4-H Awards

Tarrant County 4-H Adult Leaders receive awards for distinguished service during Texas 4-H Roundup held on the campus of Texas Tech University.

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Extension in the City

4-H Awards

Tarrant County 4-H Adult Leaders receive awards for distinguished service during Texas 4-H Roundup held on the campus of Texas Tech University.

Darrell Roach
Lois Bogusch
Dr. Jeff Johnson
Salute to Excellence Award
Salute to Excellence Award
Leaders Legacy Award

Hey! Friend Me
Social Media and Safety for Your Child

These days communication is all about social media and with mobile applications it can be a 24/7 tool. No doubt this technology has changed the landscape of our lives, allowing us to maintain constant contact with family and friends. This constant contact can be positive, but we should also consider some negative aspects. All of the information that we share about ourselves through social media can also be available to people we don’t know, a concern for adults, but more importantly a concern for our children.

If you haven’t had “the talk” about social media safety with your child, the following tips would make a great place to start.

Safety Tips for Social Networking Sites

1. Never post your personal information, such as cell phone number, address, or the name of your school, or school team.
2. Put everything you can behind password protected walls, where only friends can see.
3. Be aware that information you give out in blogs could also put you at risk of victimization. People looking to harm you could use the information you post to gain your trust. They can also deceive you by pretending they know you.
4. Never give out your password to anyone other than your parent or guardian.
5. Only add people as friends to your site if you know them in real life.
6. Never meet in person with anyone you first “met” on a social networking site. Some people may not be who they say they are.
7. Think before posting your photos. Personal photos should not have revealing information, such as school names or locations. Look at the backgrounds of the pictures to make sure the license plate of your car, signs, or the name of your sports team on your jersey or clothing all contain information that can give your location away. Also, blur or morph your photos a bit so they won’t be abused by cyberbullies or predators.
8. Never respond to harassing or rude comments posted on your profile. Delete any unwanted messages or friends who continuously leave inappropriate comments. Report these comments to the networking site if they violate that site’s terms of service. Don’t say anything online that you would not say offline!
9. Check the privacy settings of the social networking sites that you use:
   • Set it so that people can only be added as your friend if you approve it.
   • Set it so that people can only view your profile if you have approved them as a friend.
10. Remember that posting information about your friends could put them at risk. Protect your friends by not posting any names, passwords, ages, phone numbers, school names, or locations. Refrain from making or posting plans and activities on your site.
11. Check what your friends are posting/saying about you. Even if you are careful, they may not be and may be putting you at risk.
12. Consider going through your blog and profile and removing information that could put you at risk. Remember, anyone has access to your blog and profile, not just people you know.
13. Unless you’re prepared to attach your page to your college/job/internship/scholarship or sports team application…don’t post it publicly!
An emergency can strike your farm at any time. It is important to be prepared with a plan of action should the need arise. Part of that plan should include information to assist emergency responders and others if called upon should a disaster like a fire, flood, tornado or disease outbreak occur. Your farm may present unique challenges in an emergency situation. Ensuring that public safety officials and emergency response planners in your community are aware of your specific needs will serve to reduce the impact of an emergency on you and your property.

Before the Emergency

- Vaccination
  All horses should have a tetanus toxoid vaccine within the last year. Additional vaccinations may include influenza, west nile and encephalitis. Consult with your veterinarian for a specific vaccination schedule.

- Coggins Test
  A negative Coggins test is necessary if the horse needs to be evacuated to a community shelter or cross the state line.

- Identification
  Each horse should be identified with at least one, if not all of the following: A leather halter with name/farm information in a zip lock bag secured to the halter with duct tape. A luggage tag with the horse/farm name and phone number braided into tail. (Make sure this is water proof). Photos of each horse as proof of ownership highlighting obvious identifying marks. Registration papers if applicable. A microchip if ownership cannot be determined by other means.

- Water
  Each horse should have 12 to 20 gallons per day stored. This water can be stored in advance and rotated out every 2-3 months in preparation before an emergency. At least a 3 day supply should be available as you do not know if water will be available at home or the evacuation site. Have a generator to run a well if you have large numbers of horses. Keep chlorine bleach on hand to add to contaminated water if necessary. To purify water add two drops of chlorine bleach per quart of water and let stand for 30 minutes.

