As a Nation, our greatest resource is our people. We each have the power to strengthen the fabric of our society and make the world a better place. Every day, Americans across the country realize this enormous potential through service to others and by giving back to their communities. During National Volunteer Week, we recognize those who embrace a life of active, energetic, and engaged citizenship, and we reaffirm our belief that all people have something to contribute to the American story.

Source: Presidential Proclamation, 2016

Renee Roach is the recipient of the 2016 Texas 4-H Salute to Excellence Award which honors outstanding 4-H volunteers for their service to 4-H programs and the impact that they have had on the lives of young people. Her leadership roles include serving a Club Manager for Voyage 4-H Club, County Coordinator for the 4-H Ambassador program, as well as Treasurer for the Tarrant 4-H Adult Leaders Association.

Congratulations Renee!

Teresa Womble is the recipient of the 2016 Texas 4-H Salute to Excellence Award which honors outstanding 4-H volunteers for their service to 4-H programs and the impact that they have had on the lives of young people. Her leadership roles include serving a Club Manager for Straight Shooters 4-H Club, County Coordinator for the 4-H Ambassador program, as well as Treasurer for the Tarrant 4-H Adult Leaders Association.

Congratulations Teresa!
Today's backyard flock owners are finding that taking laying hens out of cages makes a big difference on best management practices. The extra freedom allows hens to move around expending energy and putting pressure on their bones. Cage-free hens also compete more for their daily ration, and they come in contact with their excreta. All of these facts make traditional layer feeding theories to be in need of revision to ensure bird health, welfare, productivity and, of course, that profitability is not sacrificed.

Cage-free systems can take several different forms. Open aviaries are similar to cages with feeders, waters and nests provided inside the aviary, and the birds can leave the aviary to access the floor scratch areas. Of course, the traditional floor housing system, with perches and nests, remains a lower-density alternative, whereas free-range access is a popular choice where hens are allowed to graze.

When we examine how extra freedom afforded the cage-free hen effects its requirements for nutrients we have to re-think management.

### Energy

The whole idea of removing layers from their traditional cages is to give them enough freedom to move around and exhibit all their natural behaviors. It is to be expected that all new activity requires additional energy. As such, energy requirements will increase from 5-15 percent, depending on the facility's layout. Of course, open-range hens will require even more energy. There are two ways to increase energy intake. One is to increase daily allowances based on records from traditional battery cages. It would be advisable to begin with a ten percent extra allowance of feed towards this new "expenditure" on layer welfare, and as long as body weight for age remains within established targets, there is no reason to alter this allotment. The other method is to keep feed intake volume at established levels and increase dietary energy concentration by adding a lipid source. This is important for genetic lines with limited appetites.

### Waste

Waste or feed on a hard surface where little feed will be buried.

### Competition

Keeping four layers in a cage allows little room for competition during feed time. But, keeping a hundred layers roaming about without enough access to feeding spots may reduce feed intake for the lower-ranking birds and increase body weight for those at the top of the pecking order. This is both a feed wastage and an under-feeding problem -- both causing reduced productivity and increased feeding cost. Increasing feed allowance to the level of satisfying the low-ranking birds is equally wasteful. The best management practice is to maintain the correct number and positioning of feeders and watering points to ensure all birds have ample chances of being nourished properly.

### Productivity

Some preliminary reports indicate that hens in enriched colony cages might be able to reach higher productivity by 2-3 percent over conventional cages. This has been attributed to enhanced welfare and health status, but again, this is based on a limited number of studies. It is best to make changes in feed slowly and be attentive to changes in your flock to head-off production losses.

### Excreta

Traditional and enriched cages offer the advantage of keeping birds away from their excreta. Floor-housing avianies and, to a lesser extent, open-systems, bring birds in contact with their feces. As such, their health might be impaired if litter is not handled properly, especially if it is allowed to become wet. Good-cock control in cage-free birds is of much greater importance. This is one of the reasons I am so high on "chicken tractors". They give the flock owner the ability to keep birds away from excreta until it is completely dried and sanitized by the Texas sun.

