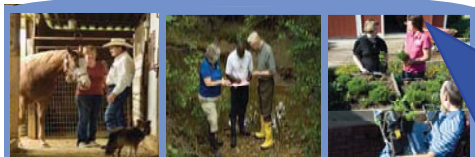


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# Making a Difference In Tarrant County



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You can find us on Facebook at:  
[www.facebook.com/agrilife.tarrant](http://www.facebook.com/agrilife.tarrant)



## Master Gardener Awards



3rd Place: ★

Educational Program -  
Pizza Ranch



★ 2nd Place:

Youth Award -  
The Garden Club at Fitzgerald Elementary School

Written Education Award -  
FWBG Perennial Garden Tour Brochure

Research Award -  
Grapevine Rose Rosette Disease

1st Place: ★

Outstanding Association - TCMGA  
Outstanding Individual - Bill Hall



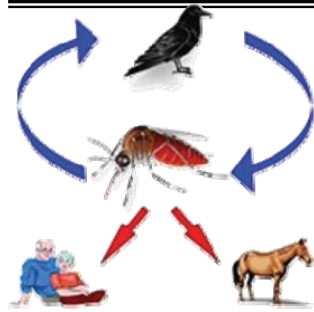
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We are delighted to announce that our own Tarrant County Commercial Horticulture Agent, **Laura M. Miller**, has been named one of only four Sustainable Agriculture (SARE) Fellows across the nation. SARE's mission is to the advance – to the whole of American agriculture – innovations that improve profitability, stewardship and quality of life by investing in groundbreaking research and education. The SARE/NACAA Sustainable Agriculture Fellows program provides a two-year training program with national exposure to successful and unique sustainable agriculture programs across the country. Participating fellows are in turn able to create new programs that meet the needs of their local clientele.







## Time to Vaccinate Your Horse For West Nile Virus

*Fred M. Hall  
County Extension Agent -  
Agriculture & NR*



In 2015 West Nile virus (WNV) infected 40 horse in Texas, so far in 2016 only one case has been identified and that is in Limestone County, but it is early in the season.

West Nile virus is defined as zoonotic, which means it can be transferred between animals and humans. The virus is generally transmitted from birds by mosquitoes to horses and humans. For this reason, the virus is more common in the summer or fall when birds are migrating from the north. Horses and humans are considered to be dead-end hosts for the virus and are not directly contagious from horse to horse or horse to human.

Since the fatality rate for horses exhibiting clinical signs of WNV infection is over 30 percent, utilizing a vaccine is recommended.

All of the current West Nile vaccine products carry one year duration of immunity. Veterinarians recommend adult horses previously vaccinated, be vaccinated annually in the spring, prior to the onset of the insect vector season; but, the important issue is to get the horse vaccinated and then put it on a spring schedule.

"Vaccination has significantly decreased the incidence of West Nile disease in horses in the face of a steady increase of case numbers in humans, where there is no vaccine available," says Dr. Leslie Easterwood, Clinical Assistant Professor at the Texas A&M College of Veterinary Medicine & Biomedical Sciences. "Horses are recommended to be vaccinated twice yearly in areas of the country where mosquitos are present all year."

For horses at high risk, the more frequent vaccination or appropriately timed revaccination is recommended in order to induce protective immunity during periods of likely exposure. For instance, juvenile horses less than five years of age, appear to be more susceptible than adult horses and geriatric horses have been demonstrated to have enhanced susceptibility to WNV disease.

Recovered horses likely develop life-long immunity, but this has not been confirmed. Consider revaccination if the immune status of the animal changes the risk for susceptibility to infection or at the recommendation of the attending veterinarian.

As a horse owner it is important to recognize the signs of the virus and to have a veterinarian ready to call. The sooner the symptoms are identified and the horse receives treatment, the better chance the horse has in surviving. According to Easterwood, one third of all equine West Nile cases generally survive with proper intervention.

"If an owner sees neurologic signs of wobbly stance, unsteady movement, depression, not eating, with or without muscle twitching, they should call their veterinarian right away," explained Easterwood, even if the horse has been vaccinated.

