



Extension Education in Garza County
Making a Difference

Garza County
Formed in 1876
896 sq. miles
Population 4,659
Population density- 5 people/sq. mile
County Seat- Post; 3,507

Improving Lives.
Improving Texas.

The Texas A&M AgriLife Extension Service has been dedicated to educating Texans

for nearly a century. In 1915, the agency was established under the federal Smith-Lever Act to deliver university knowledge and agricultural research findings directly to the people. Ever since, AgriLife Extension programs have addressed the emerging issues of the day, serving diverse populations across the state.

Through a well-organized network of professional educators and some 100,000 trained volunteers, Extension delivers practical research-based knowledge to Texans in all 254 counties. Our expertise and educational

outreach pertain to the food and fiber industry, natural resources, family and consumer sciences, nutrition and health, and community economic development. Among those served are the hundreds of thousands of young people who benefit annually from Extension's 4-H and youth development programs.

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

Garza County – Summary of 2012 Educational Contacts

Educational Programs- 722

Office contacts- 1022

Phone Calls- 1233

Newsletters- 2905

Weekly News Articles (1800 Distribution) 93,600

Wining with Nutrition - 34 Southland ISD youth learned about MyPlate, effects of smoking, and drinking, hydration, fad diets, performance robbers and game day dining.

Friend to Friend – Cancer prevention for rural Texas women Task force coordinated event with 42 women attending October; Grants \$800.00; Donations \$263.00; In Kind donations \$200.00 Additional grant funds to pay for qualifying PAP test at local clinics.

4-H Photography - 38 Post High School youth participated in project increasing membership by 14 senior 4-H members. 390 photos submitted at the county; 15 at state competition.

Garza County Health Fair - Local/Area health provider information to county residence- 72 attended.

Kids, Kows, and More - Post, Southland, Crosbyton, and Ralls (279) youth received information on cattle, swine, horses, entomology, wildlife and dairy products.

4-H Promotion – 4-H Ads and promotion through publishing and distributing 1,000 football programs at 5 home high school football games.

BLT- Head Start parents (10 Participants); SPAG (23 participants) Women's Chamber of Commerce (11 participated); Heart Health

Do Well, Be Well with Diabetes- Diabetes Education- Nine Lessons with 5 attending. Total Economic Impact\$293,994

4-H Concession Stand-Garza County Junior Livestock Show; Post Stampede Rodeo.

Scholarships- Texas 4-H Foundation \$1000.00; Syd Conner Memorial; 2@ \$500.00

Department of Health –Choices and Consequences- Post ISD 4th grade- 12th grade

Hometown Holidays-Decorating; gifts and menu ideas

4-H Tweet-ups-including Todd Staples, Com. of Agriculture and Texas 4-H Director Chris Boleman

4-H Benefit Dance-4-H members organized dance and all Proceeds went to Post Animal Refuge Center in the amount of \$161.00.

School Violence in the News-to Post Elementary School (400) and Southland Elementary School(70) parents in response to school shooting.

Garza County Extension and 4-H-Facebook page

One Day 4-H - 4-H youth participated in community service project Post ARC.

Quilt Challenge - 4-H youth and volunteers designed and constructed quilt to raffle for scholarship; 3rd Place State

BLT Newsletters – (1) Information on cancer awareness, nutrition, diabetes, and consumer information

FCS News Articles- Herbs, Character, Diabetes, Stock show and Nutrition.

Southern MESA Ag Conference – Cotton management, irrigation, forages, weed management, IPM information, Laws& Regulations, small grain production to 119 receiving 6.5 CEU's.

Rolling Plains Ag Conference - Cattle production, dry land cotton, weed management, forages, CRP management, farm bill information, supplementing cattle, vaccination programs, wildlife management, information to 86 participants receiving 5 CEU's.

Local Work Group - with NRCS setting EOIP priorities- 23 attended.

Range Recovery Workshop-Range management recovery with current conditions, supplementation, cattle market update and projections.

Ag Newsletters - Quarterly with cattle cotton, brush, forage, and wildlife information

Garza Wildlife Association - Cooperation with Wildlife Services, Garza County Commissioners Court and provider group for wildlife damage control

Applied Research -Biological control of Salt Cedar, cotton variety demonstrations, forage analysis, and cattle genetic improvements

Cow/Calf Management in Dry Times - June Drought assistance program for ranchers, forage utilizations supplementation, and weather outlook.

