

TEXAS A&M
AGRI LIFE
EXTENSION

PRAIRIE VIEW
A&M UNIVERSITY
COLLEGE OF AGRICULTURE
AND HUMAN SCIENCES
Cooperative Extension Program

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Making a Difference

In Tarrant County



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This issue is dedicated to our Extension Centennial.

Celebrating 100 years! In 2014, we celebrate the 100th anniversary of the passage of the Smith-Lever Act, the legislation which officially created the national Cooperative Extension System. We reflect upon a century of accomplishments and look forward to continuing our mission of delivering relevant, research-based knowledge to the general public.

In October, we celebrated this milestone with an exciting Centennial Celebration Event held in honor of our volunteers, partners and staff that make up this successful team!



Extension Volunteer Awards

2014 Friend of Extension Award

Dr. Robert M. Munoz

Tarrant County College - Trinity River Campus
Continuing Education Series

The Friend of Extension Award recognizes an individual or organization for outstanding service to the people of Tarrant County by their exceptional support and personal involvement in Texas AgriLife Extension Service.



From left to right: Dr. Robert M. Munoz (award recipient), Dr. Joan Jacobsen (County Extension Director)

2014 John South Spirit of Extension Award

Georgi Roberts
Fort Worth ISD

Director, Health and Physical Education Department



The John South Spirit of Extension Award recognizes a program area committee member for exemplary service in the design and delivery of educational programs which enhance the quality of life for the people of Tarrant County.

History of Our Professional Association

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

As we celebrate and recognize 100 years of the county Extension agent, the very foundation of what we are about began with being professional and conducting ourselves in a professional manner. That is why they formed a professional organization to support the very being of who we are and what we do. The National Extension Association of Family and Consumer Sciences (NEAFCS) was originally named National Home Demonstration Agents' association started on June 29, 1933, in Milwaukee, Wisconsin, during the annual meeting of the American Home Economics Association (AHEA).

Twenty-one home demonstration agents from thirteen states met for breakfast in the Schroeder Hotel and discussed the possibility and advisability of forming a national organization to promote the interest of home demonstration work.

States represented were: Alabama, Illinois, Michigan, Minnesota, Missouri, New Hampshire, New Jersey, New York, North Dakota, Ohio, Vermont, Virginia and Wyoming. This was actually the fourth meeting of this group, but no action had been taken at the other meetings.

At that organizational meeting many values of a national association were discussed. The most legitimate reason was planning the pre-convention conference and program in conjunction with the AHEA meeting each year. Of equal importance was the possibility of giving home agents a voice in forming state policies through a national organization and its local affiliates.

A constitution was adopted in 1934 and the name of the organization was The Home Demonstration Agents' National Association (HDANA).

The organization later changed its name to the National Association of Extension Home Economists (NAEHE). At the time, the name change better reflected the changes in extension on a national basis. The NAEHE was a professional improvement organization providing encouragement and opportunities for members to improve their skills as home economists and adult educators. The association rewarded member excellence through its Educational Awards fund, which annually awarded over \$50,000 to its members through awards, recognition, scholarships and fellowships.

In 1958, the National Negro Home Demonstration Agents Association (NNHDAA) was founded. NNHDAA members enriched the home economics movement by providing educational experiences for the family, developing programs and resources and providing support leadership and community development initiatives. In November 1965, NNHDAA dissolved and its members joined NAEHE.

National Extension Association of Family & Consumer Sciences (NEAFCS)

As a result of the evolution of the profession from Home Economist to Family and Consumer Sciences, the Association changed its name in 1995. During the business meeting of the 1995 annual session in Dallas, Texas the voting delegates approved a change to the By-Laws to change the name. The National Extension Association of Family and Consumer Sciences (NEAFCS) name was adopted and Donna Donald was the first president under the new name and structure.

To remain current and relevant to the needs of the membership the association develops a strategic plan. The president-elect monitors the strategic plan. The plans are set for a four-year period.

