

JANUARY  
2023

# Making A Difference

HARRIS COUNTY  
QUARTERLY NEWSLETTER



TEXAS A&M  
**AGRI**LIFE  
EXTENSION



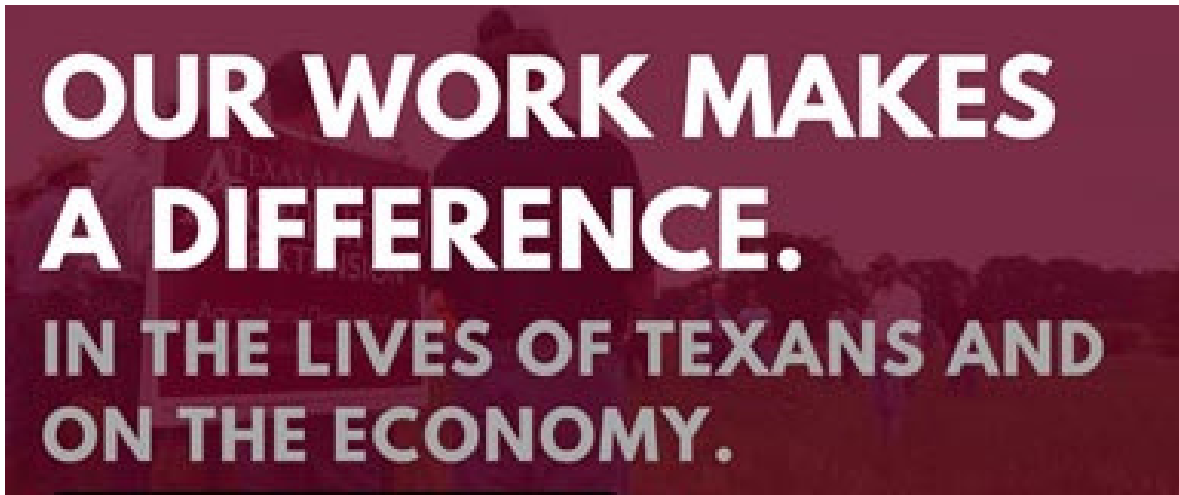
PRAIRIE VIEW  
A&M UNIVERSITY  
COLLEGE OF AGRICULTURE  
AND HUMAN SCIENCES

Cooperative Extension Program



# Extension Education in Harris County

*Howdy and Welcome to Harris County!*



## **MISSION STATEMENT:**

“Texas A&M AgriLife Extension Service works daily to make Texas better by providing innovative solutions at the intersection of agriculture, natural resources, youth, and health, thereby improving the well-being of individuals, families, businesses, and communities through education and service.”

## **VISION STATEMENT:**

“Texas A&M AgriLife Extension Service will be the leader in providing science-based information and solutions in agriculture and health to every Texan.”

## **SHARED VALUES:**

“We value People, Programs, and Partnerships.”

## Harris County Master Gardener Association Reaching more through Diversity and Inclusion

by Lilianna Bauerlein, Harris County  
Master Gardener Volunteer Coordinator

### Start with a Healthy Plant

- Pick one that thrives in same environment as your home.
- Looks count when it comes to plants.
  - Avoid yellow leaves, brown leaf margins, spots or blotching
  - Plants with leaf buds and new growth = superior quality
  - Look for webs, scale spots and other signs of bugs
- Advanced gardeners may enjoy reviving a "rescue"

### 從健康的植物開始

- 選擇一個在與您家相同的環境中可以茁壯成長的植物
- 談到植物，健康的外觀很重要
  - 避免有黃葉、棕色葉緣、斑點的植物
  - 有葉芽和新生長的植物 = 優質的植物
  - 注意蜘蛛網、鱗片斑點和其他蟲子的跡象
- 有經驗的園丁可能喜歡拯救生病的植物



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### Light

Light intensity affects stem length, leaf size and color, photosynthesis and flowering.

- Window Lighting – North provides lowest, East, West, South has highest
- Grow lights compensate for poor natural lighting.