### Bones

Bone strength has always been a problem with traditional cage systems. Plainly, hens never had enough calcium to sustain their bone structure and their genetically determined high productivity. Cage-free hens get more weight-bearing exercise, but living in three-dimensional environments that require hopping and flying also increase the chance of injury. All measures should be taken to ensure enough calcium, phosphorus and vitamin D are available to the hen. This remains especially important not only for the aging hens, but also for the developing pullets. Calcium metabolism has never been as important as with cage-free systems, and more research is needed to fully understand this issue.

### Open-range

This requires some extra attention. If hens simply have access to a dry paddock, then little more than a small energy increase in their daily ration is required. But, if they have access to pasture, then we should look into nutrient nutrition on how to combine dry feed and fresh pasture. Organic poultry farming has fairly quickly looked into this feeding puzzle and there are recommendations on how to feed hens depending on season and type of pasture. The traditional dry feed in its conventional form can still be used, but it will need to be amended because the nutrients from the pasture.

### White versus browns

If an egg producer switches from white to brown layers, then a new whole set of feed is required as the latter are heavier in body weight and they produce fewer but heavier eggs. It should be evident by now that we are still understanding this complex set of best management practices for laying hens. There is no such set of management practices in avianies and in open-range systems. Of course, each flock owner is already testing various strategies depending on observed problems and available measures that work for them. Flock owners are always invited to call me for additional assistance.

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**Is Pinocchio “Living” At Your House?**

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

Children and adults as well, tell lies. Whether it is intentional or not, lying happens, however, what happens next with children can make a huge difference. Establishing a no-lying policy and pointing out to children when their “story” doesn’t sound quite legitimate, to tell the truth.

Parent’s primary role in lying is to showcase honesty. Parents need to instill the deep-rooted commitment in telling the truth. As children grow, parents must teach children the difference between little white lies to spare a person’s feelings and downright dishonesty. This is a part of understanding social etiquette.

Why do children lie? According to the American Academy of Child & Adolescent Psychiatry and adults: to get for similar reasons: to personal gain, to impress or protect someone, or to be polite. The best plan is to come up with an age-appropriate way to respond when they catch children telling a lie.

**Toddlers and Preschoolers - Ages 2-4**

Toddlers are developing language skills and may not have an idea of where truth begins and ends. Toddlers have a shaky grasp between reality, daydream, wishes, fantasies and fears. Toddlers are too young to be punished for lying, parents can subtly begin to encourage truthfulness.

Between ages 3-4, children are becoming more verbal, they can come up with some obvious fibs. To respond to the lie, be firm and serious, and say, “That sounds like you’re not telling the truth.” Make it clear that you are not believing them, correct the child and move on.

**School Age and Big Kids - Ages 5-8**

At this age, children tell more lies to test what they can get away with, especially related to school, classroom, homework, teachers and friends. Children will try to maintain the lie, however, at this age it is very hard to conceal. The most important point at this age is children are very keen observers, be a good role model, even if you are using a small lie such as “Tell them I’m not home” can send a very mixed message for school-age children.

For Toddlers through Big Kids there are wonderful books available to read and aid in reinforcing this lesson.

**Tw eens - Ages 9-12**

This can be a real “special time” in the lives of parents, especially as your twins begins to exert more of their independence. Tweens are also on their way to establishing a hardworking, trustworthy and conscientious identity. Having longer and more direct conversations about honesty are necessary. The inclusion about moments of dishonesty in order to be polite or to spare another person’s feelings. If you’re visiting a friend’s home and they are going to serve something that you don’t like, don’t cause a scene and refuse to eat. You should eat and say “Thank You.”

Being a good role model is critical for your kids, this includes family, friends and neighbors, helping to guide children through the challenges of today’s world. The more love and trust children have, the stronger relationship you will have and that builds a bridge for your children to feel comfortable talking and disclosing what’s happening with them.
For years watermelon has been taken for granted as average picnic fare; however, this sweet, juicy fruit actually packs a surprising nutritional punch.

When shopping, look for a firm, symmetrical watermelon that is free from bruises, cuts or dents. It should be heavy for its size with a creamy yellow spot on the underside from where it sat on the ground and ripened in the sun.

