

Kristina graduated from The University of Houston with a B.S. in Human Nutrition, and a M.S. in Dietetics from Sam Houston State University. Kristina pursued a career in nutrition as she loves helping the community create a healthy relationship with food. Extension offered her the opportunity to work directly with the residents of Harris County to provide them nutrition, gardening, physical activity, and education to live their best lives. Kristina's became a Registered Dietitian in March of 2019. She worked as a Clinical Dietitian in a hospital setting and with H-E-B as a contract Dietitian offering nutrition counseling. In her spare time she loves to explore coffee shops, restaurants, baking, cooking and hiking with her husband, Austin, and their red heeler, Lola.



HARRIS COUNTY



AUSTIN SMITH

YOUTH HORTICULTURE PROGRAM COORDINATOR

Austin holds a B.S. in Agriscience Technology with an emphasis on Public Service Leadership from Murray State University. He enjoys playing tennis, camping, and going to music festivals. Loves to travel! He worked with Extension through the University of Kentucky as a Youth Development 4-H Agent. He was very active in 4-H as a teen with focuses being leadership, citizenship, equine, and shooting sports. This lead him to pursue a degree in agriculture and seek a job with Extension.



JADEN KELLY

IMAGINE SCIENCE PROGRAM COORDINATOR

Jaden graduated from the University of Texas at San Antonio (UTSA) where he received a B.S. in Environmental Science. His focus was on Restoration Ecology and Natural Resource Management. He has worked with US Fish and Wildlife at the Aransas National Wildlife Refuge, gaining field experience in habitat management and coastal ecology that can be applied to lessons and projects I create here with AgriLife Extension. In his spare time Jaden does a lot of hiking with his dog Bella, tends his small patio garden, and is also an avid reader.



DARRA CUNNINGHAM

COMMUNITY RELATIONS

Darra holds a Bachelor's Degree in Journalism from Webster University located in her hometown, St. Louis Missouri. She previously worked as a Multimedia Journalist (News Reporter) for ABC 7 Amarillo, STL TV and NTV Houston and has worked as a Marketing Content Producer for NBC in St. Louis. Darra is a member of the Houston Association of Black Journalists and the National Association of Black Journalists. In her spare time she enjoys singing, facetiming family, spending time with her two nieces and working as a Multimedia Journalist for the Atlanta Black Star.

LIVESTOCK VALIDATIONS

by Steven Frederick - Harris County 4-H Program Associate

During the last few months, Harris County has been busy with validations for the major livestock shows in 2021.

Each year, students from across
Harris County purchase livestock
consisting of swine, cattle, sheep,
goats as well as poultry and rabbits.
But, before the youth can show, they
must attend their specific validation.
At that time, the animals are tagged
for identification, have hair pulled for
DNA and nose printed.

Major shows include

- Fort Worth Stockshow & Rodeo
- San Angelo Stockshow & Rodeo
- San Antonio Stockshow & Rodeo
- Houston Livestock Show & Rodeo
- Rodeo Austin

Even with the challenges of Covid, major shows are finding ways to allow kids to showcase their hard work while following CDC guidelines for safety. These shows help the youth learn time management, responsibility, communication skills and much more. In Harris County this year, around 300 head of livestock were validated. We wish the kids the best.





Harris County 4-H Teams

Harris County is offering new teams for youth to participate in at the "Big Time in D-9 Round-Up" on April 29th-May 1st, 2021 as well as Texas 4-H Round-Up on June 7th-10th, 2021. Here is an overview of the teams:



Livestock Judging - Evaluation of market and breeding characteristics in Livestock.

Meat Identification - Identifying the different type of meats like ribeye, flank steak, brisket, and much more.

Poultry Identification - Identifying the carcass of poultry and knowing each part of the chicken. Identifying the different types of eggs and their grade.

Vet Science Skill-a-thon - Identify all different breeds, tools, hands-on skills for Vet Science and some youth may earn their CVA.

Leaders for Life - Parliamentary procedure, how to run a meeting, communication, and life skills. **Ag Product ID** - Youth identify different agricultural products from all over Texas.



Agriculture in the Classroom

by Rashayla Johnson, Harris County 4-H Program Assistant



Harris County 4-H Program
Assistant Rashayla Johnson
implemented the Hatching in
the Classroom (first and second
graders), Ag in the Classroom
(fifth graders), and Path to the
Plate (third and fourth graders)
programs during the month of
October.

