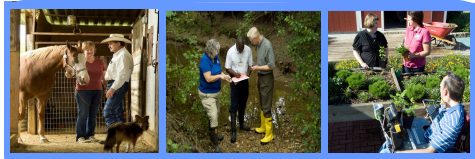




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Making a Difference In Tarrant County



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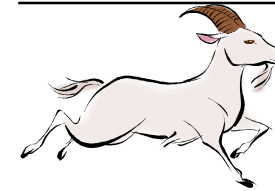


What can you do in one day?

In conjunction with the celebration of National 4-H week, One Day 4-H was a special community service event held on Saturday, October 12. As a way of saying THANK YOU for 103 years of support for 4-H in Texas, 4-H members, their parents, leaders and other volunteers all across Texas joined forces for one day of giving back to their communities.

In Tarrant County 11 4-H clubs conducted 14 service-oriented projects. The projects were planned and conducted by the youth, and included a wide array of service areas. While some participated in landscaping and beautification projects, others coordinated food and clothing drives for charitable organizations. One group chose to serve the elder generation by hosting an ice cream social and visitation day, and another club chose to serve special needs children and their families by offering a day on the farm with a petting zoo, carriage rides, and activities.

A total of **302 volunteers** worked diligently in a day of service to the communities and provided **1,156 hours** of volunteer service.



Winter Management of the Goat Herd

Kenneth Johnson, Jr.
County Extension Agent -
Agriculture & NR

What would you need if you were out in severe cold and wind for 24 hours a day? Your main concerns would be shelter, insulation from the cold, and plenty of water and food. Animals are very well adapted to handle cold weather and tolerate it better than humans. Their comfort range is between 40-70 degrees.

Animals exposed to cold weather require more energy to maintain their body reserves (fat) and to maintain their body temperatures. Different species, (goat, cattle, sheep etc) tolerate the cold differently. The goat's body condition, age, if the goat is pregnant or lactating, temperature, wind chill, dry or wet weather will change the magnitude and effect of the cold.

Shelter

Most livestock add layers of fat on the out side and under the skin. This fat is their stored energy supply and insulation in cold weather. Goats do not carry the kind or amount of natural cold weather protection that other livestock have. Goats tend to add fat to the inside before the outside. All goats are very vulnerable to cold wet weather. Goats need access to shelter to protect them from the wind chill and freezing rain.

In any species, newborns, thin animals, stressed or sick animals are at risk in bad weather and need shelter. Providing pregnant does with good shelter near the time of kidding will increase the chance of the newborns surviving. Very small newborn animals, multiple births (twins, triplets) are more susceptible than average size kids to cold conditions.

Water

Water is a main concern in winter livestock management. If goats don't have water they will not eat. Water is necessary to maintain and develop the rumen and to maximize the benefits of the nutrients consumed. Water needs to be available several times a day. Make sure the ice is broken in frozen water troughs and ponds more than once a day.

Water may be too cold to drink. The ideal temperature for animals to want to drink enough water in cold weather is 40° Fahrenheit. Consider providing warm ed water to any goat that has been stressed, has just kidded or is sick. The amount of water consumed will vary with the temperature, size, lactation and feed intake.

Water in ponds freezes from the outside in. This forces animals onto the ice or even into freezing water to drink. Walking or falling through the ice into freezing water will quickly cause a goat to be chilled and can lead to hypothermia.

Feed

One of the major effects of cold weather is the increased need for energy. Energy to generate body heat comes from food or stored body fat. Animals that are not fed more during periods of cold weather will burn body fat and lose weight. If cold weather continues and the animal's store of fat is used up it will become weak, stop eating and become depressed. These are the signs of hypothermia. These animals must be warmed and fed. During periods of severe or prolonged cold you must make feeding adjustments or animals can die.