### 光線

光照強度影響莖長、葉子大小和顏色、光合作用和開花

- 窗戶照明——北面最低，東面、西面、南面最高
- 植物生長燈可以彌補自然採光不足的問題

According to the U.S. Census data, more than one-third (44.7 %) of Harris County households speak a language other than English at home. There is a great need for programming in languages other than English, and the Harris County Master Gardeners were ecstatic to fill this gap.

On December 14th, the Harris County Master Gardeners gave an "Introduction to House Plants" lecture to members of the Chinese Community Center. Presenting horticulture topics to community centers, garden clubs, and schools is not uncommon for Master Gardeners, they gave a total of 55 lectures in 2022. What was uncommon about this particular lecture is that it was the first time in Harris County Master Gardener history that the PowerPoint slides used were presented with English text and Mandarin text. Additionally, the lecture was presented in English by Master Gardener, Margie DiGiacomo, and then repeated in Mandarin by Master Gardener, Chevvy Tang. Audience members at the Chinese Community Center were able to see the presentation in their spoken language, hear the presentation in their spoken language, and were able to ask follow-up questions and receive answers in their spoken language.

The Harris County Master Gardeners are excited to continue to expand their reach to diverse audiences in 2023! If you are interested in requesting a Master Gardener speaker for your organization or event, please call our office at 713-274-0950 or email our Master Gardener Program Coordinator, Lili Bauerlein, at [Lilianna.Bauerlein@ag.tamu.edu](mailto:Lilianna.Bauerlein@ag.tamu.edu).





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Norman Borlaug Youth in Agriculture Program





# SAM HOUSTON STATE UNIVERSITY'S WALL OF HONOR AWARD

On November 18, 2022 – our very own David Wright had his name placed on the Sam Houston State University's Wall of Honor. David received this award for his life-long commitment to youth development and for demonstrating to everyone the value of the experiences and education gained at Sam Houston State University and the School of Agricultural Sciences.

Said Dr. Doug Ullrich, Professor, Agricultural Education at Sam Houston State University in Huntsville, Texas – "David has dedicated his life to Urban Development and has countless certifications focusing on leadership and youth development. He has been awarded over \$7.1 million dollars through local, state, and national foundations and government entities since 2008. Throughout his professional life he has focused on youth development with an emphasis on Urban Youth and youth in under-represented populations. Because of his innovative program development, he became the County Extension Director of Harris County and then more broadly the Urban Program Director for all 7 Urban Counties in Texas. It is easy to see how David has become a leader in his chosen profession and he has well represented our university and agriculture program. I am honored to add David Wright to our Wall of Honor."

Congratulations, Mr. Wright, on this well-deserved honor!





# Growing a Vision

*by Katherine Ponce, Harris County 4-H/Imagine Science Program Assistant*

In November, Harris County 4-H staff Katherine Ponce and Steven Frederick accompanied 18 Harris County students to Texas A&M University. They attended the first session of an incredibly unique academic enrichment program offered to outstanding high school students from around Texas, the Norman Borlaug Youth in Agriculture Program. This experience immersed 35 urban and rural youth in solving complex challenges in our state, requiring leaders from both backgrounds to deliver solutions. The Growing a Vision experience is an opportunity offered to youth who want to make a difference in their community and hone their leadership skills.

Texas A&M University professors are supporting students through a multi-faceted educational strategy, paired with instilling proven professional habits, positively impacting the trajectory of this next generation of leaders. The program is divided into three in-person weekend-long sessions with weekly virtual classes in between in each session over six months. Students took part in their first session, "Planting Season" November 11-13.





# Growing a Vision, cont.

During the Planting Season, students began to learn first-hand through workshops covering plant growth and phenotyping, financial literacy, advanced reproductive technologies, atmospheric impacts of methane, a poultry dissection, and more! Participants were also given the chance to meet the Borlaug Family, and hear a firsthand account of who Norman Borlaug was, his legacy, and how he was able to feed millions using his wheat planting method. This session allowed students to begin to address the needs and challenges of Texas' urban and rural communities while learning valuable civic, social, and leadership skills.



Students are looking forward to the upcoming Growing and Harvest Seasons in March and May. The Norman Borlaug Youth in Agriculture Program is sowing the seeds of collaborative relationships in Texas communities and creating the next generation of leaders sharing their stories.

