

TEXAS A&M  
**AGRILIFE**  
EXTENSION



**Extension Education in Clay County**  
*Making a Difference*

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The Texas A&M AgriLife Extension Service has long been dedicated to educating Texans. Extension education evolved nationwide under the 1914 federal Smith-Lever Act, which sought to extend university knowledge and agricultural research findings directly to the people. Ever since, Extension programs have addressed the emerging issues of the day, reaching diverse rural and urban populations.

In Texas, all 254 counties are served by a well-organized network of professional Extension educators and some 100,000 trained volunteers. Extension expertise and educational outreach pertain to the food and fiber industry, natural resources, family and consumer sciences, nutrition and health, and community economic development.

## EXTENDING KNOWLEDGE *Providing Solutions*

Among those served are hundreds of thousands of young people who benefit annually from Extension's 4-H and youth development programs.

Texans turn to Extension education for solutions. Extension agents and specialists respond not only with answers, but also with resources and services that result in significant returns on the public's investment. Extension programs are custom-designed for each region of the state, with residents providing input and help with program delivery. Here are just a few highlights of Extension impacts on this county and its people.

### **Clay County – Summary of 2015 Educational Contacts**

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Total Contacts: 33,732

Educational Events Contacts: 3,762

*Sherri Halsell* Contacts: 2,583

*Missy Hodgkin* Contacts: 1,050

*Bill Holcombe* Contacts: 129

Contact Hours: 9,041.92

*Contact Hours: 5,060.33*

*Contact Hours: 3,806.33*

*Contact Hours: 175.25*

Other Contacts: 29,970

*Individual Contacts - Direct: 580*

*Individual Contacts – Indirect: 25,185*

*Newsletter – 3,861*

*Editions – 23*

*Educational Resources – 293*

*Individual Contacts – Volunteers - 28*

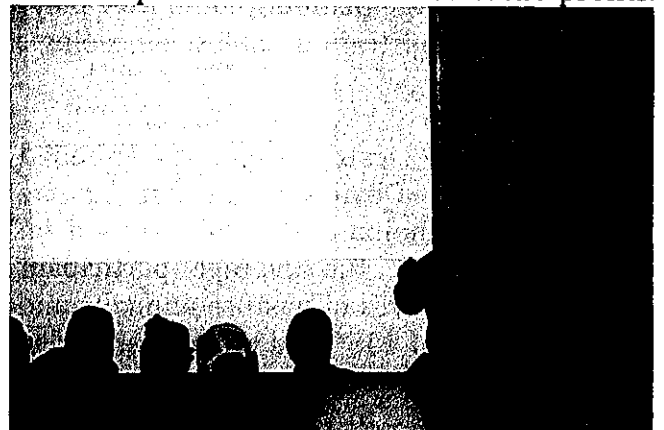
## **Cattle Trails Cow-Calf Conference 2015 Summary Report**

*Stan Bevers, Professor & Extension Economist, Texas A&M AgriLife Extension Service, Vernon, Texas*  
*Max Gallaway, Stephens County Extension Educator, Oklahoma Cooperative Extension Service, Duncan, Oklahoma*  
*David Graf, Wichita County Agricultural Agent, Texas A&M AgriLife Extension Service, Wichita Falls, Texas*  
*Aaron Henson, Tillman County Extension Educator, Oklahoma Cooperative Extension Service, Frederick, Oklahoma*  
*Bill Holcombe, Clay County Agricultural Agent, Texas A&M AgriLife Extension Service, Henrietta, Texas*  
*Dr. Emi Kimura, Assistant Professor & Extension Agronomist, Texas A&M AgriLife Extension Service, Vernon, Texas*  
*Greta Meisner, Comanche County Extension Educator, Oklahoma Cooperative Extension Service, Lawton, Oklahoma*  
*Marty New, Southwest District Extension Livestock Specialist, Oklahoma Cooperative Extension Service, Duncan, Oklahoma*  
*Langdon Reagan, Wilbarger County Agricultural Agent, Texas A&M AgriLife Extension Service, Vernon, Texas*

Oklahoma and Texas are famous for their cattle heritage. A large part of this heritage was the cattle drives. Cattle drives in the late 1800's moved millions of head of cattle from central and south Texas, through western Oklahoma, to the railheads in Kansas and in some cases as far north as Montana. Two of the more famous cattle trails were the Chisholm Trail and the Great Western Trail. The Chisholm Trail started in central Texas and crossed the Red River northwest of Nocona, Texas. It moved up through central Oklahoma near the towns of Waurika, Duncan, and Oklahoma City. The Great Western Trail began near Bandera, Texas and moved cattle through central Texas passing east of Abilene, Texas. The trail crossed into Oklahoma at the historic Doan's Crossing, near Vernon, Texas and proceeded through Western Oklahoma to its conclusion near Dodge City, Kansas.