The organization has grown to nearly 2800 active and affiliate members of Family & Consumer Science Extension across the nation and its territories. NEAFCS members, link research to life experiences by interpreting research and delivering that information to families. Extension Family & Consumer Sciences Educators help people develop the skills necessary to care for family members, promote individual growth and development, and meet individual and family needs for food, housing, fuel, and other requirements essential to everyday life.

As we celebrate our 80th year of supporting Family and Consumer Sciences Educators through professional and personal growth and development, the need for us to continue our association is still relevant. Being able to demonstrate how programs in one state can be transferred to another state, is very impactful. We have the opportunity to share how we make a difference in the lives of the communities that we serve on a national level through our liaisons in Washington D.C. I wonder if the founding members ever considered the possibility that we would tell our story to the U.S. Congress.

Stay tuned, as Extension evolves and changes, so does our professional organization.

Adapted from the NEAFCS Historical Archives

NUTRITION GUIDES... EVER CHANGING!!

Darlene Myatt
Extension Agent -
Expanded Food & Nutrition Education Program

Throughout the 100-year history of Extension, nutrition educators have offered dietary advice by the United States Department of Agriculture (USDA) to promote health and wellness. As the research base underlying these recommendations has expanded considerably during that time, guidelines have evolved to keep pace with both new findings and the changing patterns in food consumption and activity of the population. In spite of these changes, you may be surprised to discover many of today's dietary recommendations remain impressively similar to those of yesterday.

The first dietary guidance by USDA was actually a Farmers' Bulletin written in 1894 by Dr. W.O. Atwater whose 1904 publication, *Principles of Nutrition and Nutritive Value of Food*, advocated variety, proportionality and moderation, measuring calories and an efficient affordable diet that focused on nutrient-rich foods with less fat, sugar and starch.

Shortly after Extension made the scene, nutritionist Caroline Hunt wrote a new guide, *Food for Young Children* in 1916 which categorized foods into milk and meat; cereals; vegetables and fruits; fats and fatty foods; and sugars and sugary foods. This food guide was followed in 1917 by dietary recommendations also based on these five food groups, but targeted to the general public in *How to Select Foods* (Hunt and Atwater).

In 1941, the first set of Recommended Dietary Allowances (RDA's) was released by the Food and Nutrition Board of the National Academy of Sciences which listed specific intakes for calories, protein, iron, calcium, vitamins A, B₁, B₂, B₃, C and D.

Two years later, during World War II, USDA introduced a nutrition guide promoting these "Basic 7" food groups to help maintain nutritional standards under wartime food rationing: Green and yellow vegetables; oranges, tomatoes, grapefruit; Potatoes and other vegetables and fruits; Milk and milk products; Meat, poultry, fish or eggs; Bread, flour and cereals; Butter and fortified margarine.

In 1956, the highly popular "Basic 4" was released by USDA and recommended a minimum number of foods from each of four food groups – milk, meat, vegetables and fruits, and cereals and breads. This guide, with its focus on getting enough nutrients, was widely used for the next two decades.

By the 70's a growing body of research had related over consumption of certain food components – fat, saturated fat, cholesterol and sodium – and the risk of chronic diseases, such as heart disease and stroke. In 1979, USDA presented *The Hassle Free Guide to a Better Diet* as a colorful bulletin which modified the "Basic 4" to highlight a fifth food group – fats, sweets and alcoholic beverages – targeted for moderation.

In 1980, responding to the public's need for authoritative, consistent guidance on diet and health, USDA and the Department of Health and Human Services (DHHS) issued seven principles for a healthful diet. The first edition of the *Dietary Guidelines for Americans* (age 2 and older) called for a variety of foods to provide essential nutrients while maintaining recommended body weight and moderating dietary constituents – fat, saturated fat, cholesterol, and sodium – that might be risk factors in certain chronic diseases.

Four years later, a nutrition course developed by USDA in cooperation with the American National Red Cross included *A Pattern for Daily Food Choices* for consumers in a food wheel graphic design. Although the food wheel had been used in several publications since the mid-1980's, it was not well known. Therefore, USDA began work to develop a guide that conveyed the key concepts of variety, proportionality and moderation.