Although the West Nile vaccine has proven effective, Easterwood reminds horse owners that no vaccine is 100 percent protective.

Additionally, horse owners should take steps to reduce the amount of mosquitos around their facilities by eliminating standing water, keeping stalls and pens clean, using equine mosquito repellents, fly sheets, and fly masks, plus placing fans inside stalls since mosquitos have difficulty flying in wind.

## Are you Prepared? Preparing a Grab & Go Box

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

In recognition of Emergency Preparedness Month, have you planned, gathered and secured your family documents? Even though every family will have a different plan, there are several common elements that are critical to each person/family.

### Creating Your "Grab & Go" Box:

- ✓ Place papers in sealed, waterproof plastic bags
- ✓ Store in a durable, sealed box. A portable fireproof AND waterproof box or waterproof backpack recommended
- ✓ Store box/backpack at home in a secure, easily accessible location

### If you must evacuate:

- ✓ Grab box and take with you
- ✓ Keep box in your possession at all times
- ✓ Do NOT leave in car

### What's in your box?

- ✓ CASH for several days living!
- ✓ Important legal, financial and insurance paperwork (property, healthy, life, renters); include: birth certificates, estate planning documents, financial contact information for credit cards, bank/credit union, social security cards, a list of prescriptions for each family member, a copy of driver's licenses, list of friends/family members contact information written down. A back up hard copy and digital; power of attorney paperwork.

As a rule of thumb, backups should be left with a trusted relative or friend that doesn't live in your area or a financial adviser.

For more information or downloadable forms visit:

<http://texashelp.tamu.edu/>

[http://www.redcross.org/images/MEDIA\\_CustomProductCatalog/m4240194\\_ECCard.pdf](http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4240194_ECCard.pdf)



WHAT DOES THE NEW NUTRITION FACTS PANEL MEAN FOR YOU?



Darlene Myatt  
Extension Agent  
Expanded Food & Nutrition Education Program

In the first major overhaul of the Nutrition Facts Panel since 1993, the Food and Drug Administration announced in May changes that will be made to the Panel by food manufacturers over the next two years. Some smaller companies however will get an additional year as a grace period.

According to FDA Commissioner Robert Califf, M.D. “The updated label makes improvements to this valuable resource so consumers can make more informed food choices – one of the most important steps a person can take to reduce the risk of heart disease and obesity.” So, what exactly are the changes? Here’s how they compare side by side:

Original label

Nutrition Facts			
Serving Size 2/3 cup (55g)			
Servings Per Container About 8			
Amount Per Serving			
Calories 230		Calories from Fat 72	
% Daily Value*			
Total Fat 8g		12%	
Saturated Fat 1g		5%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 160mg		7%	
Total Carbohydrate 37g		12%	
Dietary Fiber 4g		16%	
Sugars 1g			
Protein 3g			
Vitamin A		10%	
Vitamin C		8%	
Calcium		20%	
Iron		45%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Serving information larger, in bolder type; serving sizes updated to be more realistic for how people actually eat

Calorie counts larger, bolder; “calories from fat” removed

Daily values for nutrients updated to reflect current science on diet

New line for “added sugars”

Nutrient amounts included along with percentages; adds potassium and Vitamin D, which many Americans need more of

Revised footnote to better explain daily value

New label

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

\*For packages that are between one and two servings, such as a 20-ounce soda, the calories and other nutrients will be required to be labeled as one serving because people typically consume it in one sitting.

References: Food and Drug Administration; Academy of Nutrition and Dietetics

GOOD vs. BaD Carbs

Markena Minikon  
County Extension Agent  
Nutrition & Health



Carbohydrates have taken a lot of heat in recent years. Medical experts think consuming too many refined carbs — such as the refined sugars in candy and soda, and refined grains like the white rice and white flour used in many pastas and breads — have contributed to the dramatic rise of obesity in the United States. (Of course, not exercising and eating overly large food portions are key parts of the obesity epidemic.)

How could one type of food cause such a big problem? The "bad" carbs (sugar and refined foods) are easy to get, come in large portions, taste good, and aren't too filling. So people tend to eat more of them than needed. And some are not needed at all — foods like colas and candy provide no required nutrients; instead, they add only "empty calories."