The land area between these two cattle trails still record cattle movements. Today, it is either in the mode of cow-calf operations or stocker cattle movements. This area is now the home of the Cattle Trails Cattle Conferences.

The Cattle Trails Cattle Conferences are joint efforts between Oklahoma Cooperative Extension Service and Texas A&M AgriLife Extension Service. The vision of its planning committee has been to create two annual conferences that will include up-to-date information on topics that will influence cattle profits. The two conferences include a wheat and stocker cattle conference in the late summer and a cow-calf conference during the winter. The first of these conferences, the Cattle Trails Stocker Cattle Conference was held in July 2010. On December 3, 2015, the sixth annual Cattle Trails Cow-Calf Conference was held. In fact, this was the twelfth overall Cattle Trails Cattle Conference. In effect, these conferences are designed to assist cattle owners and operators in driving their cattle to profits. This report details the December 2015 cow-calf conference held in Wichita Falls, Texas.



## **Planning the Program**

The planning committee began meeting in late winter of 2014/15 for this conference. The group met, developed the agenda, initiated the promotion, and designed the evaluation of the conference. The registration fee was \$25 per participant. This included a noon meal, break refreshments, and material of the topics discussed.

Promotion for the program began in September 2015. A news release was developed and circulated across Oklahoma and Texas. An example is included in the appendix. Interested people were encouraged to preregister by phone or by email. The conference promotion material was included on a website for easy access. The news releases were included in county Extension newsletters. Additionally, personal invitation letters were sent to approximately 250 producers. Registrations prior to and at the conference totaled 73 producers, 2 media, 5 speakers, 14 sponsors, and 8 committee members for a total attendance of 102 people. The location facility was paid for this many participants.

Funding for the conference was accomplished via two methods. First, participants were charged a \$25.00 registration fee. This helped to cover the meals, refreshments, and brochures. Second, sponsors were solicited to support the conference at various levels of support of their choosing. These included the Signature sponsor, Platinum sponsor, Gold sponsor, Silver sponsor, or Bronze sponsor. Each level carried incentives for the sponsors, but varied in the level of dollar support. This is outlined in the addendum. Nine agri-businesses choose to support the conference. These included: Platinum Sponsor – Capital Farm Credit and Merial Animal Health; Gold Sponsors – Livestock Nutrition Center; and Silver Sponsors – Texas and Southwestern Cattle Raisers Association, Producers Trading Company, Dow AgroSciences, Bank of Commerce, and AC Bluebonnet Feeds. In addition, USDA-Risk Management Agency provided underlying support.

## **The Program**

The geographic area served by this conference has for the most part restocked from the prolonged drought of 2010 - 2014. Thus, the planning committee felt that the focus of this conference making the ranching business as efficient as possible. Each topic on the agenda addressed this basic theme. Each member of the planning committee played a major role during the conference. These roles included handling the registration tables, emceeding various parts of the program, and speaking during the program.

Approximately 73 cattle producers attended the conference. Obviously, the participants were from Oklahoma and Texas. Based on evaluation results, the average participant managed 3,098 acres of pasture annually and ran an average of 145 head of cows annually. Several respondents continued to report zero breeding cows due to the prolonged drought conditions.



## Agriculture and Natural Resources

Each year, the conference has a stronger agenda than before. This conference was no different, with this agenda including speakers who are considered the strongest across the country. David Graf, the Wichita County (Texas) Extension Agent, welcomed the audience and introduced the first presenter. Stan Bevers, Professor and Extension Economist with the Texas A&M AgriLife Extension Service, presented some of his recent work on overall ranch efficiency. This presentation was supplemented by his recent publication entitled, "Key Performance Indicator Targets for Beef Cow-calf Operations." This was followed by Dr. Ron Gill, Professor and Extension Livestock Specialist, Texas A&M AgriLife Extension Service, discussing safe and low stress cattle handling. Dr. Gill is considered one of the leading authorities in the country on the subject. Dr. Derrell Peel, Professor and Extension Livestock Economist, Oklahoma Cooperative Extension Service, Stillwater, Oklahoma followed with his explanation of the Beef Cattle Markets. Dr. Peel is also considered one of the leading authorities on his topic in the country. This was followed by Dr. Dave Lalman, Associate Professor and Extension Beef Cattle Specialist with the Oklahoma Cooperative Extension Service, Stillwater, Oklahoma discussing winter supplemental programs for the cow herd. Following lunch, Dr. Twain Butler, Associate Professor & Forage Research Agronomist, The Samuel Roberts Noble Foundation, Ardmore, Oklahoma, discussed forage systems for the cow herd. Finally, Tiffany Dowell-Lashmet, Assistant Professor & Extension Agricultural Law Specialist, Texas A&M AgriLife Extension Service, Amarillo, Texas discussed "What Every Landowner Should Know About Grazing Leases. All speakers were well received. The agenda is contained in the appendix.