The best way to increase internal body heat while maintaining a safer, more consistent energy intake is to increase the amount of good quality hay. Forages and hay produce more heat than concentrate mixes. Concentrates do contain more total digestible energy per pound than hay, but the amount of actual heat given off by the digestion and fermentation of hay is much more.

Start feeding extra rations a day or two before an approaching storm and continue for several days after. Gradually increase concentrates to avoid digestive disturbances. Extra feed can be given in a third feeding to help prevent digestive upsets.

Winter Guidelines

Provide windbreaks and shelters to help reduce wind and rain exposure. Reduce any wet muddy conditions around shelters. Insulate the goats from direct contact with the frozen ground with extra bedding to protect exposed udders, genitals and legs. Goats will seek shelter from the severe winter weather if it is accessible to them.

Prevention is the key to dealing with injuries and deaths from cold weather. Goats should be in good condition before winter starts. If your goats have enough fresh high quality feed and adequate shelter they will be able to survive the winter.



Gear up for Holiday Spending (Saving Money) for 2013

Marian Ross, M. S.
County Extension Agent
Family and Consumer Sciences

Research has been conducted and the verdict is in, yes, consumers will be shopping this season, however, with a different regard to how many of us have spent our money in previous years. Much of how the 'national' shopper spends this year, will be relevant to how we spent money last year, with caution. Are you prepared for the 'shopping' season?

Maybe it is time to reevaluate your spending and think about how to 'save' money so that you do not have sticker shock when the credit card bills begin rolling in January 2014. A plan is nice; however, if you have planned in the years past, did you stick to it? If so, then you are off to a great start if you have already instituted your plan for this year. (Those who have used a plan began earlier this year already. Hmm, they might already be done with their shopping.)

Make a plan to begin shopping early, which means, know your spending limit using both cash and credit or even layaway. Ask the people on your list for their list early and explain to friends and family that you may not be able to deliver all of their wishes, however, you will do your best. Price compare what is on the list and for big ticket items, shop several sources and shop early.

Know what is in season when, if a young person or someone who is young at heart asked for a bicycle, the best time to make that purchase would have been at the end of summer. Bicycling traditionally is a 'summer' activity and at the end of its season the prices were better. However, if someone is looking for electronics November and December are great times to find good deals. Remember to compare prices, consider warranties before you purchase them. Know what the warranty will actually provide for you. Ask about 'restocking' costs and the return policy, especially when you purchase items more than 30 days from when you will be giving the item.

When you go shopping, are you the one in the store (or online) saying "one for them and one for me?" If so, consider how much you are adding to your spending if you are buying impulsively. Even though this trend is on the decline, many are still participating, and at the tune of an average of \$160.00. See something that you just can't live without, put it on your list.

At this time of the year, most non-profit organizations are seeking donations to their annual giving campaign, these contributions are tax deductible. Consider donating in someone's honor or in memory of a loved one (including pets). Make sure to get a receipt from the organization for it to be counted toward your taxes and do your research on the organization or donate to organizations that already known to you such as, March of Dimes, The Kidney Foundation or your local SPCA. If you have children or young people in your life, consider participating in community service during the holiday season which would also provide a family outing that perhaps could be done with extended family members.

A new trend in holiday shopping this year, the 'Omnichannel' holiday, which means for the consumer the opportunity to shop at the same store online, in-store and mobile retail. For the consumer that is shopping this way, it will be a more seamless way of tackling that ever growing list. Shoppers can buy online, pick up in stores, enjoy universal returns and price match with other stores and sites.

For more on holiday 'saving' money tips, visit the <http://agrillife.org/ssbb> a blog that offers financial tips each week. If you have a smartphone, consider listing what is in season when on your calendar with a reminder, so you can save money all year long. A weekly tip for each month is available on the spending smart, building bucks blog.



EAT RIGHT TO HELP YOU GO NIGHT-NIGHT

Darlene Myatt
Extension Agent -
Expanded Food & Nutrition
Education Program

Recent studies have shown as many as three out of five Americans have trouble sleeping on a regular basis. And most everyone has a night here or there when they simply can't fall asleep. Does an empty tummy ever keep you awake? Are you the thing that goes bump in the night on your way to rummage around in the refrigerator?

