President’s Address

Kelli Lehman
TAE4-HA
President

I am a bit of a sentimental person. I like yearbooks and things from the past like post cards, letters, and antique furniture. I look at these things and know that they have a story to tell. I look at it as my personal challenge to find the story.

Well, now knowing this, you could imagine my delight in stopping at those road side junk dives. The quirkier, the better! You can also now understand my excitement of seeing the inside of the Jack County Museum. It is an amazing trip back in time. I have spent the better part of the last decade driving past it. Sometimes over the years, my curiosity would get the best of me and I would have to stop. I’ve peeked in almost all the windows, but it was not until recently that I got to go inside.

As you enter the museum, you are welcomed by a scent of years past. It is a comforting musty and cool scent like that of an old cellar. You realize at this point that you have true history before you. Each of the different rooms bares a name honoring the contents and rich history of the people of Jack County. The Western Room features a saddle used in a cross county horse race and is supported by a saddle stand given to the museum by Governor Rick Perry. Other items on display include photographs of local heroes, time period clothing and furniture, and weapons used in disputes in what was then, Indian Territory. Another point of interest outside the museum is a tree trunk where the face of an Indian Maiden was carved by an Indian Warrior being held captive during one of the many Indian Trails that were held in Jack County.

The displays and exhibits were fascinating. But, when I entered the “4-H” room I was in awe. There I stood, in the very room where the first 4-H Club Meeting was held. I wondered what was said. How it was all organized. What parts were similar to how we hold present day project meetings?

I wondered, did Tom Marks realize that 100 years from the start of the Jack County Corn Club, we would be reflecting on his accomplishments and visions? Maybe so. From what I have read in excerpts of his journal, Mr. Tom Marks was a very intelligent man.

On July 20th 1885 he wrote: “I have determined to read the definition of three words in Webster’s abridged Dictionary three times a day sure and without fail.”

Tom Marks was a man of many trades. At one point, he purchased the local newspaper where he became editor in chief.

Continued on Page 6

Teens That Eat Right

Submitted by: Gail Long, Program Specialist—4-H & Youth Development

An increasing number of teenagers are overweight, and if no intervention is made, 80% of them will stay overweight as adults. This can put them at risk for many medical problems, including diabetes, high blood pressure, high cholesterol, and sleep apnea. Obesity can also adversely affect their self esteem.

Healthy eaters are no accident. While most teens should not be put on a severely restricted diet, a combined approach of a sensible diet and regular exercise will help to control their weight.

Dr. Melinda Sothern, co-author of Trim Kids and Director of the Childhood Obesity Prevention Laboratory at Louisiana State University (LSU) offers these tips for running a nutritionally-safe home:

• Don’t Restrict Food — If you restrict food, your child may develop an eating disorder. It is important to be sure his/her diet is nutritionally sound.

• Keep Healthy Foods on Hand — In most circumstances, kids will eat what’s available. Keep fruit on the counter and other healthy foods within eye sight.

• Don't Label Foods as Good or Bad — Tie foods to the things your child cares about such as sports, dance, appearance, etc. For example, protein builds muscle for better sports performance. Focus on results and benefits.

Continued on Page 3
The Legislative Ladder

Submitted by: Cole Young
Community Relations
Agent—Harris County

As the legislative session winds down and elected officials are heading home to their districts; our work for the 2009 legislative session begins. We see in this session how critical it is to our survival as a state agency, by relying on elected officials to continue to fund us. As the session is now ended, we see in Extension how important it is to tell our story to those state stakeholders. No longer can we assume that our story is well known and understood by elected officials. As we continue to bring in new elected officials and our state becomes even more urban in areas, it is imperative that we work together all across Texas to inform these key individuals of what we do. As we look at our last series of legislative interpretation, I want to reintroduce some of the keys that we previously discussed in other articles.

The keys to effective interpretation are:

- Knowing the elected officials on the state and county level
- Having current contact information on these elected officials and their offices

and renewed internal program support with “Texas 4-H Centennial - Celebrating 100 Years”!

