

South Central Texas Water Conference In Oct.

Texas we've got a problem — Water! "What Are We Gonna Do When The Well Runs Dry?" That's the drought-plaguing question we should all be asking.

With better understanding and some answers, you can become part of the solution by attending the South Central Texas Water Conservation Conference on October 3, 2009 at the Washington County Fair Grounds, 1305

East Blue Bell Rd., Brenham, TX 77833.

Register now by sending \$25.00 (lunch included) before September 15 to Water Conservation Conference, c/o Texas Wildlife Association, 2800 NE Loop 410, Ste 105, San Antonio, TX 78218. After September 15, 2009 registration is \$35.00.

You can go online for a registration form at [http://texas-wild-](http://texas-wildlife.org/files/SCTWCC%20Flyer.pdf)

[life.org/files/SCTWCC%20Flyer.pdf](http://texas-wildlife.org/files/SCTWCC%20Flyer.pdf) or call the Washington County office of Texas AgriLife Extension Service at (979) 277-6212 for more information.

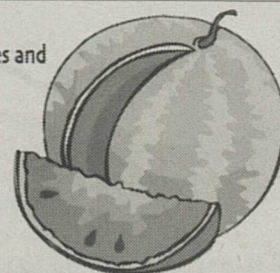
Several experts on the subject will make presentations at the conference. For example, Dr. Dan Hardin with the Texas Water Development Board will explain the severity of the problem, and Susana Canseco, environmental

expert and water rights attorney, will discuss issues of ground water "ownership". Some other topics addressed will be the hydrology of Texas, the function of Water Conservation Districts, surface water, and rain water collection.

The coming Texas water shortage is real and affects everyone. Come learn what you can do about it.

Gardeners and farmers - sell your vegetables and fruits at the farmers market

Everyone else - Come visit the Eagle Lake farmers market to buy fresh produce and homemade food items.



Eagle Lake Farmers Market

-late season produce, eggs-
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Thursdays from 4:00 PM until 6:30 PM under the Eagle Lake community center pavilion

Call 979.243.4261 or email rwpal@elc.net

Tips For Keeping Asthma Under Control

A new nationwide telephone survey of 1,001 asthma patients found that while most patients with asthma understand the risks

associated with uncontrolled asthma, they don't always act accordingly.

Additionally, there are simple

steps patients can take to avoid unnecessary complications, beginning with an open discussion with a physician and taking

advantage of such free patient programs like My Measures For Success (www.JoinMeasuresToday.com), where patients choose the offerings they want, the way they want them, from a menu of free resources.

People with asthma suffer from chronic lung inflammation, with symptoms ranging from coughing and wheezing to chest tightness and shortness of breath. Additionally, asthma triggers such as air pollution, smoke, pet dander, pollen and mold can set off an asthma episode.

"Some asthma triggers that people may not initially think of are seasonal weather changes and air pollution."

"If allergens like pollen or mold trigger your asthma, or you live in an area with smog, take simple steps to limit your exposure by signing up to receive daily air quality alerts or pollen counts - delivered right to your phone or e-mail -- at www.JoinMeasuresToday.com."

It's important for patients to understand that when their asthma is under control with the help of their physicians, through lifestyle modifications and the proper use of appropriate controller medication, they should exhibit few asthma symptoms.

A physician can help create an asthma action plan and determine if a controller medication, in addition to a rescue medication, is appropriate.

In addition to these unique tools offered through My Measures For Success, members also receive Success Points, awarded for regular participation in the program that can be redeemed for various health-related items.

Why You Should Reduce Screen Time

What does screen time include? Screen time includes watching television, videos, DVDs, playing with video games and using the computer.

The American Academy of Pediatrics recommends that children under age two should watch no TV and children over the age of two should watch no more than two hours of quality programming a day.

Research shows that the aver-

age American youth spends more time watching TV than any other activity except sleeping.

Too much TV watching has been linked to poor performance in school, poor dietary habits, and obesity.

A few simple tips to help children reduce their screen time and increase physical activity in order to maintain a healthy weight are to know how much screen time and active time your family is

getting, set limits on screen time, make meal time - family time, set a good example, and don't use TV to reward or punish a child.

October 14-20 is State Obesity Awareness Week. Start planning your programs now. Texas AgriLife Extension Service - Colorado County has many resources to help promote State Obesity Awareness Week.

Please contact Janis Pfeffer, at 979-732-2530 for these resources.

Easy Ways To Enhance Your Home

Why suffer through a long and expensive kitchen or bathroom remodeling project when you can give these rooms a quick facelift over a weekend?

Dingy cabinets and dull appliances can be spruced up without being replaced or refinished pro-

fessionally.

All it takes is some spray paint and DIY pointers.

"With fewer tools and less clean-up than traditional painting, you can easily give your home a professional looking upgrade using spray paint," said Jane Ryder,

Category Manager at Valspar. "Spray paint is not just for wicker furniture anymore.

It has incredible versatility - you can create an antique crackle vase, suede DVD rack or chalkboard all with spray paint."

Jazz up your kitchen or bath with these projects:

Refresh Kitchen Cupboards

If your existing kitchen cupboards need upgrading, simply spray paint them to get the appearance of new units.

This works best on cupboards and drawers made of MDF, pressboard or melamine.

* All you need is coarse sandpaper, newspaper, a screwdriver, masking tape and the right spray paint.

* Remove drawers and doors and strip off hardware including handles.

