

January/  
February  
2011

# AG & FAMILY CONSUMER SCIENCE NEWS

## CRITICAL COUNTY ISSUES

We need your help! We all want our community to thrive and we would like to provide educational programs that meet the needs of the county. Over the next 3-5 years, what do you think are the most critical issues affecting your county in:

- Agriculture and Natural Resources
- Families and Health
- Youth
- Economic & Community Development

The Texas AgriLife Extension Service has a rich history of providing educational programs that address the most critical issues within our county. We would appreciate if you would complete a survey or use the online survey at: <http://extensionissues.tamu.edu>. The online survey should take you no more than 10 minutes to complete, and will provide us with valuable insight into the issues facing citizens in Franklin and Delta County. Your opinion is highly valued in our community, so we truly hope you will take a few minutes to participate.

The online forum is currently open, and will remain open for input until midnight on March 13 (Day Light Savings Time begins). The link to the survey is prominent on the County websites, but should you have any problems, please contact the Extension office.

Check out the Extension Websites:

<http://franklin-tx.tamu.edu/>

<http://delta-tx.tamu.edu/>

If you would rather complete a survey off-line, we have copies in the Extension office or we will send you one.

Thank you for taking a few minutes to help chart the course for your Extension programs.

\*\*\*The last page has some sample critical issues.



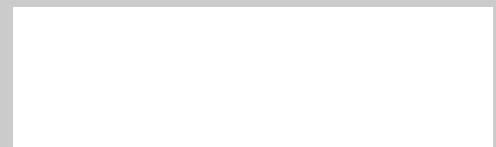
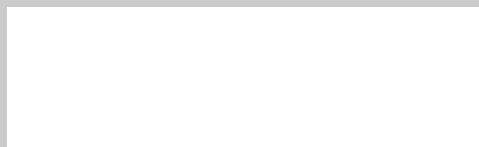
**Franklin County**  
210 N. Kaufman St.  
Mt. Vernon, TX 75457  
903-537-4017  
<http://franklin-tx.tamu.edu>

**Delta County**  
200 West Dallas Ave.  
Cooper, TX 75432  
903-395-4400 Ext. 230  
<http://delta-tx.tamu.edu>

### COUNTY AGENTS

**Michael Berry-AG/NR**

**Lou Ann Rollins-FCS**



## CLUB NEWS

### DELTA COUNTY FAMILY CONSUMER SCIENCES CLUB

The Delta County FCS Club met on the first Monday of January at the Civic Center . **Barbara Parmley** and **Jim Beach** from Texas Parks and Wildlife shared information about State Park research they were working on. **Marva Sansing** prepared snacks made from her herb garden. The next meeting will be February 7th 2:00 at the Civic Center. **Dolores Jackson** will present the program, "Indian Code Talkers".



### FRANKLIN COUNTY FAMILY CONSUMER SCIENCES CLUB



In November, FCS member, **Jean Patterson**, provided us with a very, very interesting program. She shared pictures and stories about how she raises wild animals of all kinds so they can hopefully go back into their natural environment. In December the Study Club gathered and donated items to the Women's Clinic, Safe-T, and to the Terry Haven and Mission Manor Nursing Homes. The estimated value of the items donated was \$1,100. Due to extreme cold and snow the January's meeting was canceled. The next meeting will be February 8th, 1:30 at the Senior Meal Center.

## FAMILY ISSUE SUMMIT

**WHAT:** Six Ways to Health & Wellness by **Dr. Anna Love**

Lunch Keynote Speaker **Judi Ketchum**

Breakout Sessions include:

**The Healthy Kitchen**-Healthy Meal Planning

-Healthy Grocery Shopping &  
Healthy Holiday Foods

**Building Dollars\$ and Sen\$e**-Insuring Against Risks

-Investments and Resources



**WHEN:** Thursday, March 24

**TIME:** 9:00 AM-3:00 PM

**WHERE:** Southlake, TX

Contact the Extension Office for  
more information.

**REGISTRATION:** \$15, includes lunch, and materials



# SPRING AND SUMMER PASTURES

While many of us are just trying to cope with the cold weather, now is the time to plan and take action for this spring and summer pastures. This is a good article by David Annis from the Noble Foundation.

## **New Year's Pasture Resolutions**

by [David Annis](#)

A new year! Each January we make New Year's resolutions with the best of intentions. Of course, we all promise to eat better and exercise more, but have you ever given any thought to making resolutions about your pastures? Let's plan now to practice better pasture management this year. Assuming a good stand of introduced forage (such as bermudagrass), most of our management decisions for pasture forage production revolve around fertilizer, weed control and weather.

