Improving Lives. Improving Texas.

The Texas AgriLife Extension Service has been dedicated to serving Texans for nearly a century. The agency was established in 1915 under the Smith-Lever Act to deliver university knowledge and agricultural research findings directly to the people. Extension programs have continued ever since to address the emerging issues of the day, serving diverse rural and urban populations across the state.

Through a well-organized network of professional educators and more than 100,000 trained volunteers, Extension delivers practical research-based knowledge to Texans in all 254 counties. Our expertise and educational outreach pertain to the food and fiber industry, natural resources, family and consumer sciences, nutrition and health, and community economic development. Among those served are the hundreds of thousands of young people who benefit annually from Extension’s 4-H and youth development programs.

Texans turn to Extension for solutions. Its agents and specialists respond not only with answers, but also with resources and services that result in a significant return on investment to boost the Texas economy. The agency custom-designs its programs to each region of the state, relying on residents for input and for help with program delivery. Here are just a few highlights of Extension’s impacts on this county and its people:

### Tarrant County – Summary of Educational Contact

<table>
<thead>
<tr>
<th>Total Educational Programs Conducted</th>
<th>2,591</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Participants</td>
<td>97,476</td>
</tr>
<tr>
<td>Contact Hours</td>
<td>177,683</td>
</tr>
<tr>
<td>Office Contacts</td>
<td>581</td>
</tr>
<tr>
<td>Site Contacts</td>
<td>1,365</td>
</tr>
<tr>
<td>Phone Contacts</td>
<td>2,765</td>
</tr>
<tr>
<td>Newsletters / Mail / Email Contacts</td>
<td>39,029</td>
</tr>
</tbody>
</table>

**Volunteers:**
- Master Gardeners: 365
- Program Area Committee Members: 96
- 4-H Adult Leaders: 148
- Texas Extension Education Association: 32
- Master Wellness Volunteers: 15
- Other Volunteers: 598

**4-H & Youth Development:**
- Community Clubs: 20
- Club Members: 584
- Enrichment Curriculum & Short Term Project Members: 15,437

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Educational programs of the Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.
Relevance
The lack of knowledge by the consumer on the value of agriculture to their lives is evident by a survey of fourth graders who did not understand the importance of agriculture or the basic concept of agricultural production. Pizza Ranch attempted to educate consumers, youth and adult, about the value of agriculture in their daily lives. Obviously, the food we eat is a direct result of production agriculture, but many consumers do not recognize the benefit we derive from the various by-products of agricultural production and processing.

Response
The Tarrant Area Food and Fiber Committee sponsored Pizza Ranch, a two-day event attended by 4,531 youth and 288 adults, where the attendees learned about the origins of the ingredients which comprise a pizza. An eight-module, 156 page, Teacher/Leader Curriculum was used by classroom teachers and/or adult volunteers either in preparation for or after attending Pizza Ranch to re-enforce the concepts taught during the event. The initial module addresses the Agribusiness Industry detailing the circular flow of economic activity and the percentage amount of a dollar spent on production versus process in the ag industry. The module also explores various careers related to agribusiness. The next module is Food and Fiber which further details the importance of this industry on the economic well being of the State of Texas. The third module focuses on our Dairy industry and all the components derived from harvesting and processing milk. The next module is Bread and it ties in well with the processing of grains which go into making flour which in turn is used to make pizza dough. There are also instructions for the youth to make “bread in a bag” as a classroom activity. The Horticulture module covers vegetable and herb production and shows where in the state various horticultural products are produced and their impact on the state’s economy. Beef and Pork are the next two modules and they explain the need for production, processing and consumption of red meat products which benefit each of us in our daily lives. Last but not least is the Food and Nutrition module which utilizes concepts drawn from MyPyramid to teach the youth about healthy eating habits and other positive lifestyle choices.

Results
Teachers within the Everman ISD report that the curriculum guide is useful in preparing the youth for attendance of the Pizza Ranch event as it allows them classroom time to develop some of the key points which will be addressed at Pizza Ranch. Youth participating in the program have shown an increase in attitude and knowledge as it relates to the importance of agriculture in their daily lives. Evaluations for the 2010 Pizza Ranch have shown 85% of the surveyed youth understood the importance of using MyPyramid as a guideline in deciding what foods to eat. Ninety-six percent realized that milk harvesting was done mechanically and dairy cows were the source of this product.

Conclusion
The continued use of the Pizza Ranch Teacher/Leader Guide in conjunction with attendance at the event will be a valuable tool in re-enforcing the key concepts identified by the Tarrant Area Food and Fiber Committee to deliver the message of agriculture’s importance to everyone’s daily life.

Acknowledgements
The Tarrant Area Food and Fiber Committee a part of the Texas AgriLife Extension Service’s program area committees would like to thank the following collaborators supporting the 2010 Tarrant County Pizza Ranch: Mark of Excellence Pizza (Domino’s Pizza), Southwestern Dairy Museum, Southwestern Exposition and Livestock Show, Tarrant Count Master Gardeners, Ag Workers Mutual Auto Insurance, Lone Star Ag Credit, Fort Worth Farm and Ranch Club, Cargill – Horizon Milling, Burly Corporation – Sheffield Fence, Oak Farms Milk, Borden’s Milk, Blue Bell Ice Cream, Tarrant Area Food Bank, Silver Creek Materials, Fort Worth Fire Department, Fort Worth ISD, and Better Living for Texans.
Three pesticide applicators CEU trainings were held with a total of 233 Pesticide Applicators License holders attending for a 5 hour class. These CEU’s covered the different Earth-Kind range of principles from proper plant selection, IPM, organics, turf and weed management, proper fertilization and soil management.

Earth-Kind principles that encourage water conservation, as well as landscaping for energy conservation, reduction of fertilizer and pesticide use and reduction of yard wastes entering landfills were presented in 351 educational presentations with over 16,175 individual contacts.

In partnership with the Fort Worth Botanic Garden, The City of Ft. Worth there were two Yardsmart hour long classes featuring Earth-Kind topic such as Vegetables, irrigation, herbs, soils, fertilization, mulching etc to help reduce water consumption as well as runoff pollution.

Results
The Stewardship Program greatly increased number of requests to have speakers on environmentally sound Earth-Kind principles instead of just organic gardening. People in the community have gone beyond just organic, they are now concerned with the environment.

Of the over 400 participants who completed an evaluation instrument over 85% thought the Earth-Kind principles presented would enable them to analyze their landscape management decisions wisely, 81% felt the practices they would adopt would result in economic savings, 90% felt they would take fairly immediate action in their practices. Overall, 96% of the respondents indicated increased knowledge in levels of understanding in the use of Earth-Kind principles.

More attention is being diverted to our Resource Connection Demonstration Garden for Rainwater Harvesting tours, sustainable community gardening, drip irrigation, use of herbs for nutrition and the resurgence of growing fruit in your landscape without a lot of chemical Pesticide Use in the Landscape. Improper landscape management increases the risk for surface and groundwater contamination from nitrogen and phosphorous fertilizers. This issue is critically important in preserving and protecting our valuable natural resources. Chemical Pesticide Use in the Landscape: Improper use of chemical pesticides in the landscape increases the risk of these materials entering the environment. This issue is critically important to the long term health and safety of the residents in (Tarrant County) and the state. Landscape Waste Management: Grass clipping and other landscape wastes are a major source of materials entering landfills, with the rapidly expanding population we are running out of room. Landscaping for Energy Conservation: Conserving energy through the use of Earth-Kind landscaping principles and practices is critically important to the long term economy and environment of the residents in (Tarrant County) and the state.

Response
The Second Annual Earth-Kind Environmental Landscape Seminar was held here in Tarrant County. We had over one hundred people register and attend a 9-4 seminar, despite the bad weather, to learn more about Earth-Kind soil management, proper plant selections, irrigation methods, composting and the use of mulch to reduce water consumption.

Through a partnership with the City of Arlington, a series of Earth-Kind classes were conducted on vegetable gardening, composting, soil amendments, drip irrigation, proper plant selection and mulching. These results along with other Environmental policies the city initiated allowed them to win a much coveted National ‘City Livability Award’.