1. 2007 National 4-H Week theme - Either focus - your choice!
2. Bookmark http://texas4hcentennial.tamu.edu There are old photos, proclamations, and celebration ideas for your use.
3. August 15th is the last date to submit names/addresses of your oldest living Texas 4-H member to Gayle W. Hall at gw-hall@tamu.edu
4. Each district and urban county office will have a “Make It Yours” screen exhibit for check-out!
5. Two exciting Texas 4-H activities will occur at noon on Saturday, September 29, 2007 during Youth Day at the State Fair of Texas in Dallas:
   - The unveiling of the official hand-made Texas 4-H Centennial quilt!
   - The “kick-off” of the 2007-2008 4-H Walk Across Texas campaign to “Walk 100 miles for 100 years of Texas 4-H!”
6. The statewide Texas 4-H Centennial Celebration will be held on Tuesday, October 9, 2007 in Jacksboro, Texas - 4:30 - 8:30 pm.
7. The Texas 4-H Centennial email address is: http://texas4hcentennial.tamu.edu

Mark your calendars! More details to follow!

The Texas 4-H and Youth Development Program will celebrate our 100th Anniversary beginning September 1, 2007. It was in the fall of 1907 that Tom Marks met with 12 young men, in Jacksboro Texas, to form a Corn Club. The purpose was to teach young people new practices for raising corn that the farmers (fathers) would not adopt.

From those roots, we have formed the Texas 4-H and Youth Development Program today that has young people in all 254 counties involved in learning life skills, leadership, volunteer service, self confidence, and commitment to Country.

The goal of the Texas 4-H Centennial is three-fold:

- To provide an opportunity to clubs, counties, districts, and Texas to honor the accomplishments of the last 100 years.
- To provide an interpretation of the current 4-H and Youth Development Program to new audiences.
- To provide a promotional kit for 4-H to all 254 Texas counties to market the current 4-H and Youth Development Program/

Please note:

1. Each county will receive a promotional kit of new, printed marketing materials, a CD and DVD in June.
2. Attract new audiences with our “Make It Yours” theme!
3. Generate nostalgic warm fuzzy feelings with “Texas 4-H Centennial - Celebrating 100 Years”!

Did you know...

In 1976, the Volunteer Leaders Association of Texas (VLAT) was organized.

The Texas 4-H Center was officially dedicated on November 8, 1978.

The Texas 4-H and Youth Development Program will celebrate our 100th Anniversary beginning September 1, 2007.

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Teens That Eat Right...Continued

- **Praise Healthy Choices** — Tell your kids how smart they are about intelligent food choices.
- **Don’t Nag** — If your child chooses something unhealthy, don’t criticize. Redirect their choice. For example, if they want candy, offer strawberries dipped in a little dark chocolate that has lots of flavonoids.
- **Don’t Use Food as a Reward** — This is the opposite of restricting and could result in future eating.
- **Make Family Dinners a Tradition** — Family dinners should be a tradition in the evening. Research shows that kids who eat dinners within a family unit have better eating habits and are less likely to participate in risk behaviors such as sex, drugs, tobacco, alcohol, and violence.
- **Prepare Plates in the Kitchen** — This helps to control portions and, therefore, calories.
- **Give Kids Some Control** — Let kids have some choice and congratulate them for healthy choices.
- **Consult Your Doctor** — Talk with your child’s doctor before putting a child on a diet to be sure you’re making a healthy choice.

Legislative Ladder...Continued

- **Understanding ways in which you can share interpretation responsibilities with your fellow agents to ensure that all elected officials are hearing some part of the Extension story**
- **Having a key program that would be worthy of visitation by an elected official**

Remember that with a “part-time” legislature, one that meets once every two years, it can be easy for elected officials to forget who we are. That is why it is essential to start working on a legislative plan in your county. Not a plan that we enter into the TEXAS system, but a strategy to be carried out by all agents in your county. If you county is rural, it should be very easy with only a small group of elected officials. If your county is more urban, you will need to involve all agents to ensure that interpretation is accomplished.

- If your elected official knows extension and what we do, then your job should be just to keep them informed. However, with many elected officials you have to do much more to stay in the forefront of their minds. This should not be any more work involved, just inform them on the work that you are already doing.

At the start of this session, we had a reduction (cut) of 10% on all state agency budgets. It is my belief that because of the work that we do and lives that we affect, our 10% cut was reinstated promptly. Continue to keep up the great work. Continue to strive to keep our state stakeholders informed of what we do and educational programs we provide. We do far too much, for far too many, not to tell our story!

