



Extension Changes Lives



in Dallas County

Fall/Winter 2010 Newsletter

EFNEP Program

The Expanded Food & Nutrition Education Program provided a program to 25 program liaisons with Dallas Independent School District, at the invitation of Alrich Smith Learning Community Trainer. The program was held at the Haskell building. A food demonstration was provided. Educational information about the Expanded Food & Nutrition Education Program and Texas AgriLife Extension Service were distributed.

North Texas Master Naturalist Appreciation Ceremony

December 1, 2010 Dallas County Extension Agent, Fred D. Burrell Jr., partnered with the Texas Parks and Wildlife Department and the North Texas Master Naturalist (NTMN) to host a volunteer appreciation ceremony. The event was held at the Trinity River Audubon Center. More than 120 volunteers and guests attended. Forty plus North Texas Master Naturalist (NTMN) volunteers were recognized for their outstanding volunteer contributions. The purpose of the recognition event was to recognize NTMN volunteers for their educational programs, outreach and service to preserve and protect our natural resources to include water, soil, air and wildlife.

The local NTMN chapter consists of more than 125 active volunteers. The thrust of their educational programs are to increase educational awareness for local residents of all ages, through instruction, tours, exhibits, demonstration projects, and other means. NTMN volunteers leverage resources on behalf of Texas AgriLife Extension, Texas Parks and Wildlife Department and Dallas County to enhance public awareness of local ecosystems and natural resource conservation.

In 2010 NTMN volunteers contributed more than 12,660 hours which equal to 6.2 FTEs valued at \$263,961.00. Recognizing volunteers for their contributions is vital to increasing local capacity, leadership and program sustainability.

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Dallas County North Texas Master Naturalist Volunteers

“Diabetes Exchange: Choose Your Foods for Better Control”

A group of approximately 40 Dallas County residents were treated to a presentation by Dr. Mickey Bielamowicz, Professor and Nutrition Specialist, Texas AgriLife Extension Service, Department of Nutrition and Food Science. Dr. Bielamowicz was the special guest of Dallas County Family & Consumer Science Agent, Marvin Young. Dr. Bielamowicz was invited to address the Diabetes Education Awareness and Prevention Program (DEAP) participants as their culminating event to the Diabetes education program presented at Methodist Dallas Health Center by Mr. Young, Ms. Jerri Locke, and Ms. Gloria Cristales. Ms. Locke and Ms. Cristales are employed by Methodist-Dallas’ Senior Access Program which collaborates with Prairie View A&M University/Cooperative Extension Program several times per year in diabetes programming.

As a result of this team event, the 40 participants were treated to healthy food and taught skills on how to choose the best foods for controlling their blood sugar. The main focus of the program was to help participants understand how to count diabetic exchanges in the foods they eat and how to choose or plan daily meals.



Dr. Mickey Bielamowicz, of Texas AgriLife Extension Service addresses Dallas county residents and assists them with healthy meal planning and diabetic nutritional exchanges for people with diabetes.

“Got DEAP”!

In the month of October 2010, Dallas County Cooperative Extension Agent, Marvin Young, successfully completed the DEAP (Diabetes Education Awareness and Prevention) diabetes class series. More than 35 Dallas County residents from two sites (Jackson-Stanfield Health Center and Methodist-Dallas Health Center) received a total of 12 hours of diabetes self-management classes that included healthy cooking demonstrations and a display of simple ways to incorporate physical activity into everyday life. The final classes were also conducted by local medical doctors, Jack Shelton of the Jackson-Stanfield Health Center and Paul Fenyves of Methodist –Dallas where the focus was on Medication Management and Identifying Complications of Diabetes. Additionally, participants have agreed to start walking groups as a supplement to the DEAP program. Pedometers will be provided by Prairie View A&M University/Cooperative Extension Program.

