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Making a Difference

TEXAS A&M
AGRI LIFE
EXTENSION

IN TARRANT COUNTY

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

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Front row left to right: Sonnya Gomij, Robin Hall, Commissioner J.D. Johnson, Pct. 4, Carol Brooks and Alba Serrano



Left to right: Robin Hall and Commissioner J.D. Johnson, Pct. 4



Left to right: Georgi Roberts and Commissioner J.D. Johnson, Pct. 4

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EFNEP

CELEBRATES

50 Years

The year was 1969: Richard Nixon was President, Apollo 11 lifted off toward the first human landing on the moon, attendees of the Woodstock Festival rocked out on a dairy farm in New York, and the nation's first nutrition education program for limited-resource populations was born.

The Expanded Food and Nutrition Education Program (EFNEP) was created by The United States Department of Agriculture (USDA) as part of a solution to improve poverty and hunger in the country; it made its debut in Alabama as a six-month pilot project that successfully addressed societal concerns and positively influenced nutrition behaviors of limited-resource families. It was, therefore no surprise when Congress authorized funding under the Smith-Lever Act to keep EFNEP going.

Fast forward 50 years – EFNEP still works to serve limited-resource families by providing them with the tools to promote self-sufficiency, and nutritional health and well-being. Taught by peer educators, program participants attend a series of hands-on interactive lessons geared toward improving diet quality and physical activity, food resource management, food safety, and food security.

In Tarrant County, EFNEP is administered through Texas A&M AgriLife Extension Service. We work with over 75 local schools, community centers, churches, and other community organizations annually to assist limited-resource families and youth in acquiring the knowledge, skills, and changed behaviors necessary for nutritionally sound diets. Over the past five years our staff has worked to reach approximately 3,500 adults and nearly 60,000 youth in Tarrant County. This was with the help of nearly 700 volunteers who contributed over 8,000 total volunteer hours.

Recently, Tarrant County EFNEP celebrated our 50th Anniversary with the reading of a proclamation in Tarrant County Commissioners Court, following a reception to recognize our many accomplishments over the past 50 years. It was truly an honor to be recognized by the county for all the hard work we have done to positively impact the lives of Tarrant County residents; work that would not have been possible without the genuine contribution from past and present EFNEP staff members.

The year was 1969: Thousands of Americans did not yet know how participating in EFNEP would change their lives for the better, and they did not know that their participation in such a wonderful program would contribute to their personal development and improvement of total family diet and nutrition welfare. What started out as a six-month pilot project 50 years ago has evolved into a program that truly helps improve the lives of families. Here's to the next 50 years!

EFNEP

CELEBRATES


50 Years

EFNEP Honor Roll

We celebrate the impact EFNEP has made in the lives of Tarrant County families over the past 50 years, and we honor the legacy of the dedicated staff that made it happen!

Bettye Andrews	Melissa Hernandez	Mavi Rodriguez
Jennifer Boganey	Sarah Holland	Alba Serrano
Jan Bogue	Norma Johnson	Jearlean Sims
Hortense Bowser	Wilma Johnson	Goldie Smith
Dannie Brawley	Eloisa Juarez	Mattie Smith
Carol Brooks	Jerri Kelley	Leslie Sutliff
Eunice Jean Carlton	Hazel Lang	Velma Taylor
Linda Chazarreta	Sheila Lewis	Patricia Thomas
Nicole Cody	Mae Little	Cassandra Tilley
Helen Cooper	Ola Merritt	Maria Villanueva
Minnie Crenshaw	Norma Moore	Portia Warren
Geraldine Crismon	Darlene Myatt	Kimberly Wassana
Waun Crook	Susan Nash	Corine Watson
Eva Duran	Dorothy Nelson	Judith Watson
Estelle Edmonds	Shauntel Nelson	Bernadette Webre
Jeremy Gibson	Cynthia O'Bryant	Mary Wheatron
Martha Goines	Erica Phillips	Betty Williamson
Sonnya Gomij	Maria Puente	Eula Wilson
Robin Hall	Emile Remm	Glenda Wright
Edna Harris	Jean Richardson	Martha York

Fall Cattle Care



Winter management must start in the fall, before cold weather. This means carefully assessing body condition on pregnant cows when calves are weaned, and developing a plan to provide sufficient nutrition to allow cows to maintain moderate-to-good condition before their next calving.