Most of us would like to spend the smallest amount of money on our pastures and get the greatest return on our investment. Therefore, let me tell you about a great, money saving secret for pasture fertilization: soil-test and fertilize your pastures according to the soil test recommendations. Rank your pastures according to productivity, and spend your fertilizer dollars on the highest yielding pastures first.

For those of you who apply a 17-17-17 or complete fertilizer each year without having a current soil test, you may be spending way too much. Why purchase nutrients if your soil is capable of supplying the necessary nutrients to the plants? Soil tests usually run around \$10 to \$15, not counting your time and effort.

As an example, if your soil analysis shows adequate potassium and you've been applying a complete fertilizer all these years, you will save money by not applying this nutrient. That money can be spent on other projects around the ranch or farm.

One of the important parts of the soil test is your yield goal. If you provide a soils consultant with a realistic yield goal for your pastures, they can better determine how much fertilizer to recommend. You'll still need Mother Nature to help you out with timely rain and seasonable temperatures, but you will have done everything in your power to stack the odds in your favor. A word of advice on yield goals: If the pasture has never achieved the yield goal that you write down, you most likely will not achieve your goal no matter how much fertilizer or rain you receive. I also encourage you to use either the [Noble Foundation's soil testing service](#) or a university lab for your results and recommendations.

Weed control in late January and early February is another often overlooked decision point. If you have a problem with thistles in your pastures, consider an application of about 1 quart per acre of 2,4-D amine formulation while the thistles are still in the rosette stage. When the thistles are in the rosette stage, they can be easily and inexpensively controlled with 2,4-D. The rosette stage is the vegetative stage of the thistle before it "bolts" or puts up a stem and seed head in the spring. Once the thistles start to bolt, it's all over.

Weather is the most consistently uncertain factor we have in agriculture. We can only say for certain that it will be cold in winter and hot during the summer. Most of us in agriculture are optimists - we believe that we will have an average year with average rainfall. Regardless, you won't get the forage production you expect if you don't have the fertilizer on your pasture when the rain arrives.

In summary, if you haven't had a soil test on a pasture in the past three years, take one. If you have thistles, control them in the very early spring. Finally, have fertilizer on the pasture before the rains come.



## THE POWER OF A HEALTHY WOMAN



The Power of a Healthy Woman: Breast Cancer Awareness Luncheon was held on Thursday, October 21st at Delta Country Club. Approximately 50 people attended the pink event.

Guest Speakers were: **Chris Tobin, RN, MSN, CFNP** from Texas Oncology. She is a genetic specialist and she provided us with valuable information on cancer. Local survivors, **Bonnie Thomas** and **Judy Silman** shared their personal cancer stories.



The menu included Deluxe Chicken Salad, Broccoli Salad, Fruit Salad and Strawberry cake with pink icing. The tables were decorated with white tablecloths, pink napkins and flowers, and we had fine china.

Special thanks to **Delta FCS Study Club** members, **Willie Faye Bowen**, **Lynda Bourn**,

**Sandy Sairego**, **Brittany Sartain-Rollins**, and **Amanda Scott** for all their hard work helping sell tickets, prepare food, decorating, serving, etc.



**Cooper Home Health, Inc**, **Lowery Medical Supply**, **Cooper Community Health Clinic** and **Texas AgriLife Extension Service** provided informative booths.

## LIVING WELL WITH AN ONGOING CONDITION

Do **YOU** or a family member have an on-going medical condition? It may be asthma, high blood pressure, COPD, arthritis, diabetes, stroke, and even maintaining a healthy weight!

We have a **6 week program** to help you to improve your health--one step at a time.

How Will This Help ME? You will learn effective ways of coping and managing your health by:

- Setting do-able goals
- Problem-solving
- Depression management
- Muscle relaxation
- Managing Stress
- Pain/Fatigue management
- Working with your healthcare team

### UPCOMING CLASS SCHEDULE

**WHEN: Monday, March 7 TIME: 2:00-4:00 PM**

**Classes will be on Mondays for 6 weeks.**

**WHERE: Delta Civic Center**

**Limited Space so register SOON! Contact the Extension Office for more information!**

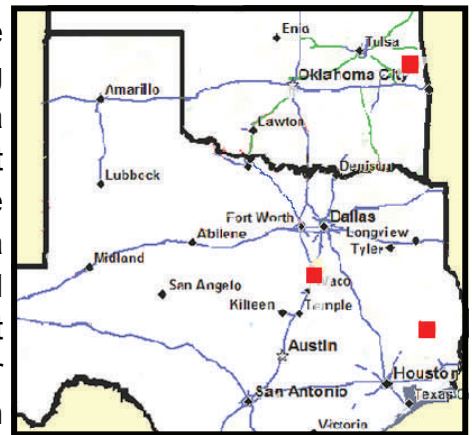
**FREE!**

## WILD TIMES FOR AGRICULTURE

Crazy weather and crazy markets, that pretty much sums up the last year in agriculture. Weather patterns across the world have had major impacts on prices U.S. producers are receiving for their products. Just about every commodity has been near or surpassed record highs in the last few months. Improving living conditions in many countries has also increased demand for quality agriculture products produced by U.S. farmers. The last year has shown that U.S. agriculture is very much affected by the world market. Most crop producers were already aware of this and now the rest of us are realizing just how much the world market affects our operations. So hang-on and enjoy the ride.

