Making a Difference in Tarrant County

Real Learning for Real Life

Summer 2013

The Tarrant County 4-H Ambassador Team works together to promote 4-H throughout Tarrant County.

Members of the team include: Sam Aviles, East Fort Worth Club; Heather Carney, Voyage Club; Cameron Flippo, Eagle Mountain Club; Katie Lisle, Eagle Mountain Club; Samantha Mares, Vets of Tomorrow and Straight Shooters Clubs; Amanda Roach, Voyage Club; Skye Segovia, East Fort Worth Club; America Segovia, East Fort Worth Club; Robert John Segovia, East Fort Worth Club; Tressa Watkins, Westside Club; Luke Womble, Straight Shooters Club.

Connect with Us!

In Tarrant County

Visit our website: http://tarrant.tamu.edu


Front Row (left to right): Katie Lisle, Tressa Watkins, Samantha Mares, America Segovia, Skye Segovia, Robert John Segovia.

Cover page: Tarrant Co. 4-H Ambassador Team

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You can find us on Facebook at:
www.facebook.com/agrilife.tarrant

Master Gardeners
https://www.facebook.com/TarrantCountyMasterGardenerAssociation

Blogs:
Living Healthy in Tarrant County
https://agrilife.org/livinghealthytc/

Commercial Horticulture
http://agrilife.org/tcch

Spending Smart – Building Bucks
http://agrilife.org/ssbb/

4-H
http://tc4-h.blogspot.com/

Thoughts for a Healthier You
http://agrilife.org/healthieryou/

Instagram
@tccep4H

Twitter - @twitter.com
Ag
https://twitter.com/kenjohnson9

You Tube
www.youtube.com/user/tarrantagrilife

Save the Date

DINNER TONIGHT! Healthy Cooking School

Easy, Nutritious and Economical Ways to Feed Your Family!

Wednesday, September 25, 2013
5:30-7:30 pm
Tarrant County College
Trinity River Campus

For more information contact Texas A&M AgriLife Extension Service at 817.884.1946

Educational programs of Texas A&M 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.

*Individuals with disabilities who require an auxiliary aid, service, or accommodation in order to participate in any of our meetings are encouraged to contact our office at 817.884.1945 for assistance.
The low investment and small area required to raise a flock of poultry makes this an ideal venture for the beginning small or part-time farmer. Poultry can supplement family food supplies, and small specialized poultry producers can sell to several niche markets. For example, producers can consider selling organic eggs and meat, brown eggs, range-reared meat and eggs, live birds for ethnic markets, and birds for hobby, leisure, and purebred exhibition purposes. To ensure profitability, the small specialty poultry producer must do careful research on market opportunities.

If it’s egg production you want to try, then the best chicken breeds include commercial White Leghorn-type hybrids, which produce white-shelled eggs and are the most economical feed-to-egg converters. Commercial breeds (e.g., Rhode Island Red, New Hampshire) or selected hybrid breeds produce large, brown shelled eggs and are usually preferred for small range flocks. All poultry breeds lay eggs, but they are not equally efficient.

Birds raised in a pen should have at least 2 square feet of space per adult bird. Feed a completely balanced ration. Avoid table scraps and whole grain, which dilute nutrients intake and decrease production. Use an 18 to 20 percent protein feed starter for the first 6 to 8 weeks, followed by a 14 to 15 percent protein grower or developer until 20 weeks of age. At 20 weeks of age, feed a 16 to 18 percent protein layer ration, and feed grit and oyster shells in separate feeders. Waterers must provide at least 5 to 6 gallons daily for every 100 birds. Laying birds require at least 14 to 16 hours of light each day for better egg production and quality. Decreasing the light will stop egg production. Light must be added before sunrise and after sunset during the fall and winter, but be sure to provide several hours of darkness so the birds can roost.

Provide at least 6 inches of roost space per bird, at least 2 inches for roosting 12 inches apart. Place roosts 24 inches above the floor and provide one 10- to 12-inch nest for every 4 or 5 hens. Nests should be 24 inches above the floor, away from the roosts. Keep nesting materials clean and dry. Collect eggs at least twice daily. Outside runs are not necessary; if used, they should provide 5 to 10 square feet of space per bird.

