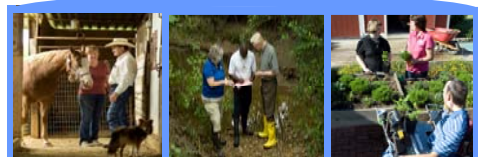


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# Making a Difference In Tarrant County



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## 2015 Emerald Award for Leadership Excellence

**Renee Roach &  
Teresa Womble**

The recipient has consistently demonstrated excellent leadership at the club and county levels for a decade or more. While providing more than 350 program opportunities for youth to develop talents, pursue new interests, and achieve goals, she instills the value of service learning and leadership. In each recipient's club, the youth actively serve primary roles in areas of organizational, educational, and event leadership. Equipping youth with the skills necessary to succeed and the desire to make a difference, the recipient prepares the youth to fulfill their full potential.

This year, we honored Renee Roach and Teresa Womble with the Emerald Award for Leadership Excellence and express our appreciation for equipping the youth with:

- the determination to succeed,
- the leadership to inspire others,
- and the confidence in knowing that "Doing the right thing ...is always.. the right thing to do."



From left to right: Teresa Womble (award recipient), Cindy Bryant (County Extension Agent 4-H), Renee Roach (award recipient) & Dr. Joan Jacobsen (County Extension Director)



## 2015 John South Spirit of Extension Award

**Lois Bogusch**

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.



## 2015 Friend of Extension Award

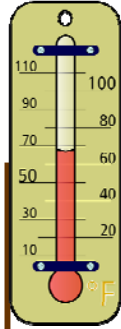
**Mark of Excellence Pizza Company**

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 A&M AgriLife Extension Service.



From left to right: R.L. Feldt (Food & Fiber Committee), Teresa Posten (award recipient), Dr. Joan Jacobsen (County Extension Director), Jerald Posten (award recipient), Casey Gibbs (award recipient) & Robbie Robertson (Food & Fiber Committee)





# Temperature Swings are Hard on Our Animals

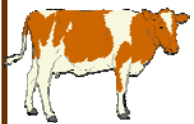
Fred M. Hall  
County Extension Agent -  
Agriculture & NR

The North Texas weather can have some pretty dramatic changes this time of year. Temperature swings are not uncommon from now to early spring. Animals may have a tough time coping with these changes. Horses are especially susceptible to developing an impaction colic when the weather changes and during cold weather. Be sure your animals always have access to water all winter long to help avoid impaction colic.

Rains and alternating colder and warmer temperatures, means we're in mud season now. For your dogs and cats, be sure to check their paws every time they come in the house. Use a warm, wet towel to gently clean the mud off their feet. Be sure to also look at the bottom of their feet at least once a day to look for dried mud stuck between their toes, or any cuts or cracks in their pads. For dogs and cats that live outdoors, be sure they have a warm, dry place where they can get out of the mud. This may be a dog house with a fresh bed of fluffy straw, or even a corner of a garage or barn with a dog bed or warm blanket. If you are using blankets, be sure to check them every day. A wet blanket will make your pets even colder than no blanket at all.



In addition to bedding and basic housing needs, my next concern for animals is ventilation in the winter weather. In many cases, especially in backyard poultry coops, I see the buildings are tightened up to keep the facility warmer and moisture is condensing and dripping off the ceiling onto the birds. If you do tighten up your coop, make sure that there is proper airflow through the building so that birds are able to stay healthy when they are confined in the coop. If the facility is 100 percent enclosed, like many small animal shelters, make sure there is a steady exchange of air to help keep livestock healthy and decrease the buildup of ammonia. I often see this problem in youth project buildings where lambs and swine are confined.



