

"News-n-Views"
Prairie View A&M University
"News-n-Views"
Cooperative Extension Program (Dallas)



"Preparing for the Unexpected"

Did you know that each year the period between June through November is designated as "hurricane season"? Well, if not, most Americans who reside on our coasts are quite aware of it. And, since the "9-1-1" and "Hurricane Katrina" episodes, America has a heightened sense of disaster preparedness due to the aftermath of 9-1-1 and the onslaught of Hurricane Katrina. Still to date, Hurricane Katrina is recorded as the costliest and one of the deadliest storms in our history, according to the National Oceanic and Atmospheric Administration (NOAA).

However, as I wrote this story, New Orleans and parts of the Gulf Coast were experiencing yet another natural disaster. Ironically, Hurricane Isaac, was making landfall in New Orleans and the Gulf Coast 7 years to the date of Hurricane Katrina, but with far less casualties as Hurricane Katrina.

Obviously, local, state, and federal agencies are better prepared now for natural disasters. We can all be better prepared with information that is available from local Extension offices via the publication called "Preparing for the Unexpected". It teaches us to "Get Informed, Get Prepared, Get Involved" before disasters strike.

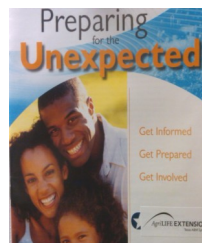
Prairie View A&M
University

**COOPERATIVE
EXTENSION
PROGRAM**

DALLAS COUNTY

**10056 Marsh Lane,
Suite B-101
Dallas, TX 75229
214-904-3050 phone
214-904-3080 fax**

[http://
pvcep.pvamu.edu](http://pvcep.pvamu.edu)



Fall 2012

"Preparing for the Unexpected" provides information on:

- Emergency phone numbers and websites;
- How to make a family plan;
- How to create a disaster supply kit;
- When and how to evacuate; and
- How to get more informed, prepared and involved in all types of disasters

For more information, to get free pamphlets (English or Spanish), or for a free presentation, contact your Dallas County Cooperative Extension Agent, Marvin Young at: 214-904-3050 or email mryoung@tamu.edu.

Inside this edition:

- MyPlate
- Volunteer Call
- CEP has HOPE
- MyPlate Quiz
- Leadership Quote



Cooperative Extension Agent distributes
emergency preparedness booklets



MyPlate – Food Groups and More!

MyPlate, the newest incarnation of the USDA’s recommendations, came out in 2011.

It has **five main food groups**:

Fruits

Vegetables

Grains

Protein

Dairy

The best thing about MyPlate is that it builds on knowledge of food groups in order to create a balanced diet.

MyPlate provides a visual tool to teach you how to load your plate so you feel full on fewer calories and get plenty of fiber and nutrients.

There’s also a companion website for MyPlate at <http://www.choosemyplate.gov>. This provides interactive tools that let you determine the contents of your own plate based on your age, gender, and activity level.

At the website, there is also information for particular audiences like preschoolers, pregnant women, and those looking to lose weight.

MyPlate emphasizes variety, portion control, and balance.



The United States Department of Agriculture says, “Wherever you are, just use your plate to make a healthier diet”.

Dallas County Master Wellness Volunteers Needed!

The Dallas County Cooperative Extension Program and Texas AgriLife Family & Consumer Science (FCS) Agents will collaborate to offer an extensive Master Wellness Volunteer training. Sessions will empower participants to conduct a variety of classes to increase Extension's outreach efforts for health and wellness throughout the county.

FCS agents in the county will conduct a 5-week program to train community partners and volunteers to teach classes that include, but are not limited to, health and wellness topics such as:

- Childhood obesity;
- Nutrition;
- Diabetes awareness and prevention;
- Water conservation;
- Community and economic development;
- Food safety;
- Parenting and more.



Classes are scheduled to begin on 5 consecutive Thursdays starting February 21, 2013 until Thursday, March 28, 2013 from 9:00 a.m.— 3:00 p.m. Classes will be held at the Dallas County Extension Building, 10056 Marsh Lane, Suite B-101, Dallas, Texas 75229. Classes are limited so call to reserve your spot as soon as possible at: 214-904-3050 or email mryoung@tamu.edu.

