

Extension Annual Report for County Commissioners Court



Organizational Changes

During January 2013 the Texas A&M AgriLife Extension Service will be making some organizational structure changes related to area offices and the placement of some mid-management positions. Since 2003 our organization has operated with four regions in the state which consisted of three directors per region and one regional program director and a management support position. The Regional Program Directors and a Support Position Administrators. The Support Position was the need to improve program support to all county Extension Agents across the state. With just one in mind could be to have more regions and the addition of more Regional Program Leaders that could have done so work individually with the Extension Agents educational programs in the county they serve. The following table will be listing the North Region Extension Agents with the Amarillo and Lubbock counties and the newly created Central Region Extension Agents with the Breckinridge Office. The following table will be listing the North Region Extension Agents with the Amarillo and Lubbock counties and the newly created Central Region Extension Agents with the Breckinridge Office. The following table will be listing the North Region Extension Agents with the Amarillo and Lubbock counties and the newly created Central Region Extension Agents with the Breckinridge Office. The following table will be listing the North Region Extension Agents with the Amarillo and Lubbock counties and the newly created Central Region Extension Agents with the Breckinridge Office.

2013 Extension Events

September 2, 2013 Extension Service staff were present at the 2013 State 4-H Equine Show in Amarillo, Texas. The purpose of the show was to provide a platform for Extension Agents to showcase their work in equine education and to receive feedback from the industry. The show was held at the Amarillo Convention Center and featured a variety of equine-related activities, including horse shows, seminars, and demonstrations. Extension Agents from across the state were present to provide information and support to exhibitors and attendees. The show was a success and provided a valuable opportunity for Extension Agents to connect with the equine community and promote their work.

4-H News & Youth Activities

40 4-H members attended State 4-H events including: Roundup (10), State Horse Show (11), State Photography Show (6), State Record Book (2), State Livestock Shows (12) and State Shooting Sports (11). One member is District Council President and State 4-H Council Member. Two members were selected as Texas 4-H Equine Ambassadors. 166 members attended District events: Roundup (12), Record Book (16), Fashion Show (12), Horse Quiz Bowl (12), Beef Quiz Bowl (4), Photography (14), Food Show (9), Consumer Decision Making (4), Food Challenge (14), Horse Show (15), Livestock Judging (10) Horse Judging (8), Livestock Skillathon (10), Shooting Sports

(20), Indoor Archery (6), Shooting Sports Extravaganza (1).

Take a Stand was an interdisciplinary youth outcome program. Take A Stand! addresses bullying by educating youth on positive ways to deal with conflict and hopefully will decrease incidents of discipline referrals in schools. Take A Stand! was implemented at Henrietta Junior High. Five lessons were taught for one 45-minute class period each week for five weeks. After the program, 75% of students said they would always avoid using cyberbullying to deal with a conflict and 62.5% would take measures to avoid bullying. The teacher said, "The information you presented is something very important to junior high

students. I would highly recommend the Take A Stand! program."

The 7th Annual Ag in the Classroom Field Day was conducted on October 23, 2013. 268 attended (241 students and teachers and 27 volunteers). The event was sponsored by the Clay County Farm Bureau Board of Directors.

Volunteers contributed 3,377 volunteer hours to Extension events during 2013 for a total value of \$76,218.89.

Family & Consumer Science Outcome Plans:

A Matter of Balance is an evidence-based fall risk reduction program that emphasizes practical strategies to reduce fear of falling and increase activity levels. As a result of the **A Matter of Balance** program, in which 12 men and women attended an eight session series of lessons, participants increased confidence that they can manage fall risks better and actual falls if they occur and that they can take action to help reduce the risk of falling. In addition, participants indicated that their concerns about falling are interfering less with their social activity and they report that they have increased their exercise levels.