Larger livestock are a different story. It is impossible to keep pastures free of mud this time of year, especially in heavily used areas around water troughs or at feeding locations. Try to include an area of "higher ground" in your pastures, so the animals do have a place where they can go to get out of the mud, at least temporarily. If you have a barn or a shed where your livestock can go to get out of the rain, wind, and mud, that's even better. All animals need some kind of shelter. Technically, all livestock need is a windbreak. They need a place where they can get out of the wind; this could be a building, a three-sided shed, or even a tree line. Ideally, livestock will have access to some type of shelter with a roof so they can get in out of the rain and snow; however, just because they have a place to get out of the rain doesn't mean they will always use it!

Animals will burn more calories in cold weather to stay warm. Be sure that they have enough to eat, most cattle, horses, and small ruminants can have free access to hay all day long. You may need to supplement your animals' diet with some kind of concentrate – cracked corn, oats, sweet feed, or a complete pelleted feed.

Water troughs can freeze as the temperatures start to drop. Be sure to check all your animals' water at least once a day as the temperatures go below zero. Any time there is a layer of ice on top of the water trough, it needs to be broken so the animals can get to the fresh water. You may want to consider a submersible water heater to keep the water troughs from freezing if the weather stays below freezing for more than a few days.



Agricultural and natural resource programs scheduled for the first quarter of 2016 include:

- Plant Identification Tips Webinar, March 3, Tarrant County Extension Office
- Texas Watershed Steward Workshop. March 10. Trinity River Authority of Texas General Office
- North Texas Grazing & Pastures Conference, March 19, Tarrant County Resource Connection, 3 CEUs
- Horse-O-Rama, March, March 11-13, Justin Arena
- My Horse University Horse Boarding Operations Webinar, Tarrant County Extension Office

# Tap and Pay – Consumer Protections Changing

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



Are you concerned about safety when it comes to using your mobile device to "tap and pay"? The most significant concern is how to resolve disputes about fraudulent or unauthorized charges. Would you know what to do if your bank and other personal information were compromised?

Depending on the source of the funds used to make a mobile payment (such as credit, debit or prepaid card); the rules governing unauthorized charges differ. To date, prepaid cards and mobile payments don't have the same legal protection as credit cards and debit cards. The Consumer Financial Protection Bureau (CFPB) is currently working to correct this issue, to regulate general purpose reloadable prepaid cards and other stored-value payment products. In most cases that should include mobile payments.

How confusing is this issue? It all depends on the funding source for your tap and pay account on who you would contact for resolution and fraud protection. Problems with mobile transactions paid for with a linked credit or debit card should be taken up with your card issuer. Credit cards provide the strongest level of legal protection, because of their limited liability for unauthorized use is set at \$50.

Debit card users' liability for unauthorized charges is limited to \$50 if reported within two business days and up to \$500 after two business days. However, check with your financial institution to make sure of your liability. Mobile wallet and prepaid card users have no clear-cut dispute and error resolution rights; there may be a 'zero liability' assurances for fraud on credit, debit and prepaid cards. However, this is information that would need to be verified.

What is the CFPB working on to protect consumers?

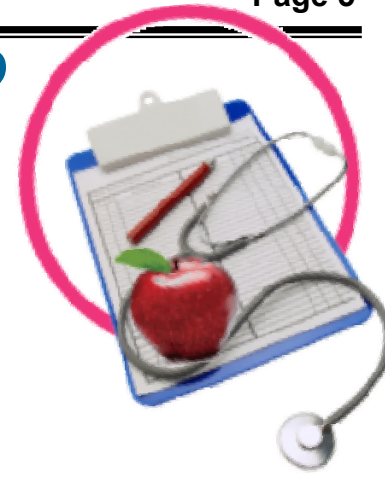
- Access to information: account balance, payment history and a list of possible fees must be easily accessible online;
- Error Resolution: financial institutions would be required to investigate account errors in a 'timely manner' or credit the account for the disputed amount while continuing to investigate;
- Fraud Protection: losses would be limited on prepaid accounts and stored-value mobile payment services. As with debit cards, consumer liability would be capped at \$50 if reported within two business days. Prepaid cards and mobile payment accounts would have to register (with the issuer or financial institution) to be eligible for reimbursement and other protections.