Healthy cooking Demo by: Mrs. Carolyn Frank of PVAM Cooperative Extension Program



CEP Agent-Marvin Young with Ms. Joyce Knight, of Dallas, says the DEAP class gave her a lot of new ideas and information to help her assist her husband who has been diabetic for many years.

Urban Stream Processes and Restoration Workshop

On November 4, 2010 Texas AgriLife Extension Service and Dallas County Department of Public Works Department collaborated to leverage county resources to provide non-biased university based research and best practices pertaining to urban stream restoration efforts in Dallas County. Eighteen participants including Dallas County public works department employees attended the workshop. The six hour workshop was held at the Texas AgriLife Extension Service office, 10056 Marsh Lane, Dallas. The workshop included a field site visit to Joes Creek.

Urban streams in Texas have been deteriorating due to the increased imperviousness from development and channel modifications (straightening and lining) that have been done through the years for flood control and water supply. Instability in river banks has resulted in erosion and land loss, flooding and water quality problems in receiving water bodies. The most prevailing restoration practices include gabions, concrete lining and riprap. The thrust of the workshop was to educate engineer’s scientists and decision makers how to restore streams using natural methods that accommodate urban development while keeping the stream stable and performing its natural function.

Workshop topics and presenters were: Stream Processes, Classification of Streams, Stream Restoration, Dr. Fouad Jaber, Texas AgriLife Extension specialist, How a Stream Condition Assessment Can Benefit a Restoration Project, Permitting Issues, Stephanie Coffman, Freese and Nichols Engineering, Stream Model-Stream Trailer, Cassius McAlister, Texas AgriLife Extension Service. The field site component addressed the following topics: Stream Inspection, Stream Surveying, Stream Substrate Analysis and Data Analysis

(FRED) Fathers Reading Every Day

On October 14, 2010, Shands Elementary School in Mesquite celebrated their success of completing the Fathers Reading Every Day (FRED) program. School teachers Ms. Frances Murch and Ms. Deborah Morgan collaborated with Dallas



County FCS Agent Wenhsing Cheng to plan and implement the program. Approximately 100 students and parents attended the FRED Celebration Event that included a pizza party and bounce houses. Ms. Sarah Hauser, District Director for Representative Allen Vaught

attended the event and presented a certificate of participation to the school. The winning class of each grade level also received a certificate of recognition.

Responses from survey question “What, if anything, did the FRED program do for you and/or your children?” include: Showed me how much my kids enjoyed books! Made us spend more family time together. It helped my child listen to me while I read. We are looking forward to picking out new books to read. It gave us something to do together. Learning from my son, realizing that he is growing up – seeing truly how badly he wants to know how to read and how eager he is to learn ALL that he can. It helped me and my child focus more on spelling. Helped us get closer. Helped my sons reading and was good for bonding.

Strengthening Foster Families

On November 6, 2010, County Extension Agent-FCS in Dallas (Wenhsing Cheng), Collin (Carrie Brazeal), and Denton (Maggie Jover) County implemented Mini-PRIDE Training at the Texas AgriLife Research and Extension Urban Solutions Center in Dallas. The target audience is those who are foster parents of their relative children. Twenty-seven people completed the 8-hour training that addressed topics ranging from attachment issues, loss issues, effects of abuse and neglect, sexual abuse, and the effects on the family of fostering and adopting.



Agent Wenhsing Cheng, presenting Mini-PRIDE Training class



Mini-PRIDE Training class participants

“Making the Best Better” to “Making the Best Buy”

So when you go to buy something what factors lead you to make the final purchase? Ask Dallas County 4-Hers and they will tell you many factors that affect a consumer’s decision in the purchasing of products. The Dallas County 4-H program had ten youth participate in District IV 4-H Consumer Decision Making Contest held in Poetry, Texas on November 20, 2010. 4-Hers in the Intermediate Division (ages 11 to 13) placed in the top 10 and the junior team (ages 8 to 10) placed 1st and 2nd. In addition, Ashley Williamson from the Saint Monica 4-H Club took High Point Individual in the Junior Division.