Healthy Life Styles for Youth was one of the family and consumer sciences outcomes. **The Organ Wise Guys** is a unique school nutrition and physical activity program using songs, goofy jokes, and puppets to teach children what their organs do and what affects those organs. The program reached a total of 43 students in Midway and Bellevue ISD. The Organ Wise Guys is a \$1500 grant I received to use with both the Bellevue and Midway schools (and Henrietta in 2014) for a total of \$4500 in teaching aids. **Proper Hand Washing Method** is a hands-on demonstration program presented to 455 Henrietta Elementary K-5th grade students on the proper method of washing hands. **Walk Across Texas** - The Walk Across Texas (WAT) is an eight week walking program designed to help people of all ages support one another to establish the habit of regular physical activity with 455 students participating. **A Health Fair** was planned and presented for the Henrietta Elementary 4th & 5th graders. Sessions included: sun safety, nutritious snacks, non-tobacco, too much sugar, first aid, physical fitness, and more. Approximately 120 students participated.

Child Care Provider Education training was presented to licensed and registered child care providers which are mandated by the state. On March 23, 2013, the Texas A&M AgriLife Extension Service conducted a child care provider training conference in Wichita Falls, Texas for 100 child care providers and directors who provide care for 1266 children enrolled in 38 child care centers or family day homes. Participants completed a written evaluation of the conference. Over 95% of participants acquired new information from the conference, considered the training to be very relevant to the work they do, plan to utilize the information gained at the conference to improve their programs, and consider themselves better equipped to work with the children in their care. A total of 700 clock hours of training were provided to child care professionals.

Natural Resource Management was an agriculture outcome plan. Educational programs addressed management of the county's natural resources which are vital to the beef cattle industry here. Educational programs implemented were the Texoma Ag Seminar, a Hunting Regulation update, a Soil Health Workshop, quarterly agriculture newsletters and news releases. Topics addressed included soil health and its effect on range health, soil fertility and pasture management and recovery following drought. After the Texoma Ag Seminar, 100% of respondents said that the information provided would help them to make better management decisions and anticipated benefitting economically.

Waterwise was a joint agriculture/fcs outcome plan. Educational programs addressed both water quantity and water quality. Educational programs implemented were the 40 Gallon Challenge Contest, presentations to civic clubs, a rain barrel demonstration, and a youth water education event. Topics of these programs focused on gardening using Earth Kind principles, rain water harvesting, methods to conserve water and the economics of water conservation. It was determined after the 40 Gallon Challenge Contest that over 2,000 gallons of water are saved in Clay County daily. Observations from youth after the rainfall simulator event included:

- "How to conserve water is by keeping plants in the ground and don't let there be a lot of run-off water."
- "The cleanest water has something covering the soil."
- "Another thing I learned is that there has to be something like grass to cover the soil so rain water will slow down and go into the soil."

Other agriculture plans implemented were Beef Cattle Production and Horticulture Management. The main educational program under the Beef Cattle plan was a Fall Beef Cattle Meeting. Topics addressed included pesticide applicator laws and regulations, tax implications of drought-related cattle sales and range recovery and brush control. Following the Fall Beef Cattle Meeting, attendants reported an 80% increase in knowledge of understanding pesticide applicator laws and regulations and an 80% increase in knowledge of understanding of tax implications of drought-related cattle sales. Educational programming also included timely news articles.

Educational programs under the Horticulture plan included timely news articles; home owner consultations via site visits, phone calls and office visits (55 contacts) and a garden tour that promoted the use of gardening using Earth Kind principles such as mulching, plant selection and rain water collection (8 attended).

Programming results were interpreted to the Clay Beef Committee, Commissioners' Court and other key stakeholders.

Thanks for allowing me the opportunity to update you on the Extension educational programming in Clay County and the efforts being made by your county Extension agents Sherri and Missy. They continue to provide programming which is in tune with our mission which is to provide quality, relevant outreach and continuing educational programs and services to the people of Texas. If you ever have any questions or comments, or concerns, please do not hesitate to give me a call at 940-552-9941 or email at m-dabovich@tamuedu.



Miles Dabovich
District Extension Administrator

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Making a Difference

A Matter of Balance Outcome - 2013

*Summary developed by Andy Crocker, Extension Program Specialist II | Gerontology and Health,
with input from Sherri Halsell, County Extension Agent, Clay County*

Relevance

Research indicates up to half of community-dwelling older adults experience fear of falling and that many respond to this concern by curtailing activity. A majority of falls occur during routine activities and are usually caused by a variety of issues. In fact, a large portion of falls are preventable. Being inactive may result in loss of muscle strength and balance. It can also compromise social interaction and increase the risk for isolation, depression, and anxiety. Fear of falling can actually contribute to falling. *A Matter of Balance* acknowledges the risk of falling but emphasizes practical coping strategies to reduce this concern.