In 1992, the Food Guide Pyramid was introduced with the objective of helping consumers put the *Dietary Guidelines* (revised and issued every 5 years) into action by recommending servings of each food group. Six to 11 servings of bread, cereal, rice and pasta occupied the large base of the pyramid, followed by 3 to 5 servings of vegetables, then fruits (2 to 4), then milk, yogurt and cheese (2 to 3) followed by meat, poultry, fish, dry beans, eggs and nuts (2 to 3) and finally fats, oils and sweets in the small apex (to be used sparingly). Inside each group were images of representative foods, as well as symbols representing fat and sugar contents of the foods.

In 2005, USDA updated its guide with My Pyramid which replaced the hierarchical levels of the original Pyramid with colorful vertical wedges displayed without images of foods to create a more abstract design. Stairs were also added up the left side of the pyramid with an image of someone climbing them to represent exercise. The share of the pyramid allotted to grains narrowly edged out vegetables and milk, which were of equal proportions. Fruits were next in size, followed by a narrower wedge for protein and a small sliver for oils.

Then on June 2, 2011 with great fanfare, the current My Plate nutrition guide was unveiled to showcase a diagram of a plate and glass divided into five food groups, ending 19 years of food pyramid iconography.

So what's next? Along with the scheduled revision of *Dietary Guidelines* in 2015, plans are well underway to also revamp the Nutrition Facts Label in the very near future. As for other advances into the 21st century, those underlying themes of variety, proportionality and moderation initiated over 100 years ago will likely still apply to choosing healthful diets when motivating consumers to bring about much-needed behavior change.

Reference: USDA Recommendations Over Time

The History of Canning

Markena Minikon
County Extension Agent -
Nutrition & Health



Food preservation is as old as agriculture. For millennia, that consisted of smoking, salting, drying and, eventually, sugaring. Strangely enough, the next major advance in food preservation was developed in pursuit of military conquest.

Napoleon Bonaparte's place in history is secured because of his political and military achievements. Less well-known, but probably as important, is his role in the development of canning.

"An army travels on its stomach," Napoleon famously said. He knew that brilliant military strategies were worth little if his troops couldn't eat well enough to keep healthy and strong for battle. In those days, armies in foreign lands mostly lived off whatever food they could steal, pillage, forage or buy – a chancy proposition at best, one that had crippled countless military campaigns. In 1795, Napoleon offered a 12,000 franc reward (a fortune in those days) to anyone who could develop a method of preserving large quantities of food.

A French brewer and confectioner, Nicholas Appert, collected the prize, having observed that food cooked inside a glass jar didn't spoil unless its seal leaked. He developed a method for sealing without ever knowing why it was necessary: it would be another half-century before Louis Pasteur discovered the role of microbes in food spoilage.

The only problem with glass was breakability, especially when transported in rough-and-ready military conditions. Soon glass was replaced by cylindrical wrought-iron canisters (soon shortened to "cans"), sometimes lined with tin. It was an expensive and time-consuming process. Each can had to be wrought by hand. They were large, and cooking the contents took as much as six hours. Can openers had yet to be invented; soldiers opened those first canned foods by piercing them with bayonets or smashing them against rocks.

For several decades, canned food remained the province of armies and navies in France as well as other European countries. They were also utilized by explorers of the era. A can of food left by the British Sir John Franklin in the Arctic in 1845 was discovered in 1857 and opened in 1939 and found to still be edible. However, no record was made of the amount of lead it contained. Lead solder was used to seal early canned foods and undoubtedly resulted in cases of lead poisoning.

Canned food remained a novelty, one usually only fairly well-to-do folks could afford. But an expanding and prosperous urban middle class – and the widespread use of canned food in wars from the Crimean to the American Civil War – made the manufacture of canned food a growth industry, helped by a number of innovations and inventions.