Have you read the NAE4-HA News & Views online newsletter lately? If not, go to this website and check out the latest edition as well as previous issues for youth development articles and more!

http://www.nae4ha.org/directory/newsandviews/default.aspx
The first Texas 4-H Legislative Congress was held in Austin at the Capital in 1983 and we celebrated the 75th anniversary of Texas 4-H with the creation of a 4-H Clover on Kyle Field at Roundup.

Phase 2 of the Texas 4-H Center was dedicated in 1987 and the Leadership Lodge was dedicated in 1989.

In 1992, Texas 4-H enrollment surpasses 500,000 for the first time.

The first Texas 4-H Center Reunion was held in 1995 to celebrate the 20th anniversary of VLAT and the Center. A time capsule was buried on site.

**STARS Program**

Jernard McCray, Waller EA-CEP and Misty Young, Waller CEA-4-H collaborated with Jones Elementary, Waller Junior High and Hempstead Middle School to develop the STARS program. STARS stands for Students Taking A Right Stand. The program was conducted January—May 2006 and featured Character Counts lessons on the 6 pillars of Character.

Results indicate that the program at met the objectives of improving the attitudes and behaviors of the youth involved. Teachers notice notable changes in the attitudes, grades, and attendance. Rachel Caldwell Waller Jr. High After school Coordinator said “These youth demonstrated more leadership skills after their involvement in the STARS Program”. Ms. Jena’ Qualls, Hempstead Middle School After School coordinator said, “The students here at Hempstead Middle School involved in the character program have changed for the better. They have a more positive attitude and look forward to each week with 4-H.”

**PRIDE Project: Kent County Youth Board**

Kent County Youth Board developed the P.R.I.D.E. (Proud Residents Inspiring Dramatic Events) project in the fall of 2005 for the purpose of providing leadership opportunities for youth (and supporting adults) in conducting community improvement projects. The Youth Board conducted fund raisers, met with city council members, and sought out donations to fund their project.

The focus of the project was to improve the City RV Park to attract people to the area, especially during hunting season. Funding has been secured from a number of sources including profit from a dance and concession stand, a grant from the Lubbock Avalanche Journal, and the City Council. Funding has been used to purchase two trees and five shubs, supplies, welding and painting two picnic tables for the area. The Youth Board also has funding approved to plant seven more trees in the future.

For more information about The Kent County Youth Board project, contact Shirley Long, CEA-FCS, or Jay Kingston, CEA-AG.

**Childress County Youth Board**

Childress County Youth Board sponsored a leadership and service learning conference on April 25, 2007. The “Leadership & Service, Is It In You?” conference hosted 145 youth and 42 adults from a six county area. A $6,000 Learn & Serve America K-12 School/Community Partnership grant secured by youth board sponsor Liz Jones, allowed the Board to provide such exceptional speakers as Dr. Lance Keith of West Texas A&M, Dr. Kalico Leech, formerly of TCE, Mike Mahan, Wichita County 4-H Agent, Billy Zanolini, Wilbarger County 4-H Agent and Dr. Jon Spence of TEA Austin. Program topics included: “Leadership, Is It In You?” (personality profiles), “The Body Don’t Lie” (body language), “Think-Do-Lead”, (creative leadership), "Just Do It", (creative community & service learning) and “Getting the Job Done”, (pursuing service learning grants through TEA.) Youth Board members, sponsors and advisors were presented with shirts to be worn at all Childress Youth Board activities.

The Childress County Youth Board held a "Kids Helping Kids" service learning project in conjunction with the conference and collected 357 toys and personal hygiene items for the 4 County Area Rainbow Room. The collection items were estimated at a value of over $1,500.

Youth Board members introduced speakers, monitored workshop sessions, collected and delivered donated items, served hospitality, set up facilities, decorated and cleaned up after the conference.

Special quests for the conference included Legislative Aide for Senator Robert Duncan, Jennifer Foster, Childress County Commissioner, Lyall Foster, and North Region 4-H Program Director, Angela Burkham.

For further information on how to secure a Learn & Serve America K-12 School/Community Partnership Grant, contact Pam Foster, CEA/FCS, Childress County.

**Youth Board Success Stories**

We are pleased to announce the launch of the Youth Board Success Story site. This site will assist us in capturing stories of success about county youth boards, in addition to giving agents the opportunity to share and gain ideas and resources pertaining to youth boards.