Future Plans
At the Resource Connection Community/Demonstration Garden, the brand new Native Ornamental Grass display will be up and running for the public to see the beauty of native grasses that don’t require water or fertilizer to survive. New signage will be added, the orchard will be upgraded and new community vegetable beds will be added to continue showcasing some of the Earth-Kind methods. Media publications, including a revamped website, and monthly newsletters will be just a few of the ways we emphasize Earth-Kind principles that help preserve and protect our most valuable natural resources.

As 2010 concludes, we now have over forty states and five foreign countries actively trialing and testing the Earth-Kind Program as well as several major universities involved in ongoing research. We feel as a group that Earth-Kind is the best Environmental Landscape Program in the nation and the testing and research continues to validate this assumption.
Volunteer Leadership and Development for Home Horticulture
Steve Chaney, County Extension Agent – Home Horticulture

Relevance
The population of Tarrant County has significantly increased over the years at some 10-15% per year and is currently 1, 789,000 (US Census Estimate Report for July 1, 2009). With the increasing population explosion comes an increasing demand on the County Extension Agent with Home Horticulture responsibilities to address clientele needs. We are extremely privileged to have such a large number of Community leaders and other civic-minded individuals who are willing to provide volunteer service to support and provide Extension-sponsored educational programs. We also have seven college campuses located in Tarrant County with several excellent environmental programs that are willing to provide subject matter as well as allow us venues to share the knowledge with the public. The Tarrant County Master Gardener Program is a venue that allows us the opportunity to provide technical and leadership skills to one of the largest volunteer groups in the state, who in turn provide planning and execution of great Research based Horticulture programs throughout the county. Master Gardeners, as well as other Extension volunteers must be adequately trained and empowered to provide the educational programs for the volunteer effort to achieve maximum effectiveness.

Response
The Tarrant County office of Texas AgriLife Extension welcomed the addition of 34 new Master Gardeners from the Intern Class of 2009. They were brought into the Fold in January of 2010 as well as a Master Gardener Training Course starting in January with 45 new Master Gardener Interns attending. Twenty one classes were conducted from January through the end of March on Tuesdays and Thursdays from 9am-4pm. A wide variety of teaching methodologies were utilized to conduct this program including using lectures, videos, hands-on demonstrations, Power Point presentations, tours and lab practicums. Training classes covered the gamut of basic horticulture information including soils and soil fertility, basic botany and horticulture, vegetables, herbs and perennials, plant pathology, proper pruning, entomology, container gardening, turf management, plant propagation, fruit and nuts, rainwater harvesting, trees and shrubs, native and ornamental grasses. Volunteer development and leadership were also emphasized along with the great feeling you have when you give back to your community.

Results
- Direct feedback was utilized at the conclusion of each class to assess program quality and to identify areas that can be enhanced. Upon completion of the class, the interns were given a fifty question exam that required a reference to where each answer was found. The interns were required to answer all questions correctly to pass the course. At six months after beginning the Master Gardener Training Course, all participants were invited to complete an extensive program evaluation.

<table>
<thead>
<tr>
<th>MG Class Met</th>
<th>Intern Hours B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Expectations</td>
<td>Beneficial</td>
</tr>
<tr>
<td>62% Excellent</td>
<td>100% Yes</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Intern Advisors</th>
<th>Experience at</th>
</tr>
</thead>
<tbody>
<tr>
<td>Helpful</td>
<td>Extension Office</td>
</tr>
<tr>
<td>76% Excellent</td>
<td>52% Excellent</td>
</tr>
<tr>
<td>14% Good</td>
<td>33% Good</td>
</tr>
<tr>
<td>5% Fair</td>
<td>10% Fair</td>
</tr>
<tr>
<td>5% Unacceptable</td>
<td>5% Poor</td>
</tr>
</tbody>
</table>

- After completion of the training course, the Master Gardener intern’s evidence of volunteer efforts were monitored and recorded through the use of volunteer hour record sheets. The information is then gathered and included in Commissioners Court reports, monthly reports and annual reports on a county and statewide basis. This information also provided evidence of the benefit of the Master Gardeners ability to assist Extension personnel to educate the citizens of Tarrant County as well as surrounding counties. One of the requirements of the training class is each intern must volunteer a minimum of 72 volunteer hours. As of December 1, 2010 the interns have collectively provided 8,121.5 volunteer hours (average of 180 hours per intern). We once again had all of the interns that started the class finish and get far more then their minimum hours in for certification.

- The total volunteer hours for 2010 are expected to exceed the 2009 total of 51, 139 hours turned in. The 2009 hours turned in were #1 in the State of Texas and are the equivalent of $1,035,564.70 based on the nationwide (after-tax hourly wage rate for volunteers of $20.25) or 25.89 FTE positions.

- In addition the Tarrant County Master Gardeners manned and answered the MG phone line at the office for a total of over 4100 horticulture calls, the Speakers bureau did over 350 talks reaching some 10,000+ people in the community while maintaining 20+ community based horticultural projects throughout Tarrant County.

Future Plans
We will continue to conduct our programming efforts to develop and enhance the technical and leadership skills of our Master Gardener volunteers in Tarrant County. Master Gardener projects, programs, expertise and cooperation significantly multiplied the educational outreach of the Tarrant County office of Texas AgriLife Extension in meeting the increasing demand for horticultural and environmental research based information.
Results
To determine program effectiveness, retrospective post surveys with intentions to adopt were administered at each session of the Pros in Parks series in Arlington and Fort Worth, each Urban Stream Processes and Restoration Workshop, three Pesticide Applicator Training classes, the North Central Urban Forestry Conference, and the Rainwater Harvesting Tour. A total of 685 individual participants were surveyed. These programs continue to reach new and diverse audiences. The Urban Streams workshops reached a new audience in 2010 through a partnership with a leading engineering, architectural and environmental science firm. 67% of participants in these workshops were attending their first Texas AgriLife Extension program. 58% of the Pros in Parks program participants were either Hispanic/Latino (39 %) or Black (19 %).

Behavior Changes: Participants who definitely will adopt these practices:

<table>
<thead>
<tr>
<th>Practice</th>
<th>Number</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Managed landscapes in Tarrant County require significant inputs of water, labor, fertilizer and pesticides. If managed properly, landscapes can be an important component of a sustainable community. Landscapes can provide habitat for wildlife, improve ground water quality, prevent storm water run-off, serve as buffers between environmentally sensitive areas and urban development, decrease air pollution, reduce urban heat islands, reduce noise pollution, promote economic activity, encourage physical fitness, increase property values, and foster strong community network by encouraging residents to spend time outdoors. The economic impact of the landscape industry is significant. When in 2009, industry sales in the Fort Worth Metropolitan Statistical Area were $249,457,662. Nationwide, the landscape industry employs one full time equivalent for every $49,000 in sales. Applying this average to our area, there are more than 5000 people working as landscape service providers in the for profit sector in the Fort Worth area. In addition to these workers, there are over 750 landscape service providers employed by governmental entities. The potential for educational programming to have a positive impact on this target audience is great. Many people enter the industry with little or no educational background in horticulture. Educational efforts to teach landscape water conservation, integrated pest management, proper use of fertilizers and improved management of landscape waste can result in both environmental and economic impacts. Education for this target audience was identified as a priority by the Tarrant County Commercial Horticulture Program Advisory Committee.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>How to apply understanding of stream processes to stream restoration</td>
<td>87 of 115</td>
<td>76%</td>
</tr>
<tr>
<td>Capabilities and limitations of plant diagnostic techniques</td>
<td>103 of 127</td>
<td>81%</td>
</tr>
<tr>
<td>Principles of Integrated Pest Management</td>
<td>55 of 61</td>
<td>90%</td>
</tr>
</tbody>
</table>

Knowledge Gained: Participants who increased their understanding of these concepts:

<table>
<thead>
<tr>
<th>Concept</th>
<th>Number</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Select and group plants based on irrigation requirements</td>
<td>43 of 104</td>
<td>39%</td>
</tr>
<tr>
<td>Identify and remove potentially invasive plants</td>
<td>40 of 104</td>
<td>38%</td>
</tr>
<tr>
<td>Use new information to protect myself from biting and stinging insects</td>
<td>75 of 173</td>
<td>43%</td>
</tr>
<tr>
<td>Install a rain or air-conditioning condensate harvesting system for irrigation</td>
<td>8 of 10</td>
<td>80%</td>
</tr>
</tbody>
</table>

Participant Comments
"Thorough teaching, explaining, and interaction"
"It was relevant to my job"
"I like going out in the field to look at real examples"
"Learned a lot"
"Makes you think"
"Reinforced some things I knew and taught some things I didn’t."
"Hands-on"

Satisfaction
96% of the participants in these programs (658 of 685) were mostly or completely satisfied with the activity they attended. 98% (671 of 685) said that they would recommend the activity to others. Participant recommendations are extremely important in marketing Extension programming.