But this doesn't mean that all simple sugars are bad. Simple carbs are also found in many nutritious foods — like fruits, vegetables, and dairy products, which provide a range of essential nutrients that support growth and overall health. Fresh fruits, for example, contain simple carbs but also have vitamins and fiber.

The 2010 dietary guidelines recommend that Americans eat more unrefined ("good") carbs, saying that everyone — including kids and teens — should increase whole-grain consumption and avoid added sugar. In fact, at least half of grain intake should come from **whole grains**.

Whole grains certainly *sound* like the healthy way to go. But what makes them so different from simple carbs? Whole grains like brown rice, oat-meal, and whole-grain breads and cereals are complex carbohydrates.



Complex carbs:

- **Break down more slowly in the body:** Whole grains contain all three parts of the grain (the bran, germ, and endosperm), whereas refined grains are mainly just the endosperm - and that means more for your body to break down. More to break down means digestion is slower, the carbs enter the body slower, and it's easier for your body to regulate them.
- **Are high in fiber:** Not just for the senior-citizen crowd, foods that are good sources of fiber are beneficial because they're filling and, therefore, discourage overeating. Diets rich in whole grains protect against diabetes and heart disease. Plus, when combined with adequate fluid, they help move food through the digestive system to prevent constipation and may protect against gut cancers.
- **Provide vitamins and minerals:** In addition to fiber, whole grains contain other important vitamins and minerals, such as B vitamins, magnesium, and iron.

Some refined grain products are "enriched." This means that nutrients like some B vitamins (such as thiamin, riboflavin, niacin, and folic acid) and iron are added back after processing. So these products might contain more of these nutrients than unrefined whole-grain foods that have not been fortified. It can be considered a 1-ounce equivalent.

Source: Nemours Foundation





## Money Saving Tips for Eating Out

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

### Foods eaten away from home tend to be:

- Less nutritious
- Higher in calories
- Higher in fat, saturated fat, and cholesterol
- Lower in dietary fiber

### Cook more meals at home

#### Why?

- ✓ Save money; Better nutrition.
- ✓ Family engagement.
- ✓ Reduce time spent in the car, traveling to restaurants.
- ✓ Less waste from eating out.
- ✓ Less food waste at home.
- ✓ Know who feeds your family.

#### How?

- ✓ Plan meals/snacks in advance.
- ✓ Pack lunches in reusable tote.
- ✓ Today's dinner = tomorrow's lunch

<http://healthyliving.tamu.edu>

### Tips for Eating Out

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

Source: Texas A&M AgriLife Extension Service ([agrilifeextension.tamu.edu](http://agrilifeextension.tamu.edu))

## Looking for Shade? Think Texas Trees

Steve Chaney  
County Extension Agent  
Horticulture



Planting trees is important to the Texas environment. Thousands and thousands of trees are lost each year to commercial development or to the often adverse weather conditions in the urban landscape. Consider planting a tree this year and in years to come. Having trees of differing ages in your landscape protects against simultaneous loss or decline of your trees due to old age or urban stress and the crazy weather pattern of the last few years. Planting different species of trees protects against loss of all trees from a disease or insect infestation (e.g., oak wilt on live oak or pine bark beetle on pines).

Plant a tree to commemorate a child's birthday or an anniversary, to memorialize a loved one, or to simply provide a shady spot for your pet to escape the heat of a summer day. Everyone can participate in replenishing and preserving our urban and natural forests. Get involved with community tree-planting programs sponsored by the Texas Forest Service or local Keep America Beautiful affiliates, or organize one in your neighborhood or at your local school.

"What tree to plant?" is a big and very important question. There are many native and adapted trees from which to choose for your Texas landscapes. There is, however no perfect tree, each possessing positive and negative characteristics. As you already may know, there are generally two kinds of trees: high quality and low quality. Here are a few general characteristics of each (there are exceptions): High-quality: 1-3 feet annually, long lived 30+ years, hard strong wood and very few disease and insect issues. Low-quality: 3-6 feet a year, short-lived 10-15 years, soft brittle wood and numerous pests.