Dallas County Cooperative Extension Has HOPE

Starting September 5, 2012, the Dallas County Cooperative Extension Agent will collaborate with the HOPE Women's Job Corp at 9028 Ferguson Rd., Dallas, Texas 75228 to present fourteen educational sessions focusing on building job readiness and parenting. The classes are for adult women who are associated with the HOPE Center. The center coordinator, Ms. Yolanda Marshall, is excited to have the cooperative Extension and Texas AgriLife Extension agents and assistants continue their successful working relationships with HOPE as she stated she saw great stride made in the previous year.

If you are interested in volunteering to work with Extension and programs like HOPE, please call the Dallas County Extension office at 214-904-3050 or email mryoung@tamu or visit our website at: <http://dallas-tx.tamu.edu>.

MyPlate Quiz

Meet the USDA:

USDA stands for...

- | | |
|------------------------------|-----------------------------------|
| A) U.S. Dietary Association | B) U.S. Department of Agriculture |
| C) U.S. Diabetic Association | D) U.S. Department of Agreements |

Meet the Pyramid: The USDA pyramid was revised in 2005. Among the additions was a picture of a person _____.

- | | |
|-------------------|------------|
| A) Climbing steps | B) Jogging |
| C) Dancing | D) Eating |

Meet the Fruit Group: Eat a _____ of fruits every day.

- | | |
|-----------------|------------------|
| A) Set number | B) Specific type |
| C) Wide variety | D) Mouthful |

Meet the Vegetable Group: Fill _____ of your plate with fruits and vegetables.

- | | |
|----------------|---------|
| A) Half | B) All |
| C) One quarter | D) None |

Meet the Grain Group: Foods that make up the grain group include...

- | | |
|------------|-------------|
| A) Lettuce | B) Potatoes |
| C) Oats | D) Socks |

Meet the Protein Group: Most people should eat _____ ounces of protein per day.

- | | |
|--------|--------|
| A) 3-4 | B) 4-5 |
| C) 5-6 | D) 6-7 |

Meet the Dairy Group: Eating and drinking healthy dairy products is linked to improved _____ health.

- | | |
|-----------|-----------|
| A) Ocular | B) Bone |
| C) Nasal | D) Mental |

- *For answers to this quiz and more information about MyPlate, contact Marvin Young at: mryoung@tamu.edu*

Leadership Quote of the Month

"How can you have charisma? Be more concerned about making others feel good about themselves than you are making them feel good about you".

Dan Reiland, Vice President of Leadership Development, INJOY

PRAIRIE VIEW A&M UNIVERSITY

Cooperative Extension Program

PLEASE BE SURE TO CHECK THE NEW & IMPROVED PRAIRIE VIEW A&M UNIVERSITY/CEP WEBSITE FOR AN ALL NEW EXPERIENCE FILLED WITH ALL THAT'S HAPPENING "ON THE HILL"!

<http://pvcep.pvamu.edu>

and the Texas AgriLife Extension Service (Dallas County) at:

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

**Prairie View A&M
University**

**COOPERATIVE
EXTENSION
PROGRAM**

**10056 Marsh Lane,
Suite B-101
Dallas, Texas 75229**

Phone: 214-904-3050

Fax: 214-904-3080

E-mail: mryoung@tamu.edu

MISSION

To deliver research based, informal education focused on identified issues and needs to Texans with primarily limited resource, diverse ethnic and socioeconomic backgrounds.

Important Facts

- *In 1915 the Texas State legislature assigned state Extension functions to Prairie View A&M College.*
- *Today, the Cooperative Extension Program is the primary educational outreach arm of the university, disseminating research-based knowledge to benefit primarily limited resource audiences in rural and urban Texas.*

*"Meeting Needs,
Changing Lives"*

The Cooperative Extension Program serves people of all ages regardless of race, color, national origin, sex, religion, disability, political beliefs, and marital or family status. (Not all classes are protected by legal statutes).