- Feed Storage
  Store a minimum of 72 hours of feed and hay (seven days is best). It is very possible that roads will be closed because of downed power lines and trees, limiting access to feed stores. Cover hay with water proof tarps and place it on pallets. Keep grain in water tight containers. Again, make sure feed is kept fresh by rotating.

By simply developing a written emergency response plan, and assembling the needed information and items you can ensure that if an emergency arises you will be able to adequately take care of your equine if necessary.

Assemble an Emergency First Aid Kit and Emergency Tools

<table>
<thead>
<tr>
<th>Bandages (leg wraps and quilts)</th>
<th>Antiseptics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Topical antibiotic ointments</td>
<td>Tranquilizers</td>
</tr>
<tr>
<td>Pain Relievers (phenybutazone or Banamine®)</td>
<td></td>
</tr>
<tr>
<td>Flashlight and extra batteries</td>
<td>Extra halters / lead ropes</td>
</tr>
<tr>
<td>Clean towels</td>
<td>Fly spray</td>
</tr>
<tr>
<td>Emergency Tools</td>
<td>Chain saw / fuel</td>
</tr>
<tr>
<td>Hammer / nails</td>
<td>Fence repair materials</td>
</tr>
<tr>
<td>Wire cutters / tool box / pry bar</td>
<td>Fire Extinguisher</td>
</tr>
</tbody>
</table>

Who doesn’t like a good deal? I know that I do. However, there are some other items to consider when considering whether or not to purchase an offer:

- Do you really need (want) the deal being offered?
- Where is the store or restaurant located relative to home or work?
- Is it going to be worth the gas and maybe even the hassle trying to get to the location?
- Are there expiration dates? Do you have time to plan the use of the deal within the specified time frame?
- Is there a refund if the merchant fails to comply with the offer purchased?
- How much of a deal is the deal?

A fair question to ask yourself, for the deal being offered, would you have purchased it anyway? Are you adventurous? Maybe to try a new restaurant, however, are you wanting to try a new stylist? Consider all aspects of the purchase before you buy.

When the deal of the day arrives, ask yourself if this is in line with your spending plan? Have you written this into your financial security plan? If you are coming up short each month, or your credit card bill is more than anticipated, it might be time to curb your spontaneous spending.

Figure out how to enjoy the deal without it costing you more in the end.
Over a year ago, Americans were introduced to MyPlate, a guide which includes the five food groups depicted in the optimal proportions. Using the same color-coded groups from MyPyramid, this new graphic design shows half of a 9-inch plate should be colorful fruits and vegetables, with lean protein, whole grain products and heart healthy low-fat dairy foods rounding out the picture.

When unveiled, many wondered whether the symbol was too simplistic and questioned how a picture of a place setting could promote positive changes in our top-sided (and mostly unhealthy) eating habits. After one year of sharing the virtues of MyPlate, educators for the most part are optimistic this tool can indeed guide Americans toward healthier habits. While the graphic is simple in design, the accompanying website has all the tools needed to learn, plan, choose and analyze your eating and exercise habits. If you haven’t yet checked out USDA’s website, now is a perfect time to point your browser to www.choosemyplate.gov.

To get you started, here are step-by-step instructions for guiding you towards the MyPlate model:

### Determine your Daily Food Plan
The first step is to create a personal food plan based on your estimated caloric need. Go to Choose My Plate “Daily Food Plan” and enter your information. Encourage family members to create their personalized differences in recommendations based on age, gender, height, weight and activity level.

### Get inspired with the Healthy Eating Tips
There is a wealth of information included in the “Healthy Eating Tips” section. A virtual nutrition course with practical tips, recipes and information about each food group. The “ten tips” handouts address a host of topics ranging from food budgeting, to vegetarian food plans, controlling sodium, beverage choices, kid-friendly foods and much more.

### Kids Can Blast Off to Planet Power
The highlight for children of all ages is the “Blast Off” interactive game that challenges kids to reach Planet Power by fueling their rocket with food and physical activity. Fuel tanks for each food group help kids keep track of their food choices.