Still, canned food remained out of the reach of farm families and those too poor to be able to buy it. That changed in 1858 when a New York tinsmith, John L. Mason, invented a glass jar that had a threaded lip and reusable metal lid. The Mason jar was born, and it revolutionized food preservation in America and Europe.

Home canning was widespread by 1900, but was mostly restricted to high-acid foods such as tomatoes. Methods for low-acid foods would come later with hot water bath or pressure canning. Most home canners of the time used what is called the "open kettle method," in which boiling jam or brine would be poured over a hot, sterilized jar until it almost overflowed. The object was to kill the bacteria on both the inside of the jar as well as the lip.

The Victory Gardens of two World Wars and the Great Depression in between resulted in ever-increasing numbers of home canners. Some towns even set up their own community-run canning centers, with instructors, equipment and supplies so people could work together to can large amounts.

In the 1950s, Clarence Birdseye developed methods and equipment for freezing food for home cooks. It didn't take long for home food preservationists to begin utilizing freezing instead of or in addition to canning.

In the '60s and '70s, home food preservation began to decline. The availability of cheap commercial canned and frozen food, increasing urbanization, and women working outside the home were among the factors. By the end of the 20th century it seemed as though home preservation was going the way of the dodo.

But these days, home preservation is enjoying a renaissance. Home extension services give classes that are quickly filled and have waiting lists. Last year the sale of home canning equipment went up almost 12 percent. Part of home preservation's resurgence is due to the economy. The other major factor, though, is that more and more people want to know where the food they eat comes from, how it's handled and how it's processed. And there's no better way to be sure of that than by doing it yourself.

Source – Julianne Glatz, *Illinois Times* / realcuisine.jg@gmail.com

The Establishment of 1890 Land-Grant Institutions

Tiffany Traylor
Family & Consumer Sciences Extension Agent
Cooperative Extension Program



The Morrill Act of 1862 established educational institutions by granting federally controlled land to states for them to build colleges that would focus on teaching agriculture, science, military science, and engineering and were ultimately called Land-Grant Institutions.

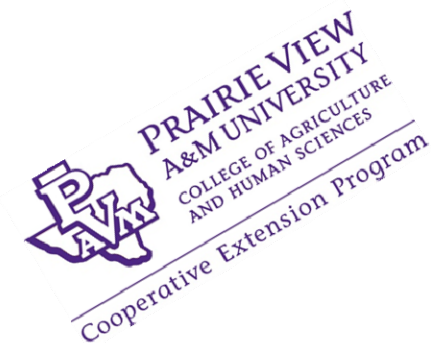
In 1890, Black Land-Grant Institutions were created as a result of the Second Morrill Act of 1890 which was 28 years after the passing of the first Morrill Act and laid the foundation for the nation's public university system. The land-grant approach had three main areas which includes teaching, research, and extension.

Historically black land-grant institutions performed important public services by carrying scientific knowledge of agriculture, resource management, human development, and technology to farmers and urban residents alike.

The 1890 Extension Program provides outreach programming to help limited-resource individuals improve their quality of life and to reach their life goals through resource management, 4-H & youth development, community development, agriculture and natural resources, family life, nutrition, food safety, and wellness.

Today, there are black land-grant institutions in 18 states, the District of Columbia and the U.S. Virgin Islands. The list includes:

Alabama A&M University
Alcorn State University
Delaware State University
Florida A&M University
Fort Valley State University
Kentucky State University
Langston University
Lincoln University
North Carolina A&T State University
Prairie View A&M University
South Carolina State University
Southern University System
Tennessee State University
Tuskegee University
University of Arkansas Pine Bluff
University of Maryland Eastern Shore
University of the District of Columbia
University of the Virgin Islands
Virginia State University
West Virginia State University



In Texas, Prairie View A&M University is the Historically Black Land-Grant University. The Cooperative Extension Program employs Extension agents across the state in 27 counties. There are sixteen Family and Consumer Science agents, nine 4-H and Youth Development agents, eight Agriculture and Natural Resources agents, two Community and Economic Development agents and six staff members through the Expanded Food Nutrition Education Program (EFNEP). Headquarters, which is located on the campus of Prairie View A&M University has seven specialist in all areas of the Extension Program, four program leaders, seven administrative staff, three administrators and 1 Extension associate. There is a host of other faculty and staff that lend support to the success of the Cooperative Extension Program.