### Evaluating the Program

To finalize the program, participants were asked to provide their candid responses to an evaluation. **Thirty-eight evaluations were returned.** These results were compiled following the conference and are provided below.

The first three questions were scaled one to five with one being poor and five being excellent.

1. How would you rate the quality of speakers? **4.63** (Frequency: 1=0 observations; 2=0; 3=0, 4=14; 5=24)
2. How would you rate the facilities? **4.71** (Frequency: 1=0 observations; 2=0; 3=0, 4=11; 5=27)
3. How would you rate the overall conference? **4.55** (Frequency: 1=0 observations; 2=0; 3=1, 4=15; 5=22)

Of particular note on their ranking of the overall conference (question 3), only one of the thirty-eight surveys rated the conference below 4.

The fourth question captured whether the participants felt as if they would make changes to pending production and/or reinvesting plans based on the information they received at the conference. The question was scaled such that 1 represented "definitely will not", 3 equaled "undecided" and 5 was "definitely will". Frequency of responses included: 1=0; 2=0; 3=13; 4=19; and 5=4. **Based on these results, 64 percent expected to, at least minimally, change their production and/or marketing plan based on the information they received at the conference.**

Based on the specific respondents that said they would at least minimally change their plans and the average number of cows ran annually, a financial impact figure was determined. It was assumed that those that indicated a 5 on question 4 (definitely would change their plans) would increase their net

## **Agriculture and Natural Resources**

income \$15 per cow managed. Likewise, for those respondents indicating a 4, it was assumed that an improvement of \$10 per cow managed. These changes would be in the form of better marketing, risk management, pasture management, etc. Given these hypotheses, **the financial impact of attending the Cattle Trails Cow-Calf Conference was estimated to be \$1,007 per respondent.**

Finally, the evaluation included three open-ended questions including 1) What were the main benefits you received from the conference; 2) What would improve the conference; and 3) Additional comments. Responses to these questions are included in the appendix.

### **Summary**

The December 2015 Cattle Trails Cow-calf Conference proved to be an outstanding program. Participants were particularly complementary based on their evaluations. Additionally, the program provided information such that 64 percent of the evaluation responders intended to make a change to their current production and/or reinvestment plans that should equal to an estimated \$1,007.

The Cattle Trails committee members from Texas A&M AgriLife Extension and Oklahoma Cooperative Extension have teamed to provide clientele from a common geographic area separated by the Red River a beneficial and impactful program.



## Family and Consumer Sciences

### 2015 Clay County Healthy Food Preparation

*Prepared by Sherri Halsell, Clay County Family & Consumer Science Agent*

#### Relevance

The percentage of the food budget spent on away-from-home food has increased steadily since the 1970s. Consequently, the proportion of calories provided by away-from-home food has also increased. When dining out, there is a tendency to choose foods higher in calories, and large portions are increasingly common. Many people become overwhelmed when they think of menu planning and trying to prepare healthy, cost-effective meals for their families. Many individuals in Clay County drive a minimum of 20 miles to their places of employment causing family to have less time to plan and prepare meals.

#### Response

After reviewing the past three years of the results from the Clay County Issues Identification Process the Clay County Family & Consumer Sciences Committee found that Meal Preparation and Basic 101 Nutrition were identified as top issues in all three years. The FCS Committee elected Healthy Food Preparation programs as a main project for the year. The *Dinner Tonight!* and *Get Crockin'* programs encourage family mealtime by providing quick, nutritious, cost-effective recipes to consumers through weekly video webcasts and other web-based methods, such as blogs and Facebook along with the Dinner Tonight Healthy Cooking School. Our *goals* were to promote family mealtime, teach families healthy meal planning, food preparation techniques and promote Clay County and Texas agriculture. The *targeted audience* was busy people who are in search of quick, easy, delicious, and nutritious recipes that can be prepared at home.