Only mobile payment accounts that can store funds (mobile wallets) would be covered by the CFPB rules. Which means, PayPal – which can store funds- and Starbucks accounts- which are prepaid- would likely fall within the guidelines of CFPB consumer protections, Apple Pay, Android Pay and Samsung Pay would not. (The latter links to a customer's bank and credit card accounts and do not store funds.)

PayPal is seeking an exemption for its accounts from any new rules if customers link at least two payment sources – credit, debit, and prepaid cards- to their PayPal accounts that already provide consumer protections. PayPal no longer offers FDIC insurance, other prepaid accounts may, and checking with them is the consumer's responsibility. The FDIC deposit insurance protection depends on where the money is deposited. Under the new proposed rules FDIC insurance on prepaid products or stored-value mobile payment accounts would not be required by CFPB, however, it would be required to notify customers about the lack of FDIC insurance.

# Time For A Nutrition Check-Up?

Darlene Myatt  
Extension Agent  
Expanded Food & Nutrition Education



If you started the new year with plans to make health a priority, taking this quiz may help refresh your knowledge for a taste of current nutrition issues. The more you know, the better able you'll be to make wise food choices and perhaps live a longer, healthier life.

1. A healthy, balanced diet includes these three major nutrients (macronutrients):
  - a. calories, fat, carbohydrate
  - b. carbohydrate, protein, fat
  - c. protein, fiber, fat
  - d. calories, water, fiber
2. Which foods provide more of the essential nutrients that we're often lacking?
  - a. fruit, vegetables and protein shakes
  - b. seafood, whole grains and gluten-free foods
  - c. fruit, vegetables, whole grains and seafood
3. Use these plate proportions for healthy meal planning:
  - a. ½ protein, ½ vegetables
  - b. ⅓ protein, ⅓ vegetables, ⅓ fruit
  - c. ½ vegetables and fruit, ¼ protein, ¼ whole grains
4. Which nutrient has the most calories per gram of weight?
  - a. carbohydrate
  - b. protein
  - c. fiber
  - d. fat
5. Which type of fat helps promote a healthy heart and cardiovascular system?
  - a. saturated
  - b. trans
  - c. mono-unsaturated
  - d. partially hydrogenated
6. Healthier types of fat are typically:
  - a. liquid at room temperature
  - b. solid at room temperature
7. Which food components provide little nutritional value and can be harmful when we eat too much?
  - a. salt, sugar, cholesterol
  - b. sugar, saturated fat, whole grains
  - c. salt, cholesterol, fiber
8. Which of the following are sugar-sweetened beverages that provide little to no nutritional value?
  - a. 100% fruit juice
  - b. 100% vegetable juice
  - c. fruit juice drinks
9. Which type of grain is the healthiest and contains the most natural nutrients?
  - a. enriched grains
  - b. refined grains
  - c. multi-grains
  - d. whole grains
10. What percentage of grain intake (bread, cereal, rice, pasta, crackers) should be whole grains to support overall good health?
  - a. 25%
  - b. 50%
  - c. 75%
  - d. 100%

**ANSWERS:** 1=b, 2=c, 3=c, 4=d, 5=c, 6=a, 7=a, 8=c, 9=d, 10=b

Reference: Choose My Plate, USDA

# 7 Tips for Eating Healthy When You Can't Count Calories

Markena Minikon  
County Extension Agent  
Nutrition & Health



Image Courtesy of: Bigstock

Counting calories is one of the most reliable ways to maintain or lose weight. But it's not always easy to do when you're out and about or pressed for time — and there are plenty of situations (such as a dinner party at a friend's house) that just don't lend themselves well to a "strictly numbers" approach.

Here are some guidelines to follow when straight calorie counting is impractical.

**Eat foods that are filling and low in calories.** That means, as often as possible, your meals and snacks should include whole grains, such as brown rice, whole-wheat bread, and oatmeal, as well as legumes, such as lentils and other beans. And don't forget to fill at least half your plate with fruits and vegetables.