You want an evening snack, but not one that will keep you up all hours of the night. Are there foods that can really help you sleep better?

Many people already know the basics of what not to do – avoiding large meals, caffeine and alcohol within a few hours of bedtime. You may however be surprised to learn research now shows high-fat snacks such as french fries, potato chips and mozzarella sticks may also interrupt sleep cycles. And there's more! Bacon, pepperoni and sausage contain high levels of tyramine which may keep you up as well.

Don't despair, here are some foods to consider trying for nighttime snacking:

1. **Cherries** ~ This fruit is one of the few natural food sources of melatonin, the chemical that controls the body's internal clock to regulate sleep. Melatonin helps maintain your daily body rhythms and is an important antioxidant in the body known to fight cancer. If you can, look for Montmorency cherries which is a type of sour cherry. They have nearly six times more melatonin than a regular cherry.
2. **Bananas** ~ Potassium and magnesium are natural muscle relaxants. Bananas are a good source of both and are budget-friendly.
3. **Scottish or Irish Oatmeal** ~ A complex carbohydrate, oatmeal triggers a rise in blood sugar which in turn triggers insulin production and the release of sleep-inducing brain chemicals. Oats are also rich in vitamin B6, an anti-stress vitamin and melatonin. You might think of oatmeal as just a breakfast food, but it's also a smart choice for a bedtime snack.
4. **Edamame** ~ Boiled edamame (soybeans in the pod) is high in magnesium which has been shown in some studies to improve the quality of sleep.
5. **Popcorn with Parmesan Cheese** ~ This easy snack provides a tasty combo of carbohydrates and dairy. Dairy products contain tryptophan, which may help you sleep. Better yet, the carbs in the popcorn help your brain absorb tryptophan better.

To enjoy sweet dreams, remember to keep late-night snacking light and eat only when hungry. Not only do calories add up, but many experts believe that not getting enough sleep causes changes in the body which affect the ability to regulate appetites. So a combination of the wrong kind of nighttime snacking and not enough sleep could result in unwanted, unhealthy weight gain.

Source: National Institutes of Health; National Library of Medicine



Ten Tips on How to Plan Your Holiday Menu

Markena Minikon
County Extension Agent -
Nutrition & Health

Holiday menu design doesn't have to be complicated, but there is an art to it. Some consultants and chefs make big bucks deciding what recipes should be offered

on a menu. Your undertaking will be smaller, but no less important — yet it can still be easy! Take a look at this list of things to consider when planning your menu:

- ◆ **What kind of party are you having?** The more formal the party, the more formal the food.
- ◆ **Consider including a selection of flavors and textures.** Perhaps serve something spicy, something creamy and soothing, and maybe something crunchy.
- ◆ **Always have at least one familiar appetizer, such as an onion dip.** Then get as creative as you want with the rest of the food.
- ◆ **Include at least one dish that you're familiar with preparing and enjoy eating.** You'll gain peace of mind and ensure at least one successful dish.
- ◆ **Take advantage of recipes that you can make ahead of time.** That way, you can enjoy the party, too.
- ◆ **Think about the shape and color of food.** If the food looks good, people will try it. If everything you offer sits on little crackers, you're not providing any visual variety.
- ◆ **Look to the seasons for suggestions.** A cheese ball just says winter holidays to some families. Also, if you buy produce that's in season, it not only tastes better but also is less expensive.
- ◆ **Consider the calories in your menu.** Include raw veggies so that anyone on diet restrictions can still nibble along with everybody else.
- ◆ **Plan from your own viewpoint.** The easiest choice and one of the most common ways to make a menu is from your own viewpoint. If you enjoy eating the food you serve, most likely, the guests will, too.
- ◆ **Don't forget the eggnog.** Most holiday parties wouldn't be complete without drinks of some sort. And what drink says the holidays more than eggnog?