## HAULING CATTLE ACROSS STATE LINES????

Many of you haul your own cattle to out of state markets like Oklahoma City and Hugo. I have heard of many folks being stopped in the last few months. According to Oklahoma Department of Public Safety representatives, Federal law states that anyone crossing any state line hauling cattle or crops for profit are required to have a CDL and all the requirements associated with a CDL. The Troopers I spoke with said there is no guarantee you will not get a ticket for not meeting all the CDL requirements, but that right now they are only giving warnings to producers hauling their own cattle without having a CDL. They did indicate that along with all the typical light and registration requirements, Oklahoma State law requires that you must have safety chains, and functioning breakaway brakes. These state laws are being enforced. It may be wise to work with a livestock hauler; many of them will work with more than one producer to make a full load.



## CATTLE MARKETS HIT RECORD HIGHS



Despite the current prices experts predict that supplies will tighten even more in 2011, this could result in even higher prices. A couple of factors responsible for these high prices include massive herd reductions due to droughts in Texas and other states, continued dispersion by many producers no longer willing to gamble on high inputs and increasing land and lease prices. And, as other countries increase their standard of living the demand for U.S. beef will continue to strengthen. While there is no way to know when the prices will retreat from the current record-levels, it appears prices will remain high at least through 2011. This may be a good year to catch-up on

debt and recover from some of the recent years that were not so good to cow-calf producers. Just remember nothing gets so high it cannot come falling down.

## FREE ATV SAFETY CLASSES



Each year, hundreds of children are injured (and some deaths occur) while riding ATV's. Texas AgriLife Extension Service is proud to announce a new free program designed to teach safe and responsible ATV operation to 4-H children and their family members. The course includes the importance of safety gear, turning, braking, swerving, riding over obstacles, on hills and much more.

**WHAT:** 4-hour Rider Course

**WHEN:** Tuesday, March 15 with Morning and Afternoon Sessions

**WHERE:** Titus County Extension Office

**WHO:** The free classes are open to anyone over the age of 12, including adults.

**COST: FREE;** This class normally costs \$55.00 per child under the age of 16 and adults \$150.00.

**REGISTRATION DEADLINE: Friday, February 25th; Registration is limited--so call now!!**

**Franklin 903-537-4017 or Delta 903-395-4400**

Children age 12-15 must ride an ATV no larger than 90cc. Age 16 and up can ride any size ATV. Safety course participants must wear all appropriate safety gear, including a helmet, gloves and eye protection. At the conclusion of the ATV Safety Institute approved RiderCourse, participants receive a completion certificate that is required for riding an ATV on most public lands in the US.

## UPCOMING AG. PROGRAMS

### EAST TEXAS FORAGE CONFERENCE

Rains County Fairgrounds  
Wednesday, February 23  
9:30AM-3:00 PM  
Cost: \$10.00  
3 CEU's will be offered

### PRIVATE APPLICATOR TRAINING & TESTING

Thursday, March 10<sup>th</sup> 8:00 A.M. - 2:00 P.M.

Delta County Civic Center

Cost: \$6.00

Please RSVP, I need 10 head to make the class.

This will be for folks that do not have a Private Applicator License. It is highly recommended that you buy a Private Applicator Manual and study before the training; these are available at either office.

### ESTATE PLANNING SEMINAR

April 14<sup>th</sup> in Delta County time and location TBA

This will be one program you do not want to miss.

We are very fortunate to get Dr. Hayenga to come and speak. Dr. Hayenga is a Professor Emeritus and Extension Specialist with Texas AgriLife Extension Service. He specializes in business organization and estate and income tax planning. He works extensively with family owned businesses in developing plans for orderly administration and income and estate tax savings methods to pass operating businesses from generation to generation. Dr. Hayenga is a sought after speaker throughout the state and nation and we are very lucky to get him to come to Delta County.