### Stay on track with Super Tracker
Once you know the basics, you can use the advanced features of the MyPlate Super Tracker to log your food and fitness. By entering your data into this site, you can monitor your progress, set goals for improvement and even access weight management tools.

### Take small steps and keep moving!
Using the MyPlate guide to move toward healthy lifestyles takes time, commitment and cooperation from all concerned. Make a plan, set goals and keep taking small steps toward change. For example, try a new healthy recipe each week, plant a vegetable garden, pack healthy snacks for outings, choose water over sweetened beverages or play active games as a family. Most importantly, be sure to get everyone involved in making choices about tasty, healthy foods and fun, family fitness!

Reference: Nutrition for Kids

As some of you may know, MyPlate has recently celebrated its 1st birthday. June 2, 2011 is the day that the USDA unveiled this new food guide that they felt would be perhaps easier for consumers to understand. MyPlate includes 5 basic food groups; all designed to neatly fit on a plate. After all, it is what we eat off of. This may by why many advocate for the plate, because of its simplicity.

But while the plate may be simpler for consumers to digest, is it too simple? One thing the plate does not include that the pyramid did is physical activity. A quote from the FAQ sheet on the choosemyplate.org site states, “To simplify the image, the MyPlate icon includes only the five food groups to help remind consumers to eat healthfully. It does not include all of the messages of the Dietary Guidelines. Although not depicted in this icon, physical activity is still very important for an overall healthy lifestyle.” In 2005 the original food guide pyramid was replaced with My Pyramid, which included the importance of exercise by having a stick figure walk up the side. Along with the icon were basic guidelines for adults and kids on how much physical activity they should partake in each day. Although what we consume each day plays a key role in our fitness, physical activity has proved to be incremental as well in sustaining an overall healthy lifestyle.

In 2005 when the new My Pyramid was presented, approximately 119 million Americans, or 64.5 percent, of adult Americans were either overweight or obese. Today approximately 68.8% are overweight or obese with these numbers still climbing! Clearly, the rate of obesity in America continues to increase, so wouldn’t Americans benefit from a guide that shows physical activity? While it is called the “food” guide, the whole purpose is to teach the average American how to make healthy choices to live a more sustainable life. This should definitely include physical activity. When talking about the new MyPlate some may say, simple, yes but complete, no. There’s always tweaking and criticisms of some sort and I’m sure in another five years or so there will be a new buzz about the latest food guide. Stay tuned!

Resources: http://healthyamericans.org/reports/obesity2005/choosemyplate.org
Fall into Gardening

Steve Chaney
County Extension Agent - Horticulture

The increased frequency of cooler temperatures and decreased day length make fall an ideal time to garden. The fall beckons you outdoors from the air-conditioned confines of Texas summers. Gardeners and yardeners alike migrate back to nurseries and back home to plant flowers, vegetables, shrubs and trees. Landscape remodeling or renovation projects abound at every turn. At a time when northern gardeners are closing up shop for the winter, Texans are beginning anew. Truly the fall may be the best season to plant, surpassing even the spring. What a truly wonderful time of the year!!

The fall months of September through December have distinct advantages for planting compared to the spring months of March to May. Fall planting follows the heat of summer and preceded cooler temperatures. Trees, shrubs, flowers and vegetables planted in the fall use this to good advantage.

- Fall is a perfect time to plant container-grown trees and shrubs. Restricted root systems of these plants have ample time to recover from transplanting and proliferate new roots before spring growth begins.
- The cooler days of fall reduce overall plant stress. Most newly planted shrubs, groundcovers and perennial flowers benefit from lower fall temperatures.
- Rainfall is more common in fall months, thus a reduced need for irrigation. Rainfall also helps dilute and flush salts from the soil that has accumulated during the long summer irrigation schedule.
- For most plants, growth and flowering are heavily induced by fall weather conditions. Roses bloom heavily, and colors are much more vivid. Shrubs and perennial flowers may put forth a fall flush of growth.
- For some flowering plants, shorter days of fall are actually required for some blooms to emerge or reach full bloom e.g. chrysanthemums, Mexican mint marigold.
- For vegetables, crops mature in the fall, as temperatures are much cooler than in the summer. This results in less plant stress and higher quality, better tasting produce, whether it is fruits or bean, pepper, and tomato plants or edible plant parts such as broccoli, cauliflower, leaf lettuce and spinach.