Beef Cattle and Range Challenge - August- Drought and culling cattle for ranchers

Predator Awareness Workshop-November- Feral Hogs, coyotes, bobcats, mountain lions, ID and tracking predators, control measures, utilizing county trappers, wildlife service personal, local game Warden and TPWD.

Water Sample Analysis-Utilizing producer wells with Dotray-March- electric conductivity, dissolved salts measured and their effect on round-up herbicide.

Garza County Trap Shoot/ Hosted District 4-H Trap Shoot-14 volunteers with over 200 attending

GCJLA Stock Show - 65 exhibitors- 70 hogs, 28 lambs, 32 goats, 7 Steers, 8 Rabbits and 26 pee wee's, premium sale \$78,000

Licensed private Applicator Training-Producers received training for pesticide license from Extension and Licensing from TDA

Home Horticulture- home visits to assist with landscape, pests, and water issues

Cattle Herd Genetic improvements- Assist producers with genetic selection and decision making; A.I., flushing, collecting and testing bulls, cloning bulls and cows.

Ranch Consulting-Forage availability, stocking rates, grazing patterns and body condition evaluation.

2012 Rangeland Management in Garza County

Relevance

The Garza County Agriculture Program Area Committee identified Livestock and Rangeland Management education as a major priority for 2012. Healthy rangeland is a vital part of the economy in Garza County that consist of 441,410 acres of native rangeland. Beef cattle production relies on the condition of native rangeland in conjunction with the proper supplementation program. There are many contributing factors that directly affect beef cattle production. Some of these factors are managed while others are not. The proper nutritional intake and amount of available forage are somewhat manageable when nature cooperates. These factors are influenced both directly and indirectly due to rainfall, brush and invasive plant control and grazing management.

Forage quality and composition throughout the year change, and based on the reproductive status of a cow herd, so do their requirements. Sound economical management decisions are critical in achieving management goals.

Response

- Range Recovery Workshop - March 2012
- Rolling Plains Ag Conference- April 2012
- Water Harvesting Seminar – August 2012
- Beef Cattle and Range Challenges- August 2012
- Cow/Calf/Water Seminar- October 2012
- Predator Awareness Workshop- November 2012
- On site consultations to Ranches – (37) January-December 2012
- Ag Newsletters- Quarterly
- Applied Research- Biological control of Salt Cedar
- Monitored acreage burned due to wildfires in 2011 with FSA

Ranch visits were made to local ranches where native range was burned due to wildfires. Evaluation of rangeland that was not affected by fires to help determine carrying capability and to determine if any injury or health issues on cattle affected. Due to fires in 2011, several herds were displaced and/or had to be moved due to lack of available forage and fences being destroyed. There has not been sufficient rainfall for these pastures to fully recover their native grass stands. And, for some of these pastures the mesquite has come back from fire damage with multi-stems at the ground level to a higher level than it was prior to the fires. There has not been sufficient rainfall in 2012 to effectively control this mesquite infestation.

Results

The results of the educational programming effects to address this issue:

Range Management and Recovery Seminar

Scale:1-4

Agriculture and Natural Resources

Level of understand:	<u>before</u>	<u>after</u>
Cow Herd Management with Current Conditions	2.0	3.6
Supplementation of Cattle	2.1	3.7
Cattle Market Updates and Projections	2.0	3.7
Weather Cycle and Outlook	1.7	3.4

100% of respondents anticipate a economic benefit as a direct result of this educational program.

\$500.00 or less	\$501 - \$1,000	\$1,500 – 2,000	over \$2,000
20%	10%	20%	50%

As a result of this educational program, 50% of producers will adjust their supplemental feeding to meet the needs of their cattle.