Now here are some reasons why you should slice one open today:

1. It's Packed with Nutrition – Not Calories!
   One serving – 2 cups of diced watermelon or 1/18th of a medium melon – has just 80 calories, plus it's an excellent source of Vitamin A (important for optimal eye health) and C (helps bolster the immune system), and potassium (necessary for water balance) as well.

2. It Helps Keep You Hydrated
   Watermelon is 92% water which makes it a great option for helping you stay hydrated, especially during our triple-digit temps of summer. Whether you slice it, cube it, juice it or blend it, watermelon is a perfect way to help meet your fluid needs.

3. It's Loaded with Lycopene
   Lycopene gives watermelon as well as tomatoes, pink grapefruit and guava its red color and strong antioxidant properties. Some studies suggest lycopene can help prevent cardiovascular disease, while others show that it may help protect against certain cancers as well as cataracts. For the most lycopene, make sure watermelon has a deep pink color rather than a white-pink hue.

4. It's Not Just for Summer
   Today watermelon growers produce five main types of fruit including seeded, seedless, mini, yellow and orange. Traditional plant-breeding – not genetic modification – has created new varieties of watermelons sold at farmers markets and supermarkets.

5. It Enhances Performance & Improve Recovery
   While studies are ongoing, several published reports suggest watermelon fruit or juice may enhance performance and speed up recovery post-exercise. How? By improving the body's ability to transport oxygen to working muscles and reducing delayed-onset muscle soreness.

6. It Helps Keep Your Skin and Hair Healthy
   Thanks to the fruit’s Vitamin A and C, watermelon can also help keep your hair and skin healthy. Vitamin A helps protect skin from UV-ray damage, while Vitamin C is necessary to produce collagen, the foundation of your hair and skin. Vitamin C’s collagen-producing powers may help prevent against wrinkles and sun-related aging of your skin.

7. It’s Heart-Healthy
   Among all produce picks, watermelon is the best source of citrulline – an amino acid that our bodies convert to arginine which plays a key role in helping to improve blood flow by relaxing blood vessels. The potassium in watermelon also helps lower blood pressure.

Source: The Watermelon Board

Simple Ways to Stay Hydrated

You may have heard that there's no science behind the age-old advice to drink eight cups of water a day, but how much should you be drinking? It seems like a pretty basic question, but unfortunately there's no clear-cut answer. It's actually a relationship between ingestion and long-term health, given that water is the one nutrient we can't survive without for more than a few days (we can live significantly longer without fats, carbs, or essential vitamins). Part of this knowledge gap stems from the fact that there is no scientific consensus regarding the definition of “optimal hydration” and no one perfect method for assessing fluid status. There are standards for assessing fluid status. There's also a lot of water and total fluids people drink of average, since relatively few studies have methodically assessed this.

The Institute of Medicine updated its recommendations regarding water intake in 2004, and set the adequate intake for adults aged 19 and older at 2.7 liters daily for women (about 11 cups) and 3.7 liters for men (about 16 cups). However, these guidelines reflect average intake in the U.S. population, rather than an optimal requirement based on actual health outcomes, and as mentioned above, they're based on insufficient data. And the recommendations don't refer to just plain water. They encompass total fluid intake from all beverages (including coffee and tea) as well as foods. About 20 percent of our daily water needs come from fruits, vegetables, meats, and other foods, which means most people don't actually need to guzzle down to 16 cups of liquid every day to stay hydrated.

The European guidelines, published in 2010, are more conservative. They advise an average intake of 2 liters (8 cups) in women (less in 8 cups) and 2.5 liters (10 cups) in men. These guidelines consider age, climate, activity, and food and combined. The discrepancy between the U.S. and European recommendations gives you an idea of how difficult it is to set population-wide hydration goals, given the high variability in individual needs.

These guidelines are intended for people engaging in moderate amounts of physical activity in temperate climates. Athletes may have much higher needs, especially if they're exercising outdoors in hot, humid weather. Heavy exercisers can lose up to 6 liters of water per day through sweat in extreme conditions and need to drink as many liters as they lose to replace these losses. If you're a fitness buff, check out the American College of Sports Medicine recommendations on hydrating before, during, and after exercise.