A Matter of Balance is an evidence-based fall risk reduction program that emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors and exercise to increase strength and balance.

Because *A Matter of Balance* is certified by the Administration on Aging and the National Council on the Aging, there is an abundance of data from national studies to indicate the program's effectiveness.

Nationally, after completing *A Matter of Balance*:

- 97% of participants are more comfortable talking about fear of falling
- 97% feel comfortable increasing activity
- 99% plan to continue exercising
- 98% would recommend A Matter of Balance

Response

After reviewing data concerning fall statistic within older adults in the county the Clay County Family and Consumer Sciences (FCS) Program Area Committee chose to adopt the *Matter of Balance* Outcome in an effort to promote fall risk reduction.

Results

As a result of participating in *A Matter of Balance* in **Clay County**, participants increased confidence that they can manage falls risk better and actual falls if they occur and that they can take action to help reduce the risk of falling. In addition, participants indicated that their concerns about falling are interfering less with their social activity and they report that they have increased their exercise levels.

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Statement	Response (N = 12)					
	Mean		Percentage (Mean)			
	(4)	(3)	(2)	(1)		
I can find a way to get up if I fall.	3.00		3.33			
I can find a way to reduce falls.	2.55		3.36			
I can protect myself if I fall.	2.30		2.80			
I can increase my physical strength.	2.67		3.08			
I can become more steady on my feet.	2.55		3.00			
	Extremely (5)	Quite a Bit (4)	Moderately (3)	Slightly (2)	Not at All (1)	
During the last four weeks, to what extent has your concern about falling interfered with your normal social activities with family, friends, neighbors or groups?	2.20		2.00			
	Moderate, 3 or more times per week (6)	Moderate, less than 3 times per week (5)	Infrequent for over a month (4)	Trying to start (3)	Do not but thinking of starting (2)	Do not and do not intend to start (1)
How much are you walking or exercising now?	4.83		5.00			

Regarding the overall series presented in Clay County

Statement	Response (N = 12)			
	Strongly Agree	Agree	Disagree	Strongly Disagree
The leaders were well prepared.	67%	33%	0%	0%
The classes were well organized.	50%	50%	0%	0%
The participant workbook helped me better understand the classes.	67%	33%	0%	0%
As a result of this class, I feel more comfortable talking with others about my fear of falling.	33%	59%	8%	0%
As a result of this class, I have made changes to my environment.	8%	84%	8%	0%
As a result of this class, I feel more comfortable increasing my activity.	42%	58%	0%	0%
As a result of this class, I plan to continue exercising.	58%	42%	0%	0%
I would recommend this class to a friend or relative.	67%	33%	0%	0%

Selected Demographic Data for Participants

- Gender
 - Female: 75%
 - Male: 25%
- Race/Ethnicity
 - American Indian or Alaska Native: 0%
 - Asian or Asian-American: 0%
 - Black or African-American: 17%
 - Hawaiian Native or Pacific Islander: 0%
 - Hispanic or Latino: 0%
 - White or Caucasian: 92%
 - Other: 8%
- Age (Min: 66, Max: 87, Mean: 75.9, Median: 77.5, Mode: 78)
 - Less than 60 years: 0%
 - 60-64 years: 0%
 - 65-69 years: 8%
 - 70-74 years: 33%
 - 75-79 years: 33%
 - 80-84 years: 18%
 - 85-89 years: 8%
 - 90 years or older: 0%

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What other changes have you made as a result of this class?

- Be more aware of my surroundings. Don't be sensitive about your conditions. Laugh about what happens to you.
- More variety in number and type of exercises.
- Being more aware of my surroundings. Get up slower.
- Use right foot going down steps now. Close cabinet doors.
- Pay more attention.

Other comments or suggestions?

- I really enjoyed this class.
- Class was very interesting and helpful.
- Use it or lose it.
- Very good time learning.