4-H taking on Health

This year twelve Dallas County 4-Hers studied to participate in the Nutrition Quiz Bowl Contest. As part of this contest 4-Hers learn about MyPyramid, important vitamins and minerals, proper cooking methods and food safety. They compete in teams of 3 to 4 and answer questions on the information they have studied. At the District IV 4-H Contest, the Dallas County Senior Team (ages 14 to 18) placed second and will advance to the State 4-H Contest held in June at Texas A&M University. In addition, the Dallas County Intermediate Team (ages 11 to 13) placed first in their division. Dallas County also had two junior teams (ages 8 to 10) in the competition, which placed first and third. When asked, “What did you like best about the Nutrition Quiz Bowl?”, the 4-Hers overwhelming stated, “We like getting to meet new people that have the same interest as us and we think nutrition is important so we eat the right things”.

2010 Dallas County Master Gardener School

During October 2010 the annual Dallas County Master Gardeners volunteer training school was completed. On October 4th the subject was 'WaterWise and Earth-Kind® Shrubs' conducted by Dallas County Horticulturist Dale Groom on location at Southwest Nursery, Carrollton, a program collaborative partner. During the afternoon a field trip was conducted throughout the nursery which specializes in providing plant and supplies to the landscape industry. On October 11th the subjects were; 'N. TX Soils' presented by Dr. John Sloan, Soils Researcher with Texas AgriLife Research Dallas, 'Vermicomposting' by Certified and past President Dallas County Master Gardener, Marcia Borders and 'Shade Gardening' presented by Landscape Designer and Certified Dallas County Master Gardener, Judy Fender. The subject matter for October 18th was 'Landscape Design and Workshop' by award winning Landscape Designer, Janet Fodge. Forty-seven citizens completed the 78 hour 13 week Dallas County Master Gardeners volunteer training school. Welcome to the Dallas

EFNEP Programs in Dallas ISD

The Expanded Food & Nutrition Education Program (EFNEP) is directed toward low-income youth. These students participate in a series of fun and educational lessons. Dallas County Expanded Food & Nutrition Education Program worked with 27 groups and 466 youths. Youth programs were taught in Dallas Independent School District, Dallas Housing Authority & Dallas Parks and Recreation. The lessons included the importance of eating all different kinds of foods, food safety, choosing low cost food and physical activity.

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Master Gardener Continuing Education Trainings

The key components in the successes of the Dallas County Master Gardeners volunteers support program is educating and training our volunteers. These approved educational events may be conducted by; certified Texas Master Gardener program volunteers from Dallas or any other Texas County, Extension Agents, Extension Specialists, AgriLife Research personnel as well as professional members of the 'green industry' including; landscape, retail, maintenance and wholesale firms. During November 2010 Bob Wilson, Manager for Nicholson-Hardie, Dallas conducted a presentation on 'Container Gardening'. There were 50 DCMG program volunteers in attendance for the two hour presentation in the Texas AgriLife Extension's Dallas County office Learning Center.

EFNEP Programs with Avance

In October 2010 the Expanded Food & Nutrition Education Adult Program provided classes with Avance, collaboration through Dallas Independent School District. ENEP staff taught 7 nutrition classes at these different sites. There were 80 participants who completed classes for the month of October. Participants learned how to modify eating habits and participate in cooking nutritious recipes, basic nutrition, food preparation, food budget management and food safety. The classes are held from 6 to 8 weeks. Expanded Food & Nutrition Education Program held nutrition classes in homes, schools, churches, libraries, apartment communities, recreation centers and other locations in Dallas County.

In cooperation with....

Dallas County Commissioner' Court

Clay Jenkins

County Judge

Maurine Dickey
Commissioner, Pct. 1

Mike Cantrell
Commissioner, Pct. 2

John Wiley Price
Commissioner, Pct. 3

Dr. Elba Garcia
Commissioner, Pct. 4