



Extension Education in Garza County

Making a Difference 2011

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 AgriLife Extension Service has been dedicated to serving Texans

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.

for nearly a century. The agency was established in 1915 under the Smith-Lever Act to deliver university knowledge and agricultural research findings directly to the people. Extension programs have continued ever since to address the emerging issues of the day, serving diverse rural and urban populations across the state.

Texans turn to Extension for solutions. Its agents and specialists respond not only with answers, but also with resources and services that result in a significant return 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:

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

Garza County – Summary of Educational Contact

Educational Programs- 328

Office contacts- 1062

Phone Calls- 1332

Newsletters- 2130

Wining with Nutrition - 29 Post High School Food and Nutrition Students Learned about My Pyramid, 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 39 women attending October.

Walk Across Texas - Physical activity: school Health Advisory Board coordinating; eleven teams of 8 participated. 88 walked 24,461 miles.

4-H Photography - 23 Post High School youth participated in project increasing membership by 20 senior 4-H members. 100 photos submitted at the county; 14 at state competition.

Shattered Dreams - Cooperating efforts with Garza County Sheriff's office involving 15 youth showing the importance of not drinking and driving or distracted driving to Post High School Student body.

Garza County Health Fair - Local/Area health provider information to county residence- 110 attended.

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

One Day 4-H - 4-H youth participated in community service project assisting the elderly in yard care.

Quilt Challenge - 4-H youth and volunteers constructed quilt to raffle for scholarship

FCS Newsletters - Information on cancer awareness, nutrition, diabetes, couponing family and consumer information

4-H Newsletter - Projects and club activities, leadership and recognition.

Southern MESA Ag Conference - Cotton, irrigation, forages, weed management, IPM information to 132 receiving 6.5 CEU's.

Rolling Plains Ag Conference - Cattle production, dry land cotton, weed management, forages, wildlife management, information to 86 participants receiving 5 CEU's.

Pre-Plant Cotton Seminar - 12 received information on cotton varieties and irrigation systems.

Local Work Group - with NRCS setting EOIP priorities- 18 attended.

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

Cow/Calf Management in Dry Times - June Drought assistance program for ranchers

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

Feeding and Management of Cattle for Fall and Winter - Utilizing CRP and other feed for cattle producers

Deer Appreciation Workshop - Deer necropsy, feeding, management, supplements, hunting, laws with game warden

Monitored and established acreage burned due to wildfires with FSA

Forage Analysis - site destroyed

Garza County Trap Shoot/ Hosted District Trap Shoot

GCJLA Stock Show - 70 exhibitors- 70 hogs, 23 lambs, 35 goats, 9 Steers, 32 Rabbits and 34 pee wee's

Licensed private Applicator Training

Worker Protection Standard Training for Employees

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

2011 Rangeland Management in Garza County

Relevance

The Garza County Agriculture Program Area Committee identified livestock and Rangeland Management education as a major priority for 2011. Healthy rangeland and cattle are a vital part of the economy in Garza County. 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 or the lack thereof, 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

- Rolling Plains Ag Conference - March 2011
- Cow/Calf Management in Dry Times- June 2011
- Beef Cattle and Range Challenges – August 2011
- Feeding and Management of Cattle for fall and Winter- September 2011
- Deer Appreciation Workshop- October 2011
- On site consultations to Ranches – (34) January-December 2011
- Ag Newsletters- Quarterly
- Applied Research- Biological control of Salt Cedar
- Monitored and established acreage burned due to wildfires with FSA
- Forage sampling- range site destroyed

Ranch visits were made to many ranchers that lost native range 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, several herds were displaced and/or had to be moved due to lack of available forage and fences being destroyed. There were twenty one range fires reported ranging in size from .5 acres to over 19,000 with an estimated 48,000 acres destroyed.

Results

Producers increased knowledge in subject matters: (1-5)	<u>before</u>	<u>after</u>
Providing proper supplementation with available forage	2.7	3.9
Brush Management	2.1	4.2
Use of prescribed fire	2.9	3.9
Livestock grazing management	2.6	4.4

Producers mention to adopt practices:	Yes	No	Already Adopted
Providing supplements with available forage	59%	9%	32%
Utilize new herbicide technology	75%	20%	5%
Vaccinate Cattle for trichomoniasis	45%	25%	30%
Test bulls for Trichomoniasis	60%	10%	30%

Producers placed economic value of information provided. Responses ranged from \$200 to \$50,000. Total estimated value was \$116,200 for an average of \$5,810 per respondent at the LRP Ag conference.