The site can be accessed at [http://shasta.tamu.edu/youthboard/](http://shasta.tamu.edu/youthboard/). The county’s TCE Bookstore passcode must be used to log in to the system in order to add and/or edit a success story. However, all success stories can be viewed at the site without logging in. Success stories are limited to 300 words maximum. All success stories can be entered at this time and up until July 15th.

With financial commitment from Mr. Smith and Dr. Couch, a random drawing will be held at the TAE4-HA Conference in August among counties with a Youth Board success story posted online. At least five counties will be recognized with a gift card to use toward a Youth Board program.
**Member Spotlight**

**Erica Ortmann**  
Milam CEA-4-H

**What high school did you go to?** Poth High School, Poth Texas

**Things you always carry with you.** My sanity, but that would be a lie. Ha! Ha! Advil, cell phone

**Weirdest Extension experience.** There are many to choose from... but I'll share a funny story. My co-worker, Jon Gersbach and I were at a project visit site one afternoon and the mother was telling us about the goat project, like they all should go... and then she starts asking questions and telling us stories about all her other farm animals. (Which by the way was unrelated to the 4-H project). She asked about breeding goats, and that she was learning about that and told us she believed something was wrong with her billy goat... we discussed it and then she told us that she thought it was gay. Moving on to other farm animals, she told us about the cat. Needless to say the cat had problems too, in identifying the correct animal to breed with. To have this mother tell us all this and in her humorous character, the project visit lasted over 2 hours. They are a great family, but I don't think we have ever laughed so hard.

**What inspires you to be a good agent?** Working with 4-Hers and watching the 4-Hers grow up, mature, and succeed in their endeavors. Plus, the friendships I have gained through Extension.

**What are your plans for 4-H members this summer?** We are kicking off the summer with a County 4-H Council and Ambassador leadership adventure, County club officer workshop, State 4-H Roundup, District Leadership Lab, Multi-County 4-H Camp, and several other 4-H Day camps.

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**Kim Malone**  
Dallas CEA-4-H

**Where did you grow up?** I was born in Lincoln, Nebraska, but spent most of my growing up years in Dallas, Oklahoma.

**Tell us about your family:** I am married to Jim (another Oklahoma State graduate!) & we have one dog named Koko. I was born into an incredible family and I married into another incredible family. We all love to get together, laugh, play cards/games, golf, etc. Who else do you know that goes on vacation for an entire week with 2 aunts, 2 uncles, parents, & sibling every year and is planning a 2-week DRIVING vacation with her in-laws?!

**How did you decide to become an Extension agent?** I had heard about Extension at a career day in college. It sounded interesting so I decided to apply. At the time, assistant agents were supposed to stay in a county for 2 years and I figured I could do anything for 2 years. Almost 10 years later, I'm still here!

**What is your funniest Extension experience?** Being pulled over in a charter bus for SPEEDING.

**What was the best 4-H program you ever created?** IT. IT stands for Informational Training & is a leader and youth training. Last year, over 140 people came for the day-long training from Districts 4 and 8. Kelli Lehman and I designed the program and Cindy Bryant and Jennifer McAlister assisted with the event.

**Tell us something you are proud to say you can do.** Ride a Segway in Washington DC without breaking any bones or running into anything!
President’s Address...Continued

of The Jacksboro News. It is said that is one reason the news of the Corn Club spread so quickly. He made sure it was in the media!

Tom Marks was also a man with a sense of humor. In his journal he writes of a trip to Austin to the Dedication of the State Capitol. His trip starts off with that of a skilled traveler. He described the way seasoned travelers look and act.

“We crawled aboard the three o’clock train just a little after it had started for Fort Worth in order to show the boys on the platform that we were used to traveling, and walked majestically down the isle and took a seat. It has a very sorry effect on a car load of folks for a person to look out of a window and stare around. The best effect is produced by unrolling a large bundle of papers and putting your feet on the next seat and pretend to read though you need not really do so for you can hold the paper just a little bit aside and look at any pretty young ladies that may be in the car.”

Tom Marks at Capital Hill
“We arrived in Austin in the evening and took in a good portion of the town. Went at night to see the legislature adjourn, which they did with a great deal of difficulty. There were about 30 representatives, about half of whom were bold-headed. It seemed to be a favorite sport for them members to roll up a paper ball and hit one of those bold head. Of course that bold head would throw another ball and there were balls going in every direction, and the members were continually on the dodge.”