The most efficient meat-producing chickens are the meat-type crosses (Rock-Cornish). Purebred poultry types most commonly raised for white meat are Cornish, Plymouth Rocks, and White Jersey Giants, but these breeds are less efficient than the crosses and take up to 14 weeks to develop a desirable carcass. There are niche markets for red-plumage birds and for the Silkie chicken, which has dark purple skin and is very popular in various ethnic live-bird markets.

Meat chickens can be raised much like laying chickens, except that wet and compacted litter is of even more concern with meat-type birds than with egg producers. These conditions cause breast blisters and leg weaknesses and give the carcasses an undesirable texture. Never brood chicks on slippery surfaces. Pine shavings or straw are the best materials for giving meat birds the traction and leg support they need. Feed a totally balanced ration. For fryers and broilers, use a starter mash or crumble pellets containing 20 to 23 percent protein. Roasters require a 20 percent protein starter for the first 6 weeks and can then be fed a 16 percent protein grower feed. At least 23 hours of light per day is recommended for meat birds. Use one 25-watt bulb per 100 square feet. Do not use nests and roosts for meat type chickens. Feeding causes breast blisters, crooked keels, bruises, and lameness in heavy meat birds. Meat-type birds make poor layers, so slaughter them before they reach egg production age. Outside runs are not recommended for meat each day unless you are selling range-reared birds. Slaughter 2 to 3 pound fryers at 3 to 4 weeks of age; 4 to 5 pound broilers at 7 to 9 weeks; and roasters at 12 to 14 weeks. Remember, as older birds produce more meat, allow them to come as close to the desired weight as possible before slaughter.

Summer is here! The kids are excited that school is out - no more teachers, homework, going to bed whenever, right? Hold on – before you agree, think about this. If you allow children to stop “learning” over the summer, they may lose approximately 2 months of their grade level in math and reading, which means by the 5th grade they could be 2 1/2 years behind their peers.

What can parents, grandparents and other family members do to help make summer learning FUN?!

A few suggestions:
1. Stay on your routine over the summer. Bed time and wake up times shouldn’t vary much.
2. Make learning fun – try a new recipe? Let your kids read the recipe out loud. You have kept fractions and words in your children’s brain.
3. Join the summer reading program at one of our local libraries.
4. Create a book club for your kids, yes this includes the boys.
5. Planning a trip? Have your children look at the map, learn about what’s native to the area, have them plan part of the trip.
6. Have them learn new words. Study the dictionary and come up with words they have not heard of. Print off the spelling bee list - learn how to use those words in a sentence.
7. To improve your child’s comprehension, talk with them about what you did and what they learned.

Keep learning to help your children be successful in school every year.

Are You Frustrated With Your Financial Institution?

What can you do if your bank has not treated you fairly? Here are steps that may help you solve a problem:

- Give your financial institution the chance to make things right. Before taking your case to the government or taking your business elsewhere, ask someone at your branch or another customer service representative at the bank to help address your concerns. If you are not satisfied with the first answer you receive, contact the manager.
- Prepare the information the bank will need to take action. At a minimum, expect to give your name and identifying information, such as an account number or your address. If you write a letter, you also may want to include your phone number and a way to contact you for future communications. Give a detailed description of what occurred and explain why the situation is unsatisfactory.
- Keep a record of your communications with the bank. Include any letters or e-mail correspondence.
- Document your efforts to address the problem.
- If you need to share any documents with a bank employee, only provide copies, not your original. Never share personal information (Social Security number, personal identification numbers or any other confidential information) in email correspondence.

If you still believe there is a problem or that you’re being denied a legal right to your funds, you may file a formal complaint with one or more government agencies. You can file a complaint with:
- The Consumer Financial Protection Bureau.
- The Federal Reserve.
- The Federal Deposit Insurance Corporation.
- The National Credit Union Administration.
- The Office of the Comptroller of the Currency.

To file a complaint, go to these websites:

- www.consumerfinance.gov/complaint
- www2.fdic.gov/StarsMail/index.asp
- consumerhelp@federalreserve.gov
- consumerassistance@ncua.gov
- www.consumerfinance.gov

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- consumerassistance@ncua.gov
- www.consumerfinance.gov
With obesity rates approaching nearly half of our country’s adult population, politicians and health advisors continue to scramble in search of a solution. Meanwhile, economists are focused on how much obesity is going to cost future generations.