Acknowledgements

Thanks are extended to the Family & Consumer Sciences Program Area Committee - Shirley Visentainer, Howard Beeler, Jan Slagle, Sue Woodson, Margo Grunseich, Betty Franklin and Pauline Uttke, Wichita Falls Area on Aging, Andy Crocker, Specialist, Clay County Memorial Hospital, Bryce Seigler, Phillis Kennedy for helping with donations, material, training and volunteers.

EXTENDING KNOWLEDGE
Providing Solutions

Making a Difference

Clay County Take a Stand Outcome - 2013

Summary developed by Missy Hodgkin, Ag/NR Agent, & Sherri Halsell, FCS Agent, Clay County

Relevance

Conflicts among youth and bullying have been increasing. School districts have been mandated by the Texas Legislature through two bills (House Bill 212 and 283) to adopt and implement a dating violence policy and a discipline management policy. Both bills require training for teachers/staff as well as training/curriculum for youth to address these issues. Currently, there is no standard curriculum being utilized by school districts. Texas 4-H has developed, in partnership with the Texas Rural Mediation Services, a curriculum called Take A Stand! This curriculum addresses both of these issues. The goal of the program is to educate youth on positive ways to deal with conflict and to decrease incidents of discipline referrals in schools.

Response

After reviewing the goal of the Take A Stand Program and the two Legislative bills, the Clay County 4-H Youth Program Area Committee along with S.H.A.C. (School Health Advisory Council) chose to implement the Take A Stand Program for a combined class of 7th and 8th graders at Henrietta Jr. High to attempt to meet these goals. The class was selected by the school counselor as having the greatest need for the program. The following were implemented as part of the Take A Stand! Program:

- **Marketing/Promotion**, the curriculum was promoted via personal contact to county independent school district administrators and educators.
- **Five lessons** were taught for one 45-minute class period each week for five weeks.
- Results will be **interpreted** to school officials, S.H.A.C., and other key stakeholders.

Results

Evaluation Results – post evaluation of Take a Stand was conducted to the Henrietta Junior High 7th grade students. Results are shown on the next page.

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	12.50%		18.75%		18.75%
	6.25%		6.25%		62.50%
	0.0%	0.0%	12.50%		25.0%
	18.75%	4.17%	31.25%		6.25%
	31.25%	0.0%	6.25%		50.0%
	6.25%	6.67%	12.50%		75.0%
	0.0%	12.50%	18.75%		18.75%
	6.25%	6.25%	12.50%		31.25%
	0.0%		12.50%		50.0%
	0.0%		6.25%		31.25%
	0.0%		6.67%		73.33%
	0.0%		13.33%		40.0%
	7.14%		7.14%		42.86%
	6.67%	6.67%	20.0%	6.67%	66.67%

98% of students were mostly or completely satisfied with the program.

Qualitative Data

- “Don’t bully or judge people”
- “I learned that I should not bully people just because of what kind of clothes they wear or what they look like.”
- “Not to bully. It can be a bad thing and cause bad things”
- “If you’re getting bullied or know if someone else is then you need to tell someone.”
- “I learned that bullies come in all shapes and sizes”

Remarks by the teacher: “The information you presented is something very important to junior high students. I would highly recommend the Take A Stand program.”

Summary Results indicate that the Take A Stand! Program met its objectives at the Henrietta Junior High of educating youth about bullying and positive ways to deal with conflict. School officials and educators are aware that this issue is not going to go away overnight and that more work needs to be done. Further collaboration with the school will continue in 2014.

Acknowledgements

Special thanks are extended to Clay County 4-H Youth Program Area Committee, Henrietta S.H.A.C. (School Health Advisory Council), Henrietta ISD and Jr. High, Nikki Holbert-Henrietta Jr. High Counselor, Quana West—Henrietta Jr. High Principle and Lefty Stanford—Henrietta Jr. High.

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Making a Difference

Clay County Youth Livestock Outcome - 2013

Summary developed by Missy Hodgins, Ag/NR Agent

Relevance In Texas, there are over 75,000 county livestock show entries for cattle, swine, meat goats and sheep. There have been six major benefits identified as a result of exhibiting livestock, which include: social relations, character, family, competition, learning new cultures and environments, and helping finance the youth's higher education. In Clay County, there is a need for the education of more inexperienced exhibitors. More experienced exhibitors will also gain knowledge as well as valuable leadership experience by serving as instructors.