Economic Benefit
72% of the participants who were asked (494 of 685) said that they anticipated benefiting financially as a direct result of what they learned. When asked to quantify that benefit at a pesticide CEU program, 31% estimated a benefit of over $1000 per year. Applied to all participants (631) in each of the 7 pesticide CEU granting educational events offered in this program, this would create an economic benefit of $195,610.

In summary, results indicate that this program has prompted changed behaviors for many individuals and increased knowledge among most participants. In addition, the majority of participants expect to benefit economically from what they learned in these programs. There is still great potential for increased adoption of desired behaviors and for additional outreach to this target audience.
Small Acreage Horticultural Crops
Laura Miller, County Extension Agent – Commercial Horticulture

Relevance
Demand for locally produced fruits and vegetables is growing and consumers who value locally produced food are willing to pay more for high quality foods produced with low environmental impact (Local Food Systems: Concepts, Impacts, and Issues, USDA Economic Research Report 97, May 2010.) Production of locally marketed food is most likely to occur on small farms near metropolitan areas. This program’s goal is to enable small-scale agricultural operators and commercial producers in urban, suburban and rural areas in and near Tarrant County to become more knowledgeable in effectively identifying and evaluating horticultural diversification strategies for risk mitigation and improved economic sustainability based on total management goals and optimal resource base use. Emphasis was also placed on education about effective direct marketing options, especially Farmers’ Markets, on farm sales and Community Supported Agriculture programs. Education for this target audience was identified as a priority by the Tarrant County Commercial Horticulture Program Advisory Committee.

Response
Texas AgriLife Extension and the Tarrant County Commercial Horticulture Program Advisory Committee in collaboration with the North Central Texas Farmers’ Market Association developed the following activities to address these issues:
- North Central Texas Farmers’ Market Association Annual Meeting and Educational Program (January 16, 2010)
- Nineteen Site Visits to seven farms and three farmers’ markets (March-November, 2010)
- Irrigation Workshop (June 8, 2010)
- Three Technology Assisted Seminars featuring Extension Specialist via the web
  - Fruits, Pecans and Grapes (November 18, 2009)
  - Vegetables and Greenhouse Crops (April 13, 2010)
  - Marketing Your Harvest (November 1, 2010)

Results
To determine program effectiveness, retrospective post surveys with intentions to adopt were administered to the participants in the three seminars. A total of 24 people participated in one or more of the seminars and completed a survey.

Change in Levels of Understanding

<table>
<thead>
<tr>
<th>Change in Levels of Understanding</th>
<th>Before</th>
<th>After</th>
<th>Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Knowledge of climate, soil and water requirements for the production of small acreage horticultural crops</td>
<td>2.62</td>
<td>3.23</td>
<td>23.28%</td>
</tr>
<tr>
<td>Knowledge of appropriate variety/crop selection for small acreage horticultural crops</td>
<td>2.52</td>
<td>3.05</td>
<td>21.03%</td>
</tr>
<tr>
<td>Knowledge of marketing strategies for small acreage horticultural crops</td>
<td>2.21</td>
<td>2.74</td>
<td>23.98%</td>
</tr>
</tbody>
</table>

Plans to Adopt Specific Practices (response of 3 or above indicates some intention to adopt)

<table>
<thead>
<tr>
<th>Plans to Adopt Specific Practices</th>
<th>Before</th>
<th>After</th>
<th>Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Evaluate climate, soil and water requirements for the production of small acreage horticultural crops (0-5):</td>
<td>3.91</td>
<td>3.48</td>
<td>14.07%</td>
</tr>
<tr>
<td>Utilize appropriate variety/crop selection for small acreage horticultural crops (0-5):</td>
<td>3.48</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Identify production costs FOR small acreage horticultural crops (0-5):</td>
<td>3.48</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Develop marketing strategies for small acreage horticultural crops (0-5):</td>
<td>3.74</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Utilize sustainable/environmentally responsible production practices (0-5):</td>
<td>3.57</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Utilize the information to start a small acreage horticultural crops business (0-5):</td>
<td>3.61</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Participant Comments
"I am grateful to get contacts for Farmers’ Markets. That alone was worth the time."
"Networking with other growers is great"
"Class too short, would like more information"
"It is good to know that there are experts who will help you out even for smaller land owners"

Satisfaction
88% of the participants in these programs (21 of 24) were mostly or completely satisfied with the activity they attended.

Economic Benefit
Participants stated that the adoption of these practices would result in an average amount anticipated in savings of $151 per participant. This could mean a total savings of $3624 for the 24 participants.

In summary, results indicate that this program has prompted changed behaviors for many individuals and increased knowledge among most participants. In addition, the majority of participants expect to benefit economically from what they learned in these programs. The target audience for these programs is small, but these producers can benefit from both technical and marketing expertise provided by Extension and from networking opportunities. Future goals for this program include helping growers reach new customers by supporting efforts to expand the use of WIC vouchers at the North Central Texas Farmers Market and provide information to the public about locally grown products.
Tarrant County Financial Literacy – 2010
Marian Ross, County Extension Agent – Family & Consumer Sciences

Relevance
Financial literacy is vital to the survival of individuals and families in Tarrant County. Tarrant County has had some of the highest numbers of home foreclosures, unemployed/underemployed and individuals and families living paycheck to paycheck. Managing income has become more difficult with the costs of everyday items continuing to increase. Women are twice as likely as men to receive income below the poverty level during retirement; it costs the average American family over $200,000 to raise a child to 18. Only 32% of American parents talk to their children regularly about personal finance. Only 5% of investors believe they know everything they need to know to make good investment decisions; 20% of employees are unable to carry out normal work activities three days per week due to financial concerns. 2 out of 3 households will probably not be able to accomplish one of their major life goals because they did not plan for the future.

Response
In Tarrant County, there were several different educational workshops, lunch ‘n’ learn, lesson series and events to meet people where they are at in learning financial literacy.

Money 2020 Newsletter is mailed to 859 households was mailed 10 different months in 2010; Financial Smart Start newsletter began in October 2010, with 35 engaged or newly married couples interested in financial literacy;

Five different lesson series were offered:
- Dollar Decisions, two groups with 12 completing 3 week lesson series;
- Preservation for Financial Wellness 5 completed 4 week lesson series;
- Credit Cents 15 people completed 4 week lesson series
- Focus on Financial Management 19 completed 4 week Luncheon ‘n’ Learn lesson series – new way to target employee groups.

Reality Store at Watson Learning Center had 64 young people learning about reality with a income based on their current grade point average and random family size.

Stretching Your Food Dollar was taught to 35 women who were involved with Christian Women’s Job Corp (2 groups) and a new addition to Voluntary America.

Habitat for Humanity taught three (3) 2 ½ hour seminars on basic money management for new homeowners with 36 people participating. The participants were comprised of single and married individuals, with several who were from other countries.

Domestic Relations Office had 354 participants learn how to use a spending plan;

Workforce Solutions had 3 sites that participated in Take Control of Your Debt sessions with 57 participants learning how to manage their debt until they were able to become employed.

Results
Domestic Relations Office this class is for non-custodial parents who are in arrears with their child support in Tarrant County.

