



Extension Changes Lives

TEXAS A&M
AGRI LIFE
EXTENSION



in Dallas County

Fall/Winter 2013 Volume 1

Improving Professional Child Care

Child care providers often spend as much time with the children in their care as their parents do, and are mandated by the State of Texas to participate in annual professional training. On January 26th, agent Lexie McGrane presented a lesson which related to healthy snacking for young children to one hundred forty child care providers from the City of Richardson. As a result of attending this lesson, these caregivers are better prepared to plan and serve healthy snacks to the children in their care, to teach children about healthy snack foods, to encourage children to eat healthy snacks, and to counsel parents about serving healthy snacks at home.

Cooking with a Chef

On January 13th, Dallas County 4-H members participated in a fun and exciting learning opportunity by attending a workshop called “Cooking with a Chef.” Chef Morris Salerno, who owns two area restaurants, The Grotto in Highland Village, and Salerno’s Steak House in Flower Mound, worked with participants to prepare four healthy dishes. Dishes prepared included, sage-honey cornbread, chicken-vegetable soup, iceberg salad with pecan-gorgonzola vinaigrette, and a healthy version of chicken parmesan. This workshop supports the 4-H Food & Nutrition Project which teaches the importance of healthy eating; supports life skills development; and provides a window into the types of career opportunities that are available in the culinary field. Participants not only had fun, but also got a “taste” of delicious and healthy food, and learned how easy it is to prepare these same recipes at home. Nineteen 4-H members from clubs throughout Dallas County attended this workshop.

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Lifeline Blog

In today’s world, electronic media is often the medium of choice for many people searching for information. Texas A&M AgriLife Extension agent Lexie McGrane, along with her co-worker Cooperative Extension Program agent Marvin Young, provide research-based information related to nutrition, health and wellness, child safety, and much more through their Lifeline blog site <http://agrilife.org/lifeline>. Regular posts contain information that is up-to-date, accurate, useful, and available 24 hours a day.

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

Food Safety for the Holidays

In October 2012 Dallas County's Cooperative Extension Program's Family & Consumer Science agent, Marvin Young, conducted food safety presentations at Mable Meshack White Manor (3260 Bickers St., Dallas, TX 75216) and the Dallas County Extension building (10056 Marsh Lane, Dallas, TX 75229). Seventeen Dallas residents participated in the programming effort where they learned food safety tips, proper food storage, and food preparation in order to decrease the amount of food borne illnesses during the holidays and every day.

As a result of programming, 100% of the participants that were surveyed rated the food safety/storage information as "excellent" and that they could use the information on a daily basis.

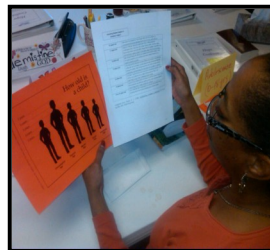
Dallas I.S.D. Parents and Students Learn about Healthy Eating

Healthy eating is an important part of a healthy lifestyle. Parents and students at Ebby Halliday Elementary School and A.W. Brown Fellowship Leadership Academy learned how using the MyPlate method of meal planning can result in making healthy meal time choices. Extension master wellness volunteers presented programs at each of these schools using a MyPlate exhibit prepared by Extension agent Lexie McGrane, and handouts from the U.S. Department of Agriculture. In addition, parents at Ebby Halliday Elementary School were treated to a healthy smoothie demonstration. After sampling a healthy smoothie prepared for them, they were given smoothie recipe booklets so they could prepare a variety of healthy smoothies at home. One of the barriers to healthy eating is thinking that eating healthy is a difficult thing to do.

Events such as the presentation at Ebby Halliday Elementary School and A.W. Brown Fellowship Leadership Academy teach participants that making healthy choices and eating healthy can be easy. One hundred four parents attended the program at Ebby Halliday Elementary School, and one hundred fifty parents and students attended the program at A.W. Brown Fellowship Leadership Academy.

HOPE Coalition/Christian

Women's Job Corps



October continues to be a month we celebrate great strides for women, especially at the HOPE Coalition/Christian Women's Job Corps.

The women of HOPE attended 5 classes on consecutive Wednesdays throughout the month of October. They successfully logged more than 72 hours of parenting training from the "Parenting Matters" curriculum. The curriculum is being implemented by the Dallas County Family & Consumer Science Agent for Prairie View A&M University/Cooperative Extension Program with help from the site Director, Ms. Yolanda Marshall. Additionally, Ms. Marshall has recently joined the Dallas County Cooperative Extension Program's Advisory Committee. Her expertise and passion for assisting others will be a great asset to the committee.

Ms. Marshall has also stated that the "Parenting Matters" program is not only assisting participants in enhancing parenting skills, but is strengthening the bond between the ladies and the two agencies.

Parenting Matters is an eight-session curriculum designed to be easily implemented by parent educators. The goal is to assist court-mandated or referred parents gain the knowledge and skills needed to enhance their parenting skills.

Meeting Needs, Changing Lives!

Pesticide Re-Certification Training



On November 15, 2012 Dallas County Extension Agent, Fred D. Burrell Jr., in conjunction with the Texas Department of Agriculture, Texas AgriLife Extension Specialists and resource specialists partnered to conduct a pesticide re-certification training course at the Dallas County office of Texas A & M AgriLife Extension Service.

The pesticide re-certification course provided five (5) continued education units (CEUs) for sixty-three (63) pesticide applicators who hold certified private applicators, non-commercial or commercial applicators license with the Texas Department of Agriculture.