#### **Dinner Tonight! Program- fee based program**

- The FCS Committee recruited nine additional volunteers to create a Dinner Tonight Task Force to plan and implement the program. Task Force planned events, marketing, contacted sponsors, presented demonstrations, helped prepare food for demonstrations and contacted speakers.
- The task force met 3 times as a group and the FCS agent met 2-3 times individually with committee chairs. The following committees were chaired by task force members: Sponsors/Door Prizes, Presenters, Marketing, Celebrity Panel, Food Preparations and Venders.
- Through team work the task force acquisitioned **\$1385** from 15 sponsors.
- FSC Agent marketed the program by appearing on the Texoma Country Morning TV Show with Mike Campbell, The Rise & Shine Show on KWFS Radio, printing two news articles for local paper and marketing on FCS Facebook page.
- 467 invitations were sent to clientele and task force members distribute posters for Dinner Tonight in all communities around the county.
- FCS Agent and four task force members prepared food and demonstration supplies before the program.
- Dinner Tonight Healthy Cooking School reached **57 people** (40 participants and 17 FCS committee members, task force members and presenters). This cooking school not only provided recipes, but it will also presented cooking demonstrations that taught basic concepts, techniques, and nutrition.
- Presenters included: Jan Slagle, FCS Committee Chairman, Jessica Bachman, Wichita Falls Area Food Bank Nutrition Services Director and State Fair Celebrity Chef, Darlene Walton.
- FCS Agent and former Ag agent Rayford Pullen were the emcees for the event and local rancher Jeff Fitts and news broadcaster Kenzie Meek-Beck were on the tasting panel.
- 16 video demonstrations were released reaching a weekly email list of 61 subscribers (976 contact)
- Four articles printed to encourage healthy eating and meal planning though out the year.
- Agent developed 12 news letters on healthy eating and food preparation that were distributed to 230 individuals for 2,760 contacts.
- Eleven volunteers donated **140 volunteer hours** for an estimated value of **\$3,229.80** for their efforts.
- FCS Committee Member Shell Pickett presented an interpretation to the Clay County Commissioner Court.

**Get Crockin'! Program – fee based program**

- The task force met 3 times to plan the program.
- Marketing efforts included news articles written by the agents, post on FCS Facebook Page and task force members distributed posters for in all communities around the county.
- FCS Agent designed a cookbook with healthy slow cooker recipes with some contributed by committee members.
- *Get Crockin'* Program was presented February 3, 2015 at St. Mary's Catholic Church with **34 attending**. Participants sampled 15 healthy recipes and listened to a presentation on benefits of cooking with slow cookers, food safety concerns and testing the temperature of slow cookers.
- Participants received a recipe book containing healthy slower cooker recipes.
- FCS Committee Chairman Jan Slagle presented an interpretation to the Clay County Commissioners Court, Leadership Advisor Board and Family & Consumer Sciences Committee.

**Results**

Dinner Tonight standardize pre/post evaluation was used and evaluation data was collected from 35 of the 40 participants, resulting in a response rate of 87.7%. The evaluations indicate the events were highly successful in impacting family nutrition. *65.7% were first time participants in a Texas A&M AgriLife Extension Activity.*

Some of the event outcomes noted at the conclusion of the event includes:

- 82.9% increased their knowledge of the key components of the Mediterranean Meal Plan.
- 51.4% plan to increase the incorporation of a variety of fruits & vegetables into their meal plan.
- 54.3% increased their thinking on how the foods you eat impact your health.
- 68.6% increased their thinking about how meal planning saves time and reduces stress.
- 74.3% increased their knowledge of how to modify recipes to reduce calories.
- 65.7% increased their knowledge of how to modify recipes to reduce sodium.
- 65.7% increased their knowledge of how to modify recipes to reduce fat.

**Acknowledgements**

Thanks are extended to the Clay Dinner Tonight Task Force members Jan Slagle, Shell Pickett, Angie Hicks, Shelia Tucker, Sharon Tucker, Dee Ann Littlefield, Jerri Skelton, Margo Grunseich, Crista Byers, Paula Moore, Judy Davidson; Clay FCS Committee; Speakers – Jan Slagle, Darlene Walton and Jessica Bachman; Emcee – Rayford Pullen, Tasting Panel – Jeff Fitts and Kenzie Meek-Beck; Media - Mike Campbell, KFDX Channel 3 KWFS Radio, Clay County Leader; Texas A&M AgriLife Extension specialist Jessica Theimer; Sponsors - Louisiana State University College of Humanities & Social Sciences, Clay County Memorial Hospital, Texas Beef Council, Waurika Livestock Commission Company, Law Office of Seth Slagle, Diamond Food Markets, 4P Dozer-Jack Pickett, Burns Ranch, Clay County Memorial Hospital, Luke Halsell Ranch, Scaling & Company – Ann & Wilson Scaling, Pullen Angus – Rayford & Carla Pullen, Birdwell & Clark Ranch – Emery & Deborah Birdwell, Kerr Feed & Grain.