For most people, urine color and volume are typically good indicators of hydration status. That's because our bodies adapt to variable fluid intakes by adjusting the amount and concentration of urine our kidneys produce. If your urine is a pale yellow or straw color, it's a good sign that you're drinking adequately. If your urine is dark-colored (like apple juice) or you're urinating small volumes infrequently, you are likely dehydrated. But even these methods aren't 100 percent reliable. If you're dehydrated but drink a large volume of water, it may not be totally absorbed by your body. Water produced by foods and beverages in the body may not be replenished. Some supplements and medications can also cause you to produce darker urine for several hours after taking them.

Severe dehydration has serious health consequences, but even mild dehydration may be damaging. Researchers estimate that up to 20 percent of your body’s fluid intake is composed of free water, and even a 2 percent loss of free water is enough to affect your body's function and ability to maintain fluid. A study in migraine sufferers found that drinking an extra 1.5 liters of water a day reduced the intensity and duration of headaches. But even in non-migraine suffers, heavy exercisers can lose up to 6 liters of water per day through sweat in extreme conditions and need to drink as many liters as they lose to replace these losses. If you're a fitness buff, check out the American College of Sports Medicine hydration guidelines.

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How to Make Hydration a Habit

1. Always carry a water bottle, and if you have a desk job, always keep one at your desk. If you have a bottle within arm’s reach, it’s very likely that you’ll mindlessly sip from it throughout the day, without being consciously effortful.

2. When you’re feeling frazzled or hazy, grab a glass of cold water. Studies show that people instantly feel calmer and more relaxed after drinking 230 ml of H2O. It’s simple, it’s healthy, and it just might help you avoid a midday slide, healthy and happy from the start.

3. Sip on a mug of herbal tea every evening. If you make this a habit, you’ll add an extra cup of fluid to your tally every single day. On top of that, this relaxing ritual is a wonderful way to de-stress at the end of the day.

4. Eat a diet rich in whole foods. By eating water-rich foods like vegetables, fruits, and yogurt, you’ll automatically up your fluid intake. On the other hand, processed snack foods like chips, crackers, and baked goods have minimal water content.

Source: Johanna Sakimura, RD, Everyday Health
Making A Difference in Tarrant County

Laura M. Miller
County Extension Agent
Horticulture

Some time ago on a Friday afternoon, Rick Johnson with the City of Saginaw invited me to come out and take a look at some miles and miles of Elaeagnus growing along Saginaw Boulevard. These well-established, typically trouble-free shrubs were mysteriously losing lots of branches. This branch dieback wasn’t limited to a few plants, nor did it seem to spread from one point up and down the long row of plants. When we carefully examined a dying branch, both of us noticed that the bark was coming away from the wood. What looked like small teeth marks on the wood. I compared those marks from squash teddy but it was really pretty clear that some soden had concluded that Elaeagnus was better than nothing.

The next morning at the City of Fort Worth’s Yard Smart Seminar, I was a participant on a panel answering questions from the audience. The other experts jumped right in there on the easy stuff, and I was left with “How do I keep moles out of my yard?” “How do I get deer from eating my plants?” and “Does Fort Worth have a rat problem?”

More recently, I have seen the sad, sad sight of half eaten strawberries and bare little tails disappearing into the lovely landscapes of the Fort Worth Botanic Garden. They are everywhere.

The key to integrated pest management is knowing which pest you are managing. Even though vertebrate pests are much larger than the invertebrates we have to search for with a hand lens, that doesn’t mean that it is always easy to identify which pest is doing harm on your plants. Many of them are nocturnal and all are at least a tiny wry of humans. In addition, the damage can vary in size and the amount of damage one individual can do, vertebrate pests can be more difficult to deal with than invertebrates because insects and arachnids certainly don’t run when they hear footsteps.

Deer eat 3-4% of their body weight every day. That is around 4-8 lbs. of plant material. Because of the havoc just a few deer can wreak on a landscape, a list of deer resistant plant choices follows this article.

The next important principle of IPM that should be applied is the concept of the economic threshold. In other words, does it pay to try to eradicate a pest? If the cost in money, time or energy of the action you would have to take to eradicate a pest is not justified by the damage caused, simply decide that your action threshold has not been met.