Adapted from the *Journal of Extension*: Cooperative Extension and the 1890 Land-Grant Institution: The Real Story (June 2006 // Volume 44 // Number 3)



One Hundred Years of Extension, Hard at work on the Second Century

Steve Chaney
County Extension
Agent - Horticulture



As the Centennial rolled around, we look back at how far we have come in a hundred years. We have learned a lot, taught a lot and made good impact on the people in our communities. We are busy giving out research-based information as we have been tasked as part of the Texas A&M system. We have a presence in all of the 254 counties in this huge state, from the plains of West Texas to lush parts of East Texas.

We have new technology to make life easier, computers, tablets, smart phones and lots of other great toys! These technologies make education easier in lots of ways, people can instantly access the internet and we can face-time on phones and tablets and see the other person as we talk to them. With the addition of all this technology we should be teaching about new and innovative subjects and ways to make life better for our 26 million residents of Texas. Extension has accomplished that in so many ways.

However, what about the way our grandmothers did it? There is a lot of value to the way our ancestors did things that we may need to go back and look at again! This is where I think **Heirloom** gardening comes into play. I found this definition of heirloom: denoting a traditional variety of plant or breed of animal: "This garden is filled with heirloom vegetables". As we look at all the new ways to do things, we are also looking at the ways our grandparents did things as well.

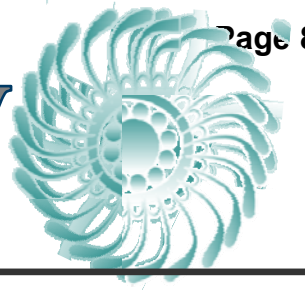
Heirloom gardening consists of more than just vegetables, a lot of it goes back to the most important practice and that is soil preparation. If we prepare our soils correctly then we are ahead of most people, no sense trying to grow in hard compacted soil. Compost some of that material we throw away every day, put it back into the soil to enrichen it. Our new technology tells us to live longer we need to work on improving our aerobic capabilities; it's the same for our soil. Choose some of the heirloom varieties of vegetables and herbs to give us something different than the average Joe. There are hundreds of great vegetables that have almost been forgotten, purple tomatoes, orange ones and lots of other great colors. Once we have chosen the best plant for our area then we need to mulch it well and water only when needed.

So as you think about gardening again or for the first time, consider the virtues of heirloom gardening! Yes it's an old idea but you can use your smart phone or your tablet to look it up and check how your ancestors fed 15 kids and still had some left to donate to the church or to their friends in times of need!!



Horticulture History

Laura M. Miller
County Extension Agent -
Horticulture



As we celebrate the centennial of the passage of the Smith-Lever Act and the official establishment of the Extension Service, it easy to see that teaching people about horticulture was a big part of the overall mission of the Land Grant Universities. Plants do improve lives and improve Texas in many ways. From the beginning educators at Texas A&M University, researchers at Experiment Stations, and Extension Agents around the state have focused on helping farmers and home gardeners grow fruits, vegetables, flowers and landscape plants.

Edwin Jackson Kyle might be best known today for a little football field he set up in the fall of 1904 that still bears his name, but this 1899 graduate of the Agricultural and Mechanical College of Texas and 1902 graduate of Cornell University (another Land Grant institution to our north) began teaching at his Texas alma mater and soon became the head of the Plant Husbandry department. In 1910, he began teaching a class in Pecan Culture that has been offered every year since in what is now known as the Department of Horticultural Sciences.

Here in Tarrant County, the first Extension Agents often focused on teaching families how to grow and preserve food. Early 4-H activities included vegetable shows with cash prizes.