Based on information provided, producers will (not-Likely-4%) (Likely-17%) (Very likely-79%) recommended programs presented by Texas AgriLife Extension Services in the future.

Acknowledgments

Thank you to Texas AgriLife Extension Specialist and other: Dr. Ted McCollum, Dr. Calvin Trostle, Dr. Jackie Smith, Jay Yates, Dr. Alan McGinty, Dr. Charles Church DVM, Dow AgriScience, Stelzer Land and Cattle, Kirkpatrick Ranches, UU Ranches, Kennedy Ranches and Ronnie Graves.

Greg Jones

Garza County Extension Agent - Agriculture
 Email: gw-jones@tamu.edu



Improving Health and Wellness in Garza County

Relevance

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

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.



Walk Across Texas - Physical activity was recently named as one of the 10 leading health indicators in Healthy People 2010. Physical inactivity is associated with an increased risk of a number of chronic health conditions including cardiovascular disease, diabetes, some cancers, high blood pressure, as well as overweight and obesity. In Texas, 25% of Texans are obese.

Between 1988-1994 and 1999-2002, the prevalence of obesity among adults increased from 23% to 30%. Additionally, research indicates that only 25% of adults and 27% of high school students get regular, moderate exercise. 29% of American Adults are not physically active.



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, and implement, and evaluate the program the Garza County Friend to Friend Program. A 1½ hour Friend To Friend “party” included a presentation by two physicians 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.

Walk Across Texas - Eleven teams of 8 participated in a wellness program coordinated by the School Health Advisory Board and Extension. Walk Across Texas sessions included the 10 MyPlate handouts plus pedestrian safety and increasing physical activity.

Results - *Friend to Friend* was pilot tested in 40 Texas counties in 2011.

- *Thirty nine women attended the Friend to Friend event on October 24 at the Heritage House in Post, Texas.
- *Dr. Ronnelle Burley and Dr. Ben Edwards urged women to obtain a mammogram and Pap Test.
- * Twenty three women signed a commitment card to obtain a mammogram within the next year.
- * Twenty three women signed a commitment card to get a Pap test within the next year.

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

Walk Across Texas - Eighty Five walkers completed the program walking a total of 24,461 miles. One participant walked 814 miles alone just 16 miles short of walking across Texas singly. The friend competition challenged participants to increase personal mileage goals each week.

With 66 females completing the program, average age 42, fifteen could avoid or delay the onset of diabetes. The Total Net Present Value for health care cost savings for Females is \$819,995 while Total Net Present Value for Wages Lost for Females is \$55,206 and Total NPV for Females \$875,20.



Nineteen males participating, average age 50, with 4 that could avoid or delay developing diabetes. The Total Net Present Value for health care cost savings for Males is \$269,019 while the Total Net Present Value for Wages Lost for Males \$32,611 and the Total NPV for Males \$301,630.

The total Potential Economic Impact for Garza County is valued at \$1,176,831 according to the Walk Across Texas Website.



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.



**Nancy McDonald, CEA-FCS
Garza County Extension Service**

806-495-4400

**215 West Main Street
Post, Texas 79356**

2011 4-H Photography in Garza County

Relevance

Photography is the process or an art of producing images of objects. The first permanent photograph was an image produced in 1826. The development and innovation of photography has greatly evolved since its inception. Digital cameras are “the norm” in today’s society and frequently utilized by professionals and even novice photographers.

Photography is utilized in many sectors of our society. Images are captured for personal, professional or commercial purposes and may include still photography or videography. Photos are utilized in news outlets, websites, magazines, advertisements, surveillance, data storage and even forensics.



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

Agents contact the Post High School Photography instructor about 4-H photography projects and outline for the instruction; also include youth joining the 4-H program and participating in the county and state photography contests.

Outlined program to be taught to two classes with 23 high school students; by agents and volunteers consisted of the following:

- *Photography project goals/ objectives and instruction
- *Photography communication
- *Photography Tour
- *Photography Professional Career’s
- *Photography contest rules/categories and 4-H connect enrollment
- *Submit photo’s selected for competition/categorized
- *Photography evaluation by students



Results

23 youth participated in the 4-H photography project and those that were not already members, enrolled in Garza County 4-H program. Senior membership was increased by 20 members.