However, if the damage is not acceptable, how do we keep these big pests from eating up our landscapes, container grown plants, and vegetable gardens? While most people have no problem keeping little insects and arachnids, the use of lethal methods to eliminate vertebrate pests is more complicated and controversial. There are three lethal options: trapping in lethal traps or with the intent to kill, shooting, and bailing. There are problems associated with each. Shooting is legal in most city limits. Bailey garlic used to kill non-target species such as pets dogs and cats. Trapping can be difficult or have unintended results. Anything that has ever trapped a skunk probably remembers it well.

Most people try non-lethal methods. Trapping is a commonly used non-lethal method. Finding a new home for the trapped is not always easy. Other non-lethal methods include exclusion, scare devices and use of repellents.

Exclusion usually means fencing, but includes any physical barrier to animal consumption, such as placing a hardware cloth over newly planted azaleas in a container. A fence to exclude rabbits does not have to be as high as the 5 feet required to keep slow down a deer. It is important to try to bury the base of any fence designed to keep animals out. Even large animals will squeeze under if they can. When attempting to build a deer proof fence, do keep in mind that they have poor depth perception, so slanting the fence in either direction should confound them. Another method for keeping animals out of landscapes, nurseries, or gardens is to create a barrier strip or crop of food specifically for your pest animals. If there is plenty to eat on the outside edge of your property, animals, in theory anyway, won’t have to venture in and eat other plants. Exclusion can be effective, but is usually one of the more expensive options.

Repellents are substances that smell bad and cause animals to move on to a more pleasant eating environment. Thiram fungicide is widely used as a rodent repellent and works quite well as a bolt treatment. Many pet stores and commercial and home repellents rely on putrescent rotting eggs. A common homemade formula is six eggs beaten into one gallon of water. Most people are also repelled by the smell of rotting eggs, so the use of these products is probably limited to production rather than landscape situations. Another group of commercial and homemade repellents relies upon capsaicin, the compound that makes hot peppers hot. If you have a source of human hair, it will effectively repel most animal pests. Human hair from China is commercially available for container plant weed control. These mats could be used as mulch in landscape or garden situations. If you don’t like the smell of fungicide, rotting eggs, hot peppers or wet hair, try deodorant soap. Unwrapped bars of soap can be hung from fences or simply placed in the area. All repellents will eventually lose their scent and therefore their effectiveness.

If all else fails, get a plastic owl, or some fireworks, or an air cannon, or perhaps a dog. Scare devices use sound or the presence of a predator to frighten away the pests. The predator can be real, like the dog, or just a facsimile thereof. This is the purpose of the old fashioned scare crow and one of the reasons that the dog (or cat) is often called man’s best friend. Dealing with big vertebrate pests you’ll need a little help from your friends.

Primary source: Landscape Plants Rated by Deer Resistance, http://njaes.rutgers.edu

Making A Difference in Tarrant County

Steve Cheney
County Extension Agent
Horticulture

Water Conservation for Texas Landscapes

Whatever catchy name it is called, landscape water conservation makes good sense. Immediate results include reduced irrigation, lower water bills, less maintenance, and a higher quality landscape. Water-wise landscapes are not bleak, rock-filled landscapes accent by wagon wheels and dead cattle skulls. Xeriscape are not “zeroscapes”!

We had the mildest winter in the 12 years I have been in Ft.Worth, a lot of our plants are up and going full blast but a lot are suffering. We didn’t get the cool weather needed to let the plants go dormant so they were growing. Without the extra moisture from the winter and the cool weather, we may be in for a few surprises this year. We will all be turning our systems on soon to irrigate with and or getting our hoses out to water with. Keep in mind the types of plants that require a lot of water and what we can do to cut down on that use.

The first thing everyone calls in this time of year is on their turf, when do I fertilize, when do I cut etc. Just remember when you’re striving to reduce landscape irrigation requirement, it is critical to remember that lawns are the highest user of irrigation water in the landscape. Large trees may use 250 gallons of water per day but irrigating with 250 gallons of drinking water daily is not required. Trees have huge root system mining water from a huge volume of soil. Trees have a big “bank account” of water that is filled by natural rainfall.