Food Safety for the Holidays

Tiffany Traylor
Family & Consumer Sciences Extension Agent
Cooperative Extension Program

Food is an important part of many holiday celebrations. Here are the top ten tips that will help you to keep your holidays safe from food borne illnesses.

- ❖ Keep hot foods hot and cold food cold.
- ❖ Keep everything in the kitchen clean.
- ❖ Wash hands thoroughly and frequently.
- ❖ Refrigerate cooked foods that are not served immediately. (If food is left unrefrigerated for more than two hours, the chance of bacterial growth increases.)
- ❖ Towels and was cloths should be kept clean. Sponges are known for harboring bacteria, so eliminate or limit their use in the kitchen.
- ❖ Store all raw meat products on the bottom shelf or separate from other food products in your refrigerator especially during the thawing process. This will help keep raw juices from contaminating other foods.
- ❖ Thaw turkey in a refrigerator at 40° or below. A 20 -pound turkey will take about 3 days to thaw completely in a refrigerator.
- ❖ After the meal, immediately refrigerate leftovers such as meat, dressing gravy or soups in small shallow containers.
- ❖ Do not leave leftovers on the kitchen counter. Divide them into smaller portions so they will cool more quickly and put them in the refrigerator as soon as possible.
- ❖ Use a meat thermometer to check the temperature. Insert the thermometer into the thickest part of the meat, avoiding fat and bone. Cook food to the correct temperature as indicated in the chart below.

Product	Minimum Internal Temperature & Rest Time
Beef, Pork, Veal & Lamb Steaks, chops, roasts	145 °F (62.8 °C) and allow to rest for at least 3 minutes
Ground meats	160 °F (71.1 °C)
Ham , fresh or smoked (uncooked)	145 °F (60 °C) and allow to rest for at least 3 minutes
Fully Cooked Ham (to reheat)	Reheat cooked hams packaged in USDA-inspected plants to 140 °F (60 °C) and all others to 165 °F (73.9 °C).

Product	Minimum Internal Temperature
All Poultry (breasts, whole bird, legs, thighs, and wings, ground poultry, and stuffing)	165 °F (73.9 °C)
Eggs	160 °F (71.1 °C)
Fish & Shellfish	145 °F (62.8 °C)
Leftovers	165 °F (73.9 °C)
Casseroles	165 °F (73.9 °C)

Adapted from: Illinois Department of Public Health (Food Safety during the Holiday) by Pat Quinn



Landscape Architect or Landscape Designer or DIY?

*Steve Chaney
County Extension
Agent - Horticulture*

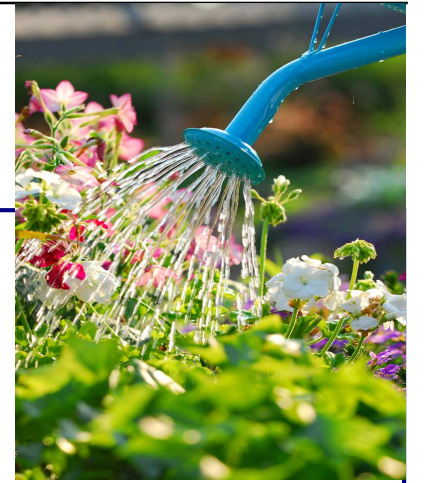
There are lots of great people out there ready to help you design or re-design your landscape. Just take your time and look into all the possibilities before starting your project. Landscape architects are usually a bit more expensive but can often plan a wonderful landscape for you. As an average homeowner you may not need a Landscape architect unless it's a huge estate or you have inherited some severe problems with the property. A Landscape designer can often help you to come up with a wonderful plan as well and they usually are a bit less expensive and deal primarily with smaller plans as opposed to the architects dealing with larger properties. You can obviously do it yourself (DIY) if you do your homework and take your time planning and you don't have to pay yourself. You may miss out on the experience the other two offer though, so weigh that carefully.