**When you eat meat,** cut out fat and cut down portion sizes. Choose lean cuts of meat and modest amounts — about 3½ or 4 ounces per serving (which is roughly the size of your palm).

**Avoid fried foods.** Frying foods add fat and calories. For stovetop cooking, it's better either to stir-fry foods in a nonstick pan lightly coated with a cooking-oil spray or to braise them in broth or wine. Baking, broiling, and roasting are also great options — they add no extra fat to your meals.

**Choose low-fat or nonfat dairy foods.** Milk, yogurt, and cheese are good sources of protein and calcium, but the whole-milk versions of these dairy products are very high in fat.

**Avoid fast foods.** Hamburgers, chicken nuggets, French fries, and other fast-food staples tend to promote weight gain for two reasons. First, they are high in fat, calories, or both. Second, the "value meals" available at many fast-food chains are often excessively large and tempt you to overeat.

**Avoid high-calorie, low-nutrient snacks.** Chips and other deep-fried snacks are high in fat and therefore calories. But even snacks labeled "low-fat" are often high in calories because they contain large amounts of sugars and other carbohydrates.

**Watch what you drink.** Regular sodas, fruit juices, and, especially, alcoholic beverages are high in calories.

Source – Harvard Health Publications Harvard Medical School



# Gardening Chores for the Winter in North Texas!

Steve Chaney  
County Extension Agent



Birds are more frantic now than before, and berries from nandina and holly begin to disappear in alarming numbers. The squirrels somehow know when bird food is put out. And here's hoping the groundhog up north didn't see his shadow!

**Vegetables** - Use the few days of good weather to turn leaves and compost under and prepare rows for spring. In the process you will uncover overwintering insects and prevent the late winter weeds from getting to large later. If a soil test showed that you need amendments, now is the time to add it – or you can have your soil tested this month if you aren't sure.

The potatoes and onions need to go in the ground if you haven't already done so. Remember don't plant your potatoes too deeply, or they will rot. They can be mulched heavily and will still make a fine crop in the mulch. You can set out onions, English peas, turnips, Swiss chard, beets, carrots, and transplants of broccoli, cabbage and cauliflower this month, but be prepared to cover tender seedlings with row cover or hay during sudden freezing winds.

Time to take the tiller and other power equipment into the shop for a tune-up. Change the sparkplug, oil and filter. Sharpen blades and tines as well. Don't forget to have all the wheels and cables greased too! Get your shovels and hoes out, they need to be sharpened, tightened and generally made ready for the upcoming season.

**Fruit Plants** - Plant new trees, vines and bushes now if the selection at the garden center is good, if not get them ordered ASAP. Never allow the roots to dry out before plant-

ing, and don't forget to prune new plants when you set them in the ground. Spray trees with dormant oil to control overwintering scale insects, but don't spray if a freeze is predicted within the next two to three days.

**Ornamentals** – Valentine's Day is the traditional day for pruning roses except for the spring-blooming climbers. Cutback last year's growth and remove the dead canes, clutter and blackened, diseased plant parts. This is the ideal time to replace or plant roses, since nurseries have stock and the worst of winter is hopefully over (if you're in an area with a lot of rose rosette issue you may want to hold off). Prune your other landscape shrubs as well, especially junipers, cedars and arborvitae. Wait until after flowering to prune spring bloomers such as azalea, kerria, quince and weigela. Boxwoods can be pruned as well, although they take longer to put forth new growth.

Mondo grass, liriopse and other ornamental grasses can be neaten up for the year by cutting off the old, winter damaged foliage from last year. Use very sharp shears or a keen knife to remove the old leaves. Also remove the dead foliage of iris, daylilies, mums, and other dormant perennials. Mulch pansies and other tender plants to protect them from the hard freezes as well.