Trees can also contribute to proper scale in the home landscape. As a general rule, single story homes should have front yard trees no larger than 35 feet tall. A huge 50-foot pine tree might simply dwarf your single story home and make it look smaller than it is. The backyard trees should reach upward to 50+ feet to provide a green backdrop for the one story house. Two-story homes can handle much larger trees and remain in scale. Fifty footers in the front landscape are fine, and even larger in the backyard.

Selecting trees in a nursery can be very confusing at times, as they are typically described by the size of the containers in which they are grown instead of tree height. In general, perhaps the "best" size to purchase for homeowners is a 15 gallon tree that is approximately 8-10 feet tall. A 15-gallon tree is less expensive and can be handled by one person, and the hole that must be dug in our clay soils is reasonably small. Plus, this size tree will undergo less transplant shock than larger trees and begin growth much sooner.

My best three pieces of advice to help you be successful in your tree planting endeavor are listed below: Pick a good quality tree for your area, stick the whole container in a bigger container of water a day before to hydrate it well. Most importantly dig your hole a week before and water deeply a couple of times to get some water deep down in the soil horizon, this will give you a fighting chance on being a Champ!!!

# Meet the Mosquitoes

Laura M. Miller  
County Extension Agent  
Horticulture



Sharks, snakes and snipers can be deadly, but the humble mosquito is actually the world’s most dangerous animal. An estimated 750,000 people will die worldwide this year as the result of a tiny bite, whereas only around 450,000 will be killed by other humans.

It is said that if you know your enemies and know yourself, you will not be imperiled in a hundred battles. While introspection is always elusive, knowing your mosquito enemies isn’t too difficult. A little understanding can go a long way to help you protect yourself and your family from mosquito borne diseases. Here are a few facts you can use to your advantage:

### Mosquitoes must have water



Adult mosquitoes may rest in trees and shrubs, but mosquitoes live most of their lives in water. If there are fish in that water, they will eat the mosquito larvae. Mother mosquitoes look for standing water that hasn’t been and is therefore unlikely to be disturbed. Mosquito trappers often call this “stank” water, and they make it themselves by putting some organic material, usually grass clippings, in a small container of water. You can make it yourself by allowing water to sit in a birdbath, on a boat tarp, in gutters, in a bucket, or in what most experts consider to be a perfect mosquito breeding site, an old tire. Take time to dump or drain any standing water on your property. If you can’t or don’t want to drain standing water, add a larvicide. Bacillus thuringiensis (Bt) mosquito dunks or granules are safe, effective and widely available.

### Mosquitoes can fly, but they can’t fly far



The mosquito species that transmit human disease can only fly about 200 yards. The mosquitoes that transmit WNV (Culex spp.) do get moved around by their bird hosts, but those that transmit Zika, Chikungunya, and Dengue, have been living almost exclusively “with” people since the days of the Ancient Egyptians. Think globally but act locally is a good motto for dealing with mosquitoes.

### Mosquitoes can be easily confused

You may think it is hard to hide from a hungry mosquito, but repellents act by confusing their odor receptors. If they can’t smell you, they won’t bite you. For many years, the go to insect repellent was DEET, but The Centers for Disease Control now recommends four active ingredients as safe and effective. DEET is still the longest lasting choice, but Oil of Lemon Eucalyptus, Picaridin, and IR3535 are also great options for keeping mosquitoes away. Always read and follow label instructions and plan to reapply at recommended intervals.

You are definitely smarter than your average little fly, and if you want to gain an even greater advantage, Texas A&M AgriLife Extension has a wealth of information available online including:

- [What Texans Need to Know About Zika Virus \(ENTO-052\)](#)
- [Mosquitoes and the Diseases they Transmit \(ENTO-040\)](#)
- [Buzz Off \(ENTO-055\)](#)
- [Do-it-yourself Backyard Mosquito Control \(ENTO-054\)](#)



# The Communication Connection

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



“Communication is a skill that you can learn. It’s like riding a bicycle or typing. If you’re willing to work at it, you can rapidly improve the quality of every part of your life”. Brian Tracy

One of my favorite sections from the Yea 4-H Leadership Curriculum is Lesson 2 on Communication. That lesson provides the greatest impact and offers some of the best activities. At its core, it truly provides a nice framework of the role of communication in general as well as its importance in leadership. According to [www.dictionary.com](http://www.dictionary.com), communication is the imparting or interchange of thoughts, opinions, or information by speech, writing or signs.