Jessica Bauchman demonstrating a recipe at Dinner Tonight Program.



**VALUE**

**Obesity Prevention and Reduction**



The Texas A&M AgriLife Extension Service engages children and adults in programs that teach them how to eat nutritious foods and engage in regular physical activity to promote health and reduce their risk for obesity. The Texas public benefits through a healthier population, reduced health care costs, and increased productivity.



## **2015 Red River Child Care Conference**

*Prepared by Sherri Halsell, Clay County Family & Consumer Science Agent*

### **Relevance**

Licensed and registered child care providers are mandated by the state to obtain training in a variety of areas associated with the care of children. Over 60 percent of children from birth through age 6 (not yet in kindergarten) receive some form of child care on a regular basis from persons other than their parents. The Texas Child Care Licensing Agency 2014 Annual Report states that there are 21,612 registered or licensed child care operations in the state of Texas with a capacity of caring for 1,095,721 children under the age of 13. And the Texas Workforce Commission estimates that there are over 100,000 child care providers working in these facilities. Additionally, child care is the 16<sup>th</sup> largest industry in the state, generating over 145,000 jobs and \$2.3 billion in wages for Texans.

Findings from longitudinal research have clearly established the fact that quality does matter when it comes to child care. Children who receive high-quality care (e.g., warm sensitive caregiving, well-educated child care staff, low child-to-adult ratios, and small group size) develop better language, math, and social skills; exhibit fewer behavior problems; and tend to be better prepared for entrance into school. Having a well-trained child care workforce is essential to providing the high quality child care that children need to develop physically, socially, emotionally, and cognitively.

There are 172 registered or licensed child care operations located in the Wichita Falls, Texas surrounding area including Archer, Baylor, Childress, Clay, Hardeman, Jack, Wichita, Wilbarger and Young counties. Wichita County has been without a Family & Consumer Science Agent since 2011 and since then Clay County FCS Agent Halsell has been the lead agent on the Red River Child Care Conference held in Wichita Falls, Texas.

### **Response**

The multi-county cluster of Archer, Clay and Montague FCS Agents have continued to provide the Red River Child Care Conference and provide research-based training to the day care providers. On March 28, 2015, the Red River Child Care Conference was conducted at the Wichita Christian School in Wichita Falls, Texas.

- Cluster Counties met three times to plan the Child Care Conference.
- Marketing brochures and registration forms were designed and mailed to child care operations and independent school districts by FCS Agent Halsell
- Clay County FCS Agent Halsell made arrangements for the building, recruited sponsors, secured speaker, distributed and collected registration, made arrangements for meal, provided CEUs and Certificates of Completion and paid bills.
- Clay County FCS Agent Halsell communicated with Texas A&M AgriLife Extension Specialist Dr. Stephen Green to plan the Inclusion Speaker which he secured a grant to hire.
- Clay County FCS Agent Halsell communicated with Texas A&M AgriLife Extension Specialist Dr. Stephen Green that an updated evaluation that would be used at the conference.
- The Red River Child Care Conference provided training for 76 child care providers and directors who provide care for 1,200 children enrolled in 20 child care centers or family day homes.
- A total of 456 clock hours of training were provided to child care professionals seeking to meet state mandated training requirements established by the state of Texas.
- Clay County FCS Agent Halsell communicated with Texas A&M AgriLife Extension Specialist Dr. Stephen Green about procedures in uploading evaluation data into the new state child care data system.

**Results**

Participants were asked to indicate their agreement or disagreement with a series of items related to the training. Seventy-five participants completed state standardize post child care surveys. (See Table below for participant responses).