Last but not least, attack your winter weeds with post-emergence herbicides and use pre-emergence material to anticipate summer weeds. Remember Valentine's Day and Labor Day are the dates that we shoot for to establish a good pre-emergence program for our lawns!!



# Myrtlecide She Wrote

Laura M. Miller  
County Extension Agent  
Horticulture

Despite the presence of both the Tarrant County Sheriff's Department and Texas A&M AgriLife Extension in the building, a heinous crime has occurred in broad daylight in the parking lot of the Tarrant Plaza Building. Grape murderers, armed with pruning saws and lots of excuses, have struck yet again, rendering one of our most lovely landscape plants, the crapemyrtle, one of our most ugly landscape plants.

In these days of open carry there is not much that can be done to prevent people from walking around town with pruning saws, but there are plenty of ways to counter the excuses. Here's a top five list of responses:

5. "It is too big!" You have choices here. You can choose to replace it with one of the many varieties of crapemyrtle that won't get to big. There are dwarf varieties like "Pokomoke" that never grow taller than 3 feet. There are intermediate varieties like "Acoma" that grow to be 5-10 feet tall. There is a great choice for every sunny spot. Crapemyrtle are so tough and drought tolerant because they have fabulous fibrous root systems. Those root systems also make them one of the easiest landscape plants to transplant. You can move your crapemyrtle to a bigger, better location. You can also cut your crapemyrtle all the way down to the ground. It will grow back and all the evidence of poor landscape practices will be gone. It will be kind of like having an ugly tattoo of your x-significant other removed.
4. "It will bloom better!" This is just not true. It will bloom later, one to two months later depending upon the variety. The flower panicles produced by topped trees may be larger, there will be significantly fewer of them. You will have more flowers and have them sooner if you put away the pruners.
3. "But it looks scraggly, and by golly this year it is black!" Scragginess is generally caused by suckers, or shoots that come up from the roots. Feel free to clip those off. Now is a good time. The most attractive crapemyrtles have 1-7 main trunks. Those are trunks. Trunks should not be cut. The black stuff is sooty mold. It is there because the crapemyrtle was infested with Crapemyrtle Bark Scale. If you want to, see item #2, you can wash that sooty mold off with soapy water and a scrub brush. You can also just wait for the bark to exfoliate because it eventually will.
2. "There is nothing else to do this time of year!" Sure there is. You can prune out shoots coming from the base of plant as described in #3. Better yet, apply mulch. Mulch moderates soil temperatures, retains soil moisture, controls weeds, and gives gardeners and landscapers alike a worthy, beneficial way to occupy their time on chilly winter days.
1. "Everybody does it!" Would this work with your mother? Who is everybody? Certainly not anybody who is somebody in horticulture. Neil Sperry rants against this practice on his Facebook page. Self-respecting botanic gardens prohibit this practice on their grounds. If everybody celebrated crapemyrtle topping season by jumping off a cliff, would you?



# Caring Counts

Shannon Johnson-Lackey  
4-H Extension Agent  
Cooperative Extension



As one of the six pillars of character, caring emphasizes the need to be kind to others with your words and actions, to be helpful, to be thankful and to practice empathy. It is often equated simply with love. While caring is a component of love, it is important to note its broader significance. One can care for someone but not necessarily love them and yet the mere act of caring can have a great impact. Leo F Buscaglia who was often referred to as “Dr. Love” stated, “Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.” Mr. Buscaglia’s words summarize the journey of a youth development professional and the mission to matter in the life of a child.

The following activity is utilized in character education programs. The students are challenged to complete the relatively simple task of matching words and then a discussion ensues about the meanings of each word and why they are important.

## Matching

Draw a line to connect the words with similar meaning.

Caring	Honor
Concern	Trustworthy
Love	Assist
Generous	Kind
Respect	Interested In
Help	Fondness
Honest	Unselfish

## What Would a Caring Person Do?

*Present each scenario to the student.  
Have them describe how to demonstrate a caring reaction.*

- Your little sister was running through the park and fell and skinned her knee.
- Your neighbor can no longer get out to pull weeds in her flower beds.
- Your mom is sick today. The dirty dishes from the day before are in the kitchen sink.
- Two of your classmates are teasing the new kid in your school about his clothes.