In the lesson, it’s explained that communication is simply an exchange of information between people. There are four parts to communication. They are:

- **A sender** – the person or group sending the message
- **A message** – the information being given
- **A medium** – the way in which the message is delivered (human voice, written word, nonverbal actions, etc.)
- **A receiver** – the person or group hearing or receiving the message

When explaining the four parts of a communication, I often use the following example: Marcus texts his friend Rick “I will be at the park by 6” using his android phone. In this example, Marcus is the sender. The message is “I will be at the park by 6”. The medium is the android phone and Rick is the receiver.

The lesson further explains that there are several forms of communication, which generally fall into two domains, verbal and nonverbal. Sometimes we speak to each other. That is verbal communication. Sometimes we can send a message just by the facial and body expressions that we use when we are talking or listening to someone. That is nonverbal communication. Written communication is another form. Sign language is also a form of communication, especially for the deaf.

### Communication Activity: Silent Movies

This activity focuses on nonverbal communication skills using the concept of Charades for acting out movie titles. This makes for a great “game night” activity. Some movie titles have been provided, however it’s always fun to have each participant write a title down on a scrap of paper and put it into the basket. Have Fun!



Pretty In Pink	Bring It On	Tangled
Just One Of The Guys	Sixteen Candles	Chicken Run
Dances With Wolves	Toy Story	The Horse Whisperer
Fame	Can’t Buy Me Love	Friday Night Lights
Hoop Dreams	Scream	The Karate Kid



# 4-H Grows True Leaders

Cindy Bryant  
County Extension Agent 4-H



America is facing a critical need for more leaders – **true leaders** – prepared with the skills to deal with the problems of today and the challenges of tomorrow. We all know a true leader when we see one. He (or she) leads by example and works well with others, endures challenges while seeking solutions, and works at a task until the job is finished.

A national youth survey revealed that 88% of youth believe they can make a difference, 74% see themselves as leaders, and 73% feel a responsibility to lead. However, only 33% said they have the skills necessary to lead.

4-H provides opportunities for youth to pursue their interests while developing life skills. They are encouraged to learn through experience and welcome opportunities for growth by trying new activities and projects. While learning subject-matter content, they are also encouraged to share their newly acquired knowledge and skills in ways that are helpful to others. As they continue to grow in character, knowledge, and skills, a natural progression is the development of ‘people skills’, communication, and responsibility. As confidence in their skills grows, they often begin to seek opportunities to develop and practice leadership in a wide variety of situations.

As the 4-H year begins to near its end, we are excited to celebrate the accomplishments of the 4-H youth. They have been extremely active in projects, as well as volunteer community service and leadership. Many members have volunteered in excess of 150 hours each, in service to their communities. Service areas include: people (elderly, physically-challenged, firemen, military, etc.), environmental (park cleanups, landscaping, natural resources, etc.), animal (shelter assistance, information awareness, etc.), and much more. In many cases, they fulfill leadership roles by assessing needs, planning, recruiting volunteers, implementing, and reflecting on lessons learned.

Other examples of leadership include: teaching others through presentations, speeches, and displays; serving as an officer or committee member; and event planning. Understanding the true meaning of teamwork is crucial for a leader. A successful leader understands that all people (youth and adults) have talents and strengths. By encouraging all members of the team to be engaged and utilize their talents, the strength of the entire team increases (and every team member has an opportunity to grow through the process).

As we reflect on the past year and the accomplishments that the 4-H members have achieved, we are amazed and inspired. Congratulations to each of the youth for continuing to **“Make the Best Better”**. **YOU** are our future and we are confident that you will continue to make a positive difference in our nation throughout your life.



National 4-H Grow True Leaders Campaign

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