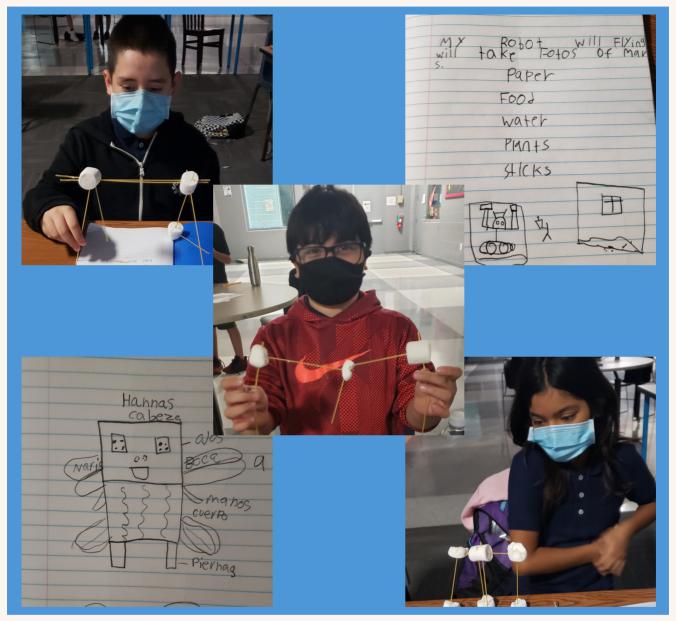
Each Thursday, she met virtually with the students in grades first through fifth grade from Valley West Elementary school. The smallest number of students met with was 91 and the largest number was 157.





Each session, there were five or six teachers on the call as well to help keep the students on task. Reach extended to 360 students. Ms. Johnson stated, "I enjoyed doing this and I am looking forward to starting at Edison Middle School the second week of November."





by Zachary Giblin, Harris County 4-H & Youth Development Program Assistant

Throughout the year, the 4-H department has been working in partnership with the YMCA of Greater Houston, the Boys and Girls Club of Greater Houston, and Girls Inc. through the Imagine Science Grant to provide STEM programming for Harris County Youth.

This fall, the department partnered with four Boys and Girls Clubs to teach youth through an interactive virtual series, **Mars Base Camp**. In this series, youth have been joining in and working together using the engineering process to design their Mars watch towers, sketch prototypes of a Mars rover, and explore the surface of Mars through interactive games. During this, they learn about current Mars missions, scientific facts and definitions associated with Mars, and also talk about STEM related career paths associated with space and planetary exploration.



4-H Livestock Clinics go Virtual

Harris County 4-H is still committed to bringing livestock clinics to 4-H members! Every year we cover all the species in livestock to help the youth better their own project or help them get started in livestock. This past September, Harris County 4-H hosted a beef clinic to the youth. They did not let Covid restrictions deny the youth an opportunity to learn about showing livestock. To maximize course safety for everyone, the clinic was conducted online via Microsoft TEAMS and Facebook live.

"WE WERE ABLE TO REACH OVER 200 HARRIS COUNTY YOUTH ONLINE"





by Brittney Ivey, Harris County Extension Agent

The guest speakers, Seth Hammermeister and Travis Goodrum, covered the basics as well as tips on how to show heifers and steers. They discussed nutrition, daily care, facilities, shows, and showmanship. They brought a wealth of knowledge to the live session and had tons of information for those that tuned in.

The Facebook video reached up to 216 views and had 11 viewers on TEAMS. The audience had time to ask questions of the guest speakers either in the comments or chat box. Those who viewed the entire program agreed they had better knowledge of their own show animals and knew what to do to improve them for the upcoming shows.



Dining at the Dollar Store

A group of Harris County residents now understand that when budgets are tight you can shop at a bargain food store to make your money last.

Dining at the Dollar Store program was given on August 19th, by FCH Agent Amanda Krippel, with twenty participants all eager to gain a better understanding of the types of food offered at Dollar Stores around the city.

Participants gained a better knowledge of the types of food sold, packaged sizing differences, and comparing prices before you shop. All participants went away with a cheat sheet to use at their next grocery store outing.

BY AMANDA KRIPPEL, HARRIS COUNTY FAMILY AND COMMUNITY HEALTH AGENT





HEALTHY HOLIDAYS HARVEST

BY SONJA STUEART-DAVIS

In recognition of National Diabetes Awareness month, Harris County FCH Agent Davis and the Harris Family & Community Health Program Area Committee partnered with UTHealth Physicians and The Willow Partnership to host a virtual Healthy Holidays Harvest on November 12th. The program was developed to provide individuals living with diabetes with information to empower them to remain in control of their blood sugar during the holidays when an overabundance of high carbohydrate foods are consumed.

Topics discussed were meal planning, water consumption, surviving holiday parties, mindful eating, and coping with the Holiday Blues. Better Living for Texans Extension Agents, Jorgensen and Brown conducted live food demonstrations of healthier options for traditional side dishes such as dressing, sweet potatoes, and green bean casserole. Participants really enjoyed the presenters and the information shared to remain healthy in control of their blood glucose during the holiday season.





Fun & Engaging
Diabetes Management Sessions
*Meal Planning
*Mindful Eating
*Coping with the Holiday Blues
*Family Fitness Activities
*Prize Drawing

Thursday, November 12, 2020 10:00 a.m.-12:30 p.m. online

Free! Register on Eventbrite https://healthyholidaysharvest2020.eventbrite.com

WISDOM, POWER, CONTROL VIRTUAL DIABETES EDUCATION

AGENTS SONJA STUEART-DAVIS & AMANDA KRIPPEL



"I have the power to control my diabetes!"

Harris County staff encouraging participants to incorporate movement into their daily lives.

Agents Davis and Krippel conducted a virtual Diabetes Self-Management Series that met twice a week from September 8th- October 1st. The agents were approached by representatives from Methodist Hospital who noticed an increase in hospitalizations related to diabetes. This series was developed to provide information for individuals living with Type II diabetes to manage their blood glucose during the pandemic.

The series was conducted in 8, one-hour sessions during the 4-week period with an average of 20 participants each session. The Teams platform allowed for live interaction and participation between the attendees and the presenters. If participants missed class, they received a YouTube link to view the recorded class to ensure they did not fall behind and allow for questions if they had any during the following class. Weekly sessions provided participants with information on understanding diabetes, knowing the difference between high and low carb foods, blood glucose readings, treating low blood glucose, the healthy plate method, reading nutrition facts labels and carb counts.

Participants set weekly goals and completed homework assignments related to the 7 Diabetes Self Care Steps: eat healthy, move more, check your blood glucose, check eyes, teeth and feet, take medication, see your doctor and manage stress.



FAMILY & CONSUMER SCIENCES

Cooperative Extension Program



CARL WUNSCHE SR. HIGH SCHOOL

2020-2021 MOCK INTERVIEWS

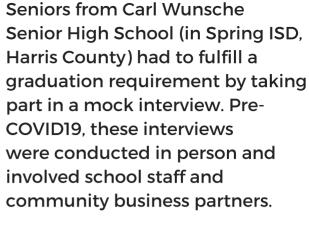
A Virtual Career-Prep Event

7:45AM-2:30PM

ALL VOLUNTEERS WELCOME!

Please use the QR Code to complete our registration form. We appreciate your assistance in preparing our students for the future

CEP Agent Alfredo Alberto meeting with Radames Chun Carl Wunsche Sr. High School Technology & System Engineering Tower Student (right) and Gabriel Mena Carl Wunsche Sr. High School Medical Tower Student (below)



Family and Community Health
Extension Agent Alfredo U. Alberto
from Cooperative Extension
Program, Harris County 4-H Program
Associate Steven Frederick from
AgriLife Extension and Grants
Specialist Maureen R. Harrington
from STUART CONSULTING GROUP,
INC were able to assist this year's
graduating class with their mock
interviews. They met with 15 seniors
via Google Meet.





Over 300 CWHS Seniors were coached online in ways to enhance interview skills and resumes. We are grateful to have been part of this effort and look forward to the next year of mock interview sessions for CWSH Senior Capstone Projects presentations.



Harris County EFNEP launches Weekly Wednesday Recipe Live Food Demonstrations!

by Laura Holt, EFNEP Agent



Harris EFNEP Nutrition Education Associate, Erica Vazquez, hosts a live demonstration for correctly using a food thermometer.

Nutrition Educators from Harris County Expanded Food and Nutrition Education Program (EFNEP) have begun a live, virtual weekly food demonstration and culinary skill series. These live virtual meetings help community members learn easy, nutritious recipes and useful culinary skills from a real-life nutrition educator from the safety of their homes. Demonstrations last approximately 15 minutes. Any community member is welcome to log in and learn! Demonstrations are held every Wednesday afternoon at 2pm (central) via Zoom. And the 3rd Wednesday of each month is dedicated to a recipe or skill that great for kids!

Harris County Better Living for Texans Partners with the YMCA.

HARRIS COUNTY BLT AGENTS LORA JORGENSEN & KRISTINA BROWN

Texas A&M AgriLife Extension Harris County's Better Living for Texans (BLT) program is funded by the USDA's SNAP-Ed program, the Texas Department of Health & Human Services, and Harris County, to bring researchand evidence-based nutrition, health, and wellness education to our community.

As virtual program delivery took the place of face-to-face programming this fall, Harris County BLT Agents Lora Jorgensen and Kristina Brown partnered with The YMCA of Greater Houston to bring three nutrition and wellness programs to the YMCA's ForeverWell senior program. These virtual programs consisted of one hour live educational sessions delivered monthly from September through November on the YMCA's private Zoom platform and covered a wide range of wellness topics.

Food Safety- Avoiding Foodborne Illness, was attended by 45 participants, and taught how to decrease the risk of food poisoning by using the FDA's safe food handling recommendations of Cook-Clean-Separate-Chill.

Focus on Fruits and Vegetables was attended by 36 participants, and explained the health benefits of eating the USDA's recommended daily servings, as well as strategies to get more fruits and vegetables into ones' diet.

Finally, Healthier Holiday Side Dishes, which is scheduled before Thanksgiving, taught participants tips for cooking holiday dishes that include more whole grains, and less sugar, fat, and sodium. A selection of healthier recipes will be shared with participants, just in time for holiday cooking.







Planters Event.

Seniors from Allen's district prepared Fall planters under the instruction of Agent Paul Winski. Mr. Winski taught the seniors the three elements of creative planters: thrillers, fillers, and spillers.

The seniors had a great time learning how to select plants, pots, and soil, as well as design and maintain a Fall Planter.







CHAT WITH GREEN AGGIES SERIES

HARRIS COUNTY HORTICULTURE AGENT: PAUL WINSKI

The "Chat with Green Aggies" is a free, weekly online webinar for the green industry of Texas. The program (weekly multi-panelist webinar) is unique in its multi-discipline holistic approach, specialist-agent-industry collaboration, nationally-known guest panelists, combination of in-depth and informal discussions, and regular consistent delivery of timely topics. With Texas Nursey and Landscape Association being a major industry collaborator, the interdisciplinary team consists of faculty from Horticulture, Plant Pathology, Entomology, Soil and Crop Sciences, horticulture agents from two major metropolitan areas (Tarrant and Harris Co.), and a scientist from a major Industry company. With a combined 60 years of service with Texas A&M AgriLife Extension (out of a combined 90+ years with Extension in general), the Team has become the preeminent source of information on plant-centered topics for the nursery and landscape industry in Texas.

- Chat with Green Aggies has delivered a total of 28 1–2 hour (34.5 hours total) programs to 1,097 attendees, resulting 1,556 contact hours.
- The 'Chat with Green Aggies' Facebook group has 246 members.



PHOTO CREDIT: HARRIS COUNTY MASTER GARDENER, DEB STUTSMAN

Creating School Gardens Workshop

BY BRANDI KELLER, HARRIS COUNTY MASTER GARDENER PROGRAM COORDINATOR

On July 31, 2020, we presented a 3-hour Creating School Gardens Workshop to 89 educators. This was a multi-county collaboration between Harris, Brazos, and Brazoria counties with four speakers and five topics. Gardening continues to grow in popularity with both homeowners and those in formal education. Bringing gardens to schools allows students to learn how to garden, learn where food comes from, and how it can provide nutrition.

There were three main themes to the workshop: planning, planting, and troubleshooting. In the first section, participants learned that proper planning and the presence of a strong support system are key to a sustainable, successful garden. The second section covered a how-to of soil, raised and container gardens, and easy vegetables and herbs to plant. In the last section, we discussed common garden challenges and maintenance. One participant stated, "One of the best workshops I've attended, I would encourage anyone in school/community gardens to view. Great speakers and visual aids."

Speakers included Harris County Master Gardener Program

Coordinator – Brandi Keller, Harris County Master Gardener – Will Isbell,
Brazos County Extension Agent – Skip Richter, and Brazoria County Extension

Agent – Stephen Brueggerhoff.

For more information on youth gardens, click <u>HERE</u>.

Harris County Master Gardener Program



Gardeners

BY BRANDI KELLER, HARRIS COUNTY MASTER GARDENER PROGRAM COORDINATOR

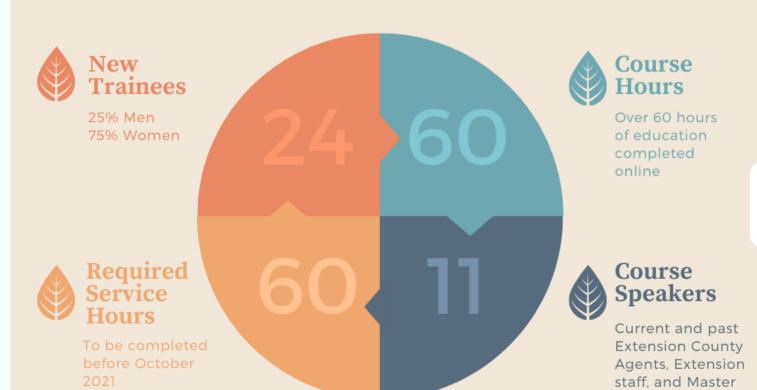
Brandi Keller conducted Harris County's first fully online Master Gardener Volunteer Training in September and October. Master Gardeners are volunteers trained to assist Texas A&M AgriLife Extension in reaching its mission to bring relevant, research-based information in horticulture to the public.

Our 12-week in-person class transitioned to a two-part online training that allowed participants, Extension staff, and speakers to attend from the safety of home. Participants learned about soil, botany, plant disease, pesticide safety, vegetables, woody ornamentals, and much more. Extension volunteers are members of the local community who are enthusiastic, willing to learn, and want to educate other residents of Harris County.

We have a great group this year that are excited to share what they are learning with residents of Harris County.

2020 Master Gardener Volunteer Training - Harris County

FIRST TIME ONLINE



TEXAS LANDOWNERS EDUCATIONAL SERIES

Agent: Shannon Dietz



The Department of Agriculture and Natural Resources for Texas A&M AgriLife Extension in Harris County recently hosted on online educational series focusing on landowner topics. The series titled, "Texas Landowner Educational Series" was conducted over a 5-week span beginning on Thursday, October 8, 2020. Additional classes were held on each following Thursdays at the same time, 1:30 pm - 2:30 pm via Microsoft Teams.

Harris County Agriculture Agent, Shannon Dietz, hosted each session along with invited speakers from agencies who provided researched-based, timely information to the 27 participants. Speakers and their topics included:

- Residential Rainwater Harvesting Teresa See, Harris County Master Gardener
- Ag Valuations and your land Melissa Brodie, Harris County Appraisal District
- Raising Small Ruminants on Small Acreage Ashley Pellerin, Prairie View A&M Extension Service
- Common Aquatic Herbicides Use & Mode of Action Brittany Chesser, Texas A&M AgriLife Extension Service
- Feral Hog Management Dwayne Easley and Dr. Bud Dengis, Texas Animal Health Commission.

All participants had the opportunity to ask questions of the speakers and get additional information at the end of the presentation if they chose to do so. The class ended on Thursday, November 5 and a Qualtrics survey was sent to all participants to determine their knowledge gained, ideas for future class topics, provide me with personal statistical information as well as enter into a drawing for a \$25 gift card.

UPCOMING EVENTS

Click on listings for more information.

5TH ANNUAL TOWN & COUNTRY CEU RECERTIFICATION SEMINAR DECEMBER 10 @ 8:30 AM - 3:30 PM

<u>HOME GROWN LECTURE SERIES — ASK AN AGENT</u> DECEMBER 10 @ 10:00 AM - 11:00 AM

VEGETATION MANAGEMENT CONFERENCE JANUARY 15, 2021 @ 9:00 AM - 3:30 PM

VEGETATION MANAGEMENT CONFERENCE JANUARY 22, 2021 @ 9:00 AM - 3:30 PM

MASTER GARDENER FRUIT TREE SALE SAVE-THE-DATE
JANUARY 23, 2021 @ 9:00 AM - 12:00 PM

MASTER GARDENER FRUIT TREE AND TOMATO SALE SAVE-THE-DATE FEBRUARY 20, 2021 @ 9:00 AM - 12:00 PM

We provide programs, tools, and resources -local & statewide- that teach people how to improve agriculture and food production, advance health practices, protect the environment, strengthen our communities, and enrich youth.

IN COOPERATION WITH ...

Lina Hidalgo, Harris County Judge Rodney Ellis, Commissioner, Precinct 1 Adrian Garcia, Commissioner, Precinct 2 Steve Radack, Commissioner, Precinct 3 R. Jack Cagle, Commissioner, Precinct 4

Making A Difference Quarterly Newsletter

Volume 20, Issue 3 December 2020

TEXAS A&M AGRILIFE EXTENSION
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Website: https://harris.agrilife.org
Email: harris-tx@tamu.edu

Texas A&M AgriLife Extension Service provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas cooperating. Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in any Extension activities, are encouraged to

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PRAIRIE VIEW A&M UNIVERSITY

COLLEGE OF AGRICULTURE AND HUMAN SCIENCES

Cooperative Extension Program