Level of Understanding

Utilizing 4-H connect	increased by 96%
Photography Lighting	increased by 79%
Photo sharpness/clarity	increased by 56%
Camera use	increased by 74%

Project learning – creativity, detailed images, focus, think “outside the box”, lighting, evaluate details.

Suggestions for future project activities- unique photos, more tours.

Rank project satisfaction 1-5 (1 Low) (5 high) 2 - 4% 3 - 4% 4 – 56% 5 - 35%,

Would you recommend the photography project to others- yes- 100% no- 0%

Current grade level- 10th- 17% 11th- 35% 12- 48%

Over 100 photos were submitted at county judging- 14 photos were submitted by photography class members at the state 4-H photography contest and several were blue and red ribbon winners.

Goal for 2012

The photography instructor at Post High School and Extension Agents will continue the photography project in photography classes in 2012.



Acknowledgements

Thanks to Post ISD and instructor Lance Dunn and other volunteers in the 4-H photography project.

Included are examples of 2011 Blue Ribbon photos that competed at state level.

Greg Jones County Extension Agent - Agriculture

Email: gw-jones@tamu.edu

Nancy McDonald County Extension Agent - Family and Consumer Sciences

Email: njmcdonald@ag.tamu.edu

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).



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 Winning Nutrition curriculum includes:

- Eating for Excellence
- Hydration Station
- Game Day Dining
- Performance Robbers
- Fads and Facts

Twenty nine students in the high school Food and Nutrition classes participated in the lessons, experiments, research and activities.



4-H and Youth Development

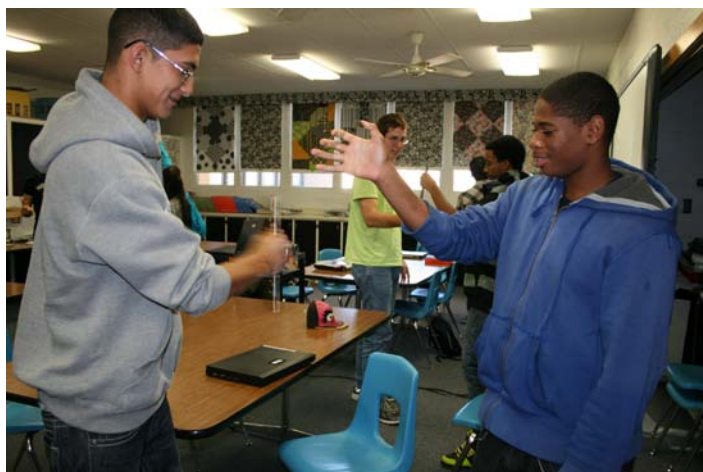
Additional Activities included utilizing the local law enforcement with his 'drunk goggles' to reinforce the disadvantages of alcohol.

Results As a result of participating in the Winning Nutrition program, participants understanding of the following increased:

- Understanding of MyPyramid by **95%**
- Knowledge of the function of carbohydrates by **98%**
- Understanding of the function of proteins by **98%**
- Understanding of the function of fats by **98%**
- Understanding of why water is important **100%**
- Knowledge of the function of water by **92%**
- Knowledge level of how to create a menu appropriate for pre-game dining by **85%**
- Knowledge of the effects of smoking and alcohol on my by **100%**



Garza County will continue to work with youth by teaching character building and nutrition activities to encourage good choices.



Nancy McDonald
Family & Consumer
Sciences

Greg Jones
Agriculture

Texas AgriLife Extension
Service
Garza County

215 West Main Street
Post, Texas 79356

Texas AgriLife Extension Service Garza County

Staff

Greg Jones

County Extension Agent

Agriculture

Email: gw-jones@tamu.edu

Nancy McDonald

County Extension Agent

Family and Consumer Sciences

Email: njmcdonald@ag.tamu.edu

Cheryl Gill

Office Manager

Contact Us

215 West Main St

Post, TX 79356

Phone: 806-495-4400

Fax: 806-495-4401

Email: garza-tx@ag.tamu.edu

Web: garza-co.tamu.edu