Training topics and presenters included; "Protecting Water Resources from Pesticide Contamination", Dr. Dottie Woodson, Water Resources Specialist, Texas A & M AgriLife Extension Service; "Urban Wildlife Management", Bret Johnson, Urban Biologist, Texas Parks & Wildlife Department; "Grasshopper Control and Invasive and Exotic Insects and Weeds in Texas" Dr. Allen Knutson, Extension Entomologist Texas A&M AgriLife Extension Service; "Pesticide Laws & Regulations", Mark Evans, Texas Department of Agriculture, "Right-of-Way Weed and Brush Control", T.V. Smith, Agricultural Consultant, DuPont Agricultural Products.

The workshop provided pesticide applicators with research based information and best practices that will assist them in making more informed decisions when applying pesticides in schools, homes, businesses, landscapes and on food crops to better protect human life and our natural resources to include water, soil, air and wildlife.

Dallas County Students Exploring the World of Science and Junior Master Gardener Program



During the month of November, 170 Dallas County students continued with the Prairie View Cooperative Extension 4-H program curriculum. November's program dealt with exploring the everyday, yet extraordinary, world of science. Students were

able to make homemade acid and base indicators using red cabbage juice. They then tested various liquids such as bleach, water, vinegar, soda, and lemon juice for their pH. Students at Voice of Hope continued with the Junior Master Gardener program. They grew their own carrots, tomatoes, and cat grass in reused plastic water bottles. They also made their own ecosystems testing various pollutants such as car oil, salt, and acid rain.



4-H Take A Stand and the Environment of Landfills

Approximately 170 youth and volunteers participated in CEP 4-H Youth activities. Take A Stand is an ongoing program offered by Prairie View A&M Cooperative Extension and Texas A&M AgriLife Extension Service targeted to preventing and reducing incidents of bullying. The Cooperative Extension Program/4-H is continually informing youth about the environment. Youth and adult participants learned the process of how landfills are created and operated. Participants made edible landfills out of fruit roll ups, graham crackers, Oreo cookies, pudding, green sprinkles, and twizzlers. These snacks were layered in a matter identical to the layering process of landfills to show how these layers are used as preventative measures to stop trash from landfills reaching our ground waters.



Students enjoy eating their landfills -Yummy!

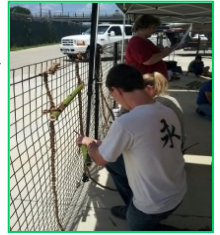
4-H Pledge

I pledge
my HEAD to clearer thinking,
my HEART to greater loyalty,
my HANDS to larger service,
and my HEALTH to better living
for my club, my community, my country, and my world.



4-H is Wild about the Dallas Zoo!

Dallas County 4-H youth are continuing with their serving learning projects at the Dallas Zoo in 2013! In January, eighteen 4-H youth attended a zoo day to build enrichment items for the elephants. The zoo keepers continue to praise their efforts and are seeking grants funds to build 4-H a permanent structure for future enrichment days. Since, Dallas County 4-H started this serve learning project in 2010, they have given over 1,500 volunteer hours providing more than 300 captive animals with enrichment items.



Dallas County 4-H Agent recipient of T.A.P.E. Award



On January 29th, the Dallas County 4-H Agent, Tamra McGaughy was awarded the 2013 Individual Partnership Advocate form the Texas Association of Partners in Education. The award was presented during their annual banquet in Austin. Ms. McGaughy was recognized from her outstanding outreach with Irving ISD's afterschool program.

Since 2009, she has supplemented programming efforts by using 4-H supported grants. The 4-H Tech Wizard program now runs at four middle school campus and offers youth the opportunity to learn about science, engineering and technology. Ms. McGaughy has provided over \$120,000 in grant funds to make sure afterschool programming is fun and educational.

Healthy Holiday Meals are YUMMO!



4-Hers from across Dallas County showcased their cooking ability and nutrition knowledge by participating in the Dallas County 4-H Food Show and Food Challenge.

Youth competing in the 4-H Food Show must make a dish that relates to the Healthy Holiday theme in one of four categories: protein, dairy, fruit and vegetables, or grains. Then 4-Hers present their dish to a panel of judges, where they explain why they chose the dish, what the health benefits of the dish are and how the dish is made. Dallas County will have five youth advancing to the District IV 4-H Food Show in February including Jessica New, Jade New, Elizabeth Brown from the Seagoville 4-H Club and Lupe Ontiveros and Kate Kahle from the Urbanites 4-H Club.

The Food Challenge contest is designed as a team event and allows 4-Hers to showcase their cooking talent in a timed event. Youth compete with teams of three to five members and are given 40 minutes to prepare a dish using only ingredients provided by contest judges. Each team is given their mystery bag of food, then must decide what to make and determine their dishes health benefits, cost per serving and how it fits in your daily diet. Once time is called, each team presents their dish to a panel of judges and must tell the judges about their dish, how it was made and why it is healthy to eat. Dallas County will have three teams advancing to the District IV 4-H Food Challenge in February; the Silly Seagoville Sisters from the Seagoville 4-H Club and the Urbanite Intermediates and Urbanite Seniors from the Urbanite 4-H Club.



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In cooperation with....

Dallas County Commissioner' Court

Clay Jenkins
County Judge

Dr. Theresa Daniel
Commissioner, Pct. 1

Mike Cantrell
Commissioner, Pct. 2

John Wiley Price
Commissioner, Pct. 3

Dr. Elba Garcia
Commissioner, Pct. 4