**Child Care Provider Conference Outcomes (N = 75)<sup>\*</sup>**

<b>Item</b>	<b>Percent in Agreement<sup>*</sup></b>	<b>Percent not in Agreement<sup>*</sup></b>
<b>Acquisition of New Information</b>		
Learned new information	93.3%	6.7%
Will utilize new information to strengthen program	98.7%	1.3%
<b>Intent to Use Information</b>		
Will use now	98.7%	1.3%
Will use in future	98.7%	1.3%
<b>Training's Influence on Provider/Program Quality</b>		
Will be more effective provider	97.3%	2.7%
Will lead to improvements in quality of care offered	98.7%	1.3%
<b>Relevancy of Training</b>		
Helped provider obtain required clock hours	98.7%	1.3%
Topics relevant to daily work	94.7%	5.3%
<b>Other</b>		
Training cost-effective	96.0%	1.3%
Plan to attend another Extension conference	96.0%	1.3%
<sup>*</sup> Percentages do not equal 100% due to missing cases		

**Acknowledgements**

Thanks are extended to the Texas A&M AgriLife Extension Family & Consumer Sciences Agents Elsie Lacy, Montage County and Kathryn Carnes, Archer County; Texas A&M AgriLife Extension Specialist Dr. Stephen Green; Clay County Program Area Committee - Shirley Visentainer, Howard Beeler, Jan Slagle, Sue Woodson, Margo Grunseich, Scott Cleveland and Pauline Uttke; Wichita Christian School and principle Kay Greenwade.

## Family and Consumer Sciences

### 2015 Clay County Healthy Lifestyles for Youth

*Prepared by Sherri Halsell, Family & Consumer Science Agent*

#### 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. According to Jeanette Holding, Henrietta ISD nurse the youth in Clay County that is overweight is varied from 7-11 %. A substantial increase of absences was reported by the Henrietta Elementary Principal due to students becoming sick on reoccurring occasions.

#### Response

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

- ***A Youth Health Fair*** was planned and presented for the Henrietta Elementary 4 & 5th graders. The event was collaborated effort between the FCS Program Area Committee, Janet Holding, Henrietta School Nurse and the School Health Advisory Committee.
  - FCS & S.H.A.C Committees met with FCS Agent 3 times to plan the Youth Health Fair.
  - FCS Committee members presented sessions at Health Fair and also recruited volunteers to teach lessons.
  - *Clay Youth Health Fair* was conducted on March 6, 2015 at the Henrietta Elementary School with **160 students** plus **10 teachers** attending.
  - Sessions included: Sun Safety, Dental Hygiene, Stretching Exercise, Zumba, No Tobacco and Fitness Bingo. FCS Agent Halsell presented the Fitness Bingo session.
- ***Proper Hand Washing Method*** is a hands-on program presentation that includes a proper hand washing lesson that is followed by the student actually washing their hands and viewing the results under a black list to see if they got their hands clean.
  - FCS Agent Halsell met with the FCS Committee and School Nurse 2-3 times to plan the program.
  - The *Hand Washing Program* was conducted by FCS Agent Halsell on September 3-4 and 8, 2015 at Henrietta Elementary K -5<sup>th</sup> grade students with **448 students** and **4 teachers** and **16 parents** participating.
  - A Cartoon video to reinforce hand washing lesson was viewed after the hands washing lesson.
  - A parent newsletter was sent to **488 parents** to encourage proper handwashing at home.

#### Results

***Health Fair*** Evaluation Results – post evaluation of healthy lifestyles was designed by FCS Agent Halsell and

**Family and Consumer Sciences**

conducted the classroom teachers of the Henrietta Elementary 4<sup>th</sup> & 5<sup>th</sup> grade students. Evaluation data was collected from 145 of the 160 participants, resulting in a response rate of 90.6%.

HEALTH FAIR - respondents stated	Post only
That physical activity will become a healthy habit.	118 of 145 (81%)
Walking will increase endurance and flexibility.	131 of 145 (90%)
They plan changes in the things they normally do as a result of what they learned or participated in at the Health Fair.	130 of 145 (90%)
They plan to share information received with family or friends.	134 of 145 (92%)
They plan to choose healthier snacks.	125 of 145 (86%)
They plan to decrease screen (tv/video game) time.	130 of 145 (90%)
Their favorite activity at the Health Fair was...	Tie - Exercise Bingo, Zumba and Stretching Exercises

*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.

**Acknowledgements**

Thanks are extended to the Family & Consumer Sciences Program Area Committee - Shirley Visentainer, Howard Beeler, Jan Slagle, Sue Woodson, Margo Grunseich, Scott Cleveland and Pauline Uttke, Henrietta Elementary – Kendra Bennett, principle; Jeanette Holding, nurse; Cindy Dunkerley, PE teacher and Pennie Clevenger, music teacher and for their role in support of the healthy life style programs. Support and resource materials came from Texas AgriLife Extension Specialists - Sharon Robinson, Alice Kirk, Jon Perrott, and Jenna Anding. Midway and Bellevue K-2<sup>nd</sup> grade teachers for their role in teaching the Organ Wise Guys lessons.