Cows must be in good condition (preferably a body condition score 6) to handle weather, calving and rebreeding. With adequate condition at the start of winter and good maintenance throughout, most animals winter well. But, without adequate nutrition, anything else we do is set up for failure. Producers often underestimate the importance of fall nutrition and body-condition scoring. About 70% of open cows each year are the result of inadequate fall nutrition.

An adequate, balanced diet may merely mean adding a trace-mineral supplement to pasture, some good hay, a protein supplement if grass becomes too dry, or hay if the grass becomes depleted. If a cow is deficient in protein or phosphorus through fall and winter, she won't rebreed on time after calving. Plus, thin cows are unable to handle the stress of bad weather and lose more weight. Therefore, it takes more feed to put weight back on a cow during cold weather.

If you manage pastures properly – without overgrazing or running out of grass – forage-efficient cows won't lose much weight during fall or winter grazing; they generally gain weight after weaning calves and go into winter with fat reserves.

To help cattle maintain health and body condition during winter, vaccinations should be up to date, parasite populations assessed, and cattle dewormed.

Adjust feed for cold weather
How much hay or supplement a cow needs depends on weather conditions, cow age, body condition, available pasture or crop residue, and reproductive stage of the cow. Some herds do well through fall and winter on good native pasture with just a salt/mineral supplement, especially if cows aren't nursing calves. In cold or stormy weather, cattle need more energy to maintain body heat. This can be adequately supplied by forages, since fermentation break-

down of roughage in the rumen produces heat. If cattle aren't fed additional energy, they rob body fat to keep warm, and lose weight.

During extremely cold or windy weather, cows should be given all the hay they'll clean up, or a protein supplement on dry pastures to encourage them to eat more. As long as protein is adequate, cows can process/ferment sufficient roughage to provide energy and body heat. Access to good windbreaks during severe weather is important to reduce cold cows' stress and energy requirements, as well.

Cows in early or mid-gestation don't need your best hay; save it for later or feed it to heifers and two-year olds. Of course, the only way to truly know the nutritional value of hay is a lab analysis. Weaned calves need the highest-quality feed; next would be pregnant heifers and two-year-olds that just weaned off calves. This is a critical time for this latter group as these females are still growing and pregnant, and nursing calves may have pulled down their condition. Mature, dry cows can get by on lesser-quality forage, be it pasture or hay, until late gestation.

Adequate protein is crucial during the last 60 days of pregnancy for development of the unborn calf, and for colostrum formulation. Having cattle on pasture through winter is healthiest for both cows and their calves next spring. If you must feed hay, spread it out in large pastures and change feeding areas daily, rather than congregate cattle in small feeding areas.

Closely monitor cow body condition and use strategic supplementation to stretch out pastures. Probably the most important factor affecting winter cow management is matching cattle to the environment and your management style. Cows that need extra feed to maintain body condition and remain in the herd under "normal" conditions aren't the kind of cattle you want. If pastures are managed properly, forage-efficient cows won't lose weight during fall or winter grazing.

It's most profitable to match the cattle to your feed sources rather than try to create a feeding program to fit cattle that won't do well on their own in your environment.

Source: Ken Johnson Jr., Former ANR County Extension Agent



The Whole Truth about Whole Grains

Robin Hall
Extension Agent
Expanded Food & Nutrition Education Program - Adult

Whole grains have been a major component of the world's most healthful diets for centuries. Defined as grains that contain the bran, endosperm, and germ, whole grains offer many health benefits that have been backed by numerous research studies to date.

Regular whole grain consumption has been associated with reduced risk of stroke, type 2 diabetes, heart disease, inflammatory disease, gum disease, colorectal cancer, as well as better weight maintenance. In fact, consuming just 1oz of whole grains daily is associated with a 9% lower risk of death from heart disease.

In reality, the average American eats less than one serving of whole grains per day, and almost one half of Americans do not eat whole grains at all. Some people may be unfamiliar with whole grains in general, and others may believe that whole grains are expensive, but that is hardly the case. Look for these whole grains during your next grocery shopping trip, and consider giving them a try as a way to increase your intake of whole grains.

Amaranth

This naturally gluten-free plant is traditionally found in Mexican, Peruvian, and other Central American cuisines. Amaranth boasts three times the amount of calcium as other grains, and is the only grain documented to contain vitamin C.

Amaranth tends to release starches while it cooks, so the recommendation is to cook it using six cups of liquid to one cup of amaranth; simmer for 15 minutes, then drain and rinse. Skipping the draining and rinsing can result in a thick and slimy texture. However, when prepared correctly, amaranth offers a slight crunch on the outside with a soft inside. After drying the grains on a flat, dry surface, it can be sprinkled on salad, added to cookie batters, stirred into soups, and even popped like popcorn; some people add it to soups and stews as a thickener.

Brown Rice

Brown rice is one of the most common grains in the world. Although it contains many nutrients necessary to maintain health, the fact that it can take up to 60 minutes to prepare tends to be a barrier for consumption.

There are, however, quick cooking brown rice brands that offer the same nutrients as varieties that take longer to prepare. Another common complaint surrounding brown rice is that even after it has been cooked for nearly an hour, it still turns out hard and crunchy. To prevent this from happening, simply allow the rice to sit in your pot for an additional 15 minutes to continue steaming once you have turned off your flame.

For a quick meal, try tossing cooked brown rice with diced veggies, coconut oil, black beans, and a sprinkle of cumin, salt, pepper, and turmeric.

Barley

Barley contains nearly eight times the amount of fiber as brown rice, which is known for its cholesterol-lowering properties. It can take 50-60 minutes to fully cook a batch of barley, but you can make a big batch and freeze ½ - 1-cup servings for later use.

Many chefs recommend using more rather than less water when cooking barley to prevent scorching and burning due to the long cook times. Try adding this fiber-filled grain to soups and stews right before serving. Also try simmering the barley in a little milk for a great high-fiber breakfast cereal.

Quinoa

Pronounced *KEEN-wah*, this protein-packed grain should be rinsed well before cooking to prevent it from tasting bitter. Quinoa is easy to overcook; it usually takes about 20 minutes to cook one cup of quinoa. Once cooked and drained, you can let it rest in the hot saucepan to dry out so you don't end up with clumpy quinoa. You will know it is done cooking when you see the little white tail on the grain sticking out.

For extra flavor, try cooking quinoa with smashed garlic or a sprig of rosemary. You can also substitute quinoa for noodles in some of your favorite recipes. Some sneaky cooks throw cooked quinoa into their meatloaf to enjoy the nutritional benefits quinoa has to offer without even knowing it is there.

Reference: *Cooking With Whole Grains. By Juliann Schaeffer. Today's Dietitian. Vol. 17 No. 9 P. 46*

Nourishing Minds and Bodies

Alaina O'Daniel
County Extension Agent
Family & Community Health

Our lives are defined by our relationships and our engagement in them. Particularly defining is the parent-child relationship. When parents are invested and engaged in kid's lives we see kids flourish and thrive. Mealtime conversations are where kids learn social skills, better cognitive skills and ideally learn how to eat a healthy diet.

Children who regularly eat family dinners also consume more fruits, vegetables, vitamins and micronutrients, as well as fewer fried foods and soft drinks. Those children grow up to be young adults who are less likely to be obese and more likely to eat healthily once they live on their own. Studies have also found that children and adults in families who frequently eat together weighed less and had a significantly lower body mass index (BMI), a measure of body fat based on height and weight.

Dinner conversation is a rich and powerful vocabulary booster for children- more powerful than being read to aloud. It may not seem like it, but when you talk, your kids listen. On average, young kids learned 1,000 rare or new words at the dinner table- compared to only 143 from parents reading books aloud. Kids with a larger vocabulary read earlier and more easily which indicates better cognitive function as a whole.

Families having dinner has long been an example of family togetherness. A good, engaging conversation is a great way for parents to connect to kid's lives

and the problems that they're facing. Additionally, those dinnertime conversations help kids learn soft skills like reading body language and how to tell a story. It helps kids learn the power of words- they don't have time to edit what they're going to say like they do with a text message. Likewise, mealtime conversation is a place for kids to make mistakes and grow- which is necessary for them to be successful.

The dinner table is an excellent opportunity to really communicate, nurture and instruct kids during a dedicated time period. On average kids bring up about 6 different conversation topics at the dinner table so you're bound to run into a challenging conversation. From how to navigate social media to politics to global events, the dinner table is an advantageous time to examine, explain and discuss events and situations that they come in contact with.

The real magic happens when families are engaged in each other's lives and choosing connection. Mealtimes don't have magic power- if parents are cultivating a stony and cold atmosphere or are constantly scolding children it will have the opposite effect. Mealtime can be the time period where bonding and sharing positive experiences can create stronger connections away from the table.





What to Do in your Garden before it's too Late?

Steve Chaney
County Extension Agent
Horticulture

Enjoy the fall bloom of many ornamental grasses, wait to prune them till Feb or Mar. Enjoy the movement that the ornamental grasses contribute to the garden. Swaying in the breeze with their green, or freeze-damaged brown foliage, ornamental grasses should be in every landscape. Plant some new ones this fall and enjoy them next year.

Mulch all your flower and shrub plantings as well as your vegetable gardens. Mulching now will trap soil warmth and moisture that will benefit your plant roots. Mulching will also reduce the chance of winter weeds coming up. It really is not that important what kind of mulch you choose, just choose a color and texture that is aesthetically pleasing to you.

If you had loads of winter weeds in the lawn last year and you did not apply a granular pre-emergence herbicide last month, then do it now – last chance to get some coverage. Then mark it down to apply one around Valentine's Day in February to get those summer weeds under control.

Expect to experience the first light freeze throughout most of Texas. It could be a light frost or heavy freeze, you never know. Start planning on moving your container grown tender plants to protection when a freeze is predicted. It's important to remember before moving plants inside for the winter, leach them several times with water to wash out any insect eggs that may be in the soil. You don't want the nice warm temperature in the house to make them think it's spring and start hatching!!

Throughout Texas, trees drop tons of leaves each fall. The amount can be staggering in certain areas of the state. Some Texas cities have municipal composting facilities that collect the leaves from your home and combine them with sewer sludge to create a wonderful compost to amend garden soils. Unfortunately, most cities do not have this service, and most will not accept your fallen leaves to throw them in the landfill. With limited landfill space throughout Texas, YOU must decide what to do with those fallen leaves. Fallen tree leaves represent a valuable natural resource, providing organic matter and nutrients for your landscape. Fallen leaves contain 50-80 percent of the nutrients a plant extracts from the soil and air during the growing season.

There are several good ways to use your fallen leaves. You can mow them where they fall and simply leave them in their place; you can use them as mulch, to reduce moisture evaporation, inhibit weed growth, moderate soil temperatures, and prevent soil compaction; you can till them into your garden soil and let them break down - best in the fall to allow leaves time to decompose before spring. My favorite way is to rake them and fill up a big Tuffy trashcan, stick my weed eater down inside and blip it a couple of times and that will reduce the volume by 50-60% quick and just pour them on the flower beds or put them in my compost pile.

Have fun gardening whatever you do, it's all good to just be outside!!



Turf vs. Tree

Laura M. Miller
County Extension Agent
Horticulture



The Fight for light

Most residential and commercial landscapes feature some combination of two very different plants, large growing, long lived woody perennials featuring a single main trunk and low growing, long lived grasses. People enjoy spending time outdoors when they have both cool shade above and soft carpet below, but amid all this loveliness there is a struggle to get enough of one of the things all plants need to survive: light.

Horticulture Extension Agents spend a great deal of time on calls and emails that go a bit like this "I am having trouble getting grass to grow under my oak tree and it just seems to get worse no matter what I do." The caller/emailer is correct. As the tree continues to grow, it will get worse. So, what can be done?

Create or enlarge a mulched bed

When a new tree is planted in a landscape, best practices include mulching over the root ball. Mulch provides protection for tree roots by moderating soil temperature, reducing evaporation of soil moisture and preventing competition from grass and weed roots. Mulch even protects the tree trunk from injury because lawn mowers and string trimmers won't have to get right up next to it. Doesn't it make sense to enlarge that mulched area as the tree grows?

Choose shade adapted species and cultivars of turf

St. Augustine is the most shade tolerant of the commonly used warm season turfgrass species in North Texas. Bermudagrass is the most commonly used, fastest growing, toughest turfgrass species in North Texas, but it is not shade tolerant. In fact, shade is one of the few ways to get rid of unwanted Bermudagrass. Zoysiagrass is becoming more popular for many reasons, including the large number of new and improved cultivars on the market, but it is much more shade tolerant than Bermudagrass while offering the fine texture that many people prefer. It is a great choice for a lawn with a combination of sunny and shady areas. Bufflograss? It needs a home where it can roam free from shade.

Prune trees appropriately

This advice can go so wrong. It is appropriate to shorten lower branches of young to medium age trees with the goal of reducing their growth and eventual removal. It is appropriate for a large shade tree's lowest scaffold to be situated about eight feet above ground, but that will take planning and pruning over time. It is not appropriate to remove large lower branches of mature trees. The other widely used inappropriate pruning practice employed by those who want the grass to grow under the tree is commonly called "lions tailing." The pruner removes all the interior foliage along the branches leaving just a poof of leaves at the end of the tree limbs. It is kind of the arboril-ogical equivalent of a poodle cut. Just as dog fur starts growing where it was trimmed, new sprouts will come out all over the limbs. The comparison falls apart here because while a dog may need its fur to stay warm, a tree depends upon leaves to make its own food. Take too many away and it suffers. Lions tailing also results in sun scalded bark and less stable branches because weight is not distributed evenly along the limb.

Avoid excess nitrogen

One of the ways that turf tries to compensate for the lack of light in a shaded area is by shifting resources to shoot growth at the expense of growing strong roots. Plant lovers know that strong roots are the key to survival when resources are limited. Giving the plant excess nitrogen fertilizer will exacerbate this problem.

Increase mowing heights

On the other hand, a plant growing in the shade really does need all the photosynthetic tissue it can get, so raising the mowing height of turf in shady areas is helpful. In a recent United States Golf Association study, raising mowing height in shaded areas was found to produce especially good improvements in turf quality with reduced daily light interval requirements in Zoysiagrass cultivars.

Minimize or direct traffic

This is just common sense. Don't walk, play or park your car on weak turf. If you need a path, create one.

Fall Into Writing

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



The days and weeks of checking items off of your “Back to School” checklist have ceased. You’ve completed the enrollments, medical check-ups, meal planning, and the anticipated shopping. Now that school is underway, the young scholar’s days are filled with lunch, P.E., art, computer and those expected subjects such as reading, writing and arithmetic. When the pace slows a bit or a “rainy” day beckons, carve out some time to compose a handwritten letter to a distant loved one. A handwritten letter conveys that you care and that the recipient matters. According to <http://www.beliefnet.com/inspiration/the-value-of-the-handwritten-letter.aspx>, “Writing to someone, taking the time to craft each letter, to buy a stamp, to select an envelope, to travel to the post office—none of this goes unnoticed. A letter, before the content is even read, has already said, “I care about you. You’re someone special.” And that is a message that all enjoy.” Continue the “I care” sentiment by using stationary crafted by your hands. Be sure to get the kiddos involved.

Lindsey from <http://www.delightedmomma.com> has created a way to use leaves to create unique stationary for your autumn mailings. Instructions are below:

Stamped Leaf Stationary

What you will need to make your own stamped leaf stationary:

- Acid free paper/stationary
- Leaves. You might have to experiment with a few before you find one that you feel gives you a vibrant green. I used our NON-productive heirloom tomato plant leaves.
- Paper towel
- Hammer

Directions:

1. Place your leaf where you would like it to go on the paper. Place a lightweight white paper towel on top. You should be able to see the green outline of your leaf underneath.
2. Gently hammer the spot where the leaf is until you see the full shape appear and the green color begin to soak through the paper towel.
3. Lift off the paper towel and gently remove the leaf from the paper. Let it dry before touching.
4. You now have your own all-natural leaf stamp!

I'm looking forward to doing this again with all the brightly colored fall leaves that will be here soon!



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Life is full of Opportunities

Jordan Peldyak
4-H Extension Agent
Cooperative Extension Program

No matter what age we are or what position we are in life, we have challenges and opportunities that come to us. Some may have more than others, and some may be facing issues that don't allow them to pursue those opportunities. Growing up in our society can be a challenge in itself to decide the path of your life or even what is right and wrong. Everywhere you turn you hear a different perspective of life and where you should be headed. What happened to kids having fun and enjoying themselves? The pressures that youth face are growing every year. This is related to many different factors. I do agree that we need to prepare our youth for the future, but they also need to learn in a positive, fun engaging way. That's where 4-H comes into play. Youth that are involved in 4-H can find a passion that they are interested in and start to pursue the dreams that they want for themselves.

Oftentimes when moving through life we take what comes to us and maybe what feels comfortable because we think trying new things may be too hard, or that it is too big of a risk. Taking risks is not something that needs to happen often but by putting ourselves in new situations, it can be a positive for every one of us from time to time. 4-H is a great way to start on a new path or learn about a subject or project that may be a great fit for you. Many of us may have an idea of what we are passionate about, but until we really engage and learn through experiences, it's really hard to say if we are good or bad at something. This aspect doesn't only fit for youth; as adults' opportunities come and go and can have even good or bad consequences for your actions. Decision making is one aspect of life we can never get too much advice for. The biggest takeaway from that is the advice, good and bad, is still something we need to decide for ourselves and understand what to take to heart. 4-H volunteers are the backbone of the 4-H program and without them, the program could only go so far between the few agents in each county. I've seen many adult volunteers find their own passions within 4-H and lead a project for youth. Sometimes these projects last a lifetime.

Teaching and providing positive youth development to our future generation is not only rewarding, but it gives us a sense of hope that our society is still full of great people. Positive youth organizations such as 4-H are here to help our youth grow and give our next generation of students a leg up in life. But helping out the community and our fellow neighbors is something that lasts a lifetime. Giving back to your community is one of the best things that you can do. Life is full opportunities, it's what we do with them that makes us who we are.



A visitor to Arlington National Cemetery can easily spend a day finding the final resting places of the famous men and women that have contributed to the greatness that is the United States of America. A cemetery dedicated to those who have served our military in both war and peace. One marker denotes a gentleman that is perhaps most noted for his efforts to resolve conflict in everyday life. An effort that lives on in a legacy that can be seen in every 4-H meeting.

In my article of a few months ago, I discussed steps and tools that help every young 4-H officer to run a meeting effectively. One of the best tools is a book called *Robert's Rules of Order*. This compact instruction manual was first published in 1876 and has been used to guide meetings both large and small ever since.

Robert's Rules of Order was first penned by Brigadier General Henry Martyn Robert. As an engineer in the military and civilian life, Robert worked to improve the lives of countless individuals. He designed ports, waterways, and even helped design the sea wall that was erected after the Galveston Hurricane of 1900. Yet what he is most remembered for is his contribution to running meetings in an orderly manner.

In 1863, Robert was asked to run an abolitionist meeting at a Baptist church. While the topic of the meeting was abolition of slavery, the attendees perhaps felt that a military engineer would have the discipline and organization to keep the meeting on task. Instead, differing opinions led to a battle in the pews. The meeting was a failure but led to great success. Robert chose to apply his engineer's mind to the methods used for running a meeting. He began a decades long study of the parliamentary procedures used in the U.S. Congress. This study became the first edition of *Robert's Rules of Order*.

Robert codified ideas that make sure every person and their ideas are treated fairly. This is why 4-H uses his rules to govern their meetings. Beyond the club meeting, they provide structure for everyday life that allows 4-H youth to grow up with a respectful approach to friends, family, and coworkers. Here are some of the most important lessons from *Robert's Rules of Order* that you can apply to your life.

- *Treat each other with respect.* One of the fundamental principles of the Rules is that every voice has the opportunity to be heard. During debate, every member of a group can express their views on a subject and to amend the topic being discussed. When talking to someone, always remember that a conversation is an exchange of ideas between people. Listen attentively and respond to what they say, not just what you want to say.
- *Through debate and consensus, decisions can be made that are fair.* The Rules were written to help groups make decisions without falling into chaos. People often get stuck thinking their idea is the best. By following the Rules, a group can come together, debate a topic, and come to a decision that everyone can concede was fairly arrived at even if they are not happy with it. By taking the time to listen, you show that you value others the way you would like to be valued.
- *Do not use your position or personality to sway others.* When debating a topic, the president or presiding officer tries to refrain from voicing their opinion. If it is an issue that is important to the president, the Rules suggest that the president give control of the meeting temporarily to another officer, so she can enter the debate. In life, it is often best to rely on the strength of your arguments and ideas rather than your position to get things done. And while your opinion may be the only one that matters, by listening and being truly open to other ideas, you will gain the respect and possibly more enthusiastic support for your ideas.

By presiding at club meetings, learning from *Robert's Rules of Order*, and learning to treat others with dignity and fairness; 4-H members become leaders who inspire others. Brig. Gen. Henry Robert would be proud to know that so many youth still use his strategies and ideas to become the men and women that lead others in a way that ensures harmony and respect.

For more information regarding *Robert's Rules of Order* and its original author, please visit these websites:

<https://www.nytimes.com/2007/05/20/books/review/Donadio-t.html>

<http://www.robertsrules.com/>

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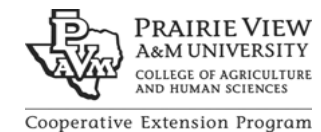
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