Response Texas AgriLife Extension Service in Clay County worked with the Clay County 4-H and Youth Development Committee and 4-H project leaders to develop the following educational programs to educate youth in order that they become more knowledgeable of their livestock projects and livestock production. The following programs were implemented to address these issues:

- **Livestock Show Entries**, 4-H youth exhibited livestock at the county show (47 4-H youth entered county show) and at the major shows including Fort Worth, San Antonio, Austin, Houston and the State Fair of Texas (21 4-H major show entries)
- **Project Selection**, agent assisted 4-H members and their families on a one-on-one basis with selecting projects to fit their needs.
- **Texoma Beef Clinic**, discussed the basics of judging beef cattle. Event also included a practice judging contest for 4-H and FFA members. Local businesses sponsored the event in the amount of \$1,200. (October – 90 attended)
- **Project Visits**, agent checks livestock projects as needed and offers assistance in feeding, facilities, showmanship, health and show preparation. (January – December – 129 visits)
- **Livestock Judging**, 4-H youth were taught the principles of livestock evaluation, parts of livestock, industry trends and oral reasons. (12 attended)
- **Sheep & Goat Clinic**, hosted a clinic that focused on showmanship, basics of selection, feeding, grooming and fitting. Quality Counts lessons were incorporated. (November – 12 attended)
- **Swine Clinic**, hosted a swine clinic that focused on showmanship, the basics of selection, feeding, grooming and fitting for 4-Hers. Quality Counts lessons were incorporated. (December – 11 attended)
- **Beef Showmanship Clinic**, hosted a showmanship clinic that focused on showmanship, basics of selection, feeding, grooming and fitting of beef cattle. Quality Counts lessons were incorporated. (December – 2 attended)
- **Small Animal Workshop**, hosted a clinic that focused on showmanship, housing, feed and general care of poultry and rabbits.
- **Livestock Skillathon**, 4-H youth participated in a district contest that tested their knowledge of livestock breeds, meat judging, livestock equipment, feeds and feed tag analysis. (July – 13 attended)

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Results A post-test evaluation instrument was utilized to measure programmatic impact from these programs. A total of 13 of 20 returned the instrument at a response rate of 65%. The respondents were 76.92% female and 23.08% male. 76.92% lived on a farm or ranch and 23.08% lived in a town less than 10,000. The results are as follows:

Looking for health problems in project.	84.16	0.00	15.38
Cleaning livestock facilities daily.	84.16	15.38	0.00
Feed my project following the feed tag directions.	84.16	7.69	7.69
Have an adult help in following proper medication label directions.	76.92	15.38	7.69
Record keeping so that I can ensure I am doing my daily chores correctly.	15.38	76.92	7.69
Develop my own HACCP plan for my project.	0.00	7.69	92.31
Respect others in the show ring.	100.00	0.00	0.00
Listen to others when they are speaking to me.	100.00	0.00	0.00
Follow all the rules.	100.00	0.00	0.00
Help other youth with their projects.	61.54	30.77	7.69
Set personal goals for me and my project.	53.85	23.08	23.08

What is the most important thing you have learned from the Livestock Program?

- "How to look for health problems."
- "I have to feed my animal every day."
- "It is good to help other younger kids, like my brother."
- "It's not all about winning."
- "It is important to feed goats at the same time every day."
- "I learned raising animals is hard work."
- "Raising pigs takes teamwork."
- "It is important to weigh pigs so you will know how they are growing."
- "Goats need to be exercised every day."

Do you feel like what you learned provides you the ability to make better leadership decisions?

- Yes 38.46%
 - "I helped younger 4-H members with their projects."
 - "I saw how important it is to help others because someone helped me."
 - "I helped my little brother with his pig."
- No 61.54%
 - ❖ 61.53% of respondents were 11 and younger. I believe as the youth age, their leadership experiences will increase.

Summary Results indicate that the Clay Youth Livestock program met its objectives of educating youth about livestock projects and livestock production.

Acknowledgements Special thanks are extended to Clay County 4-H Volunteers that serve as club managers and project leaders.

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Making a Difference

2013 – Clay County Natural Resource Management – Outcome
Developed by Missy Hodgin, CEA – Ag/Natural Resources, Clay County

Relevance Because agricultural production accounts for about 90% of total gross income for the county, beef cattle production has a significant impact on economic viability. Natural resources are vital to beef cattle producers, which include cow/calf and stocker cattle operations. Rangeland (which accounts for about 80% of total acres) health can impact stocking rates and profitability of livestock enterprises. Habitat management for wildlife is also very important for landowners in Clay County. Landowners in Clay County continue to improve their skills in wildlife management to enhance profitability and increase recreational and hunting opportunities.

Response Texas AgriLife Extension Service in Clay County worked with the Clay County Beef Cattle Committee to develop the following educational programs to educate producers in order that they become more knowledgeable, make informed decisions and adopt best management practices that insure the proper management of natural ecosystem resources through stewardship education in order to support sustainability of those resources. The following programs were implemented to address these issues:

- **News Articles**, provided to local media sources discussing current issues and relevant topics concerning natural resource management and technical subject matter information on range and pasture management. (7 releases – January through December)
- **Ag Newsletter**, shared quarterly with producers via email, mail, local businesses and personal contact. Topics pertain to management, current issues and timely recommendations. (4 newsletters, January through December)
- **Texoma Ag Seminar**, annual event offered to agricultural producers. Topics for this year included the effects of drought on range and pasture management, soil health and its effect on range health and soil fertility. Vendor donations were \$800. February – 194 attended. *Partial Cost Recovery task*
- **Hunting Regulation Update**, annual program for district ag workers, landowners and hunters. Topics include an update on changing hunting regulations for 2013. August – 35 attended.
- Attended **Soil Health Workshop** as professional development as well as promoted the event to local producers. April – 6 attended.

Results An evaluation instrument was utilized to measure programmatic impact from these programs. The results are divided into 3 sections of knowledge level change, economic value of information and customer satisfaction. A total of 19 of 20 returned the instrument at a response rate of 95%. The results are as follows:

Knowledge Level Change. Mean value change¹ was measured using a retrospective post evaluation instrument.

TOPICS	Mean Value BEFORE	Mean Value AFTER	Mean Change	% Change ²
The role that soil microbes play in improving soil health.	1.74	3.16	1.42	
Range management in terms of drought.	1.95	3.21	1.26	
How to interpret the results of a soil test.	2.16	3.47	1.31	
Understanding of new brush control herbicides.	2.05	3.21	1.16	
How to perform a soil test.	2.16	3.37	1.21	
How to make basic decisions in soil nutrient management planning.	2.11	3.26	1.15	
Understanding the role of pasture weed control during a drought.	2.16	3.32	1.16	

¹Level of understanding = 1-Poor, 2-Fair, 3-Good, 4-Excellent

²Change was determined by the following calculation: (after % - before %)/before % * 100. Change indicates the mean value difference between the before and after measurement.

Anticipated Changes and Intentions to Adopt. This shows clientele's intended behavior changes based on information received through educational programs:

- 19 of 19 (100%) said that information received during the Texoma Ag Seminar will help them make better management decisions.

Economic Impact. This shows how much value clientele placed on attending these educational programs:

- 19 of 19 (100%) anticipate benefitting economically by attending the Texoma Ag Seminar.

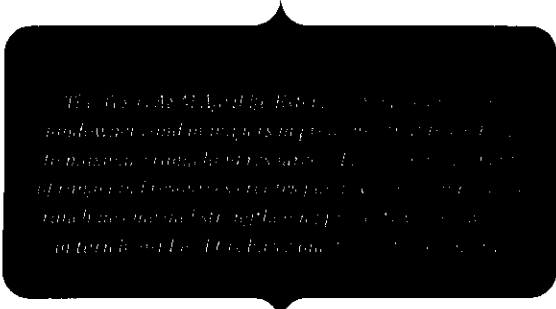
Customer Satisfaction. This reflects how satisfied clientele were with these programs:

- 18 of 19 (95%) were mostly/completely satisfied with the helpfulness of the information in making decisions in their own situations.
- 19 of 19 (100%) were mostly/completely satisfied with the timeliness of the information in order to be useful.
- 19 of 19 (100%) were mostly/completely satisfied with the relevance of the examples used.

Summary Results indicate that the Natural Resource Management Program in Clay County met its objectives of increasing knowledge in the areas of range and pasture management and effectively evaluating and adopting research-based technology applications and best management practices for sustainable and profitable livestock systems.