# Why Recycle?

Cassius McAlister  
4-H Extension Agent  
Cooperative Extension Program

Character or the lack there of, is a word that gets thrown around a lot in today's society. What is character? In my workshops I explain to the youth Character is what you do when you think no one is looking.

One particular pillar of character that is often overlooked, unless you are involved in a youth organization, is Citizenship. According to the Josephson Institute, "Citizenship is doing your part to make your school or community better." “Cooperate”, “Get involved in community affairs”, “Stay informed; vote”, “Be a good neighbor”, “Obey laws and rules”, “Respect authority”, and “Protect the environment”.

One way to respect and or protect the environment is to recycle. If you were to ask the youth of today about recycling most could tell you what the 3 R's stand for: Recycle, Reduce and Reuse. American discard millions of tons of garbage yearly. Recycling is taking something that has been used for its purpose and processing it or its parts into something new. Recycling reduces the amount of trash that heads to landfills and incinerators. It also reduces greenhouse gases emitted when the trash is burned that contribute to global climate change.

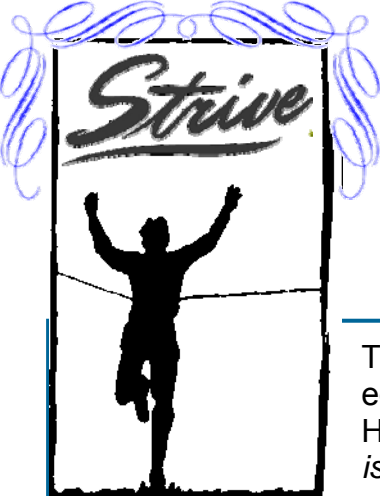
Much of our trash can be treasure as recycled materials. Recycling consist of 3 basic steps:

1. Collecting and processing recyclables
2. Manufacturing
3. Purchasing new products made from recycled materials

Sources: <http://www2.epa.gov/recycle>



# The Importance of “Making the Effort”



Cindy Bryant  
County Extension Agent 4-H



The late football coach, Vince Lombardi, is sometimes misquoted as saying, “Winning isn’t everything, it’s the only thing.” However, in his memoir, he wrote, “*What I said is that ‘Winning is not everything – but making the effort to win is.*”

In essence, “making the effort” refers to attitude and preparation. Similarly, the 4-H Motto “To Make the Best Better” supports the correlation between attitude and preparation. In pursuit of short-term or long-term goals, it is important to remember that there are often several tasks and experiences necessary to reach the destination. It may require additional research, memorization, practice, and pursuit of new opportunities. It may include tasks that are fun, as well as some that are not-so-fun (but still necessary).

Diligence is defined as making a careful, steady effort. The ability to maintain a positive attitude and approach each task with diligent effort is crucial in pursuit of any goal – whether it be preparing for a competition, increasing knowledge, or learning a new skill. Youth who develop the quality of diligence often become productive teens and adults.

An important component of preparing for a competition is to discuss the purpose of participating. Every contestant wants to win first place but, in reality, not every child will. When a child understands that preparation and attitude are more important than the size or color of the ribbon he can walk with confidence in knowing that he has given it his best effort, regardless of whether he places 1<sup>st</sup> or 10<sup>th</sup>.

As we enter the spring semester, many contest opportunities exist. From animals and public speaking to cooking and photography, competitions provide opportunities for youth to showcase what they have learned in their projects earlier in the year, as well as opportunities to practice sportsmanship and teamwork. While some competitions are benchmarks for progress, others are qualifiers for advanced-level competitions and awards. Utilized as an educational or life experience, preparation and participation can be very beneficial for youth. Every day, 4-H members are making the effort to achieve and working diligently to fulfill the motto, “To Make the Best Better”. KUDOS to each of them!

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