One economical technique to getting the best of all the above is to hire a design professional for an hour long consultation and let him or her 'design on the fly.' Have your home's 'plot plan' and sketching tissue paper ready, and then get the basic design on paper from the professional as quickly as possible. A to-scale plot plan can be found in your home's appraisal (when you purchased it) or from the blueprints for your home; or you can measure it and draw it out on graph paper. All of this will save you money and still utilize the expertise of the professional. Remember that the layout of the beds is the most critical feature in the landscape design. Plant selection and placement recommendations can be obtained from the design professional, or you and/or your favorite nursery professional can choose the plants.

Whichever way you go, take the time to do your homework and you will be happiest when you're out enjoying your beautiful new landscape!!

Low Impact Development & Water Conservation

*Laura M. Miller
County Extension Agent -
Horticulture*



Low Impact Development (LID) is a new approach to land development or re-development. The goal of LID is to work with nature. LID principles include preserving natural landscape features and minimizing effective imperviousness. Conventional development traditionally focused on getting water out of the way and into a storm drain quickly and efficiently.

What's wrong with quickly and efficiently? Water moving rapidly off a site is likely to take soil and any pesticides or fertilizers that have been recently applied to that soil along with it. Add organic material and any trash that might be in the way, and that's a recipe for nonpoint source pollution.

The other important reason not to move water quickly and efficiently off any North Central Texas property is that water that falls from the sky is a resource. Moving it offsite treats it like a waste product.

There are many practices used in LID, including bio retention in rain gardens or enhanced swales, green roofs, rain water harvesting and storage, and permeable pavements. Many North Texas developers are reluctant to try bio retention techniques on the clay soils that are so prevalent in our area. Water infiltrates slowly into clay soils. Bio retention areas should be designed to hold storm water for no longer than 48 hours so that mosquito eggs laid in these areas don't have enough time to develop into adults. This is especially important in light of recent outbreaks of West Nile Virus.

Practices that reduce impervious areas such as the use of permeable pavement or simple choices like building up rather than out will work on any soil type. Practices that catch rainwater before it reaches the ground such as green roofs and rain barrels also function independently of soil type.

An excellent local example of LID in action is the College Park Development at the University of Texas Arlington. The Green at College Park has won numerous awards including becoming the very first certified Sustainable Sites Initiative (SITES) landscape, a certification for outdoor spaces designed to function as Leadership in Energy and Environmental Design (LEED) certification does for buildings.

The site occupied by the lovely Green was previously covered with apartments and a little "grassphalt." Impervious surfaces made up about 80% of the area, and there were some issues with flooding after heavy rains. LID practices integrated into the design include rain planters, rain gardens, bio filters, a dry stream bed to channel storm water, vegetated buffer strips and pervious paving. The green itself, a large oval lawn, serves as a place where water can be spread out to soak in and a metered overflow structure at the low point of the property limits the amount of water that moves into the storm drain system. The Green at College Park is open to the public and is a great place to see how attractive and functional a Low Impact Development design can be.

By implementing LID principles and practices, water can be managed in a way that reduces the impact of built areas and promotes the natural movement of water within a watershed. Applied on a broad scale, LID can maintain or restore a watershed's hydrologic and ecological functions. Applied on a small scale, it can simply mean more water for plants and less going down the drain.

KIDS IN THE KITCHEN

Shannon Johnson-Lackey
4-H Extension Agent
Cooperative Extension Program

Princess Diana once stated that "Family is the most important thing in the world". The holiday season is a wonderful time of year to illustrate that belief. The season offers ample opportunities to spend time together since children will be out of school and adults will often take time off from work. This time may yield to bonding over gift shopping, decorating, crafting and cooking. It is a time to make lasting memories and capture priceless moments. It is also a time to explore one's creativity. Exercising one's creativity can be a useful tool to combat the out-of-school boredom. Consider having the kids help out in the kitchen to assist with the holiday meal or to make an edible craft.