### BEEF PROGRAM

Mr. Doug McKinney will be giving a presentation on beef trends and marketing. Doug came to Mt. Vernon back in the fall and did an excellent program. Everyone will learn something at this meeting. More information coming

## Sweet Potato Cornbread

Servings: 8 & 244 calories per serving

### INGREDIENTS

2 cups self-rising cornmeal  
1/4 c. sugar  
1 t. ground cinnamon  
1 1/2 c. milk  
1/4 c. butter, melted  
1 large egg, beaten  
1 c. mashed, cooked sweet potato



### NOTES:

1. Use self-rising cornmeal mix or your bread will be flat and real hard.
2. You will notice the cornbread recipe has butter and some fat is important in sweet potato-containing meals if you want to enjoy the full beta-carotene benefits of this root vegetable. Butter is not considered a healthy fat, but I have not played with this recipe yet.

### INSTRUCTIONS:

Combine all ingredients, mixing till dry ingredients are moistened. Spoon batter into greased 8 inch cast iron skillet. Bake 20-25 minutes at 425 degrees.

**Most of us think of sweet potatoes only** during Thanksgiving and Christmas holidays, but they are available all year round and have great health benefits. They are antioxidants, anti-inflammatory nutrients, and blood sugar-regulating nutrients.

**Did you know that all sweet potatoes are not orange flesh?** There are about 400 varieties and the skin and flesh of the sweet potato may be almost white, cream, yellow, orange, pink, or deep purple. The yellow-orange flesh is the most common. Sometimes this root vegetable will be short and blocky with rounded ends, like a potato, or it will be longer with tapered ends.

**If anyone has a good recipe for purple sweet potatoes, let me know.** I always like to try new things.

## French Onion Soup

### INGREDIENTS:

2 tablespoons olive or vegetable oil  
2-3 large onions, sliced  
1-2 cloves garlic, minced  
1-1 1/2 tablespoon flour  
2 cups beef stock  
2/3 cup red wine  
1/3 teaspoon dried thyme (fresh thyme is great)  
2 bay leafs  
salt & pepper to taste  
4 slices crusty French bread  
2 tablespoons butter  
2 cups grated Gruyere

Makes  
4  
servings.

### DIRECTIONS:

Sauté onions in oil in Dutch oven over low heat until tender and golden yellow, about 20 to 25 minutes.

Sprinkle flour over onions; cook, browning the flour well. Add stock & wine & bring to boil; add thyme & bay leaf. Reduce heat, cover, & simmer for 20 minutes. Add salt & pepper.

Spread bread slices with butter and toast under the broiler.

When soup is ready, spoon into 4 ovenproof bowls; top each with a slice of toast. Sprinkle cheese on top. Place bowls on cookie sheet & bake in 400F oven for 10-15 minutes until cheese is melted.

### HEATH BENEFIT:

Onions are good anytime but, they can provided substantial relief from the common cold, asthma, bacterial infections, respiratory problems, and cough.

### NOTE:

1. I have not been very successful cooking with wine, so I don't know what kind of wine is best.
2. I usually don't have Gruyere cheese, but I saw on TV where you can combine Swiss cheese & parmesan cheese & get the nutty taste for a lot less.

# 6TH ANNUAL COGGINS & VACCINATION CLINIC



## FRANKLIN 4-H HORSE PROJECT PRESENTS:

**WHAT:** Coggins test-digital w/photo \$20.00, Deworming-\$11.00  
Rabies vaccination-\$8.00, 6-way-\$22.00,  
West Nile vaccination-\$20.00 Save \$2 w/combo 6-way & West Nile

**WHO:** Open to All horse owners

**WHEN:** Saturday, February 12 9:30-noon

**WHERE:** Duke Arena. @ Co Rd. 3285 This is open to all horse owners.  
For more information text or call: 903-204-5420

## CRITICAL ISSUES SAMPLES

Listed below are sample issues listed in the primary Extension program areas, but are not limited to:

### Agriculture & Natural Resources

- Expanded business opportunities in agriculture
- Returning family farms to profitability
- Small/New Landowners need education
- Wildlife Management
- Preserving Natural resources
- Water Conservation/Rights
- Importance of Agriculture education
- Environmental Awareness
- Land Management
- Gardening

### Community & Economic Development

- Community Beautification
- Creating Jobs
- Improved Infrastructure for Agri-Business
- Public meeting location
- Lack of small business assistance
- Tourism
- Lack of Recycling

### Families and Health

- Chronic Diseases
- Lack of Physical Activity
- Growing and Preserving your own
- Child Care/Eldercare
- Grandparent Raising Grandchildren
- Marriage Education
- Nutrition for Families
- Obesity-Youth and Adults
- Diabetes/Cancer
- Health care/Insurance
- Food Safety
- Family Budgeting
- Healthy Indoor Environment/Green Living

### Youth Development

- Youth Leadership
- Underage Drinking
- Educating Kids about Ag/Food Supply
- Livestock Projects
- Lack of Youth Activities
- Drop-out rate
- Basic Life Skills
- Peer Pressure & Bullying
- Teen Pregnancy



Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas