



Making a Difference



IN TARRANT COUNTY



2018 VOLUNTEER AWARDS

NEW STAFF MEMBERS - PG 3

THE ABCs OF MULTIVITAMIN - PG 4

Improving Tarrant County's Health

HOW TO RECOGNIZE A FAD DIET - PG 5

Improving Tarrant County's Health

FAMILY MEALTIME FOR CHILDREN PG 6

Improving Tarrant County's Health

TOMATOES... WHICH ONE - PG 7

Enhancing Tarrant County's Horticulture

INVADERS OF THE LOST ASH - PG 8

Enhancing Tarrant County's Horticulture

A RESOLUTION TO CONSIDER - PG 9

Developing Tarrant County's Youth

GIVING THROUGH COMMUNITY - PG 10

Developing Tarrant County's Youth

MAKING THE BEST BETTER - PG 11

Developing Tarrant County's Youth



Left to right: Dean Minchillo (accepting award for TRWD), Laura Miller (County Extension Agent-Horticulture)

2018 Friend of Extension Award

Tarrant Regional Water District

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.

AWARDS

VOLUNTEER

2018

2018 John South Spirit of Extension Award

Terri Palomino

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.



*Texas A&M AgriLife Extension is an equal opportunity employer and program provider. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating. *Individuals with disabilities who require an auxiliary aid, service, or accommodation in order to participate in any of our meetings are encouraged to contact our office at 817.884.1945 for assistance at least one week in advance.**

2018



Left to right: Shannon Johnson-Lackey, Extension Agent, Cooperative Extension Program (CEP) 4-H, Marquis Washington (award recipient)

2018 Darlene Myatt Friend of Extension

Marquis Washington

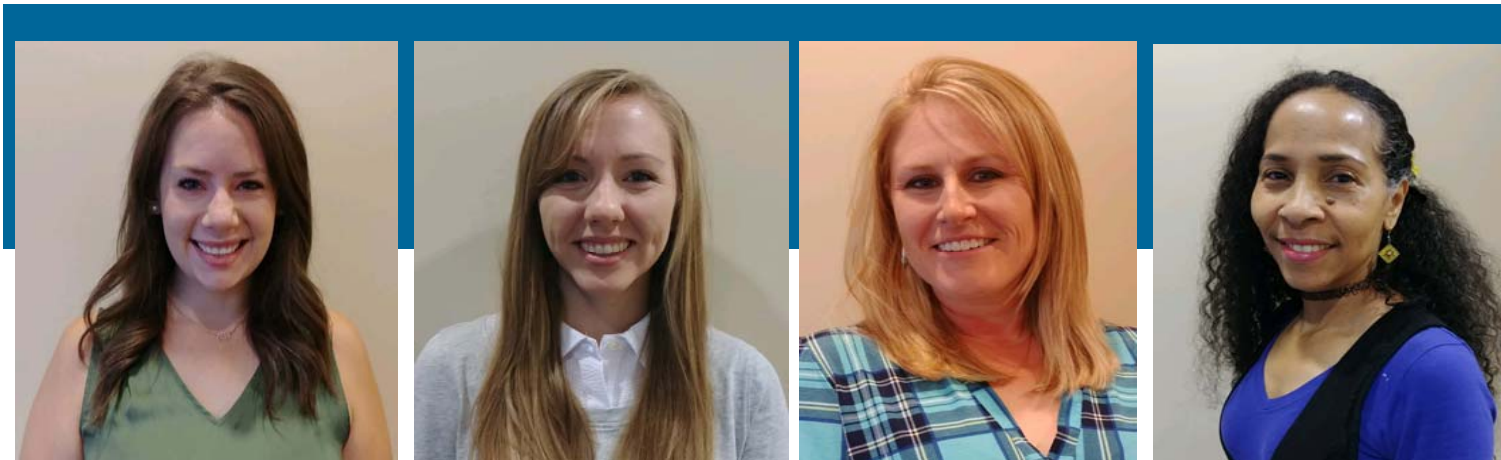
The Darlene Myatt Friend of Extension Award recognizes an individual or organization for dedicating their time, talent, and treasure to teaching children, using dynamic enthusiasm and loving leadership in Texas A&M AgriLife Extension Service.

VOLUNTEER

AWARDS

Welcome new staff members!

TARRANT COUNTY



Alaina O'Daniel
County Extension Agent
Family and
Community Health

Alyssa Witt
County Extension Agent
Family and
Community Health

Jacklyn Jones
County Extension Agent
Agriculture and
Natural Resources

Maria "Mavi" Rodriguez
Extension Assistant
EFNEP Youth



Carol Brooks
Nutrition Education Assistant
EFNEP Adult

Angelica Canizales
Nutrition Education Assistant
EFNEP Adult

Andrea Amador
Administrative Assistant
4-H & CEP 4-H



The ABCs of Multivitamin Supplementation

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

Multivitamin/mineral supplements (MVMs) have increased in popularity over the past couple of decades, some of them touting miraculous claims of correcting deficiencies or improving health. After all, Americans have been taking MVMs for nearly 80 years since they hit the market in the early 1940s. But what does research say about their ability to reduce cardiovascular disease, cancer, and premature mortality risk.

A. The Facts

There are two categories of vitamins: Fat-soluble vitamins, which include vitamins A, D, E, and K, and water-soluble vitamins, including B vitamins (thiamine, riboflavin, niacin, pantothenic acid, pyridoxine, biotin, folate, and cyanocobalamin) and vitamin C.

Minerals are also grouped into two categories: Macrominerals are needed in larger quantities, and include calcium, phosphorous, magnesium, sodium, potassium, chloride, and sulfur; trace minerals are needed in smaller amounts, and include iron, copper, manganese, iodine, zinc, cobalt, fluoride, and selenium.

Multivitamin/mineral supplements vary widely in their compositions and quality, as manufacturers determine the types and quantities of ingredients used in their formulations. This is because, according to the National Institutes of Health Office of Dietary Supplements, there is no standard or regulatory definition of MVMs, including what nutrients they must contain, and at what levels. Most MVMs are taken once daily and contain all or most essential vitamins and minerals, with labeled quantities at or near 100% of the recommended intake level. However, some MVMs contain vitamins and minerals in quantities significantly higher than what's recommended, and some varieties even exceed the Tolerable Upper Intake Level that's considered safe – this could pose a health risk, especially for individuals with certain health conditions.

B. The Research

Most recent research suggests that MVMs do not significantly improve cardiovascular disease outcomes specifically. A 2018 study concluded that there was no consistent benefit between MVM use, and the prevention of cardiovascular disease, heart attack, stroke, or all-cause mortality during the study period between January 2012 and October 2017. The researchers noted however, that long-term studies may be required to detect cardiovascular risk, since chronic disease takes longer to develop than typical study follow-up periods. Findings from this particular study reinforce advice to consume a healthy diet focusing on nutrient-dense foods in which many necessary vitamins and minerals can be found.

Unlike data on MVMs, research on fruit and vegetable intake has long shown that eating diets rich in fruits and vegetables can help lower blood pressure, and reduce the risk of heart disease stroke, and certain cancers, as well as improve digestion and benefit blood sugar.

C. The Recommendations

- Focus on food first by eating a variety of foods from each food group – MVMs do not take the place of a healthful diet.
- Consider looking for divided doses of MVMs and take them with food to increase absorption.
- Remember: There is a such thing as taking too much of a good thing when it comes to vitamin and mineral supplementation – what's on the label isn't always what is in the bottle.
- Communicate with your health care provider which over-the-counter MVMs you are taking when asked about medication use.

Reference: Multivitamin & Mineral Supplements. By Jessica Levings, MS, RD. *Today's Dietitian*. Vol. 20, No. 10, P. 32

How to recognize a fad diet

Alaina O'Daniel
County Extension Agent
Family & Community Health



Flickr... Fad Diet | by davis.steve32

1800s: Lord Byron popularized the Vinegar and Water Diet, which entails drinking water mixed with apple cider vinegar. Englishman William Banting used a low-carb diet to lose weight and then wrote about it in the booklet "Letter on Corpulence."

1917: Los Angeles physician Lulu Hunt Peters introduced the world to calorie counting with the bestseller "Diet and Health with Key to the Calories".

1928: The Inuit diet: All the caribou, raw fish and whale blubber you can eat.

1961: Weight Watchers launched, moving away from "dieting" and toward "eating management."

1975: The Pritikin Longevity Center opened in California and sounded the alarm about foods rich in saturated fat and cholesterol.

1980s: The Beverly Hills diet helped popularize long-standing ideas about food combining, or, as it was, non-combining: Fruit, under this diet, should only be eaten alone. In 1985 the caveman diet touted food from the Paleolithic era, the precursor to the Paleo diet.

1990s: Diets such as the vegetarian diet and the Mediterranean diet became part of the vernacular.

1994: Bacon lovers cheered as Dr. Atkins said fat is our friend and in 1995 the Sugar Busters diet raged as sugar was declared Public Enemy No. 1.

2003: "The South Beach Diet" by Arthur Agatston admonished us to ditch the "white stuff," such as sugar, flour and baked potatoes.

2010s: "The Paleo Diet," "The Paleo Solution" and "The Primal Blueprint" books helped us get in touch with our inner meat lover. Gluten Free and the Keto diet also become major players in the diet realm in this decade.

From high fat, to low fat, to calorie counting, to ditching processed carbohydrates not much has changed since the 1800s. Many Americans are dissatisfied with how we look, and we turn to quick fixes. This is where fad diets make their charismatic entrance and seductive promises but leave you hungry and despondent. However, There are a few characteristics that are consistent with fad diets that make them easy to recognize. Apply this list to the next diet you find and examine how it measures up.

1. Recommendations that promise a quick fix.
 - o Certain diet programs promise quick weight loss on a consistent basis - i.e. 20 lbs. every month, or 4-5 pounds per week. In the beginning of any weight loss program you're likely to lose the most weight, and then a steady rate of 1-3 lbs. per week is normal, healthy and sustainable.

- o Wing and Hill (3) proposed that successful weight loss maintainers be defined as "individuals who have intentionally lost at least 10% of their body weight and kept it off at least one year."
2. Claims that sound too good to be true.
 - o If it sounds too good to be true it probably is. Research consistently shows the best way to lose weight and keep it off is to exercise regularly and eat a variety of foods with moderate portions.
 - Physical activity recommendations per the American Heart Association
 - 150 minutes of moderate aerobic activity
 - includes brisk walking, swimming, mowing the lawn, water aerobics or gardening
 - or 75 minutes of vigorous aerobic activity a week
 - includes running, aerobic dancing, jumping rope, hiking uphill or with a heavy backpack
 - MyPlate food recommendations
 - 2 cups of fruits and 2 ½ cups of vegetables
 - 6 ounces of grains, with at least 4 ounces being whole grain
 - 5 ½ ounces of protein
 - 3 cups of dairy
3. The research is problematic.
 - o Simplistic conclusions drawn from a complex study.
 - o Recommendations based on a single study or published without peer review.
 - o Recommendations from studies that ignore differences among individuals or groups.
 - o Dramatic statements that are refuted by reputable scientific organizations
4. Lists of "good" and "bad" foods.
5. Recommendations made to help sell a product.
6. Elimination of one or more of the five food groups (fruits, vegetables, grains, protein foods, and dairy).
 - o Cutting out an entire food group can result in poor vitamin and mineral intake - leaving our bodies deficient in nutrients that are necessary for our bodies to function optimally. Cutting out specific food groups may also result in weakness and fatigue, nausea, headaches and constipation.

References:

1. Wing, Rena R, and Suzanne Phelan. 2005. "Long-Term Weight Loss Maintenance." *The American Journal of Clinical Nutrition* 82 (1). doi:10.1093/ajcn/82.1.222s.
2. Wing RR, Hill JO. Successful weight loss maintenance. *Annu Rev Nutr* 2001;21:323- 41.
3. Institute of Medicine. Weighing the options: criteria for evaluating weight management programs. Washington, DC: Government Printing Office, 1995.



Flickr... Family eating in their kitchen | by USDAgov

Family Mealtime Benefits for Children

Alyssa Witt
County Extension Agent
Family & Community Health

When schedules become busy, family meals are often one of the first things to go. Several studies have shown that American families eat together less frequently and cite social and physical health benefits from family meals. However, research has traditionally been unclear on whether families who ate together were healthier to begin with and has not accounted for the psychosocial experience of family mealtime and its impact on health.

A recent Canadian study attempted to provide a more comprehensive picture of the psychosocial benefits of family meals on children. The study used a child cohort from the Quebec Longitudinal Study of Child Development, allowing researchers access to information on child temperament, cognition, mother's education and psychological characteristics, and family configuration and functioning since the child's five-month mark. Understanding of the family environmental quality enabled researchers to eliminate preexisting conditions and account for wider complexity of family environment exhibited during family mealtime.

Researchers found that when family meal environment quality was better at age 6, general fitness was higher, and children consumed less soft-drinks at age 10. Children participating in higher quality family meal environments also were observed to have more social skills and were less likely to report being physically aggressive, oppositional, or delinquent at age 10.

Researchers presume that family meals act as facilitators toward positive social interactions through providing opportunity for interaction and vicarious learning of prosocial interactions in emotionally secure settings when parents are present. Family mealtime may also act as a facilitator for learning healthy eating behaviors and positive interactions with food. Studies on nutrition during family mealtime have found that eating together is associated with better nutrition, healthier food intake, and fewer eating issues, such as fussiness and emotional eating. Frequency of family meals along with a structured meal environment, mother's presence, and emphasis on interaction were associated with serving more nutrient-dense foods.

Though family dynamics are complex, eating together can have long-term positive effects for children, especially if parents encourage positive social and food interaction. Family mealtime provides consistent opportunities for consumption of nutrient-dense foods and allows opportunities for parents to act as examples of healthy food intake, positive food relationships, and social interaction.

References:

- Harbec, M., Pagain, L.S. (2018). Associations between early family meal environment and later well-being in school-age children [Abstract]. *Journal of Development and Behavioral Pediatrics*, 39(2), 136-43.
- Université de Montréal. (2018, February). Family Meals Provide Long-Term Health Benefits for Children. *Today's Dietitian*, 20(2), 57.
- Verhage, C.L., Gillebaart, M., van der Veek, S.M.C., & Vereijken, C.M.J.L. (2018). The relation between family meals and health of infants and toddlers: A review. *Appetite*, 127, 97-109. Retrieved from <https://doi.org/10.1016/j.appet.2018.04.010>

Tomatoes, Choosing Which One to Grow!

Steve Chaney
County Extension Agent
Horticulture



pxhere.com

Everyone's favorite vegetable to grow and eat are tomatoes sliced, diced, in a salad, or my favorite made into Ketchup. Now is the time to read all the seed catalogs and choose the seeds you're going to plant and grow this year. With so many varieties to choose from, it can be hard to know which ones are right for you. Here are some things to consider as you begin your search.

Season length: All plants take time to grow and bear fruit, but some take longer than others. Our season is very long, so the mid and later varieties may be the better to choose from. It is a great idea to plant a combination of maturity types to spread out your harvest. All varieties are marked with days to maturity right on the back of the seed package, which represents the number of days from when you set out young seedlings as transplants to when you pick ripe fruit.

Climate: If your climate is exceptionally warm or cool, you should consider this when choosing what to grow. Heat-tolerant varieties will set fruit at higher temperatures, where others may drop blossoms. Cold-tolerant varieties won't take a frost, but they will set more fruit in cooler areas.

Diseases and pests: Many varieties have some resistance to plant disease. Choosing varieties with resistance to the diseases and pests that are often found in your area will increase your chances of having healthy plants that bear good fruit!

Type of fruit: What do you like to eat? If you like big, flavorful slices of tomato, you would do well with a beefsteak. With our intense early heat, you may want to consider a slightly smaller variety that won't crack as easy. For sandwiches and salads, the small to medium-sized round varieties are great. If you are making sauce, salsa, or tomato paste consider a meaty variety such a Roma. Cherry and grape types are great for snacks and salads.

Gardening experience: Some varieties are easier to grow than others. If you're just starting out, it doesn't hurt to choose a variety or two that have a better chance of success. We often describe these varieties as "easy" or "adaptable." For something extra fun, try some of the Bi-color tomatoes, or the black ones, the green ones, orange ones, white ones, artisan, indigo, or yellow ones just for bragging rights with your friends. My personal recommendation would be to choose an indeterminate variety of tomato for easier gardening and more success. Indeterminate tomatoes are vines that produce fruit continually throughout the season. Often called "vining" tomatoes, they will grow and produce fruit until killed by frost, and can reach heights up to 10 feet although 6 feet is considered norm. Determinate varieties are bushy type that produces all its fruit at one time. Whether you choose one or the other or both varieties, just remember to have fun and keep a gardening journal for next year!!

Invaders of the Lost Ash?

Laura M. Miller
County Extension Agent
Horticulture



The Emerald Ash Borer, *Agrilus planipennis*, heretofore abbreviated as EAB, is a cambium-eating, wood-boring pest of ash trees. This Asian invader was first noticed in Michigan in 2002 and has since spread to 33 states, leaving millions of dead ash trees in its path. That path has generally followed major interstate highways, so when EAB was detected near I-30 in southwest Arkansas in 2014, Texas A&M AgriLife Extension and the Texas A&M Forest Service took action. Purple traps were hung in trees all over northeast Texas, including here in Tarrant County.

While these traps were responsible for catching the first beetles found in Texas—in Harrison County near Karnack in April 2016—here in Tarrant County, the first EAB was caught on camera in the summer of 2017 by 10-year-old Tarrant County resident Sam Hunt and posted on the social network site, iNaturalist.com.

The photo of the shiny green beetle got lost among the 14, 941, 365 observations to date on iNaturalist until July 2018 when it came to the attention of Sam Kieschnick, Texas Parks and Wildlife Urban Biologist. The search was on near Eagle Mountain Lake and in December 2018, the presence of EAB was confirmed at a site near the dam. This is very close to the Fort Worth Nature Center and Refuge, home to many native ash trees.

There are 16 native ash species in the United States, but only eight of those are native to Texas. Here in Tarrant County, our native ashes are *Fraxinus albicans*, Texas Ash, *F. americana*, White Ash, and *F. pennsylvanica*, Green Ash. All are usually found along streams and rivers or planted in landscapes. There are also a significant number of Arizona Ash trees planted in Tarrant County land-

scapes. This desert species was especially popular during the late 70s and in the 80s but has fallen out of favor due to its relatively short lifespan and is sometimes referred to as "Arizona Trash." That's a bit harsh.

How do you know if you have an ash tree in your landscape? Ashes are one of a limited number of tree species that have opposite leaf arrangement combined with compound leaves. There are many other trees in north Texas with compound leaves, but pecans, hickories, walnuts, Chinese pistaches and soapberries all show the much more common alternate leaf attachment. Ash seeds are also very distinctive. Shaped like little canoe paddles, the samaras (winged achenes) hang in clusters and often remain on the tree until late fall or early winter.

If you do have an ash you'd like to protect from EAB, there are several effective insecticide options. Treatment is recommended if EAB has been identified within 15 miles. What happens to untreated trees? In other states all untreated ash trees in an invaded area have died within 10 years of the initial invasion. Will there be any ashes in Tarrant County in 2028? Perhaps we can learn from the experience of others and prevent the loss of ash from our urban forest.

Read more about EAB at <http://texasforestservicetamu.edu/eab/>.

Commercial and Municipal arborists can learn more about EAB from Texas A&M AgriLife Extension Entomologist and Texas A&M Forest Service Regional Forest Health Coordinator Allen Smith at the 2019 North Central Texas Urban Forestry Conference in Arlington on February 13, 2019. <http://ctufo.org/>.

A Resolution to Consider...

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



A new year often means new resolutions. Some common resolutions that people make are to get in shape, eat right and/or save money. At the beginning, everyone is energized and ready to be a better version of them. This is a time of increased awareness, when gyms report record numbers in new membership, healthy eating classes are at capacity, and budgeting worksheets are being printed off and shared at lightning speed. While all these things are important, maybe we should all RESOLVE TO EMBRACE THE THREE R's (Reduce, Reuse & Recycle) and TO GET CRAFTIER. There's no better feeling than making something with your hands with the people you love. And if you can utilize items you already have lying around, even better. This STEM craft utilizes a popular drink container to serve as the launcher, capitalizing on the power of compressed air to launch the rocket into the sky. The following craft idea is kid-friendly, utilizes materials you may already have on hand and has a STEM focus. One of the benefits of this activity aside from the STEM component is that you can be as creative as you'd like.... make the rocket of your dreams. The activity can be found in the "15 Fun STEM & STEAM Crafts for Kids" article on the following website: <http://www.parents.com/>.



Juice-Pouch Stomp Rocket

What You'll Need: 1 flexible straw (that comes with the pouch), empty juice pouch, 1 standard straw, colored cardstock, washi tape (optional), modeling clay

What To Do:

1. Snip off the end of the flexible straw on an angle.
2. Insert the pointed end of the straw into the straw hole of the juice pouch.
3. Cut the second straw in half. This will be your rocket.
4. Make three trapezoids from cardstock, in the following dimensions: 3 in. (base) x 1 in. (height) x ¾ in. (top). Set two aside to be full fins. Cut the last one in half vertically.
5. Tape the full fins on each side of the straw. Don't flatten the straw.
6. Tape one half-fin perpendicularly to each full fin as shown. Add washi tape to decorate the straw if desired.
7. Roll a small bit of clay into a ball. Add this to the top to seal the straw completely.
8. To launch the rocket, inflate the pouch by blowing into the flexible straw. Bend the flexible straw to aim and place the rocket straw over the end. Stomp down hard for liftoff!

P.S. If after some use, one of the straws cracks, simply replace it with a new one.



Giving Through Community Service

Jordan Peldyak
4-H Extension Agent
Cooperative Extension Program

The end of every calendar year brings great time for reflection and reasons to be grateful for everything we have in life. The purpose for reflection has a big impact on how we have seen the past and what we currently have, but it should also be a way to improve ourselves and try to get better in whatever our goals may be for the future.

Every year when I look back at the previous year, I think about my own personal accomplishments. This is a great way to look and see what has been good and what needs improvement.

The part that I forget to spend enough time on during reflection is the differences I have made in other people's lives throughout the year. Over the years I have discovered a personal joy by helping other people through the 4-H youth development program. My goal as an agent is to try to help participants learn one new thing in my programs every time they are in one of my classes. I feel like a better person when I am able to teach someone something new or impact their lives for the better.

Giving back to others has helped me throughout my life to make me appreciate everything I have. Starting in high school I was able to volunteer at retirement communities and the local food bank. It was a great starting block for myself and it created the first feelings of really making an impact in my community. This was one of the reasons I wanted to be a public service professional.

A portion of the 4-H program is to learn and participate in different community service activities throughout the year. This may be an individual project that a participant works on, or it could be an entire club that works towards a project. I feel that it is one of the biggest aspects in youth development to teach young people the importance of giving back. Giving back does not always mean donating money or items somewhere. This can be giving your time to an organization or group to help in any way.

The holiday season is a great time to start or participate in a community service projects around the community. I think that everyone should have the ability to enjoy something positive over the holidays. If you have the ability to help someone else out in any way throughout the year, it maybe one of the greatest gifts that you can share with your community. Sometimes just getting started with a new community project can be the difficult part. Having youth join a 4-H club can bring great minds together and help accomplish new project ideas. If you know of any youth that may be interested in joining a club look no further than Tarrant County 4-H.

Five Reasons to give back to your community:

- Make an impact
- Strengthen communities
- Meet others
- Improve health
- Find new opportunities

References: Create the good. AARP Real possibilities website.