# Livestock Update

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*by Steven Frederick, Harris County 4-H Livestock Coordinator*

During the past few months the Harris County Livestock Program has been busy with many events. Major Show validations for 2023 happened in October and November, 4-H entry nights in November got entrants signed up for the 2023 shows, and turkey and broiler pick-up for the stock shows in 2023.

For the 4 families showing in 2023, it is a lengthy and arduous process to pick up the broiler chicks and verify each individual wing band. Harris County 4-H works with the Texas A&M Poultry Science department to pick up and verify each wing band on each chick that each family has ordered. Once the process is completed, the families can take their broiler chicks home with them and provide excellent care for the broilers until they return to a major livestock show in 2023 (Houston, san Antonio, San Angelo, etc.) to show off their hard work!





## Falling Back in Love with Me – Senior Event

BY SONJA DAVIS, HARRIS COUNTY FAMILY & COMMUNITY HEALTH AGENT

The Harris County FCH Unit, in collaboration with the Family & Community Health Program Area Committee, held its annual senior event on November 9th at the Prairie View A&M University Northwest Center. Participants attended general sessions including self-care and setting boundaries, wills and power of attorney, identifying scams, and Medicare 101. Concurrent sessions offered were line dancing, drumming to the beat, and digital games. The event ended with a powerful message on “I Got This”, presented by Abneishia Cecil, LPC and a former agent. In addition to great information, participants left with a box of fresh produce, donated by Target Hunger, a fall photo, and a message to show grace this season, not only to others but to themselves as well.



# Matter of Balance

*by Amanda Krippel, Harris County Family & Community Health Agent*

Family and Community Health Agents Amanda Krippel and Dr. Sonja Davis completed an 8-week Matter of Balance (MOB) program in partnership with Lonestar College Academy for Lifelong Learners - Tomball Campus. MOB enables participants to reduce their fear of falling by learning to view falls as controllable, setting goals to increase activity levels, making small changes to reduce fall risks at home, and exercising to increase strength and balance. The curriculum included group discussions, role-play activities, assertiveness training, and home safety evaluation and participants learned to get up and down safely.



TEXAS A&M  
**AGRILIFE**  
EXTENSION  
  
FAMILY &  
COMMUNITY HEALTH





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# STREET GRACES YOUTH LEADERSHIP ACADEMY

Prairie View A&M University  
Cooperative Extension Program  
Family & Community Health Agent Alfredo Alberto



Alfredo Alberto, PVAMU CEP Family and Community Health Extension Agent, led Street Grace's Youth Leadership Academy (YLA) in Spring ISD. The purpose of Street Grace YLA groups is to end Commercial Sexual Exploitation of Children (CSEC) by positively impacting the next generation's view of healthy sexual relationships and protect them from predators seeking to sexually exploit them. Street Grace has developed comprehensive curriculum and trainings covering many topics that parents, schools, and youth groups do not generally feel comfortable discussing. Examples: sex trafficking, pornography, internet/phone safety, safe boundaries, and what to do if you suspect a friend is in trouble.

Over the span of three months, we trained and graduated seventeen YLA students. Each student received 6 hours of community service hours. We trained them on the importance of character, mental health, attitude, mentorship, and stewardship. We culminated the program with a community action project by passing out flyers and raising awareness of CSEC during all lunch periods. We were honored to hear the story of a survivor who was trafficked at the age of 14 and did not return home until the age of 17 when the person that bought her brought her home.

Currently, the National Human Trafficking Hotline reported 50,123 signals (i.e. calls, texts, and chats) that came in for the state of Texas for 2022.

Program Contributors include:

- Lykethia Collins, MA Career Technology Education Legal Studies Instructor for the Criminal Justice Pathway
- Cynthia Rivera, Street Grace Director of Outreach-Texas office
- Mari Mamou, Founder of P.A.T.E.S Public Awareness and Training Education for Survivors
- Christopher Umanzor and Ahmadrick Lewis, AgriLife and Prairie View A&M University volunteers
- Prairie View A&M University Wellness in Houston; from the College of Juvenile Justice & Psychology, Program Coordinator Shannon Bloodsaw and Extension Associate Cheikh Jackson



# Heroes for Health

by Prairie View A&M University Cooperative Extension Program  
Family & Community Health Agent Te'Anna Donaldson

Family and Community Health Agent Te'Anna Donaldson was able to reach hundreds of youth with the Heroes for Health Series. Agriculture students at Roberson Middle School attended the series which was conducted throughout the Fall semester.