If handles are glued on, wrap them with masking tape. Sand units with rough or damaged surfaces.

* Clean surfaces with a damp, soapy cloth to remove grease. Rinse and let dry.

* Lay down newspaper and make sure workspace is well-ventilated.

* Spray unit fronts with several thin coats of paint in a color of your choice, leaving five minutes between coats.

Follow instructions on the can for the perfect finish

* Once fully dry, reassemble units.

Silver Appliances

White appliances can look stark in a kitchen full of warm colors.

Give that refrigerator an upgrade by "silvering" it yourself.

* You need newspaper, masking tape, and special spray paint, such as Stainless Steel Appliance paint, which can be used on most metal surfaces except sinks, ovens, stovetops or any surface that reaches over 200 degrees Fahrenheit.

* Empty and unplug the fridge. Remove it from the kitchen to a well-ventilated space with room for you to reach the sides.

Mask the surrounding area with newspaper.

* Wash the outside of the refrigerator with hot, soapy water to remove grease or grime, then rinse.

* Once dry, use masking tape to shield handles, gadgets or other areas from the paint.

* Spray the front, sides and top. Several thin coats will give the best result.

Frost Glass Doors

An old, glass cabinet can easily be turned into a bathroom centerpiece by frosting its windows with Glass Frosting, available at your local hardware store.

* You'll need sandpaper, masking tape, newspaper, colored spray paint and Glass Frosting spray paint.

* Make sure the glass is clean, dry and free from grease.

* Lightly sand the cabinet to remove flaking paint, then remove dust with a damp cloth.

* Once dry, use a paper cut out or masking tape on the glass doors to create a design.

Wherever there is tape or paper, the glass will remain clear.

* Spray very thin coats of Valspar Glass Frosting paint and allow to fully dry.

Tips For Getting Your Garage Organized

After a long summer your garage probably is a mess!

If you're like most homeowners, your garage has become a "catch all" for things that don't have places in the house.

And now that it's time to put away lawn toys, outdoor furniture and sports equipment, the garage can get even more cluttered.

Pretty quickly you have a real mess -- difficult finding tools, no place to park your car, and a potential safety hazard.

It's time to get that garage organized to make it safer and more efficient for your family.

"It's always challenging to organize the garage and keep everything in order.

But it's easier now than ever, thanks to innovative ways of thinking about garage storage and new storage systems that let you arrange your garage your way," says Dean Dabaco, business development manager for ITW Brands, a tools and fastener manufacturer.

Conventional wisdom for garage storage is broken into three simple steps to remove clutter and ensure safety:

* **Keep Only What You Need:** Get rid of what you don't need. If you're undecided about something, you probably can live without it.

If something is of sentimental value, box and store it in a less trafficked area, such as the attic.

If you haven't used something for more than two years, consider donating it to charity or throwing it away.

The garage should be a place of utility, not a museum.

* **Plan Where It Goes:** Once you've determined what you need, map out where things will go.

For instance, if you have kids, create a designated area to store sports equipment, lawn toys, and other play items.

To maximize space, use the walls as "vertical storage" for your things.

* **Get It Off The Floor:** Floor space is critical. It's safer without clutter to trip over or get in the way when parking your car.

Use heavy-duty hooks, to hang garden tools, sports equipment, lawn chairs, and more.

Organizing items on the walls keeps them accessible, while helping to prevent accidents.

Different types of hooks should be used for different items. Install U-Hooks for rakes, step stools and folding chairs.

Extended U-Hooks, meanwhile are perfect for rope, extension wire and bulkier items.

Use J-Hooks for golf bags, mops and brooms. And Large J-Hooks are great for tires, hoses and lawn chairs.

Ladder Hooks, of course, are for hanging ladders and even fishing poles or skis.

Think strategically about hook placement, such as placing hooks on the same wall as the side door to allow easy access from the yard to rakes and lawn chairs.

Hang seldom used and potentially dangerous items higher. Hang ladders horizontally so kids can't climb them.

Choose hooks and organizational systems that can be mounted with or without the need for a wood stud, such as those that even mount in drywall.

"Proper organization will transform your garage into an efficient storage area that's safer for your family and even your car," says Dabaco.

New Trends In Home Decor

As Americans spend more time at home, it's no surprise homeowners are looking for ways to enhance their at-home surroundings.

This season, there is an array of new trends in home decor to help on that quest.

From new lighting options to fashionable rugs and eco-friendly countertops, manufacturers are introducing novel home furnishings built against the latest trends.

* **More Green:** Demand for eco-friendly home furnishings is at an all-time high. According to a survey by Information Resources, half of all U.S. consumers consider at least one eco-friendly factor when shopping for consumer products.

Manufacturers are responding with more green options, from water-saving shower heads to countertops made of recycled materials.

"One area attracting a lot of attention is LED lighting, an ultra energy-efficient light source that uses 75 percent less electricity than traditional incandescent sources and lasts up to 50 times longer," said Jeff Dross, senior product manager for Kichler Lighting.

"Homeowners and interior designers alike are really embracing our LED under-cabinet fixtures and LED rail lights, which emit a white light, save on electricity bills and last as many as 20 years."

* **More Casual, Contemporary:** More time at home means people are opting for comfortable and casual furnishings, not the ornamental staples of yesteryear.

This also means homeowners are attracted to contemporary styles, especially as baby boomers migrate to smaller, contemporary homes or condos and Generation X homeowners stray from traditional designs.

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