Lower Rolling Plains Agricultural Conference

Producers increased knowledge of subject matter practices needed to achieve their goals:

Cowherd Management at this time of Drought	yes - 100%
Weed and Brush control in Range and Pastures	yes- 91%
Feral Hogs; the good, bad & ugly	yes- 97%
Improved Pastures	yes - 69%
Vaccination/Trichomoniasis update	yes- 72%

Level of understanding

Scale:1-5

TOPICS	<u>Before</u> the Meeting	<u>After</u> the Meeting
a. Cowherd management at this time of drought	2.9	4.5
b. Weed & Brush Control in range & Pastures	2.4	4.4
c. Feral Hogs; the good, bad,& ugly	3.9	4.3
d. Improved pastures	3.1	4.5
e. Vaccination Programs/ Trichomoniasis update	3.8	4.2

Plans to Adopt Practices

PRACTICES	YES	NO	ADOPTED ALREADY
a. Utilize cowherd management techniques.....	<input type="radio"/> 63%	<input type="radio"/> 15%	<input type="radio"/> 22%
b. Utilize new herbicide technology for range and pasture plants.....	<input type="radio"/> 69%	<input type="radio"/> 15%	<input type="radio"/> 16%
c. Feral Hogs management.....	<input type="radio"/> 60%	<input type="radio"/> 25%	<input type="radio"/> 15%
d. Improving pastures.....	<input type="radio"/> 63%	<input type="radio"/> 19%	<input type="radio"/> 18%
e. Vaccinate Cattle for Trichomoniasis.....	<input type="radio"/> 30%	<input type="radio"/> 15%	<input type="radio"/> 55%

Economic value of information

Agriculture and Natural Resources

High - \$7500.00 Low- \$20.00 Average- \$1753.70 Total \$54,364 (31 respondents)

Cow/Calf Seminar

Level of understanding:

Scale:1-4

Topics Covered	Before the Program	After the Program
Climatology Update	1.8	3.6
Range and Pasture Evaluation from Drought to recent rainfall	2.3	3.7
Cattle Disease Update-vaccination program	2.1	3.4
Cattle Market update	2.0	3.6
Rainwater Harvesting applications for cattle/wildlife	1.7	3.4

Anticipated Economic Benefit

\$500 or less (11%)	\$500-\$1000 (11%)	\$1,001-\$1,500 (22%)	\$1,501-\$2,000 (33%)	over \$2,000 (22%)
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As a direct result of this educational program producers

100% gained knowledge in subject matter.

100% acquired a new skill.

80% acquired an attitude change.

70% had a behavior change.

Acknowledgments- Partners/Collaborators

Dr. Ted McCollum, Dr. Calvin Trostle, Nich Kinney, Dr. Charles Church DVM, Stelzer Land and Cattle, Kirkpatrick Ranches, UU Ranches, Kennedy Ranches and Ronnie Graves, NRCS, FSA, Capital Farm Credit, PM Feed & Grain, Garza County Commissioners Court, and the City of Post.

Improving Health and Wellness in Garza County – 2012

The Garza County Leadership Advisory Board and Family and Consumer Science Committee identified health and wellness issues as a top priority for programming in Garza County.

Relevance



Friend to Friend - Women living in rural areas of Texas are less likely than their urban counterparts to have had a mammogram or Papanicolaou (Pap) test within the past two years. Treatment costs and mortality are higher for rural women because of later diagnosis. Access to accredited screening in rural communities is difficult since more than half of Texas counties are primary care health professional shortage areas. One-half of all Texas counties do not have accredited, permanent mammography facilities. The mobile mammography unit comes to Garza County twice a year.

Do Well, Be Well with Diabetes

According to the Centers for Disease Control, three hundred fourteen (or 9.4%) of the population in Garza County have been diagnosed with diabetes with 9.7% in Texas. Health-care costs now average \$11,744 per person with diabetes, for an annual total cost of \$174 billion in the U.S. – \$116 billion in excess medical expenditures and \$58 billion in reduced national productivity. Approximately \$1 in \$10 health-care dollars is attributed to diabetes. People with diagnosed diabetes, on average, have medical expenditures that are approximately 2.3 times higher than the expenditures would be in the absence of diabetes. People with diabetes who maintain their blood glucose, blood pressure, and cholesterol numbers within recommended ranges can keep their costs, health risks, quality of life, and productivity very close to those without the disease.

Response

Friend to Friend - The Cancer Prevention Research Institute of Texas awarded Extension funding to adapt and use the Friend to Friend program to increase the number of women meeting American Cancer Society Screening standards. An eight person task force was formed from community members to work with the agent and regional health program specialist to plan, market, implement, and evaluate the Garza County Friend to Friend Program. A two hour Friend To Friend “party” included a



presentation by a regional oncology registered nurse conveying a strong message that breast and cervical cancer is easier and more successfully treated when found earlier. The party also consisted of small groups, pink snacks, and local information about screening opportunities, funding and transportation.

