TEXAS A&M AGRILIFE EXTENSION

Extension Education in Wise County

Making a Difference

2013

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

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

EXTENDING KNOWLEDGE
Providing Solutions

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.

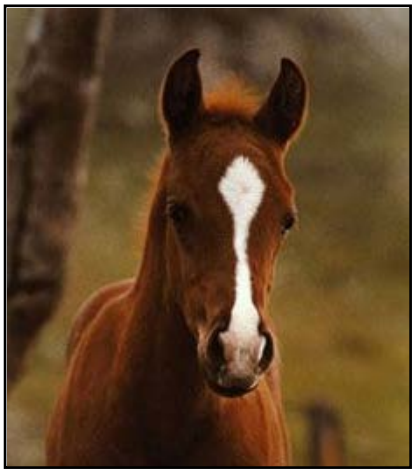
Wise County – Summary of 2013 Educational Contacts

County Seat	Decatur
Area – Total	905 sq mi
Population – (2000)	59,415
Density	66/sq mi

2013 Contact Summary	
Education Programs	
Programs Presented	713
Total Group Participants	14,215
Contact hours-	31,597
Educational Contacts	
Office Visits-	5,704
Site Contacts-	2,948
Phone Calls-	14,256
Mail/Email Contacts	41,959
Newsletters	1,700
News Releases	120
Website, Facebook, Blog & Twitter	21,200
Volunteer Involvement	
Clientele Reached	12,351
Volunteer Hours	6,247

Extension Horse Committee

Developed by Todd Vineyard, CEA-Ag, Wise County



The Wise County Extension Horse Committee was very busy in 2013 conducting a series of Clinics. To keep the costs down for participants the committee used proceeds from the 2012 Wise County Stock Horse Extravaganza to cover the costs of clinicians.

The committee hosted a series of three clinics. Clinics provided for area horseman were: Working Cow Horse, Stock Horse Trail/Pleasure and a Reining clinic. An average of 35 participated in the clinics either as a participant or as an auditor.

The Wise County Horse Committee hosted the second annual Wise County Stock Horse Extravaganza. Once again we hosted the largest ASHA show of 2013 with 110 riders. The committee utilized 23 volunteers to conduct the show.

Acknowledgements
Wise County Horse Committee provides direction and support for these and other programs that impact quality of life in the county:

Billy Stout
Greg Byers
Marilyn Christopherson
Susan Hairrell
Fields Richardson
Gordon Maatsch
Sharon Baumgartner
Tamra Lewis
Sally Sandford
Joan Martin
Nancy Newbold
Stacy Baumgartner

4-H Agriculture and Natural Resources Projects

Developed by Todd Vineyard, CEA-Ag, Wise County

Feral Hog Appreciation Day

The Wise County Extension Livestock and Forage committee continues to address issues relevant to the Issues Identification process conducted in April 2013. Feral hog management and control was one of the top five issues identified during the forum. A "Feral Hog Appreciation Day" was conducted for producers to learn more about feral hog management. The appreciation day consisted of topics such as: Status and Distribution of Feral Hogs, Feral Hog Biology, Landowners Attitudes, Interaction with Natural Wildlife, controlling and Hunting Feral Hogs and Laws & Regulations Governing Feral Hogs. The program utilized speakers from the Texas AgriLife Extension Service, Texas Parks and Wildlife, Texas Wildlife Service, Local Landowners and Local Hunting Experts. **79** producers attended the program. The program was evaluated and results will be distributed as needed.

Home and Garden Series

A Home and Garden Series was conducted in March and April of 2013. This was a four week series that address home and garden topics that would be appealing to the average homeowner wanting to develop a green thumb.

March 26th – Session one will feature Dr. Joe Masabni, Assistant Professor & Extension Horticulture Specialists, Texas A&M AgriLife Extension Service to talk about vegetable gardening. Topics will include garden design, raised bed gardening, variety selection, disease and fertilization.

April 2nd – Session two will focus on Home Fruit and Nut Tree Management presented by Dr. Monte Nesbitt, Extension Horticulture specialists, Texas A&M AgriLife Extension Service. Dr. Nesbitt will discuss fruit tree selection, pruning, grafting/budding, insect and disease control.