While the health effects of obesity are well-documented, the economic and social costs are just coming into play based on a report published by Campaign to End Obesity and data from Centers for Disease Control and Prevention. For starters, the national cost of obesity is now estimated at $190 billion, or $607.77 per person.

Here’s a closer look at the enormity and effects of our growing obesity rate:

- **Growing obesity rates increase fuel consumption**, as Americans consume an additional 938 million gallons of gasoline per year due to increased passenger weight – that’s $4 billion extra.

- **Likewise, the airline industry uses an estimated 350 million additional gallons of fuel at an extra cost of $275 million annually to handle passenger weight increases.**

- **To accommodate larger people, public seating for mass transit and sport events have not only been expanded for patron comfort, but are built to hold 400 pounds.** And those familiar yellow Blue Bird school buses are also widening the front doors for kids to fit more easily.

- **In addition to hiring more medical personnel, hospitals are investing in equipment to handle heavier patients by replacing diagnostic equipment such as MRI machines, wall-mounted toilets with floor models able to hold 250 pounds or more, and buying plus-size wheelchairs as well as mini-cranes to hoist obese patients out of bed.**

- **Treatment for larger patients can also be a challenge if hospital staff find it difficult to locate airways to insert a breathing tube with reports of multiple surgeries performed for procedures such as wound closure that could be done all at once for a non-obese person.**

Taken together, the obesity crisis already touches everyone in one manner or another. This realization should be a call to action because there is good news amidst the bad: Obesity is preventable.

The trends that led to the current epidemic can be reversed by making changes in eating behaviors and physical activity. It is never too late to adopt healthier eating habits and make physical activity a part of your daily routine.

References:


I would like to start the article with a reprint of the “Estimate Daily Calorie Needs Chart” from the Spring 2013 issue. I apologize for the confusion. I mistakenly switched the columns around. The correct chart is listed below!

It’s important to not only eat healthy meals but to have physical activity to back it up! Now if you’re like most people, you probably get more out of your workout when you’re with a group. So why not get the whole family involved? Here are a couple of different recipes and physical activities that you and your family can enjoy together on your next family outing.

### Tuna Melt Burgers

**What you need:**
- 12 slices of 100% whole wheat bread
- 1 medium stalk celery, chopped
- ½ cup diced, reduced fat processed American cheese
- ⅛ teaspoon pepper
- 1 6-ounce can tuna-light packed in water
- ¼ light mayonnaise
- ¼ teaspoon salt
- ⅛ teaspoon onion powder
- 1 tablespoon instant minced onion
- 12 slices of 100% whole wheat bread

**What to do:**
1. Wash hands and cooking area.
2. Preheat oven to 350°F.
3. Drain tuna and break the meat apart with a fork.
4. Wash and chop the celery and dice the cheese.
5. Mix tuna, celery, cheese, light mayonnaise, dried onion, salt, and pepper into a medium mixing bowl with a wooden spoon.
6. Spread tuna mixture on six of the pieces of whole wheat bread and place a single slice of bread on top of each (you will make a total of 6 sandwiches).
7. Put each sandwich on a square of aluminum foil, and then wrap the foil around sandwiches, folding edges securely.
8. Bake about 20 minutes or until hot in the middle. Cool slightly before serving.

**Sources:** [http://spoonful.com/family-fun/spring-scavenger-hunt](http://spoonful.com/family-fun/spring-scavenger-hunt)

### Asteroid

**Total Time:** 1 hour  **Ages:** school-age by Curt Hinson

**What you’ll need:**
- Four to six players
- 1 soccer ball (the planet)
- 1 foam ball (the asteroid)

**How to play:**
1. Divide players into two teams.
2. The object of the game is for Team Asteroid to throw their foam ball and hit Team Planet’s soccer ball. Team Planet controls their ball by kicking it around, trying to keep it from Team Asteroid. Team Asteroid players are not allowed to take any steps with their ball. Instead, they must pass it to teammates, trying to get it in the hands of a player who has moved close enough to the planet for a shot. Remember, once you have the ball you cannot take any steps. When the foam ball hits the soccer ball, the teams switch roles.