Tom Marks at UT
“After eating another congress pie for dinner, we went out to the State University. The doors were locked... so we unrolled a carpet that was under its stairs and took a nap of about two hour duration. We might have slept till night if someone had not come up pretty close and cleared his throat very loud. We turned over and looked up one there stood a man.”

“We said, “Good-evening sir and he said “good evening” We asked him was he connected with the college and he said he was proctor. We told him were glad to make his acquaintance and shook hand with him. After looking thoroughly over the college we asked a gentleman the way to the Lunatic’s Asylum. That is a queer question to ask. The man will always smile slightly, tell you the way and then look you over from head to foot. This embarrassed us at first and we concluded not to ask anybody else. But having lost the way we concluded to try it again. The man smiled as usual. After a while it got to be funny and we asked everybody we met on the road “is this the way to the Lunatic Asylum,” and they would always smile, and it greatly increased the effect to tie a handkerchief over your head and hang your hat on a stick and walk with your mouth open looking up at the sky. We arrived there after a while and saw every thing that we could. We had some difficulty in getting away, however, because the guards could not distinguish us from the inmates of the Asylum.”

Continued on Page 9

Business Social Etiquette

It is important to have proper etiquette in business settings. It can help a person feel at ease in their professional and personal life. These tips have been compiled to help you present yourself in the best light so you can make the most of any professional meeting, gathering, or social mixer.

- Don’t be a No-Show! One of the first signs of considerate etiquette is to let your host know if you cannot attend an event. Earliest is best. Even if something important comes up at the last minute it is always the polite thing to do to notify your host even at the last minute or after the event – by phone, by note or by e-mail.
- Be punctual. Greet the host/hostess.
- It is safest and most considerate to stick to pleasant, non-controversial topics about current affairs, sports, travel, work, or school interests. Make people feel comfortable.
- Introduce yourself with a smile, friendly eye contact, and a firm handshake. Be considerate, include new arrivals in the conversation.
- You may split into smaller conversational groups of two or more but don’t leave anyone out. Be open to others “merging” with your group.
- Encourage others to talk by asking questions. Put people at ease.
- Call elders and superiors by their proper name until they ask you to use their first name.
- Practice remembering names. Pay close attention during introductions and repeat the name in your response.
- Be sincere. Give the speaker your attention. Use eye contact.
- Visit with more than one individual or small group to maximize networking.
- Learn to graciously exit at a natural break. You don’t have to give a reason why you are leaving. “So nice to meet you, Mr. President, please excuse me”... Or “Good to see you again, Bill, please excuse me.”

Adapted from: Professional Etiquette Tips, Westminster College, Office of Career Services
## 2008 TAE4-HA Proposed Budget

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### Budgeted Income

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<td><strong>Total Income</strong></td>
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The proposed budget, provided by Joyce White, Treasurer, and the Ways & Means Committee, reflects changes in the sources for income. The interest earned from the previous year from the investment account has been added as income. An annual $50 donation/dues from Each of the 12 Districts was also added as income for a total of $600.00. By adding these sources of income, we are able to meet the budget without increasing dues for each Association Member on the State Level.

It is proposed that dues will increase on the National Level this year, so in an effort to avoid two increases, this plan is being proposed. The budget will be voted on at the TAE4-HA Business Meeting at Corpus Christi.
Annual Conference Scholarship for New Members

To promote participation in the Texas Association of Extension 4-H Agents, five (5) scholarships in the amount of $130 (this year's conference registration cost) will be awarded to assist new agents in attending the Annual Conference. These scholarships are available to agents with less than three years of membership as of July 1, 2007, who are paid TAE4-HA members, and have not previously attended an Annual State Conference. Applicants will be notified by July 15, if they will be receiving an Annual Conference Scholarship.

Please provide the following information in your application letter:
1. Name, Title, County and District, Complete Office Address, Telephone Number and E-mail address
2. In 40 word or less, describe why you would like to attend the 2007 TAE4-HA Annual Conference
3. Include letters of support from your immediate supervisor and your District Association Director.