Do Well, Be Well with Diabetes- the Do Well, Be Well with Diabetes series was planned, marketed and implemented. Target audiences include: People with diabetes; Caregivers and family members of people who have diabetes; Individuals interested in preventing and managing diabetes.

Four persons with diabetes and one caregiver participated in all nine sessions of the DWBW series.

(10/24/12) Lessons 1 & 2 - What is Diabetes? and Nutrition: First Step to Diabetes Management



Family and Consumer Sciences

(10/31/12) Lessons 3 & 4 One Diabetes Diet- No Longer the Sole Option and For Good Measure at Home and Eating Out

(11/7/12) Lessons 5 & 6 Nutrition Labels and Diabetes and Exercise

(11/14/12) Lessons 7 & 8 Diabetes Medicines and Managing Your Blood Sugar

(11/19/12) Lessons 9 Preventing and Managing Complications

Results

Friend to Friend

* Forty two women completed surveys at the Friend to Friend event on October 30 at the Heritage House in Post, Texas

* Christy Rathael, RN urged women to obtain mammograms and Pap Tests as recommended.

* Seventeen women signed a help request form.

* Twenty six women signed a commitment card to obtain a mammogram within the next year.

* Twenty six women signed a commitment card to get a Pap test within the next year.



Do Well, Be Well with Diabetes

Pre and post evaluations from four participants, two females and two males with an average age of 54, in Garza County include:

100% (4 of 4) Know what blood sugar level they should have before and two hours after meals.

100% (4 of 4) Know that it is NOT okay for a person with diabetes to save up carbohydrates foods during the day so he/she can eat more carbohydrates at supper.

100% (4 of 4) Know that 1 cup of milk will raise your blood sugar.

100% (4 of 4) Know if a person takes insulin and shows signs of low blood sugar, they should take ½ can regular soda.

Potential Economic Impact in Garza County 2012 - according to the Do Well, Be Well website

Net Present Value for Female Participants	\$86,089	Net Present Value for Male Participants	\$56,282
Total Net Present Value for health care cost savings for Males	\$172,178	Total Net Present Value for health care cost savings for Males	\$112,563
Total Net Present Value for Lost Wages of Females	0	Total Net Present Value for Lost Wages of Males	\$9,253
Total Net Present Value of Females	\$172,178	Total Net Present Value of Males	\$121,816

TOTAL IMPACT	\$293,994
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Summary

Garza County Extension will continue addressing Health and Wellness Needs for clients in an effort to reduce health care costs and increase quality of life.

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Healthy Lifestyles - Winning Nutrition

Relevance

The University Interscholastic League (UIL) offers 23 athletic activities in which more than one million student athletes participate. Yet, 16.3 percent of children and adolescents (ages 2 to 19) are obese (Centers for Disease Control, 2003-2006).



The Garza County percentage of youth and adolescents being obese is slightly above the state at 17.2%



According to the 2007 Youth Risk Behavior Survey conducted by the Centers for Disease Control and Prevention (CDC), 45.23 percent of young people were trying to lose weight. Almost 12 percent reported that during the 30 days before the survey, they had gone without eating for 24 hours or more to lose weight or to keep from gaining weight. More than 4 percent reported taking laxatives to lose weight or keep from gaining it.

Response

The purpose of the implementing the Winning with Nutrition lessons with youth athletes is to provide the opportunity for them to learn the importance of proper nutrition and hydration for maximum athletic performance and for general health and well-being while applying what they have learned. The Administrative team at the Southland school system met to determine that the Winning nutrition program would be best implemented in the Health and Art classes during the month of November.

The Winning Nutrition curriculum includes:

- 11/13/12 - Eating for Excellence (McDonald)
- 11/14/12 - Hydration Station (Jones)
- 11/26/12 - Game Day Dining (McDonald)
- 11/27/12 - Performance Robbers (Jones)
- 11/28/12 - Fads and Facts (McDonald)



Thirty four students in Southland middle school and high school Health and Art classes participated in the lessons, experiments, research and activities.