Special thanks to the following experts for presenting at these events: Jack LeClair, Dupont; Dr. Richard Teague, A&M AgriLife Research and Extension; Dr. Mark McFarland, A&M AgriLife Extension; Eddie Hood, Texas Parks and Wildlife Department (TPWD).

Landowners and managers gain knowledge and will thus make more informed decisions and adopt best management practices that insure the proper management of natural ecosystem resources through stewardship education in order to support sustainability of those resources.



Making a Difference

2013 – Clay County Water Wise Summary – Outcome

Developed by Missy Hodgin, Ag/Natural Resources Agent, and Sherri Halsell, FCS Agent, Clay County

Relevance The 2012 State Water Plan states that: “In serious drought conditions, Texas does not and will not have enough water to meet the needs of its people, its businesses or its agricultural enterprises.” It is critical to develop and conduct educational events and programs which address both water quantity and quality for the future of Clay County and its residents.

Response Texas AgriLife Extension Service in Clay County worked with the Leadership Advisory Board to develop the following educational programs to educate the residents of Clay County in order that they become more knowledgeable and make informed decisions in regards to water management such as water conservation and water quality. The following programs were implemented to address these issues:

- **News Articles**, provided to local media sources discussing current issues and relevant topics concerning water education. (4 releases – January through December)
- **40 Gallon Challenge Contest**, a program conducted county-wide as an opportunity to promote water conservation in and around the home. 2,113 gallons of water are saved in Clay County daily.
- **Civic Club Presentation**, Clarion Club – Earth Kind Gardening Program – 13 attended; TEEA Club programs – “Drought or No Drought: Water Conservation Makes Sense” September – 7 attended & “Water Conservation and Harvesting” March - 8 attended.
- **Rain Barrel Demonstration**, set up a rain barrel at the USDA Service Center in Henrietta. Supplies were donated by the county. The Henrietta 4-H Club planted heat and drought-tolerant plants utilizing water wise practices. The bed is used as a demonstration of a Water Wise Flower Bed for local 4-H groups, civic groups, education groups and other Clay County residents. August – 16 attended.
- **Youth Water Education Event**, Clay County 4th graders were educated on water conservation and water quality at the Ag in the Classroom Field Day. October – 222 attended.

Results A poster contest was conducted with Clay County 4th Graders that attended the Ag in the Classroom Field Day. Testimony from some attendees is as follows:

- “How to conserve water is by keeping plants in the ground and don’t let there be a lot of run-off water.”
- “The cleanest water has something covering the soil.”
- “Another thing I learned is that there has to be something like grass to cover the soil so rain water will slow down and go into the soil.”

An evaluation instrument was utilized to measure programmatic impact from “Drought or No Drought: Water Conservation Makes Sense” & “Water Conservation and Harvesting” Programs. The results measure behavior change. A total of 6 of 7 returned the instrument at a response rate of 86%. The results are as follows in chart below:

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Behaviors	Yes	No	Not Sure
Asked family members to reduce amount of water used by changing behaviors	4 of 6		
Turn faucet off while brushing teeth	4 of 6		
Take 5 minutes of less showers	5 of 6		1 of 6
Only wash full loads in dishwasher	3 of 6		
Install a cut-off valve in shower	1 of 6	3 of 6	1 of 6
Adjust water level in clothes washer for the amount of clothes being washed	2 of 6		
Replace toilet with 1/6 gal/flush toilet	1 of 2	1 of 6	2 of 6
Replaced all shower heads with 2.5 gal/min flow heads	3 of 6		2 of 6
Install aerators on all faucets	3 of 6		1 of 6
Inspect plumbing and repair leaks	3 of 6		
Reuse cold water that runs while waiting for hot water in shower or sink	3 of 6	1 of 6	
When purchasing new water using equipment, purchase water efficient equipment	4 of 6		
Be an advocate for water conservation	3 of 6		

Anticipated Changes and Intentions to Adopt. This shows clientele's intended behavior changes based on information received through educational programs:

- 6 of 6 (100%) said that information received during the Water Wise programs will help them make better water management decisions.