### Spring Scavenger Hunt

**What you need:**
- Paper
- Markers

**How to play:**
1. Write these clues on a piece.
2. Split your family off into teams to make it a challenge to see who can be the first to complete their list! Not only will you have fun but you’ll get in some physical activity while you race to be the first to finish.
   - A bird singing
   - A flower in bloom
   - A mushroom
   - A brightly colored bird
   - A leaf
   - A multi-colored rock
   - A stick
   - Your own clue

**How to make:**
1. Split your family of different recipes and physical activities that you and your family can enjoy together on your next family outing.

**2.** A flower in bloom
   - A mushroom
   - A brightly colored bird
   - A leaf
   - A multi-colored rock
   - A stick
   - Your own clue

**Estimated Daily Calorie Needs Chart**

<table>
<thead>
<tr>
<th>Gender/ Age</th>
<th>Activity Level</th>
<th>Estimated Daily Calorie Needs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children 5-11 years</td>
<td>TFI</td>
<td>1,900-2,000</td>
</tr>
<tr>
<td>Kids 12-18 years</td>
<td>TFI</td>
<td>2,400-2,500</td>
</tr>
<tr>
<td>Teens 14-18 years</td>
<td>Light</td>
<td>2,000-2,200</td>
</tr>
<tr>
<td>Adults</td>
<td>Moderate</td>
<td>1,800-2,000</td>
</tr>
<tr>
<td>Adults</td>
<td>High</td>
<td>1,600-1,800</td>
</tr>
</tbody>
</table>

It’s important to not only eat healthy meals but to have physical activity to back it up! Now if you’re like most people, you probably get more out of your workout when you’re with a group. So why not get the whole family involved this summer? Here are a couple of different recipes and physical activities that you and your family can enjoy together on your next family outing.

**Spring Scavenger Hunt**

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**Sources:** [http://spoonful.com/family-fun/spring-scavenger-hunt](http://spoonful.com/family-fun/spring-scavenger-hunt)

Since 1955 the percentage of our food dollars spent on foods eaten away from home has increased from 26% to 48%. Consequently, the percentage of our food dollars spent on foods eaten at home has dropped from 75% to 53%.

**Foods eaten away from home tend to be:**
- Less nutritious
- Higher in calories
- Higher in fat, saturated fat, and cholesterol
- Lower in dietary fiber

**Tips for Eating Out**

1. Eat out for breakfast or lunch; dinner tends to be more expensive.
2. Do not order alcohol, soda, tea or other beverages; drink water.
3. If you have children, look for restaurants that allow kids to eat free. Check out the following website for more information: [www.mykidsatefree.com](http://www.mykidsatefree.com)
4. Ask the server if there is a daily special.
5. You can order gift cards at a discount for many of your favorite restaurants at [www.restaurant.com](http://www.restaurant.com) (For example, one restaurant will sell you a $10 gift card for $4; that is a big savings!).
6. As soon as you get your entrée, ask for a to-go box. Most restaurants give large portions and you can often get 2 meals out of one. Just make sure that the food is refrigerated quickly so it does not make someone sick!
7. Order an appetizer as an entrée.
8. Skip dessert; or if you really want a dessert from your favorite restaurant, eat at home and then go out for dessert.
9. If you qualify, use senior citizen’s discounts.
10. Order ½ portion or lunch sizes

**Source:** Texas A&M AgriLife Extension Service (agrilifeextension.tamu.edu)
Laura A. Miller  
County Extension Agent - Horticulture

Good to the Last Drop

North Texas landscapes are still recovering from the great drought of 2011. 2012 brought near normal rainfall amounts, but the forecast from the National Weather Service Climate Prediction Center projects an ongoing drought for all but the Northeast corner of Texas. How can we make the most of the rain that does fall this summer and the irrigation water we apply?

Don’t Let Good Water Go Astray

Storm and irrigation water that runs off a landscape doesn’t do the plants any good and can carry fertilizers and pesticides into streams and rivers.

Make it your goal to keep all your water on your property. Minimize the amount of stormwater runoff by capturing and storing rainwater from roofs to use for irrigation on a not-so-rainy day. WaterHARVESTing.tamu.edu is full of great information about setting up a rainfall harvesting system.

Clay soils hold water well, but can’t absorb it quickly. Cyclic irrigation or the cycle and soak method simply means running irrigation for a short period that won’t result in run off, allowing the water to slowly move down into the soil profile before applying the rest of that day’s irrigation. For example, if you want to apply one inch of water and the sprinkler head would need to run for 20 minutes to do that, you could allow it to run for 10 minutes, cycle through the other zones, and then have a second start time set for the zone or zones that need more water.