Kids could assist in part by washing fruits and vegetables, greasing pans or opening packages, measuring ingredients and shredding cheese.

When considering engaging kids in the kitchen, follow these safety guidelines for the adults working with kids in the kitchen suggested by Kraft <http://www.kraftrecipes.com/yourkids/kids-tips/general-safety-rules.aspx>:

- Adult supervision is mandatory. Ovens, knives and bubbling pots become potential accidents when kids are left on their own in the kitchen.
- Instill cleanliness by washing hands in hot soapy water before and after handling food, pulling back long hair, or cleaning countertops.
- Always return unused portions of perishable foods, like dairy products and meats, to the refrigerator right after using them. Don't let them sit out on the counter.
- Teach microwave oven safety. Show how to select a microwaveable bowl and to use pot holders when removing containers from the oven.
- When shaping foods with hands, caution children not to lick their fingers or put their hands in their mouths. This is especially important with raw foods, such as cookie dough and meat.
- Instruct children to direct sneezes and coughs away from food, to use a tissue to cover mouth and nose and to wash hands immediately afterward.

Instead of wiping hands on dish towels after handling raw meats, use paper towels. If a dish towel comes in contact with raw meats or their juices, immediately remove it from the kitchen for laundering.

Check out this kid friendly recipe from Dinner Tonight! and go online at <http://healthyliving.tamu.edu> to view the video for preparation tips:

Pizza Salad

PREP: 30 min.
MAKES: 8 servings
COST PER SERVING: \$1.24

What You Need

- ✓ 1 can (8 ounces) reduced -sodium tomato sauce
- ✓ 1/2 cup canola oil
- ✓ 1/4 cup white vinegar
- ✓ 1 teaspoon sugar
- ✓ 1 teaspoon dried oregano
- ✓ 1/4 teaspoon garlic powder
- ✓ 1 head romaine lettuce, washed and torn in bite-sized pieces
- ✓ 3/4 cup grated reduced-fat mozzarella cheese
- ✓ 1 cup cherry tomatoes, washed
- ✓ 1/2 cup turkey pepperoni slices, cut in halves (Substitute using cooked ground beef, shredded



chicken, or cubes of lean ham)

Optional toppings: bell pepper, ripe olives, mushrooms

Combine tomato sauce, oil, vinegar, sugar, oregano & garlic powder in a container with tight fitting lid. Cover & shake dressing until well-blended. Chill.

In a large bowl, toss lettuce and cheese, tomatoes, and pepperoni. Serve with dressing and optional pizza toppings of choice.

Nutrition facts per serving:

Calories: 160
Total Fat: 15 g
Cholesterol: 10 mg
Sodium: 70 mg
Total Carbohydrates: 6 g
Fiber: 1 g
Protein: 6 g

Serve with: Fresh fruit and whole wheat crackers

Reference: <http://healthyliving.tamu.edu>



Resolving conflict

Cassius McAlister
4-H Extension Agent
Cooperative Extension Program

Have you heard this statement before? Conflict is inevitable. Whether you agree or disagree is of little concern. Truth is conflict can be good or bad depending on how it is resolved. We as a society will never agree on everything therefore conflict will occur. How this conflict is settled can determine the outcome. Conflict can cause us to have to think about an issue and come up with compromise which in the long term is better for all. Examples of this can include our legislative process where different sides of an issue come up with different answers. However each side knows that the only way to settle the issue is to find a middle ground where both can claim a victory. In most cases this is a win-win for everyone.

Peacefully resolving conflict is the ideal scenario however in some cases this does not happen and the two parties involved attempt to settle the issue with a violent or physical method. In most cases this physical altercation otherwise called a fight inevitably leaves one or both parties unhappy with the outcome and hence more violence is likely to occur.