Customer Satisfaction. This reflects how satisfied clientele were with these programs:

- 6 of 6 (100%) were mostly/completely satisfied with the timeliness of the information in order to be useful.
- 6 of 6 (100%) were mostly/completely satisfied with the relevance of the program.

Summary Results indicate that the Clay County Water Wise plan met its objectives of increasing knowledge in the area of water education.

Clay County residents gain knowledge and adopt best management practices in regards to water education such as water conservation and water quality.

Making a Difference

Healthy Life Style for Youth Outcome - 2013

Summary developed by Sherri Halsell, County Extension Agent, Clay County

Relevance

Experts are concerned that today's children are likely to be the first generation to live shorter, less healthy lives than their parents. Being overweight in childhood increases a person's chance of developing type 2 diabetes, heart disease, hypertension, certain cancers, breathing problems, arthritis, joint problems and social discrimination. According to the Centers for Disease Control, about 17% of all children in the U.S. are overweight. Texas ranks 13th as the most obese state in the nation; with adult obesity at 26-29% and child obesity at 16-20% during the past four years. Research indicates that 61.5% of children aged 9 to 13 years do not participate in any organized physical activity during their non-school hours and that 22.6% do not engage in any free-time physical activity. The youth in Clay County that are overweight is varied from 7-11 % according to the Jeanette Holding, Henrietta ISD nurse.

Response

After reviewing data concerning childhood overweight statistic within the county, provided by the school nurses and state statistics, the Clay County Family and Consumer Sciences (FCS) Program Area Committee chose to adopt the *Healthy Life Style for Youth Outcome* in an effort to promote better health for youth. In an effort to provide programming to reach as many youth as possible the committee adopted a variety of programming including: Organ Wise Guys Program, Proper Hand Washing, Walk Across Texas and a Youth Health Fair.

Program Activities

The Organ Wise Guys is a unique school nutrition and physical activity program. Through a series of informative graphics, songs, and goofy jokes, the Organ Wise Guys Puppets teach children what their organs do and what affects those organs. The program reached a total of **43 students** in Midway and Bellevue ISD.

Proper Hand Washing Method is a hands-on demonstration program presented to **455 students** Henrietta Elementary K-5th grade students on the proper method of washing hands. **Walk Across Texas** - The Walk Across Texas (WAT) is an eight week walking program designed to help people of all ages support one another to establish the habit of regular physical activity with **455 students** have participated. **A Health Fair** was planned and presented for the Henrietta Elementary 4 & 5th graders. The event was collaborated effort between the S.H.A.C.; Janet Holding, Henrietta Scholl Nurse; and FCS Program Area Committee. Sessions included: sun safety, nutritious snacks, non-tobacco, too much sugar, first aid, physical fitness, and more. Approximately **120 students** participated.

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Results

Organ Wise Guys pre and post evaluations were completed by to the students before and after the Organ Wise Guys series of lessons.

	Pre	Post
Which is the healthy food to eat with breakfast?	90%	93.7%
Which activity would be a healthy after-school choice?	100%	100%
Which habit helps your teeth stay healthy?	96.1%	100%
Which activity helps build strong bones?	100%	100%
What of the following is healthier for your lungs?	80%	93.7%
Which is a vegetable?	80%	81.2%

Proper Hand Washing Method results from Henrietta Principle, Kendra Bennett, states that absentees are down by 7% from the year before after the hand washing lesson was presented.

Walk Across Texas results are shown below.

Year	Participants	Days	Miles
Fall 2013 – K-5 th Grade	455	9	4656

Qualitative Data

- “Walking got me more fit and I love walking with my friends”
- “I am stronger now”
- “Increased my energy”
- “I had fun using the pedometer”
- “Helped me not be so tired”

Health Fair Evaluation Results – post evaluation of healthy lifestyles was conducted to the Henrietta Elementary 4th & 5th grade students.

That physical activity will become a healthy habit.	101 of 120 (84%)
Walking will increase endurance and flexibility.	113 of 120 (94%)
They plan to use information received.	114 of 120 (95%)
Agreed that hydration with water over energy drinks is beneficial.	115 of 120 (96%)
They plan to choose healthier snacks.	107 of 120 (89%)
They plan to decrease screen (tv/video game) time.	112 of 120 (93%)

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