<http://createthegood.org/campaign/top10reasonsforgivingback?site-map=>

Making the Best Better

Kent DeCardenas
County Extension Agent
4-H



publicdomainpictures.net

With 500 youth members spread through the county and over 20 community clubs, the Tarrant County 4-H program is by all measures healthy and effective. It is through the dedicated work of countless adult volunteers, parents, and youth leaders that this program is so effective and robust. But as all members and alumni of the program know, 4-H is all about Making the Best Better.

That is why the 4-H staff have been working for the past year to develop a plan to grow the program. Tarrant County enjoyed an eight year high point in membership in the 2010-11 year with over 630 members. With open enrollment that runs throughout the year, 2018 - 19 is projected to meet or beat that number. Yet, with 320,000 youth of membership age in our community, the plans for growth cannot stop there. Tarrant County 4-H has set a six year goal of 3,000 youth members that truly represents the diversity of Tarrant County.

With such an ambitious goal, the 4-H staff have their work cut out for them. That is why they have developed a plan that allows for growth on multiple levels; all to provide greater opportunities to the youth in 4-H.

Programming

The Lockheed Martin sponsored FIRST Tech Robotics team has had a wonderful inaugural year and is a perfect example of the county wide programming that Tarrant County 4-H needs. At its heart, 4-H began as a career readiness program for rural youth. By seeking the support of leading businesses hoping to guide the future workforce, the 4-H program plans to offer other projects, teams, and opportunities that allow our youth to be ready for tomorrow's workplace.

Funding

Tarrant County 4-H enjoys great support from the county and state that allows us to operate. However, funding for programming must be raised within the program itself. While other counties often use a fee based system to deliver opportunities to members, Tarrant County 4-H is in the process of developing a grant and sponsor driven budget that will allow all youth to have access to the expanding range of programming, no matter their financial status. Local grant making organizations, corporations, and individuals can proudly support the 4-H members that are supporting their neighbors through the thousands of hours of community service they provide each year.

Membership

At the heart of the growth will of course be increased membership. By expanding the opportunities that 4-H delivers to its members, the program becomes a more attractive option for families seeking extracurricular activities. And plans for growth include supporting the volunteers that make 4-H possible. By providing better assistance to the community clubs, both as they start and grow, more neighborhoods will be allowed to experience the benefits of 4-H.

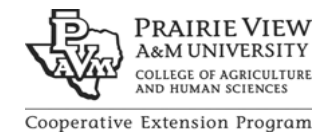
As with any challenging plan, there is much work to do. If you feel that you have a talent or ability that could help the youth in 4-H, please visit the tc4h.org website or email me at kent.decardenas@ag.tamu.edu. As the members of 4-H work for a better tomorrow by living the motto, *Make the Best Better*, Tarrant County 4-H will also work to make the community better by making sure all the youth of Tarrant County know about and can enjoy the 4-H program.

TEXAS A&M AGRILIFE EXTENSION SERVICE
PO BOX 1540
FORT WORTH TX 76101 1540

NONPROFIT ORGANIZATION
POSTAGE & FEES PAID
TEXAS AGRILIFE EXTENSION

Leadership Advisory Board of Tarrant County

- Janet Duncan
- Kenneth King
- Sandra Medina
- Kenny Ordoñez
- John I. Peña
- Kathryn Rotter
- Carlos Walker
- Dawn Youngblood
- Chris Zimmer



In Cooperation with....

TARRANT COUNTY COMMISSIONERS' COURT B. Glen Whitley, County Judge

- | | |
|--|--------------------------------------|
| Roy Charles Brooks
Commissioner, Pct. 1 | Gary Fickes
Commissioner, Pct. 3 |
| Devan Allen
Commissioner, Pct. 2 | J.D. Johnson
Commissioner, Pct. 4 |

CONTACT US

Texas A&M AgriLife Extension Service
Tarrant County Office
200 Taylor St., Suite 500
Fort Worth, TX 76196
TEL: 817.884.1945
FAX: 817.884.1941

E-mail: Tarrant-TX@tamu.edu
Web: <http://tarrant-tx.tamu.edu>

Editorial Team

Jacobson
Joan Imlay Jacobsen, Ph.D.
County Extension Director

Mary H. Oviedo
Office Manager