Teach Roots to Go Deep

The cycle and soak method not only minimizes run off, it also encourages roots to grow down into the topsoil where they have access to a larger reservoir of soil moisture. By wetting the soil to a depth of 8-12” with each irrigation event, you help plants develop an expansive root system that will help them survive when water is in short supply.

Don’t Let Weeds Steal Water

A weed is any plant that you don’t want in your landscape. Why share limited water with plants you don’t want? Many of the weeds we have the hardest time eradicating are actually signs of overwatering and/or compacted soils. This list includes annual bluegrass, crabgrass, goose grass, dallis grass, sedges, plantains, and dicondra. Time spent controlling weeds will result in water savings. Mulch is a great way to minimize weed competition in landscape beds and has water saving benefits as well.

Just add Air

Aeration is another way to get the most out of the water you apply. Core aeration of turf areas can be performed by landscape professionals or with rented equipment. Removal of a small cylinder of soil promotes new root growth and root growth means more water taken up by the plant. This is especially beneficial in clay soils. Top dressing with 1/8 inch of compost after aeration will add organic material to the soil.

And Organic Material

There are several ways to add organic material to soil, which ultimately improves water infiltration, water holding capacity, and ultimately plant growth. Top dress turf areas with compost after aeration. Amend the soil in annual and shrub beds before installing new plants. Maintain 2-4 inches of organic mulch on landscape beds.

Prioritize

Divide your landscape into hydrozones. Put native and low water use plants that can survive on average rainfall in one zone, established ornamental trees and shrubs in another, and turf, annuals and newly installed plant materials in another. Irrigate according to plant requirements.

When watering is severely restricted, allow lawns to go dormant. While there are some differences among various shrub, tree, and lawn varieties, buffalo, Bermuda, and many zoysia grasses can recover after up to 150 days without rainfall or irrigation. Don’t allow large shade trees, even well established native species, to go that long without supplemental irrigation. Texas lost an estimated 5.6 million urban trees in the drought of 2011. When outdoor watering restrictions allow, water trees at least every other week when there is no rainfall. It is easy and inexpensive to replace annuals and perennials, but replacing a large tree takes both time and money.

Listen to Your Lawn

You don’t have to be the Lawn Whisperer, Save North Texas Water’s fictional speaker for the trees, shrubs, and grass, to do a better job irrigating your landscape. All you have to do is pay attention to the signs that let you know that your plants are ready for a drink. Grass blades will fold, color will turn from green to bluish green, and footprints will remain in turf when it needs to be watered. If annuals are wilted in the morning, they need to be watered. Watering a hot afternoon is to be expected.

What’s the best thing about all these practices? In the same way that overeating isn’t good for the body, overwatering isn’t good for the landscape. Giving your plants just the water they need and adopting good cultural practices like mulching and aeration will ultimately result in a healthier landscape.

 Helpful Publications:
Water Conservation
Irrigation Systems Auditing
Mulch
Fertilization
Soil Improvement

http://aggie-horticulture.tamu.edu/earthkind/training/

http://aggie-horticulture.tamu.edu/earthkind/challenge/

Efficient Use of Water in the Garden and Landscape

Irrigation Systems for Earth-Kind® Landscapes

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As the weather warms and we begin to replace our jackets, sweaters and long pants for t-shirts and capris, nature beckons us to the outdoors. During this transition, a renewed energy overtakes us and we are often encouraged to be more physical, taking long walks or jogging. Walking and jogging are sound means of exercising and extremely beneficial for heart health but the calm weather, the outdoors and the need to be physical lends itself to play. According to Webster’s Dictionary, play is an “action, activity, or operation”. It’s about doing, making, creating and participating. Play is an active process with an active product. Play requires a reservoir of energy, a head full of ideas and an enormous insight to possibilities. Play is the unveling of the inner child that resides in every adult and the practice of children to remain young, free and spontaneous.

Essentially it’s time to roll up our collective sleeves, lace up the tennis shoes, pull our hair back and solicit friends and family for a couple hours of play; the type of play that is free from the constraints of age and over-analytical rules and expectations; the kind of activity that affirms the belief that play is an art form, which can be mastered by anyone willing to be free and spontaneous. Marianne Clair of Insight Journal believes that one of the key benefits of play is that it can inspire you to think differently. Consider that when few limitations are in place and time is not an issue, a host of possibilities are present.