**Future Plans**

Plans have been made to continue the Hand Washing Program at the beginning of each school year at the request of the principle and school nurse. The Health Fair is planned to be conducted every other year in the future.



Fitness Bingo with 5<sup>th</sup> graders



Sherri calling activity for Fitness Bingo with Henrietta Elementary

**Family and Consumer Sciences**

**Food Protection Management (FPM) 2015- (Partial Cost Recovery)**

Food safety education is a critical prevention component for reducing the risk of foodborne diseases. The Texas AgriLife Extension addresses this need by offering the Certified Food Manager program, *Food Safety, It's Our Business*. The food protection management course is designed for food service employees and managers. Following each course I administered the Texas Department of State Health Service's Certified Food Manager (CFM) exam. In 2010, Extension began using a national exam which is the Accredited Certified Professional Food manager Examination (CPEM).

- Each year I work with a multi county group (Clay, Montague, Wise, Jack, Palo Pinto, Parker, and Young counties) to provide this service.

<b>Date</b>	<b>Food Safety Exam Only</b>	<b>Pass Rate</b>
2015	<i>Clay County Restaurant owners</i>	1 of 1 (100%)
<b>Date</b>	<b>Food Handlers Course</b>	<b>Attendance</b>
May, 2015	<i>Pecan Shed Employees</i>	10 attended
<b>Date</b>	<b>Certified Food Protection Management Class</b>	<b>Pass Rate</b>
December, 2015	<i>Wise County Extension Office</i>	3 of 3 (100%)

- Food safety was also encouraged through the county by sending vendors participating in the Texoma Ag Seminar, Clay County Pioneer Reunion and the Clay County Turkey Fest food safety brochures to promote safe handling of food during these events.

**Better Living for Texans**

The Better Living for Texans (BLT) program has been conducted in Clay County since 1996. Each year the Extension staff works with limited resource audiences to teach nutrition. I contribute to programming efforts by planning, implementing and evaluating nutrition education for food stamp recipients and applicants. Clay County participates at the Copper Level of a 6- level structure- Platinum, Gold, Silver, Bronze, Copper and Basic. This level requires 208 hours annually in agent and staff match time. For the past four years the program has met or exceeded the expectations set by the state BLT office. As a result of teamwork effort (CEA-FCS, CEA-Ag/NR and secretary contribute to match hours), we have received \$200 in incentives.

- I have delivered BLT programming through a variety of teaching methods that reflect audience needs. Teaching methods include, lesson series, single education events and one to one consultations.
- I presented the following program topics to BLT audiences:
  - Hand Washing Procedure to Head Start & Pre K, **27 youth and 13 adults attended**
  - A Penny Earned is A Penny Saved, **6 attended**
- I provide a monthly newsletter to **235 individuals** with nutrition information, health tips and low cost recipes.

**4-H Family and Consumer Sciences (FCS) 2015**

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

The Clay County 4-H Family and Consumer Sciences Curriculum (foods and nutrition, consumer life skills and clothing and textiles) is designed to assist youth with developing skills that help them become productive, responsible adults. The 4-H FCS projects are a strong component of the Clay County 4-H Program. Approximately 95% of the youth enrolling in these projects do so to prepare for competitions associated with each project area. Whether the youth are competitive or not, the curriculum is designed to assist youth with developing skills for life.

Listed below is an overview of the scope of 4-H Family & Consumer Science project work in the past three years.

***4-H Foods and Nutrition***

**2015**

- I recruited the 2015 Clay County **Youth Fair Foods Superintendent** to present a workshop on preparing and presenting food for the Clay County Youth Fair food competition. **Youth Fair** had 122 individuals participant with 155 items and 43 volunteers helping.
- By using emails and other technology, the 4-H FCS Program Committee was able to plan and organize FCS workshops, practices, leader trainings and contests and discussed the need to find ways to communicate using web based group sites for meetings in the future.
- The **4-H Food & Nutrition Leader training** in September focused on the Food & Nutrition Guidelines and the Rules for the county and district fashion shows. 7 leaders attended.
- The **4-H Food & Nutrition Workshop** in September with 14 participating. Training 4 junior/teen leaders on presentations for the workshop. Subjects taught by 4-H members included knife skills, measuring skills, how to make substitutions on a recipe, handwashing and interview tips.
- **4-H Food Show, Food Challenge and Nutrition Quiz Bowl Competitions** – as a result of all project meetings, 14 participated in the foods the project, 12 participated in county food show, 8 participated in the district food show with one senior winning 1<sup>st</sup> and will compete at the State Food Show in June, 9 participated in the county food challenge and 9 in the district food challenge, with the one team winning 1<sup>st</sup> place and the other winning 7<sup>th</sup> place.