Results

Results of youth participating in the Winning Nutrition program, showed an increase in the Level of Understanding of the following:



Family and Consumer Sciences

Understanding of MyPlate by **100%**

Knowledge of the function of carbohydrates by **98%**

Understanding of the function of proteins by **98%**

Understanding of the function of fats by **95%**

Understanding of why water is important **100%**

Knowledge of the function of water by **100%**

Knowledge level of how to create a menu appropriate for pre-game dining by **93%**

Knowledge of the effects of smoking, alcohol and lack of sleep on my body **100%**



“I enjoyed talking about how to stay healthy, and how to stay strong and keep my brain moving. Since I am in basketball, I know that I now need to eat right and get enough sleep”

“Running with a straw, like a smoker, is hard.”

“Sleeping is very important so your reflexes and reaction times don’t get messed up.”

“Fad diets, although appealing to larger people, should be avoided and MyPlate should be used.”

Behavior changes:

“Eat more fruit and veggies”

“ Sleep longer”

“Stop the skipping of meals”

“I will drink more water, go to sleep earlier and eat breakfast.”

“Try to eat the MyPlate portions”

Summary

Garza County will continue to work with youth in the public schools by building character, teaching nutrition and facilitating activities to encourage good choices pertaining to nutrition, drugs, sex and alcohol.

2012 4-H Photography- Garza County

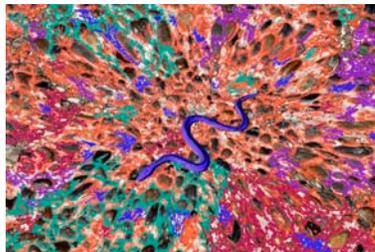
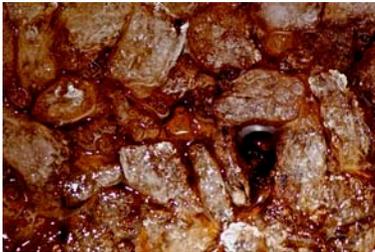
Relevance

Photography is utilized in many sectors of our society. It is the process of producing images of objects used to document and capture events or tell a story. Photography has evolved since its inception and the use of digital cameras are today's norm from novice to professionals. Images are captured through the use of still photography or videography and utilized in news outlets, websites, magazines, advertisements, surveillance, data storage or forensics.



Eight Garza County photographs received Blue Ribbons at State 4-H Roundup 2012

The need and demand for the photography industry remains after many years of change in technology and innovation. The 4-H photography project provides basis for understanding this long withstanding art form.



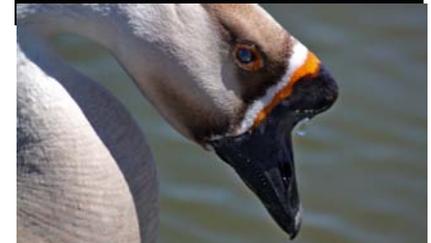
Response

Post High School photography instructor served as 4-H leader/volunteer. Thirty-eight high school youth participated in learning experiences and submitted photos for county competition. Three hundred ninety photos were judged in

fifteen categories with winners selected to represent Garza county 4-H in the state photography contest.

Photography project curriculum subject matter included:

- | | |
|---|-------------|
| Communication | Careers |
| Tours – Post Lake | Enrollment |
| Categorizing photos | Evaluations |
| Photography goals/objectives | |
| Contest rules and categories | |
| Thirteen youth's photos were selected for state completion in the fifteen categories available. | |



- | | |
|----------------------|------------------|
| Details and Macros | Animals-Domestic |
| Dominant Color | Theme - Trains |
| Nature and Landscape | People |
| Night Photography | Marine/Aquatics |
| Digital Darkroom | Catch-All |
| Story Board | Plant/Flora |

4-H and Youth Development

Food

Animals – Wildlife

Elements of Design

Those youth that qualified for state and the volunteer instructor were recognized at the Post ISD school board meeting and given state level certificates of participation. All entries were blue or red ribbon winners.



Results

Thirty-eight youth participated in the 4-H photography project.

Knowledge gained-100%

Acquired skill-100%

Attitude change-100%

Behavior change- 100%

Testimonies

I learned how to tell a story taking pictures.

The photography project taught me many things about taking pictures and how to make quality photos.

I learned how to manipulate my photos and make them unique.

Would you recommend photography project to others: yes-100%



Acknowledgements:

Thanks to Post ISD, instructor Lance Dunn and other volunteers in the 4-H photography project. The support of Garza County 4-H for entry fees to the state 4-H contest is also appreciated as well as the Garza County Commissioners Court for 4-H membership fees.

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