Horticultural businesses also thrived in Tarrant County. Just to the west of the University of Texas at Arlington is a 20 acre park that was once a nursery founded by Oscar "O.S." Gray. He developed many varieties of large thin shelled nuts including GraKing, GraTex and GraCross. Started in 1926, the nursery operated for more than five decades right on West Abram Street. George W. Hawkes, publisher of the Arlington Citizen Journal, described Gray's passion best: "Though [Oscar Gray] is no longer with us, many Arlington and Texas homes will enjoy the fruits of his labors for the years yet to be."

Meanwhile in the rapidly growing city of Fort Worth, N.E. Archie Sr. founded a business focusing on landscaping in 1934. It was one of the very few North Texas companies who were experts in the planting and maintenance of large trees which were dug by hand way before the invention of the tree spade. After his first few years in business the business moved into a building in the 4900 block of Camp Bowie Blvd. Archie's Planter Box, as it was known then, featured large full length greenhouse windows which were above long, colorfully planted planter boxes. The company moved west down Camp Bowie to its current and larger location in 1952, in what was then pastureland with barbed wire fences. Renamed Archie's Gardenland, fourth and fifth generations of the Archie family will greet you at the garden center. In addition to selling all kinds of landscape plants, they still install residential and commercial landscapes and have crews and equipment to handle those large trees.

Tarrant County's first Extension Agent to focus on horticulture was none other than recently retired Extension Citrus Specialist, Dr. Julian Sauls, who came here in 1973 after earning a doctorate in Fruit Crops from the University of Florida and spending some time working in Honduras and Mexico. It must have been a bit chilly here for Dr. Sauls and his favorite plants since he went on to serve as Extension Specialist for Citrus Crops based at the Weslaco Research and Education Center until his recent retirement. Another notable Tarrant County Horticulture Extension Agent is Vince Mannino, currently the County Extension Director in Fort Bend County. Vince was well known for getting more done in most days than most people and one of the most frequently told Mannino stories is that he often mowed his lawn "in the middle of the night." Dr. Marty Baker, who went on to work as a specialist at the Overton Research and Education Center, was the next agent. He was known for driving around town in a vehicle with "Marty Baker, County Horticulturist" painted on the doors. Jan Hoelscher Cox served in the position in the early 90s before opening a garden center and landscape business in Mansfield. That business evolved into a restaurant, Steven's Garden and Grill in 2001. Dotty Woodson came to work as the Tarrant County Horticulture Extension Agent in 1995 and although she is now an Extension Program Specialist based at the Dallas Research and Education Center, she still teaches frequently at Tarrant County Extension programs.

Horticulture in Tarrant County has benefitted from the work of many Extension Agents, business owners and citizens who have worked together to make our community a more beautiful and healthy place to live. May we enjoy another 100 years of fresh fruits and vegetables, peaceful parks and attractive landscapes.

Character Counts

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



Character Development is a source of concern for many educators and parents alike. Within the curriculum, “Character Counts!”, a mantra is introduced: *Character counts all the time and all the time character counts*. As a youth development professional, I often speak that mantra to groups of students who are struggling with the pillars of character. As I flip through the pages of the “Character Counts!” curriculum, I am energized with hope from the endless possibilities that come with introducing youth to the six pillars of character and having them recite the character mantra in unison with me. As the “Character Counts!” mantra still rings in my head, I set out to teach youth about Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship on a monthly basis. Lessons on Trustworthiness set the tone for the whole journey of character development and therefore it is where I begin.

According to “Character Counts!”, a project of the Josephson Institute, Trustworthiness is being honest and telling the truth. Trustworthy people do what they say they will do. They do what they know is right even if it is hard to do. A trustworthy person is a loyal friend. In preparing lessons on Trustworthiness, I often look for quotes that may spark interest with the youth and provide a solid backdrop for discussion. One of my favorite quotes is “A trustworthy friend is worth a mint” from an anonymous source. After explaining that the term “mint” refers to a vast sum we discuss the importance of being and having a trustworthy friend. I begin with the concept that a trustworthy person is a loyal friend because of the need to belong.