In a lot of cases conflict happens due to a lack of communication and or a perceived lack of respect. Many times if the disputing parties involved will simply talk things through, the conflict can be resolved peacefully or in a non-violent matter. Some instances of conflict are instigated because one of the parties feels disrespected in some way. Some instances of conflict are caused by one party demanding respect without being willing to reciprocate that feeling. This feeling may be removed simply if the two parties will take time to calm down and then sit down and talk through their issue. If both parties will take time to talk and actively listen to each others concerns or reasons without interruption many times the conflict can be alleviated or resolved. Both sides listening to each other allows for their perspective to be heard and possibly for the realization the issue was due to a lack of communication in which case this conflict was resolved non-violently.

Respect or the lack there of can be alleviated if both parties take time to think about the statement: Respect - Have to give it to get it. Remembering the Golden Rule of treating others as you would like to be treated can also assist in resolving conflict.



Senior Year Survival

Cindy Bryant
County Extension Agent 4-H

The high school Senior year is filled with excitement, anticipation, and memories in the making. Amidst the flurry of activities that can quickly fill one's schedule, it is important to keep the commitments manageable.

Goals:

- Set your long term goals & write them down. These are things that you want to accomplish or achieve within the next 2-5 years. These may be personal, academic, financial, etc.
- Set your short term goals & write them down. Consider each of your long-term goals. Ask yourself, "What small steps are required to meet this goal?" Those "steps" will be your short-term goals. Also, include other goals which will be achieved within the next few months to 2 years.
- Refer to your written goals on a frequent basis. Add to the list as necessary. Select activities that you enjoy and also enable you to achieve the objectives that you have set.
- As you achieve each step or short-term goal, check it off. It is a great feeling of accomplishment to reach a standard that you have set for yourself.

Time Management:

Schedules have a way of filling quickly. Sometimes, students who have over-scheduled themselves begin to feel stress and anxiety. Try to avoid this as much as possible by being realistic while making commitments. Many people find it helpful to keep a calendar with activities, due dates, decision dates, etc.

Don't forget to include important deadlines on your calendar. For example, dates for SAT/ACT tests, scholarship application deadlines, school application deadlines, interviews, etc.

When scheduling activities, be sure to include family time on the calendar. If it is not on the calendar, something else might fill that time. Family time and support are always important, but they are essential during the senior year.

Personal Skills:

The senior year provides an opportunity to practice and develop those personal life skills, such as cooking, laundry, creating and adhering to a budget, and basic vehicle maintenance, etc. Working on organization, communication, and perseverance is also beneficial.

Post High School Education:

It is often said that learning never ends. There is always new information and interests to pursue. Depending on your interests and plans, there are many educational avenues which are available.

- **Internships & Apprenticeships** – Internships and apprenticeships provide opportunities to receive hands-on training and experiences in a person's chosen career path.
- **Trade Schools** – Trade schools offer classes with training in specific careers. Depending on the field, a series of classes may lead to certification or a license.
- **Community Colleges** – The Tarrant County Community College District has several campuses located throughout the county. TCCD offers continuing education classes, as well as credited classes that lead to certifications and Associate degrees.
- **Universities** – Residents of Tarrant County have a wide variety of opportunities to pursue university courses. In addition to the public institutions (UTA, UNT, TWU) and private universities (TCU, TX Wesleyan) which have main campuses within driving distance, several universities have satellite campus classes locally.
- **Online Universities** – There are many universities which are now offering classes and degrees through online classes. These provide opportunities for individuals who need a flexible schedule due to other commitments.

**Most of these options require an investment of time and/or money. It is highly recommended that individuals review the program before making a commitment. If one is seeking a certification or planning to transfer credits to another institution, verify that the program is accredited and that the credits will transfer.*

Congratulations for reaching your Senior year in high school! You have worked hard to get to this point, but you are not quite finished. Keeping organized and managing your time wisely will enable you to survive your senior year while meeting your goals and having time to make special memories.

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Dana Tarter

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