The Heroes for Health program and curriculum is designed to engage youth in healthy lifestyle choices through healthy eating habits and increased physical activity. The Heroes for Health Program also provides the opportunity for youth to gain leadership skills through our Heroes for Health Ambassador training program. Through lessons on grains, reducing sugar and fats, drinking water, and how to properly read labels, students gain a wealth of knowledge to make healthier choices. Participants were also able to enjoy the healthy yet delicious snacks through food demonstrations following each lesson.





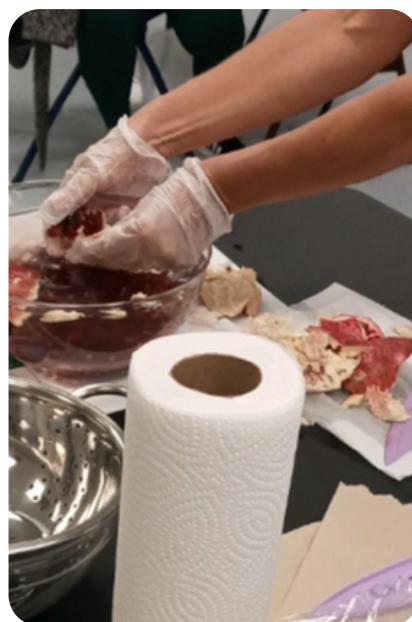


## Healthier Holidays!

The Harris County Better Living for Texans program focused on Healthier Holidays! Agents Kristina Brown, Jasmine Carey, and Lora Jorgensen teamed up in November and December to deliver healthy holiday topics and recipe demonstrations to Collaborative for Children, JW Peavy Senior Center, Lee College in Baytown, West End Multiservice Center Senior Program, Cavalcade Community Center, and El Franco Lee Community Center.

At some sites, recipe demos were incorporated into the BLT program series, and at other sites, a single education session was delivered that focused specifically on healthier holiday side dishes and cooking tips. The lessons included MyPlate nutrition, holiday food safety, and recipe makeovers. Recipes that were demonstrated included healthier versions of holiday favorites such as Mashed Sweet Potatoes, Twice Baked Sweet Potatoes, Honey Mustard Green Beans, Horchata, and Cran-Orange Swiss Chard. Additionally, the agents demonstrated proper onion chopping, pomegranate preparation, winter squash tips, and different ways to prep greens.

105 participants benefitted from the programming and were given a packet of recipes that would pair well with holiday meals. Participants at each program were given an educational reinforcement item to promote healthy habits at home. Items included a divided plate, a nutrition magazine, and a refrigerator thermometer.



# Girls Inc. Bold LeadHERS Summit Oct 2022



by Harris County EFNEP Agent Khadija Ghaffar

**EXPANDED FOOD AND NUTRITION  
EDUCATION PROGRAM**

Imagine Science grant partnership is a collaboration between Texas A&M AgriLife Extension Service, YMCA, Boys & Girls Club, and Girls Inc. to provide STEM education opportunities to youth. Girls Inc. had requested our participation at their Bold LeadHERS summit in Oct 2022. Over 100 girls came from Houston and San Antonio to attend this summit and hear from experts in STEM, fitness, financial literacy, health & wellness, and entrepreneurship. Strong, Smart and Bold tracks were selected.

EFNEP decided to provide a session on the "Smart" track. Khadija Ghaffar, EFNEP agent, provided a session titled "Be Smart". Information was given on how to make healthy and balanced meal choices, selecting better options by reading "Nutrition Facts" on the food labels, food safety basics, and to be active daily. Videos were shown to highlight the basic knife skills. A healthy recipe of "Corn and Bean Salsa" was demonstrated.



Girls were then divided into mini groups. Each group was assigned ingredients, measuring cups, measuring spoons, cutting boards, and plastic knives to recreate the recipe and practice all the skills learned. They all did proper handwashing, putting on aprons and hairnets before they started. They followed the recipe card instructions. They chopped all the vegetables, measured the ingredients, and mixed them in a mixing bowl.