Focusing on the idea of a loyal friend is a component of trustworthiness, I’ve concentrated on the fact that sometimes the best way to teach a concept is by immersing oneself in a good book. A great example of a piece of children’s literature teaching the concept of trustworthiness is Hans Christian Anderson’s *The Emperor’s New Clothes*. As many may recall, the emperor entrusted two tailors to make him a beautiful set of new clothes. The hired tailors worked in secret until the emperor began sending his most trusted advisors to examine the work. The advisors examined the “work” that the tailors were doing and reported back to the emperor how lovely the garments were. In the end, there were no new clothes, just an emperor with too much pride and few people around him that would tell him the truth. This classic story is a great conversation piece about when we want something so bad that we overlook the obvious.

Another good example of children’s literature teaching the concept of trustworthiness is *The Little Engine That Could* by Watty Piper. Most know this book because of the lessons on perseverance of the little train carrying all the toys for the boys and girls. They recount the words, I think I can, I think I can, I think I can. Before those words are spoken, the story illustrates what happens when “friends” are not loyal and no one does what’s right. The little train needs help getting up the hill and is passed by several engines who refuse to help. They are not interested in being friendly or doing the right thing in helping deliver the toys to the children. This classic provides the framework to discuss community and what it means to help another person.

Old School 4-H’ing from the Cooperative Extension Program

Cassius McAlister
4-H Extension Agent
Cooperative Extension Program



Extension is celebrating 100 years of service and excellence this year and the 4-H program is one of the focus areas of the Extension program.

4-H is learning by doing, and is available to all boys and girls in the 3rd through 12th grades from urban, suburban, and rural areas. The 4-H program is offered through Texas A&M AgriLife Extension Service or Prairie View A&M Cooperative Extension Program (CEP).

Prairie View A&M University, the second oldest public institution of higher education in Texas, originated in the Texas Constitution of 1876, opened March 11, 1878, and was sanctioned as a Land Grant University under the Morrill Act of 1890. In years past or “good old days” things were different in the 4-H program than how they are now. “Good Old Days”:

Following the Civil Rights Act of 1972, Prairie View A&M Cooperative Extension Program (CEP) implemented community outreach educational programs in 13 counties. Programs were offered in three primary areas: the intensified Farm Planning Program (IFPP), Family Resource Development Program (FRDP), and the Youth Development and Outdoor Education Program (YPD)

According to record Mr. Miller, 4-H specialist from Prairie View A&M University had access to two “Fun Wagons”. The wagons were purple and gold and loaded with equipment necessary to play baseball, basketball, volleyball nets and other activities that could be used by the youth of Waller County to keep them engaged. During this time video games did not exist so it was a chance to keep the youth active outdoors and reinforce the mantra of Extension which is “taking the University to the people.”

“Now”:

Through a well-organized network of professional educators and more than 4,000 trained volunteers, CEP delivers practical research based knowledge to small farm producers, families, aspiring entrepreneurs and youth in 35 Texas counties. Most of the clientele that CEP reaches are those with limited resources which could be in limited personal or family assets, limited opportunities or they come from communities that have limited resources.

Currently CEP offers programs in the areas of 4-H & Youth Development (4-H), Agriculture and Natural Resources (AGNR), Community and Economic Development (CED), and Family and Consumer Sciences (FCS) with 4-H agents in 7 counties across the state.

Although CEP agents are no longer using “fun wagons” the program is still being brought into the communities to meet the needs of our nontraditional 4-H audience. CEP involves youth in day camps, community garden demonstrations, science experiments, presentations at the state fair, and an annual pre-college conference.

Our mission statement is “Prepare youth to meet the challenges of childhood, adolescence, and adulthood, through a coordinated long-term, progressive series of educational experiences that enhance life skills and develop social, emotional, physical, and cognitive competencies.

The manner in which 4-H is presented may be different now than in the “good old days” but the core values and missions remains the same.