- 52% of participants did not use a spending plan BEFORE attending class
- 90% of participants will begin using a spending plan AFTER attending class
- 95% of participants know how to include child support payments in their spending plan and plan for their current situation

88% increase in child support payments
What is one money tip you will try? “Saving & not getting loans”; “Prioritize and compromise” “Use calendar, Spend less money and not more than I earn”; “Start emergency fund and adding to savings monthly, Reduce unneeded spending”; “Use coupons, make a grocery list”; “Less meals away from home, take defensive driving to reduce car insurance rates”; “Pay yourself an allowance”

Lesson Series participants made commitment to attend these various workshops, which all encompassed the same 4 principals: financial goals, using a spending plan, reducing non-mortgage debt and increasing their savings or investing.

- 100% of participants stated that it is important to use credit wisely
- 100% of participants were going to use a spending plan and begin as often as it takes to get in the habit of using one.
- 95% will track money to see how they are spending and try to control their debt
- 100% learned the value of a net worth statement

What you learned? “Set goals, get documents in order, the need of a will;” “Find out net worth, organize important papers;” “Will order my credit score;” “Planning on paying bills on time and face my fear about my credit history;” “Repair what I can on my credit reports;” “You can apply for credit cards but don’t use unless you can afford to pay it off;” “I will be more financially responsible;” “Decrease spending;” “Closely watch needs and wants.”

Reality Store at Watson Learning Center which is a high school for at risk teens.

- 63 of 64 learned what it costs to maintain a household
- 53 of 64 linked the importance of education to future income
- 53 of 64 plan to continue education beyond high school to improve chances of higher income
- 95% will make wiser financial decisions because of RS
- 91% will save more money
- 88% will delay having children

“Teaches kids who think they know it all, the truth;” “Showed me how to manage my money” “Really shows you how much everything costs and how much you need to save;” “It was a fun way to learn about money;” “It felt like I was taking responsibility for my actions.”

Acknowledgements
The Tarrant County Financial Literacy Coalition provides direction for many of the listed programs that directly impact the financial wellbeing of individuals and families. Partners include: Tarrant County Credit Union (TCCU); Workforce Solutions of Tarrant County; Trinity Habitat for Humanity; Arlington Housing; Watson Learning Center/Eagle Mountain – Saginaw ISD; CWJC; Twogether in Texas Program; City of Fort Worth; and Tarrant County CSCD Domestic Relations Office – Child Support Division; Twogether in Texas Coalition Members: Ellen Timberlake –Volz, Kathryn Rotter, Mary Rusnak, Bill Langley and Chantyl Parris.
Tarrant County Money Smart – 2010
Marian Ross, County Extension Agent – Family & Consumer Sciences

Relevance
The recent economic downturn and resulting recession have heightened consumer awareness of the need for financial literacy education. Growing unemployment, foreclosures, and credit delinquencies have contributed to increased interest among consumers in budgeting, saving and cutting back spending. Financial management has become an area of interest for organizations working with people who are harder to employ, have low income and have the potential of making less money due to lack of education, criminal background, or homelessness.

Response
In Tarrant County, several groups needed basic financial management for their clients to be able to learn how to manage their money. The organizations involved with Money Smart include:

Volunteers of America (VOA) clients residential substance abuse program that provides them with skills to stay clean and sober. There were 60 women who participated in a six part lesson series.

Arlington Housing aids individuals and families with how to acquire and maintain housing. There were 29 women and 1 man who participated in this six part lesson series.

Eastside Workforce Solutions Project Wish, a group of unemployed individuals who are currently homeless and seeking employment. There were 20 people, 16 men and 4 women, who participated in the six part lesson series.

Whitley Road Elementary School parents, a group that had participated in the Better Living for Texans (BLT) wanting to learn about saving money, this was a Multilanguage group. There were 5 women who participated in this 3 part lesson series.

By teaching the Money Smart curriculum, they will have an opportunity to increase financial knowledge, develop financial confidence, and use banking services effectively. The additional benefit is this curriculum is also in Spanish.

Participants were asked to complete a pre and post workshop survey to assess their financial management practices and attitudes toward money before and after the class series. In addition, each participant completed a knowledge assessment at the end of each class to assess any increase in knowledge of the concepts taught.

Results
Following each of the 6 class sessions, participants completed an end of module form indicating the level of their understanding of the concepts taught before the class and after the class. Participants indicated an increase in their level of knowledge for each of the modules. The largest increases occurred in the Borrowing Basics and Your Own Home classes followed by Loan to Own, Charge It Right and Keep It Safe.

“\textit{I want to learn more about credit and borrowing money the right way, so that I can open my own restaurant.}”

“I never knew any of this information about money, no wonder I was easily taken, especially during my addiction.”

$95\%$ of participants were eager to save money

$90\%$ of participants wanted to learn more about where to put their money

$80\%$ admitted that they needed to work on impulse buying and reduce unneeded shopping

$100\%$ said they would try to use a spending plan, while 75\% believed that they would be successful the first year. The remaining 25\% said that they would be willing to continually work on using a spending plan.

Acknowledgements
Tarrant County AgriLife Extension is fortunate to have strong collaborations with VOA for over 10 years and having the opportunity to work with Arlington Housing for the last three years and a new partnership with Whitley Road Elementary and Eastside Workforce Solutions.
WALK ACROSS TEXAS - Tarrant County Nutrition & Health

Relevance
Physical activity was recently named as one of the 10 leading health indicators in "Healthy People 2010". Physical inactivity is associated with an increased risk of a number of chronic health conditions including, cardiovascular disease, diabetes, some cancers, high blood pressure, as well as overweight and obesity. According to the 2004 BRFSS Report completed by Tarrant County Public Health, only 45% of Tarrant County residents meet the Center for Disease Control's recommendation for physical activity. More than 45% spend more than 2 hours watching television or videos or using a computer outside of work on a typical day. 11% of Tarrant County residents reported no physical activity within the month prior to the BRFSS survey.

Response
The Tarrant County Nutrition and Health Committee sponsored Walk Across Texas, an eight week walking program for teams of eight people. The friendly competition of Walk Across Texas motivates individuals to get daily physical activity.

The Walk Across Texas website was utilized by team captains to report weekly mileage for their teams and site managers were able to utilize the website to monitor the progress of the teams at their sites.

Results
Worksites included in the program were: City of Fort Worth, City of Keller, Plaza Medical Center and Fort Worth ISD. Additional teams were coordinated through the following: Grapevine, Colleyville and Bedford Senior Citizen Centers, and Master Wellness Volunteers. Independent School Districts with student teams included: Grapevine/Colleyville ISD, Arlington ISD, Kennedale ISD, and Fort Worth ISD.

In addition there were several churches and community groups which had team participation.

There were a total of 1191 registered participants in Walk Across Texas (WAT), representing 139 teams which reported mileage on the WAT website. 110 teams surpassed the 830 mile challenge. A total of 184,022.62 miles were reported.

At the beginning of the program 27% (331) participants reported no daily physical activity. At the conclusion of the program 89% reported that they felt not only they but their family benefitted from participation in the WAT program. Some comments from evaluations included:
- I gained health awareness and motivation to exercise;
- Participating as a team member kept me accountable and walking;
- Getting exercise helped me feel good about myself.

School children were enrolled in the Walk Across Texas program with 51 teams reporting mileage on the WAT website. Total reported mileage was 49,425.01. Three senior citizen centers in Northeast Tarrant County are participating in Walk Across Texas with approximately 120 individual walkers. They have totaled over 10,000 miles with their groups. Sites are competing with one another in this friendly competition of Walk Across Texas.

The Tarrant County Nutrition and Health Committee sponsored Walk Across Texas, an eight week walking program for teams of eight people. The friendly competition of Walk Across Texas motivates individuals to get daily physical activity.