All the girls that participated enjoyed making the recipe and trying it! Their teacher came to help and shared that she found our session very informational and interesting. She asked me to share our contact information so she could offer it to her students at the school.



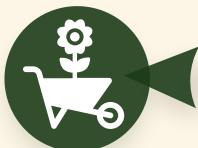
# TRAINING OUR VOLUNTEER WORKFORCE

HARRIS COUNTY MASTER GARDENER  
VOLUNTEER TRAINING 2022

★ 46 ★

## Participants

agree to serve 60 hours  
each over 12 months in  
Harris County communities



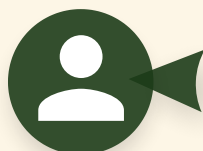
## Master Gardener Training

- 12 weekly classes
- 70 hours of instruction by AgriLife Extension Specialists, Agents, and Volunteers



## Training Delivery

- Hybrid instruction
- Online & In-Person from College Station & Harris Co.



## Speakers

- 14 Extension Specialists, Agents, and Master Gardeners



200

HOURS SERVED

Sept - Dec 2022



16

TOPICS

- Pesticide Safety
- Water Conservation
- Vegetable Gardening
- Turfgrass
- Woody Ornamentals
- and More

## 2021 Master Gardener Training Graduation

2,500

Hours served  
Sep 2021 -  
Oct 2022

31

New volunteers  
as of Jan 1st  
2023



2,700 hours donated

\$80,865

Value to Harris  
County and  
AgriLife Extension



*by Shannon Dietz, Harris County Agriculture & Natural Resources Agent*

## HARRIS COUNTY ANR OFFERS PRIVATE PESTICIDE APPLICATOR LICENSE CLASSES

Harris County Ag Agent, Shannon Dietz, working in partnership with Texas Department of Agriculture and Texas A&M AgriLife Extension Service, is again offering anyone who wants to get a private pesticide applicator license the opportunity to do so. The classes were put on hold during the Covid-19 pandemic, however, with restrictions being lifted, classes have resumed at the Harris County AgriLife Extension Office. Attendees pay a fee of \$45 to receive required books along with information on how to register for the test and other pertinent information to prepare for the test. The class consists of online videos instructing participants on how to handle emergency chemical spills, entomology, application methods, calibration, weed and brush identification and control among other useful information. Participants can either view the videos by appointment at the Harris County office or Shannon can provide on-site training for employees. To schedule, contact Shannon Dietz at [Shannon.dietz@ag.tamu.edu](mailto:Shannon.dietz@ag.tamu.edu).

## TEXAS LANDOWNERS EDUCATIONAL SERIES PROGRAM

Thirteen participants successfully completed the Texas Landowners Educational Series which was held over a series of 6 monthly meetings. The class offered a mixture of field trips and onsite guest speakers, all providing valuable information on possible farm start-up opportunities. Partners in this series included Harris County Appraisal District, Prairie View A&M International Goat Research Center, Texas A&M AgriLife Extension Service, USDA Farm Service Agency & Natural Resources Conservation Services, and Capital Farm Credit. This educational opportunity introduced and taught current and interested landowners rights and responsibilities that come with owning land and seeking a possible ag exemption. Participants are already looking to attend the next learning series to start in Summer of 2023. For more information check the Harris County ANR Facebook page to keep up with all current and future events <https://www.facebook.com/HarrisCountyANR>.



# IN COOPERATION WITH ...

**Lina Hidalgo,  
Rodney Ellis,  
Adrian Garcia,  
Tom S. Ramsey,  
Lesley Briones**

**Harris County Judge  
Commissioner, Precinct 1  
Commissioner, Precinct 2  
Commissioner, Precinct 3  
Commissioner, Precinct 4**

**Making A Difference Quarterly Newsletter  
January 2023**

## **TEXAS A&M AGRILIFE EXTENSION SERVICE**

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**Email: [harris-tx@tamu.edu](mailto:harris-tx@tamu.edu)**

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife..



# TEXAS A&M AGRI LIFE EXTENSION



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