Professional Improvement Grants

TAE4-HA also awards grants for graduate study, applied research, interstate or intrastate travel, educational conference/seminars, workshops, or other worthy projects. This award may not be received in consecutive years. Applications will be judged and presented at the Annual Conference. The Professional Development Committee will award up to $550 to individuals or groups based on the merit of their proposal, according to the following guidelines:

1. Name, Title, County and District, Complete Office Address, Telephone Number and E-mail address
2. Assigned Extension responsibilities
3. Title of Proposed Professional Improvement activity
4. Letter of support from immediate supervisor
5. Proposal Description (not to exceed one double spaced, typewritten page)
   70% Methods/purpose/objectives/activities/evaluation
   10% Budget (explain how much you are requesting and show any matching contributions)
   10% Reporting Procedures (explain how results will be shared with other members)
   10% List your participation in District, State and National 4-H Agents Association

Submit Applications by July 1, 2007 to:
Ronda Alexander, CEA 4-H
Texas Cooperative Extension - Lubbock County
PO Box 10536
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Questions concerning either grant/scholarship may be directed to Ronda Alexander at (806) 775-1680 or e-mail: rd-alexander@tamu.edu.
President’s Address...Continued

Getting to read parts of his personal journal helps me to get a better sense of who Tom Marks was. I have concluded he was a hard working visionary that enjoyed life. He had a section of aphorisms in his journal as well. I think the following describes the type of man Tom Marks strived to be.

“My greatest ambition is to live so in life that when I die, men will say, “We have lost a good man.””

I think if the writer, Walter Lippman had been alive in Tom Marks’ time, he would have written the following about him: “Plant trees we will never get to sit under.” That is what Tom Marks did in 1908. And that is what each of you are doing 100 years later.

Jack County Museum:
241 W. Belknap St. I
Jacksboro, Texas
Open Thursday through Saturday -
Regular hours 10 a.m. to 3 p.m.

Resource Corner

Fun-Attic Website
Looking for some great games for your day camps or leadership trainings this summer? Check out this website that is packed with some cool games and activities! Many can be turned into initiatives for teambuilding, communication, and more. http://www.funattic.com/game_list.htm

In A World Of Difference: Teens Creating Welcoming Communities
I recently attended the Extension Urban Conference and one of the workshops I participated in was on this curriculum. The 5 hour program addresses diversity, helping teens to better understand our differences and create a welcoming community. This curriculum would be great for leadership labs, Youth Board Training and/or annual event, and more. If you are interested in a copy, please contact me and I’ll send you a copy. Cheryl Newberry c-newberry@tamu.edu

Drug & Alcohol Education Resource
FADE is a website developed in New Zealand that provides resources and education on drug and alcohol abuse. On the website is an interactive game that can help us as youth development professionals be more familiar with different types of drugs and could also be used as an interactive training with youth. Use your computer and projector to go through the game with a group. http://www.fade.org.nz/communities/young-people/

Bicycle Rodeo Resources
With summer around the corner, kids will be on the road riding their bikes. Consider hosting a bicycle rodeo or providing education for parents so that they can teach bicycle safety to their children. The Ride Safe Take Home Bicycle Rodeo has taken some of the most important lessons of the Bicycle Rodeo and redesigned them so the rodeo can be conducted at home by a parent and child. You can also use this as a guide to setting up an event yourself. There are 3 sections: Part 1 is a step by step explanation of the mechanics of conducting the take home rodeo. Part 2 contains the actual take home rodeo lessons. Part 3 contains sample letters, awards, statistics and other information to assist you with your efforts. All the resources are online at this website. http://www.helmets.org/ridesafe/rsindex1.htm

Cornell Cooperative Extension: NYS 4-H Resource Directory Website
Looking for curriculum to support a 4-H project? Check out this great resource developed by Cornell Cooperative Extension that provides numerous curriculums and support pieces and where to get them! http://nys4h.cce.cornell.edu/4h/
Texas 4-H Needs Your Help!

We’re looking for the oldest living Texas 4-H member! Do they live in your County? To report this living legacy, contact: Gayle Hall, Centennial Celebration Coordinator gw-hall@tamu.edu

We’re on the Web! Click Us Out At….
http://texas4-h.tamu.edu/tae4ha/index.html

4-H is a community of young people across America who are learning leadership, citizenship and life skills.

Texas Association of Extension 4-H Agents

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