Economic Impact:

<table>
<thead>
<tr>
<th>Potential Economic Impact of Walk Across Texas - 2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Female Participants</td>
</tr>
<tr>
<td>Average Age of Female Participants</td>
</tr>
<tr>
<td>Number of Females that could avoid or delay developing diabetes</td>
</tr>
<tr>
<td>Net Present Value per Female</td>
</tr>
<tr>
<td>Total Net Present Value for health care cost savings for Females</td>
</tr>
<tr>
<td>Total Net Present Value for Wages Lost for Females</td>
</tr>
<tr>
<td>Total NVP for Females</td>
</tr>
<tr>
<td>Total Impact</td>
</tr>
</tbody>
</table>

Acknowledgements
Partnerships have played a key role in the continued success of Walk Across Texas. In 2009 Extension formed a partnership with Texas Education Agency (TEA) to promote WAT, this resulted in additional school adult and youth teams for 2010. A special thanks to Vicki Tieszen, City of Fort Worth and Tonda Agold, City of Keller for offering WAT as a part of their worksite wellness program.
Customer Satisfaction

“I’ve always heard the other teachers talk about this program and never thought my students would get that much out of it, but I’ve learned as much as they have and want you back next year – it’s been great!”

“In February our Girl Scout staff decided if we expected the kids to watch what they eat and get exercise, we needed to set a better example for them. So we talked about how you show the kids to read labels and cook foods to be more healthy without all the salt, sugar and fat. We also started getting more exercise and at the last weigh-in, we’ve lost over 300 pounds.”

“I'm so glad to meet you! My granddaughter helped you cook in Mrs. Russell's health class. She was so excited to show me the recipe and told me all about it. So we went to the store and bought what we didn't already have to make it at home that night. Everybody in our family really loves this dish…we make it so much, we just call it Katie’s recipe.”

“In my family, recipes are generational...my Gramma hands down recipes to my Mom and Aunt, now I have one I can give them!”

“I still remember how my hands looked the first time you did the Glo Germ experiment with the kids. To this day, I wash them reeeeally good around the fingernails and cuticles – that’s something I’ll never forget!”

“Thank you so much for giving us the opportunity to work with the classroom program. We had so much fun and will be using some of these same teaching techniques throughout the rest of college and our own careers.”

“As a former program participant, it is a real joy to know that EFNEP is still impacting the lives of children and families in Fort Worth by providing information about nutrition and exercise.”

Studies have shown that for every $1 spent on EFNEP, $10 were estimated to be saved in health care costs and $2 saved in food costs by participants. In Tarrant County, this is $2.9 million in estimated health care cost savings and almost $580,000 in food costs.

Appreciation is expressed to the following agencies for their enthusiastic support of these ongoing educational activities: All Church Home; Catholic Charities; Communities In Schools; Fort Worth ISD Department of Physical Education & Health; Girl Scouts Texas Oklahoma Plains; Tarrant County College Department of Culinary Arts, Dietetics & Hospitality; Texas Christian University Department of Nutritional Sciences and United Way of Tarrant County.
Expanded Food & Nutrition Education Program
Darlene Myatt, Extension Agent – Expanded Food & Nutrition Education Program

Relevance
Poor health disproportionally affects low-income and minority populations. Recent research documented that people who are most food insecure are at greater risk for poor health and obesity than those who are food secure. In fact, research indicates that people who run out of food or miss meals because they cannot afford them are most obese. The U.S. Census Bureau estimates that 16% of Texans live in poverty, a figure above the national average of 12%. Census statistics for Tarrant County alone suggests a poverty rate of approximately 13% and an obesity rate of 26%. As result, the Expanded Food and Nutrition Education Program (EFNEP) in Tarrant County has continued to receive federal funding and support for over 40 years to provide effective nutrition education to families throughout the inner-city areas of the county.

Response
The Expanded Food and Nutrition Program of Tarrant County provides year round education programs to limited resource adults with children on topics related to dietary quality, food resource management, food safety and physical activity through a series of at least 6 nutrition education lessons to reduce the risk of poor health, obesity and food insecurity. The EFNEP staff works with local community agencies and organizations to bring effective nutrition education activities to families living in inner-city Fort Worth using hands-on learning activities and easy to understand bilingual materials. EFNEP adult component participants will identify, practice, and adopt positive food behavior patterns including positive changes in nutrition, food safety and food resource management practices in addition to improvements in total diet quality as assessed by participant pre and post behavior checklist surveys and 24-hour food recalls.

As result of their participation:
- 68% of clients reported improvement in one or more food safety practices at home.
- 59% more often planned meals in advance.
- 55% more often shopped with a grocery list.
- 65% more often used the nutrition facts panel on the food label to make food choices.
- 46% more often compared prices when shopping.
- 53% more often thought about healthy food choices when deciding what to feed their family.
- 43% had a positive change in physical activity habits.

Results indicate that the EFNEP of Tarrant County did assist low-income families in acquiring the knowledge, skills, attitudes and changed behaviors necessary for nutritionally sound diets and contributed to the personal development and the improvement of total family diet and nutritional welfare.

Future Plans
In the coming year, Tarrant County EFNEP will continue to provide quality, relevant nutrition education programs to the inner-city communities of Fort Worth with a unit goal of 750 enrolled program families. The implementation of a new curriculum and teaching style will allow participants to gain more hands-on experience & as result further strengthen program outcomes.

Special Thanks to the 155 outstanding EFNEP program partners and volunteers that provided support for nutrition education programs throughout the year.

Studies have shown that for every $1 spent on EFNEP, $10 were estimated to be saved in health care costs and $2 saved in food costs by participants. In Tarrant County, this is $2.9 million in estimated health care cost savings and almost $580,000 in food costs.
Better Living for Texans
Tiffany Colbert, Extension Agent – Better Living for Texans

Relevance
In Tarrant County, an estimated 355,803 residents have incomes that are 185% of poverty or below; 5% receive food stamp benefits. Research has shown that individuals who live in poverty have dietary intakes that are not congruent with current recommendations (i.e. Dietary Guidelines or MyPyramid), potentially increasing their risk for developing chronic diseases. Additionally, limited resource audiences are at a higher risk for food insecurity and hunger, which also impacts health. This audience, like many, may not recognize their risk for food-borne illness. Stretching resources so food is available throughout the month is also a challenge.

Response
The Better Living for Texans (BLT) Supplemental Nutrition Assistance Program (SNAP) project was initiated in 1995 as a cooperative endeavor among Texas Agrilife Extension, Texas Health and Human Services Commission (HHSC), and the Food and Nutrition Services (FNS) of USDA. The program is offered in every county that is served by a County Extension Agent - Family and Consumer Sciences (CEA-FCS), including Tarrant County.

A component of the National Supplemental Nutrition Assistance Program, BLT provides educational programs to SNAP recipients, applicants, and other approved audiences to help improve their ability to plan and prepare nutritious meals, stretch food dollars, and prepare and store food safely. In October 2006, BLT began offering programs targeted towards increasing physical activity. BLT is delivered through a variety of teaching methods that reflect audience needs. Teaching methods include, lesson series, single education events, and food demonstrations. With the presence of BLT in almost every county in the state, Texas Agrilife Extension is poised to reach all areas of Texas, both rural and urban, and increase the likelihood of meeting the nutrition education needs of under-served Texans.

Program evaluation
Evaluations of the Tarrant County BLT program were conducted with the use of a pre and post surveys as well as a 30-day follow up phone survey. This allowed for the collection of data that reflected current behaviors and behaviors that participants intended to adopt. There were 61 adults who completed pre and post surveys for the Eat Better to Live Better series and 44 adults who completed pre and post surveys for the Getting the Facts lesson series.

Results
There was a clear intent by a majority of the clients to adopt meal planning and the targeted food resource management behaviors on an “always” basis as reported by the Eat Better to Live Better lesson series. At the beginning of the series, 39% of the clients reported that they always used unit pricing when grocery shopping. However, by the end of the series more than 70% indicated that they planned to do so. Of the 61 participants surveyed more than 62% of them reported that they would always shop with a list whereas before the program only 31% always shopped with a list.

With the Getting the facts lesson series the data collected suggests that behavior regarding serving size, sodium, and fat improved after the completing the lesson series. Most (82%) rated this series as excellent and some (18%) rated this series as good. Data also suggest that mean knowledge score increased during this lesson series and that some knowledge gained was sustained according to the 30-day follow up survey.