The most important reason to gardening in the fall may be a selfish one – it simply feels good to humans. Working in the garden is much more pleasant in the fall. The heat of the summer is rapidly waning; the garden is more vibrant and beautiful. The birds are more active, the mosquitoes are retreating from the cooler weather. We discover exuberant life in the garden along with a heightened intensity due to pending dormancy. So, “fall into gardening” once again or for the very first time!

North Texas Plant Trials

Laura A. Miller
County Extension Agent - Horticulture

For the past ten years the Dallas Arboretum’s Plant Trials Field Day hosted by Director of Horticulture Jimmy Turner and the Field Day at the Texas AgriLife Research and Extension Center in Overton hosted by Dr. Brent Pemberton have been held on back to back dates in late June. These trials are not for the faint of heart. There are just so many plants, so little time and so much hot weather, but participating in the trials is a quick way to see what’s going on in the wonderful world of new bedding plants in just a few days.

- The two trial sites are not too far apart, and both can get cold in the winter and awfully hot in the summer. In fact one of the funniest things that the always entertaining Jimmy Turner said during his presentation this year was that “USDA Hardiness Zone 8 is just three years of Zone 10 summers followed by a Zone 5 Winter.” That means he thinks we live in sort of combination of the worst weather in a Brownsville summer with the worst weather in Omaha winter.

While the temperature extremes and USDA hardiness zones are the same in Dallas and Overton, the rainfall and soils are quite different. About 34 inches of rain falls on Dallas each year. In Overton, annual precipitation is in the 45 inch range. Overton has sandy soils, while Dallas is located on black clay land. Plants that do well in both sites are probably pretty safe bets for most sites in North Texas. Those plants are included in the North Texas Winner’s Circle™. Here are a few highlights from the 2011 list that was presented this year:

- Ipomea Sweet Caroline Bewitched Improved
- Ipomea Illusion Garnet Lace
- Ipomea Desana Compact Red

These selections of the almost ubiquitous sweet potato vine are varied in size, uprightness, and color, but they are all great for covering ground quickly and getting the “spiller” job done in container plantings. Jimmy Turner has designated all of these as FlameProof™ plants. FlameProof™ plants are those that have proven they can make it through the summer (which he defines as April-November) at the Dallas Arboretum and look good doing it. The summer of 2011 was one for the record books with 71 days over 100° F, but sweet potato vine took it like a champ.

- Begonia Whopper series
- Gomphrena QIS Series
- SunPatiens Variegated Spreading White

As they say, everything is bigger in Texas. The Whopper series and the only slightly smaller (about 20% smaller) Big series have made a really big splash in the begonia market, giving old favorite Dragonwing a real challenge in the favorite begonia contest. Jimmy Turner says these are big plants for bad gardeners. He actually adds another word in there not once but twice. These are great shade plants, but can also take the sun making them a great option for those half shade/half sun but otherwise symmetrical landscapes. Both have bronze and green leaf forms and both look like regular wax begonias only much, much, much bigger.

- Gomphrena QIS Series
- Gomphrena, also known as Globe Amaranth, is a great plant for hot sunny places, and this series along with the Fireworks, Audrey, and Las Vegas series have been designated FlameProof™ for the 2012 Texas Superstar’s plants. That means they are fabulous all over the state. Another gomphrena that hasn’t been as extensively trialed, but that looks promising is ‘Babou’ which is striking silvery grey foliage, and really big flowers. At this year’s (2012) trials in Overton, Dr. Brent Pemberton shook up the people pick awards by assigning different colored favorite flags to males and females. Gomphrena species were equally popular among the genders, while women loved rudbeckia and men liked the petunias. Perhaps a little more gomphrena could lead to more harmonious family relations.

- SunPatiens Variegated Spreading White

Just like regular impatiens, they can get a little impatient when it comes to waiting for water and will let you know about it, but SunPatiens can take the sun and the heat because they are mostly tropical New Guinea impatiens. This also means that they are not susceptible to this year’s hottest new disease, Impatiens Downy Mildew.
PRAIRIE VIEW, TX – Young people from Waller, Grimes, Washington and surrounding counties received a healthy dose of fun and hands-on Science, Technology, Engineering, Agriculture and Mathematics (STEAM) workshops at the 2012 Career Awareness & Youth Leadership Laboratory held on the campus of Prairie View A&M University July 10-11. The Cooperative Extension 4-H & Youth Development component in conjunction with UnitedHealthcare and Houston Livestock Show and Rodeo sponsored the event.