Need an idea for those old panty hose or those socks that have lost their match? Try this game with the kiddos and prepare to have loads of FUN!!! Hose Head came from http://spoonful.com/family-fun/hose-head. It is just one of the many fun activities featured on the site.

Hose Head
What you’ll need
• Several pairs of old control-top hose or tights (sizes medium or small work best)
• 1 sponge ball or rolled-up sock for each player
• 2 or more players

1 How to play
1. Setup: Create a hose hat for each player by cutting off the hose at the thigh and putting a ball or sock in the toe of each.
2. Players put on their hose hats, cuffing the hose as needed to make the fit secure. The ball should hang at least to the shoulders.

On the count of three, players try to grab the ball -- and the hose along with it -- off the heads of opposing players while keeping their own ball and hose in place. This leads to much wild swinging of heads (which is why a soft ball or sock works best) and much laughter. (No holding the hose on your head, as a strong tug from another player could be jarring.) The last player with a hose hat on his head wins.

As a youth I remember being instructed by teachers and friends to apply for scholarships for college.

Listed below will be some suggested things to do in regards to scholarship applications.

1. The early bird gets the worm-- Apply early. The application cycle for some scholarships may be as much as a year in advance of when school starts.
2. Check local sources of funding. Some of the best scholarships come locally.
3. Do not be afraid to hear the word NO. You can not receive the scholarship if you do not apply. Apply for scholarships that best fit your talents, interest etc…
4. Be a seeker. Remember that all scholarships are not available every year. Make sure the scholarship you are applying for is being awarded for that year. Some scholarships are not renewable.
5. Method to the madness--Make sure to understand the purpose of the scholarship. Know the donor's reason for offering the scholarship.
6. Follow the directions. Make sure the application is completely filled out and submitted on time.
7. Write an essay that states why you should win. Do not be afraid to brag on your accomplishments. Describe how you match the qualities the judges are seeking.
8. Get feedback from editors. Remember you do not have to complete this process alone. Friends, teachers and even parents can make good editors.
10. Remember practice makes perfect. Practice for interviews. Practice, Practice
11. Keep the application organized. Do not send in the scholarship application with loose pages.
12. Call back. Make sure to follow up on any correspondence regarding the scholarship application. Failure to call back may result in not receiving the scholarship. However, make sure that you do not become a pest. Calling too much is not a good thing.

One of the great things about 4-H is that the youth are engaged in their communities. Recently, one of the members presented an idea to his club. He spoke of the Special Olympics and enlisted the club’s support in organizing a group to serve as “Fans in the Stands” for the Special Olympic Games. Utilizing person-to-person and electronic communication, the group quickly grew to include members from five clubs….all with the same goal of offering support to the athletes.

The Olympic Games celebrate the spirit of sportsmanship and achievement of goals. Several types of competitions are offered, including Track, Swimming, Equestrian, Gymnastics, etc. Athletes spend many months each year training for the games. Through training, they learn the importance of setting goals, pushing to achieve one’s best, and good sportsmanship.

We were fortunate to attend the Track competitions. It was inspiring to see the determination and passion as the athletes sprinted around the track. At the finish line, there were high fives, knuckle bumps, and hugs for all. Teamwork and camaraderie were evident throughout the event.

Their athlete motto is:

“Let me win, but if I cannot win, let me be brave in the attempt.”

Each of us would be well-advised to pause and consider this quote. Most of us, regardless of age or other factors, say we want to achieve our goals. But are we willing to put in the hard work necessary? These athletes remind us that success requires diligence, persistence, and hard work. Do we have the courage to give 100% effort? Are we brave in the attempt?

We are very grateful that the Special Olympics provides the opportunity for all to serve as “Fans in the Stands”. While the “fans” attend with the intent of supporting the athletes, the athletes give their fans a priceless gift….the gift of inspiration!
To say THANK YOU!
We have great volunteers and we had two events to recognize the service they provide. We had a great time and we wanted to share some fun photos.

Volunteer Picnic

Reception and Proclamation in Tarrant County Commissioners Court - Our Volunteers ROCK!

Our Volunteers ROCK!