Participant Characteristics: Most participants were female and Hispanic. Almost half (n=47) of the participants had not completed high school.

Future program goals
The 2010 goals for the BLT program include: Clients will improve dietary quality and engage more often in physical activity. Clients will also practice better food safety habits including proper storage of food and proper thawing of food. Clients will also be more aware of reading and understanding food labels. Clients will also be able to indicate a reduction in out-of-pocket food expenses. And lastly clients will be able to share gained information with their families.

Medicines; and Preventing and Managing Complications.

Acknowledgements
Special thanks to Veda Knox Elementary School for their continued support of BLT by coordinating lesson series with their GED and ESL classes. Also special thanks to Irvette Zenn for coordinating programs at Arlington New Beginnings and Julie Forrester of Christian Woman’s Job Corp for her continuing to partner with the BLT program on various endeavors.

AgriLifeExtension.tamu.edu
Improving 4-H in Tarrant County
Cindy Bryant, County Extension Agent – 4-H & Youth Development

Relevance
Leadership is a key component of the 4-H Club model, developed by the Texas 4-H and Youth Development Specialists. The skills and qualities of effective leadership are taught and demonstrated in a variety of settings. Awareness of the positive traits and processes associated with productive leadership helps one focus on building those qualities while improving effectiveness in communication, teamwork, and goal-setting. Leadership is a developmental process and the successful progression of competencies builds confidence and capacity in today’s youth.

Response
The 4-H faculty and 4-H volunteer leaders in Tarrant County provided a series of trainings and activities for 4-H club youth to learn and develop leadership skills. Trainings were conducted to provide information on leadership qualities, responsibilities, and techniques. Further training was provided through experiential education in the areas of parliamentary procedure, event planning, and teamwork. Participants were encouraged to develop proficiency by utilizing opportunities to implement their newly acquired knowledge and skills.

In an active county, vast numbers of opportunities must be provided in order to accommodate the needs of youth desiring to implement their leadership skills. A total of 39 county-level training opportunities were provided, along with 263 club-level meetings (each providing multiple opportunities to practice and develop skills.) A combined total of 6,366 youth contact hours resulted from these efforts.

County-level Leadership Training Opportunities = 39

<table>
<thead>
<tr>
<th>Focus Area</th>
<th>Number of Sessions</th>
<th>Youth Attendance</th>
<th>Youth Contact Hrs.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Communication Skills</td>
<td>16</td>
<td>184</td>
<td>412</td>
</tr>
<tr>
<td>Parliamentary Procedure</td>
<td>4</td>
<td>31</td>
<td>13</td>
</tr>
<tr>
<td>General Leadership, Event Planning &amp; Teamwork</td>
<td>16</td>
<td>416</td>
<td>739</td>
</tr>
<tr>
<td>Youth Attendance</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>39</td>
<td>630</td>
<td>1,169</td>
</tr>
</tbody>
</table>

Club-level Opportunities to Practice Leadership Skills (Meetings, Events, etc.) = 263

<table>
<thead>
<tr>
<th>Months</th>
<th>Number of Sessions</th>
<th>Youth Attendance</th>
<th>Youth Contact Hrs.</th>
</tr>
</thead>
<tbody>
<tr>
<td>January – October, 2010</td>
<td>263</td>
<td>3,107</td>
<td>5,107</td>
</tr>
</tbody>
</table>

Results
A retrospective post evaluation was conducted with two sample groups. Thirty participants responded to the evaluation instrument. 90% stated that they had adopted best practices by actively engaging in leadership opportunities and participating in multiple leadership roles, representing areas such as: Organizational Leadership, Event Leadership, and Educational Leadership. Youth reported that, after participating in the program, they became better listeners and speakers, leading to improved communication skills. The majority of respondents stated that the most significant result of the program was increased skills in the areas of communication, confidence, and teamwork. Additionally, they reported that they are now less likely to make decisions based on peer pressure.

Overall analysis of the participants’ responses and observable behavior indicates a strong correlation among communication, confidence, and teamwork, with improvements in one area strengthening the other areas. The cumulative effect of a positive environment providing opportunities for growth in these areas provides youth with essential life skills necessary to reach their full potential.

EVALUATION DATA
FREQUENCY OF BEHAVIOR
Using the following scale: 1=Never, 2=Seldom, 3=Sometimes, 4=Often, 5=Always  (n=22)

<table>
<thead>
<tr>
<th>Behavior</th>
<th>% Often or Always Before</th>
<th>% Often or Always After</th>
<th>Chg</th>
<th>Mean Before</th>
<th>Mean After</th>
<th>Chg</th>
</tr>
</thead>
<tbody>
<tr>
<td>I set personal goals to achieve success.</td>
<td>45.4%</td>
<td>72.7%</td>
<td>+72%</td>
<td>3.41</td>
<td>4.09</td>
<td>+0.68</td>
</tr>
<tr>
<td>I have self-confidence.</td>
<td>72.7%</td>
<td>95.4%</td>
<td>+22%</td>
<td>4.09</td>
<td>4.68</td>
<td>+0.68</td>
</tr>
<tr>
<td>I spend time practicing my communication skills</td>
<td>9.1%</td>
<td>41%</td>
<td>+35%</td>
<td>2.27</td>
<td>3.10</td>
<td>+0.83</td>
</tr>
<tr>
<td>I live by the values I had set for myself.</td>
<td>54.5%</td>
<td>88.3%</td>
<td>+33%</td>
<td>3.84</td>
<td>4.18</td>
<td>+0.34</td>
</tr>
<tr>
<td>I share my ideas with others.</td>
<td>50%</td>
<td>72.7%</td>
<td>+22%</td>
<td>3.41</td>
<td>4.18</td>
<td>+0.77</td>
</tr>
<tr>
<td>I read body language of others while communicating.</td>
<td>50%</td>
<td>72.7%</td>
<td>+23%</td>
<td>3.32</td>
<td>3.82</td>
<td>+0.50</td>
</tr>
<tr>
<td>I work more effectively in groups.</td>
<td>13.6%</td>
<td>54.5%</td>
<td>+41%</td>
<td>2.86</td>
<td>3.57</td>
<td>+0.71</td>
</tr>
<tr>
<td>I see the advantage of working in groups to think more creatively.</td>
<td>40.9%</td>
<td>54.5%</td>
<td>+12%</td>
<td>3.14</td>
<td>3.59</td>
<td>+0.45</td>
</tr>
<tr>
<td>I think about the consequences I must face when making decisions.</td>
<td>27.3%</td>
<td>68.2%</td>
<td>+41%</td>
<td>3.09</td>
<td>3.77</td>
<td>+0.68</td>
</tr>
<tr>
<td>I listen to others while they are speaking.</td>
<td>81.8%</td>
<td>86.3%</td>
<td>+4%</td>
<td>4.09</td>
<td>4.34</td>
<td>+0.25</td>
</tr>
<tr>
<td>I develop steps to achieve my goals.</td>
<td>31.8%</td>
<td>45.4%</td>
<td>+14%</td>
<td>3.14</td>
<td>3.48</td>
<td>+0.32</td>
</tr>
</tbody>
</table>

FREQUENCY OF BEHAVIOR  Behavior Exhibiting Adoption of Leadership Practices  (n=30)

<table>
<thead>
<tr>
<th>Leadership Activity</th>
<th>Youth Participation</th>
<th>Mean # Times/Roles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Led pledge or prayer</td>
<td>20</td>
<td>4.6</td>
</tr>
<tr>
<td>Led recreation or activity</td>
<td>16</td>
<td>3.2</td>
</tr>
<tr>
<td>Gave educational presentation</td>
<td>16</td>
<td>1.5</td>
</tr>
<tr>
<td>Gave speech</td>
<td>18</td>
<td>3.0</td>
</tr>
<tr>
<td>Gave report at club or county meeting</td>
<td>24</td>
<td>4.7</td>
</tr>
<tr>
<td>Assisted with contest or event</td>
<td>18</td>
<td>2.5</td>
</tr>
<tr>
<td>Served as an officer</td>
<td>24</td>
<td>2.9</td>
</tr>
<tr>
<td>Served as a committee member</td>
<td>18</td>
<td>2.5</td>
</tr>
</tbody>
</table>

Acknowledgements
Special thanks and recognition go to the Tarrant County 4-H Volunteer Leaders who modeled the qualities of dedication, responsibility, and teamwork which enable our youth to see “leadership in action”. Their dedication to provide countless hours of opportunities is essential to enable our youth to “learn by doing”.