“Nearly 200 youth, ages 13-16, partnered with caring adults in their community to develop critical life, leadership and job skills at this year’s Career Awareness & Youth Leadership Laboratory,” said Dr. Rukea Draw-Hood, program leader, 4-H & Youth, Prairie View A&M University, Cooperative Extension Program. “This year’s theme, On a Mission 4-Healthy Living, focused on science careers in health, agriculture and nutrition.”

Participants enrolled in five major tracks including Healthy Ambassadors, Healthy Food, Healthy Business, Healthy Technology and Healthy Communications. Each track contained three specific workshops that offered experiential, hands-on activities.

Youth learned to cook using solar energy, made skin care products such as body butter using environmentally healthy ingredients, took photos and interviewed their peers when learning how to become photojournalists.

The participants also cooked a variety of dishes using fresh, healthy ingredients, participated in scenarios where they could use their money wisely, learned how to develop a business plan to market their own products and became healthy ambassadors while strengthening their knowledge of 4-H.

“My anticipation of participating in the Career Awareness & Youth Leadership Laboratory and learning more about photojournalism exceeded my expectations,” said Hammad Muhammad, youth participant from Fort Bend County. “Several other students and I volunteered to interview other students in the workshops while others took photos. That experience has caused me to seriously consider pursuing photojournalism as my major in college.”

“Another aspect of the 4-H Youth Lab that was offered this year was the Youth Summit in which youth-led presentations were conducted on the topics of sugary drinks, nutrition fact labels and healthy fast foods,” said Dr. Samuel G. Roberson, program specialist – 4-H & Youth. “This Summit gave the young people an opportunity to engage in activities focused on leadership, teamwork, public speaking and responsibility,” said Roberson.

Reference: Gloria J. Mosby, Program Director - Communications

- Continued on next page -
Highly Effective Teens

Cindy Bryant
County Extension Agent 4-H

Living in the city provides a multitude of opportunities. Companies, schools, and retail establishments are extending their hours in order to accommodate the varied schedules that exist for our families. In an effort of “trying to do it all”, we can feel like we are always on the go with little time for rest, reflection, and planning.

Teens can become especially susceptible to stress that often accompanies a harried schedule. Learning to develop proper time management skills is an essential element of fulfilling one’s potential and a useful habit to acquire.

In the book, The Seven Habits of Highly Effective Teens®, Sean Covey addresses key habits which help teens to practice behaviors which lead to a positive self-image, resistance to negative peer pressure, and the setting and achievement of productive goals. It is definitely a “must read” for teens and tweens and a great conversation topic for families.

Habits of Effectiveness

Be Proactive - Being proactive is the key to unlocking the other habits. It includes accepting responsibility for one’s own behavior and making choices based on values and principles rather than on emotions or mood.

Begin With the End in Mind – Teens need to clearly know their values and where they stand on today’s “issues”. Knowing what one stands for reduces the likelihood of being swayed or led astray by the opinions and pressures of others. Setting goals helps one design a plan which can guide him through the decision-making process. Knowing where one is headed, helps one know which road to take.

Put First Things First – This habit helps teens prioritize and develop effective time management skills. Addressing the most important things first in one’s life, ensures accomplishment.

Think Win-Win – Teens learn that win-win is a mindset based on mutual respect of one’s self and others. Win-win encourages teens to neither be the aggressor nor the victim, but to seek mutually beneficial solutions.

Seek First to Understand, Then to be Understood – Active listening is the first important skill in effective communication.

Synergize – Working together as a team often creates better results than those of separate individuals. True teamwork or synergy utilizes the individual strengths of each team member.

Sharpen the Saw – Teens, like adults, need to take time to renew themselves in four key areas (physical, social/emotional, mental, and spiritual). This personal renewing enables them to handle the ups and downs of life most effectively and to maintain the other habits of effectiveness.