<http://www.pvamu.edu/cahs/cooperative-extension-program-cep/>



When we think of Tarrant County, with its urban skyline, busy freeways, and fast-paced lifestyle, it can be interesting to look into the past and see its development during the past 100 years.

In 1914, Tarrant County was a mixture of agricultural farmland and the fast-growing city of Fort Worth. According to the Standard Blue Book of Texas, Fort Worth was known for:

- Ranking 3rd in the state for population
- Having the superior railroad facility in the state (interchanging 1 million railroad cars annually)
- 2 major packing plants (Swift and Armour)
- Artesian water
- Excellent school system, including 4 colleges. (Texas Christian University, Wesley Women's College, Southwestern Theological Seminary; and Southern University of the Church of Disciples of Christ.)

At the time, the Texas Cooperative Extension Service county agents worked with the with boys in Corn Clubs and girls in Tomato Clubs. Most of the roles were distinguished by gender with the female county Home Demonstration Agents working with the farm wives and the 4-H girls while the male county Agricultural Agents worked primarily with the men and 4-H boys.

By the time America entered World War I, in 1917, the 4-H girls were engaged in projects such as vegetable gardens, poultry, canning meat, and bread making. Because food production and preservation were the initial focus of the program, it was a "natural fit" with the food-conservation programs of World War I.

The Tarrant County Home Demonstration Agent at this time was Ms. Cora Melton Cross. She traveled over 2,500 miles by horse and shay teaching demonstrations on pickling, preservation, catsup and grape juice, canning in both glass and tin, and jelly making. She also taught sewing, cooking, and vegetable gardening.

At the end of the first year, she set up a local exhibit for the 4-H girls to showcase their work and compete for \$360 in merchandise and \$12 cash prizes. At the close of the exhibit, a prominent businessman, Mr. Monning, donated \$300 for the following year's prizes. (As a point of reference, \$300 in 1915 is worth approximately \$7,000 today.)

When America entered WWII, 4-H girls were engaged in patriotic food-related causes such as "victory gardens" and "victory canning".

During these same time periods, an Agriculture Extension Agent, named H. M. Means, was working in Tarrant County. He worked primarily with farmers, teaching them to determine the most profitable methods of producing crops and livestock that were suitable to our county. He encouraged them to utilize available resources from the stockyards to increase field production.

His work with the boys in the 4-H clubs focused on livestock production and row crops. This work was supplemented by an assistant agent who visited the clubs and taught efficient methods while engaging the boys in growing crops (primarily corn, sweet potatoes, and grain sorghum) and livestock (primarily beef cattle and swine). Some competed at the Texas Fat Stock Show (today known as the Fort Worth Livestock Show) while others were more interested in sustenance production.

During the post WWII era, society began to change rapidly. With new inventions for the kitchen and fields, Extension agents continued to provide updated information to the communities. As the 4-H club members grew into adulthood, many chose to pursue farming and agricultural production while some decided to apply their skills in new areas of industry.

As time passes, Tarrant County continues to see growth and urbanization of its geographical area and population.

The 4-H program continues to fulfill its original mission of providing educational opportunities which enable each child to reach his/her full potential. In order to remain relevant to the needs of today's youth, there is a wide array of project choices from which members may choose. Some of the most popular in Tarrant County include: Photography, Horse, Shooting Sports, Foods & Nutrition, Science, and Public Speaking.

In addition to the projects chosen, primary components of the program include the development of leadership skills and the engagement in volunteer service learning.

Tarrant County 4-H is very appreciative of the hundreds of adult volunteers who dedicate their time and talents to expand the reach of 4-H programming throughout the county. Working together as a team, 4-H volunteers and county staff (from Tarrant County, Texas A&M AgriLife Extension Service, and Prairie View A&M University) are equipping youth with the skills to be successful adults and preparing them for a bright future.

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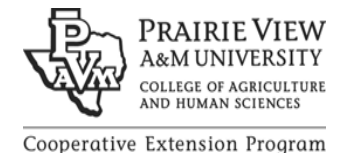
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