Future Opportunities
The 4-H and Youth Development program in Tarrant County will continue to provide leadership training and opportunities for youth in order to enable them to reach their full potential.
2010 Photo Essentials
Shannon Johnson-Lackey, Extension Agent – Cooperative Extension Program - 4-H

Relevance
Photography is an expression of one’s inner creativity and one of the contests in 4-H with a larger number of participants. In an effort to expand 4-H’s reach within underserved communities and in order to provide an opportunity for youth to be engaged in a visual arts discipline, a comprehensive photography program was established. The program is known as Photo Essentials. Photo Essentials utilizes various curriculums including the 4-H workbooks as well as other books, such as A Short Course in Photography by Barbara London and Jim Stone. Photo Essentials addressed the desire of several community partners who wished to instruct younger students on the basics of photography from the identification of each camera part to the appreciation for sound composition. This program operates on a six-lesson series while utilizing Kodak digital cameras and tripods.

Response
Photo Essentials began at the Northside Boys and Girls Club with the primary focus on 9-11 year olds. It expanded during the summer months as a four session workshop for several locations within the City of Fort Worth’s summer programs held at community centers. The community centers that I conducted programs at were: Sycamore, Martin Luther King, McCray and Greenbriar.

In addition, I was challenged during the school year to create a specialized Photo Essentials program with a health component for students at Sheppard Elementary in Mansfield. These students are a part of the Fit Future initiative through the YMCA. Within this specialized program, the youth revisited the food pyramid by creating a “living pyramid” using foods and capturing it with a camera. We also went on photo walks and took still shots of healthy foods.

Results
This year, I utilized a Post-Survey to measure satisfaction as well as comprehension. These surveys were conducted with each group that I worked with during the school year as well as the summer. I received some helpful feedback from all of the groups. I was also able to determine the activities and lessons that proved to be most valuable for the students. I surveyed 50 participants and the results are as followed:

<table>
<thead>
<tr>
<th>Level of Satisfaction</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Excellent</td>
<td>20</td>
</tr>
<tr>
<td>Very Good</td>
<td>20</td>
</tr>
<tr>
<td>Good</td>
<td>10</td>
</tr>
<tr>
<td>Fair</td>
<td>0</td>
</tr>
</tbody>
</table>

The following are comments offered that relate to what the students learned in relation to safety and camera skill.

Safety
“taking care of the camera is important”
“how to hold the camera without breaking it”
“always put the band on” (referring to the wrist strap)

Camera Skill
“taking action photos”
“camera parts”
“If you don’t want to hold the camera you can just use the tripod”
“position of photos”

Future Plans
I would like to conduct another Photo Essentials program that also has a health component similar to the one I did at Sheppard Elementary. I would also like to display the student’s photographs at a public location so that more people would be able to enjoy the students’ creativity as well as give the students the experience of displaying their artwork.
2010 Urban Outreach
Shannon Johnson-Lackey, Extension Agent – Cooperative Extension Program - 4-H

Relevance
In an effort to address the needs of underserved populations, primarily the youth within community centers, Boys & Girls Clubs and schools, several program areas were ultimately identified to serve as the combined focus. Therefore, a comprehensive program model was established which utilizes varied approaches within the areas of 4-H exploration, Conflict Resolution, Peer Mediation Training, Anti-Bullying, Teambuilding and Character Education. All areas maintain a shared goal of expanding 4-H in terms of participation and understanding within the urban sector.

According to the website, http://www.charactereducationnews.com/, Character Education is vital today because "We live in a society that has not been taught basic moral values. The value of life and property, the value of respect and honesty. We constantly see in the news that character is set aside for the feeling of the moment." This point is evident in Tarrant County where within a month’s timeframe and only during the afterschool hours [2:30pm – 6:45pm], crimes were committed in the areas of Burglary [10], theft [10], and vandalism or mischief [7]. These numbers were obtained through the Tarrant County Sheriff’s office via this website, http://www.tarrantcounty.com/sheriff/cwp/view.asp?a=768&q=450565&pp=12&n=1. This illustrates the need for Urban Outreach within Tarrant County.

Response
The Urban Outreach Plan has been well received throughout the county. I began the year by offering Conflict Resolution as my portion of Mission CIA to the young ladies at Willoughby House. Mission CIA is a three-part program series which was initially created by Terrance Hollins, Monica Santiago and I. During the summer months, I developed a Teambuilding / Conflict Resolution mini-program for summer camps managed by the Girl Scouts and the Clayton YES summer programs.

During this year, I had the opportunity to conduct a Peer Mediation Training for 13 7th and 8th grade students at Forte Junior High in Azle. These students will serve as the “first responders” to solving common conflicts that occur in their school.

In response to several local and national tragedies involving youth and bullying, I began conducting Anti-Bullying lessons often in conjunction with Character Education to several locations within the county.

In the area of 4-H Exploration, Cassius McAlister and I conducted the National 4-H Science experiment during 4-H week at Dunbar Middle School. We reached 260 8th grade students during that day-long event and utilized 2 volunteers.

Results
- An increased awareness of 4-H and its program offerings.
- An understanding of conflict.
- Resolution skills and steps to mediate.
- Ways to work better as a team.

Future Plans
- Continuing to partner with the Girl Scouts and Clayton YES during the summer in order to reach more youth in an effort to educate them about Conflict and Teambuilding.
- Continued partnership with the Texas Youth Commission in delivering my portion of the Mission CIA program.
- Providing training to Afterschool Program staff and other front-line staff in the areas of Conflict Management and Teambuilding.
- Conduct additional Peer Mediation Trainings for youth at other schools in order to increase the number of first responders to conflict involving young people.

This chart is the result of a post-survey conducted with groups at Everman Junior High, Youth Advocate Program and Willoughby House.
Cooperative Extension Program—Youth Water Education
Cassius McAlister, Extension Agent – Cooperative Extension Program - 4-H

Relevance
Water conservation and use continues to be a significant issue across Texas and citizens -- youth, in particular -- need to be educated about water, where it comes from, its uses and how it can be conserved and protected. The CEP—Youth Water Education program utilizes various curricula including Investigating Water, Wet in the City, as well as other water related resources including the Stream Trailer (reached approximately 3950 participants youth and adults) and EnviroScape Watershed Model (reached approximately 250 participants) to educate youth about conservation and preservation of water. Also, I utilized the National Youth Science Day Experiment 4-H20 at a middle school, an elementary and an apartment complex. The goal of this program was to increase their knowledge about water, where it comes from, its uses and how it can be conserved and protected.

Response
The program was marketed as a one-shot program and as a five lesson series. The program was marketed to ISD’s, Community Centers, Boys and Girl Scout Troops, Boys and Girls Clubs and any community site where youth congregated. Marketing pieces developed included:

- A bookmark which was distributed to participants of water programs in large venues
- A flier was developed for teachers marketing the programs particularly the Stream Trailer.

Results
At most sites I conducted a satisfaction survey that was distributed to either the youth or adults, depending on the age of the participants.

- 96.5% (140 of 145 participants) agreed or were neutral to the statement “that the sessions were informative”
- 97.2% (141 of 145 participants) agreed or were neutral to the statement that the speaker was knowledgeable about subject matter presented
- 93.1% (135 of 145 participants) agreed or were neutral to the statement that information presented was easy to understand
- 78% (110 of 141 participants) agreed that there was something presented in the lesson that he or she could take home

Participants were asked what they like most about session. The responses to this question varied depending on lesson presented.