***4-H Consumer Life Skills***

**2015**

- I conducted **4-H Consumer Life Skills Leader training** each year for 1-3 leaders. Leaders were trained on preparation for the consumer decision making contest, oral reasons presentation as well as the appropriate procedure for completing scorecards. Study topic provided by the State 4-H staff and District 3 contest planning committee were reviewed. 6 participated in the project practices.

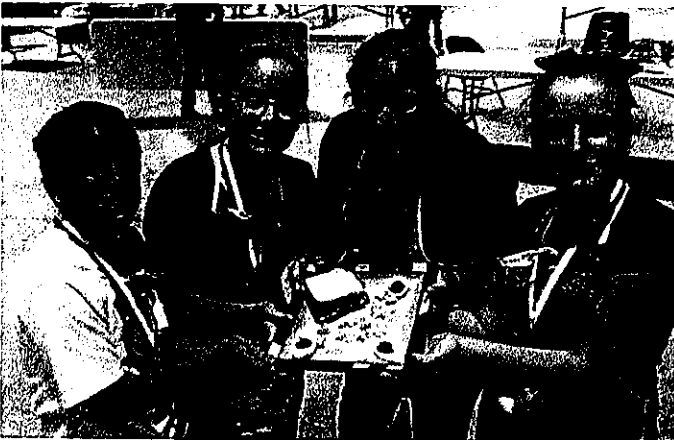
## 4-H and Youth Development

- **4-H Consumer Life Skills project meetings** – approximately 4 per year began each March and continued through April in order to prepare for the district contest. Four to ten youth participated each year. This year 3 participated at the district contest.
- Halsell is chairman of the 2015 District Consumer Contest and as a result totally rewrote the contest letter with updated rules and streamlined information.

## 4-H Clothing and Textiles

### 2015

- The **4-H Clothing Leader training** in February focused on the Clothing Guidelines and the Rules for the county and district fashion shows. Simple sewing projects were shared with leaders to use with small groups. 7 leaders attended.
- The **4-H Clothing/Story Board Workshop** in March with 19 attending. Halsell trained 4 junior/teen leaders on presentations for the workshop. Subjects taught by junior leaders included storyboard design, Duds to Dazzle, interview tips and characteristics of cotton.
- The **4-H Sewing Workshop in March** with 5 attending and 6 volunteers had participants make a pajama pillow case.
- **4-H Fashion Show Contest** – as a result of all project meetings, 9 participated in the clothing project, 6 participated in county fashion show, 4 participated in the district fashion show.
- **4-H Duds to Dazzle** – was new clothing and textiles project this year. 4 members attended the contest in Graham.



District Food Challenge



District Fashion Show

*Pioneer Reunion Report*

- Each year the Clay County Pioneer Association plans and implements the Pioneer Reunion and Rodeo. The event brings in hundreds of visitors to the county. There are parades every day of the reunion, 1 horse parade and 2 float parades. Halsell is the chairman of the float parades and responsibilities include:
  - Publicize parade theme in the local newspaper monthly and weekly as needed
  - Receive entries for the parade, about 135 per year
  - Prepare and update parade rules and guidelines and have them approved by Nine-man Board.
  - Help secure and train 8 parade judges; tabulate results.



*Photo Courtesy of Sasha Kelton Photography©*



*Photo Courtesy of Sasha Kelton Photography©*



*Hello Neighbor Report*

- Each year the Clay County Leadership Advisory Committee plans and implements the Hello Neighbor Tour. The event brought in **55** individuals to tour the county. The tour rotates from precinct to precinct each year visiting different locations each year. The commissioner of the precinct helps plan the tours showcasing highlights in their precinct. Points of interest in Precinct 2 included:
  - Historic 8 sided barn on the Clement Land
  - Montz Pecan Orchard in Charlie, Texas
  - Red River Cow Palace Arena
  - West Harwood Ranch – Formerly the George B. Keith Ranch – ancestors for the Ben E. Keith Company.
  - Commissioner Johnny Gee’s home and view his Hot Rod
  - Pecan Shed – new business on Hwy 287 owned by Montz Pecan Orchard



Jake Montz explaining the Pecan Shed Orchard Operation.

# Texas A&M AgriLife Extension Service Clay County

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