Lawns have very small bank account that requires frequent deposits (much like my personal account). You cannot wait for natural rainfall in most cases to make the next deposit, and high quality drinking water must be used to maintain a green lawn.

The following are some specific strategies to reduce lawn irrigation and still be proud of your yard:

- Irrigate properly based on when the lawn actually needs watering: turn the irrigation clock off, and let the lawn show you when to irrigate.
- Increase mowing heights during summer to decrease lawn water use and increase drought tolerance.
- Decrease fertilizer rates as that requires additional water, and properly schedule fertilizations per the type of grass you have.
- Let irrigated lawns turn brown where appropriate, or establish non-irrigated turfgrass areas.
- Place lawn areas in landscape irrigation zones based on water requirements so that the lawns can be watered separately from other landscape plantings.
- Select adapted, lower water demand turfgrass species and varieties.
- Reduce irrigated lawn areas to only those that provide function (e.g recreational, aesthetic, foot traffic, dust and noise abatement, glare reduction, temperature mitigation); look for lawn areas that can be replaced with groundcovers, landscape plantings or decks and patios (e.g why is there lawn between houses; between the sidewalk and the street; or in a long narrow median?).

By implementing these strategies, homeowners can reduce lawn irrigation requirement and still reap many of the benefits of a cool, green lawn.

Primary source: Landscape Plants Rated by Deer Resistance, http://njaes.rutgers.edu

*Most groundcovers provide a favorable environment for rats, but ajuga’s growth habit doesn’t provide enough cover and thyme is too aromatic.
What does it mean to be a citizen, to be a part of a community? As the sixth pillar of character, Citizenship refers to the willingness of individuals to do their share to make the greater community a better place. To put it simply, it means to be a good neighbor. Ideally, citizens cooperate with others, obey the laws of the land and respect authority. The concept of citizenship stresses the importance of protecting the environment, staying informed and exercising one’s right to vote. This view of citizenship is easily obtainable if one puts into practice those other pillars of character such as respect, when you treat others the way you want to be treated. In this case that translates into “If you want a good neighbor, be a good neighbor”.

There are many activities which would be beneficial for young people to do in order to begin to understand the whole concept of being a citizen. The activity below will help young people learn about one of the three R’s [Reduce, Reuse & Recycle]. It is a matching activity that highlights the various materials that can be recycled.

Are You A Good Recycler?

Draw a line to show where each item belongs.

In response to recent events in my family, this article will focus on hydration. Water has many uses in the human body. It is used in all cells, organs, and tissues to help regulate temperature and maintain other bodily functions such as: moistening sensitive areas such as eyes, mouth and nose, protecting your spinal cord and joints, helping remove waste, and aiding in digestion.

One question I am asked often by Tarrant County youth is how much water is in our body? I usually answer this question with an activity. This activity comes from the Investigating Water curricula from Extension. The name of the activity is: How watery are you? First, how much do you weigh? Multiply by 2 and then divide by 3. The resulting answer tells how many pounds of water is in your body. For example Maddie weighs 60 lbs. 60 x 2 = 120. 120/3= 40. So Maddie is 40 pounds of water. How about you?

x 2 = ______/3 = _________ lbs of water

Another question I receive is how much water should I drink? The old adage of a person should drink eight 8-ounce glasses of water used to be the answer to this question but experts say this has changed. The amount water necessary is based on your weight, where you live and how active you are. Some say you should drink between half to one ounce of water per pound you weigh. If we use Maddie again, who weighs 60 lbs, she would drink between 30-60 ounces of water daily.

One of the great things about 4-H is that the youth are engaged in their communities. Four years ago, 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. Members of the club utilized person-to-person and electronic communication to invite others to join in the activity and the group quickly grew to include members from five clubs….all with the same goal of offering support to the athletes. Serving as “Fans in the Stands” has now become a tradition for many 4-H youth throughout Tarrant County.

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 have been fortunate to attend the opening ceremony and track events of the Spring Special Olympics. It is inspiring to see the determination and passion as the athletes sprint around the track. At the finish line, there are high fives, knuckle bumps, and hugs for all. Teamwork and camaraderie are 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!