- 39% (9 of 23 participants) indicated from the Water Cycle Session the “Word search,” “Some of the papers we filled out,” “The contest (filling in the blank),” and “They learn in other ways with pictures, and fill in the blanks.”

Here are some responses from the All the water in the world lesson: “I learned how to conserve water”, “guessing about the answers to all the questions”. Here is the response from the Polymer lesson: “See how excited the kids were”. Here are some responses from the Aquifer lesson: “The aquifer”, “Everything”, “Free food”, “The frozen yogurt drink”, “Ice cream about water” and “aquifers”. Here are some responses from the Home water conservation lesson: “water wise score card-indoor conservation”, “Talking about how much water you use at home”, “Telling us about the low flow system” and “Pie chart”.

On question regarding whether participant learned something he or she could take home 76% (110 of 144 participants) agreed.

On the follow up question regarding explaining what was learned that could be taken home the responses varied depending upon the lesson presented. Listed below will be some response in no particular order: “To have knowledge about water”, “My dad loves water and I could tell him about it”, “I will try to capture the extra water from my bath water when I’m adjusting my water”, “Learn how to make an edible aquifer”, “I will not use too much fertilizer”, “That we can make a difference if we try”, “tell my parents not to pollute”, and ‘I didn’t know that we need to not let the water run while you wash your hands”.

Acknowledgement
- City of Fort Worth Community Centers, Clayton YES facilities and local ISD’s – Provided meeting location for the Water lesson series at no cost.
- Urban Solutions Center’s Department of Water Education – Provided programmatic lesson support.
- City of Fort Worth, City of Arlington and City of Grand Prairie for providing events where one-shot water program were conducted.
- Birdsville ISD Enviro Fair and River Legacy Living Science Center, City of Grapevine, Denton County Master Gardeners Fall InfoFest and Texas AgriLife Extension Service, City of Azle’s Memorial Library - provided location for one-shot programs.

Future Plans
Agent McAlister will continue to educate youth in regards to water issues.
Improving Leadership in Tarrant County  
Monica Santiago, County Extension Agent – Urban Development

Relevance  
There is a strong need to develop and maintain sustainable communities using appropriate community and economic development tools and programs. The most recent Texas Community Futures Forum (2004) identified Community and Economic Development as the number one issue in Texas. This has continued to be identified as an issue in Tarrant County as evidenced through stakeholder feedback and program area committee input and suggestions for programming.

Response  
In Tarrant County, there were three major programming efforts implemented to impact leadership development:

The Building Connections Community Leadership Program is geared toward the development of adults in Tarrant County to be leaders of tomorrow through the development of skills essential to effective leadership of various types of organizations. Individuals participate in one to four modules (3 – 4 lessons each) focusing on making personal, community, leadership, and county-wide connections. In addition, existing leaders are invited to participate in the annual Community Leadership Empowerment Conference (C-LEC) geared toward providing more in-depth development of areas (2 – 3) addressed within the Building Connections curriculum.

The Perspectives bi-lingual newsletter is distributed six times per year and addresses various topics related to the Building Connections curriculum that are time relevant to the county and provide literacy access to individuals who would otherwise be unable to access the in-person educational sessions.

“Access Tarrant’s Urban Scene” is a blog site that provides existing and emerging leaders with up-to-date information on community forums, networking opportunities, events, and community development opportunities.

Results  
758 adults participated in the Building Connections programming, including 58 local leaders who participated in the full day 2010 Community Leadership Empowerment Conference. According to the post-survey completed by a sample group of 45 individuals, 92% had an increase in their knowledge and skill base associated with communicating across cultures, implementing various leadership styles, and managing volunteers (among other topics), while 73% intend on seeking further professional development opportunities in the 2011 calendar year through the Extension leadership educational programs.

A total of 5,196 issues of Perspectives were distributed (2,550 hard copies at 425 every six months and 2,646 electronic copies at 441 every six months – 231 individual contacts and 210 contacts through one yahoo group).

Access Tarrant’s Urban Scene - A total of 228 entries were shared with the Tarrant County public in the form of 52 Tarrant County events, 30 Tarrant County resources, 40 Community development opportunities, 48 networking opportunities, 54 educational opportunities, and 4 educational articles. After surveying a sample group of users, the following was communicated: 94% use it for clients, 72% for themselves, 33% for friends, 28% for their families. Also, 94% have either referred others to it or have expressed an intention to do so!

Acknowledgements  
The Urban Development Program Area Committee provides direction and support for these and other educational programs of the Urban Development program area in Tarrant County.

Chair: Debbby Kratky, Director for Capacity Building and Training, Workforce Solutions for Tarrant County  
Co-Chair: Sue Matkin, Assistant VP, United Way of Tarrant County  
Secretary: Anita Jones, Re-Entry Education Liaison, Texas Youth Commission  
Dr. Angel Ilarraza, Re-Entry Coordinator, Tarrant County Re-Entry Initiative  
Lyllette Pharr, Homelessness Coordinator, City of Fort Worth  
Lucy Carrión-Barnes, Intensive Case Manager, The Women’s Center  
Carlos de Anda, Early Childhood Specialist, City of Fort Worth  
Cathy Young, Community Outreach Coordinator, Commissioner Roy Brooks, Precinct 1  
Bill Russell, Community Outreach Coordinator, Commissioner Marti VanRavenswaay, Precinct 2  
Rebecca Barksdale, Community Outreach Coordinator, Commissioner Gary Fickes, Precinct 3  
Steven Townsend, Community Outreach Coordinator, Commissioner J.D. Johnson, Precinct 4  
Farzana Mughal, Healthy Marriage Demonstration Project Coordinator, Child Care Associates  
Linda Juarez, Outreach Counselor, Texas Star Program  
Herb Garcia, Branch Manager, Unity One Credit Union

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Workforce Development in Tarrant County
Monica Santiago, County Extension Agent – Urban Development

Relevance
There is a strong need to develop and maintain sustainable communities using appropriate community and economic development tools and programs. The most recent Texas Community Futures Forum (2004) identified Community and Economic Development as the number one issue in Texas. This has continued to be identified as an issue in Tarrant County. Consequently, the need to develop adults in Tarrant County to improve their ability to be quality employees and citizens has been an identified area of need as voiced through program area committee input and stakeholder feedback.

Response
In Tarrant County, there were three major programming efforts implemented to impact workforce development:

The **Tackling the Tough Skills** Program is geared toward the development of adults in Tarrant County in skills essential to effective functioning in the workplace, in their families, and in the community. Individuals and groups increase their knowledge and repertoire of skills associated with attitude, responsibility, communication, problem solving, and workplace related skills and abilities. A customized sub-program was also developed entitled **“Career Seeker Toolbox”** that focuses on job readiness and preparation, specifically. Both of these programs, although open to the public at large, is specially marketed to the re-entry population of Tarrant County.

The **CIA (Connections in Action)** Program is a youth-friendly version of the Tackling the Tough Skills program and is implemented with a re-entry youth audience through a special partnership with the Texas Youth Commission. This 12-session series is implemented through a partnership with Prairie View A&M’s Cooperative Extension Program – educational sessions focus on conflict resolution, character development, and job readiness.

“**Access Tarrant’s Urban Scene**” is a blog site that provides Tarrant County residents with up-to-date information on local job opportunities and career fairs open to the general public.

Results
238 adults and 29 youth participated in the **Tackling the Tough Skills and CIA programming**. According to post-programming case studies and follow-ups, adults increased their abilities in resume preparation, interviewing skills and techniques, dressing for success, and career exploration and preparation, while youth showed improvement in their abilities to resolve conflict, research their careers of interest, and making healthy decisions when faced with difficult circumstances. Adult and youth audiences ranged from community residents to Texas Youth Commission students and federal inmates and state parolees/probationers.

Access Tarrant’s Urban Scene - A total of 631 entries were shared with the Tarrant County public in the form of job opportunities, open positions, and career fairs.

Acknowledgements
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Texas AgriLife Extension Service
Tarrant County

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Laura Miller   County Extension Agent, Commercial Horticulture
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