April 9th – Home Turf Management will be the topic of discussion. Dr. Jim McAfee, Associate Professor & Extension Horticulture Specialists, Texas A&M AgriLife Extension Service will discuss turf management as it relates to varieties of turfs and their strengths and weaknesses, weed control and identification, insect and diseases control in turfgrass.

April 16th – Renea Burks – Tree Specialist with the Texas Forest Service from Meridian, Texas will discuss landscape tree management during a drought, tree selection, and identification of disease and possible control options.

The series averaged 24 participants per session. Participants were very appreciative of the horticulture program information they learned.

Pecan Management Field Day

A Pecan Management Field Day was conducted with Dr. Monte Nesbitt, Dr. Bill Ree and Noble Foundation as guest speakers. The program discussed improved varieties in the morning sessions and Native pecan tree management in the afternoon. 57 attended

Beef Cattle Mineral Supplementation

A Beef Cattle Mineral Supplementation program was held with Protocol Technologies nutritionist as guest speaker. The importance of a good mineral program was discussed as it relates to reproduction and body condition.
38 attended

TDA Applicators License Trainings
TDA applicators license trainings were conducted throughout the year as classes of fifteen fill. In 2013 we conducted 4 trainings with 64 participants in attendance. A TDA representative always administers the test immediately following the training.

Herd Bull Selection Program
The livestock and forage committee hosted the Herd Bull Selection program in the fall. Dr. Ron Gill, Beef Cattle Specialist discussed pros and cons of nine different breeds raised in Wise County. Boehringer Ingelheim rep discussed vaccination programs. 62 participated

Rancher's Gathering
The 2013 Rancher's Gathering was another huge success conducted by the Livestock and Forage Committee. With over 200 in attendance and 24 booths manned at the trade show. This year we had Southwestern Cattle Raiser's Association Ranger discuss how to protect your ranch property and cattle from theft and how to report incidents out of the ordinary. We also had a cowboy comedian speak as after dinner entertainment.

5 Hour CEU Program
The annual 5 Hour CEU Program was conducted with 110 in attendance. Various speakers were used to discuss topics such as: range and brush control options, riparian management, turf grass management, resistant weeds should we control them or should we care, and we had a laws and regulations session.

Result Demonstrations
Prickly Pear Control IPT -Fence Line Brush Control Options IPT

ACKNOWLEDGEMENTS
Wise County Livestock and Forage Committee provides direction and support for these and other programs that impact quality of life in the county:

Greg Byers
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Mickey Scarborough
Wade Watson
Ric Wilson
Tracey Meadows

Texas A&M AgriLife Extension

Family and Consumer Sciences

Helping People in Wise County Eat Better and Safer

Developed by Tanya Davis, CEA Family and Consumer Sciences, Wise County

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. Many people become overwhelmed when they think of menu planning and trying to prepare healthy, cost effective meals for their families.

Each year, an estimated 1 in 6 people become ill from the food they eat. More than half of all foodborne diseases are attributed to improper food handling in restaurants. Food safety education is a critical prevention component for reducing the risk of foodborne diseases.

In Wise County, an estimated 4841 individuals receive benefits from the Supplemental Nutrition Assistance Program (SNAP), historically known as the food stamp program. Studies have shown individuals who live in poverty (including SNAP recipients) have dietary intakes that are not congruent with current recommendations (i.e. Dietary Guidelines or MyPlate). Stretching resources so households don't run out of food is also a challenge.

RESPONSE

- **Dinner Tonight** - This program encourages family mealtime by providing quick, nutritious, cost –effective recipes to consumers through weekly video webcasts and other web-based methods. Every Monday, a new video demonstration is released by the Dinner Tonight team. In addition, the Dinner Tonight Healthy Cooking School provides an opportunity to bring people together to further the mission of teaching families about healthy meal planning and food preparation.

- **Food Protection Management** - To promote the goal of serving safe food, food managers in Wise County were offered the two day *Food Safety, It's Our Business*-15 hour course. The course is followed by an approved Department of State Health Services exam. Extension agents in Wise, Jack, Montague, Young, Parker, and Palo Pinto counties alternate hosting the site so that the *Food Safety It's Our Business* course was offered monthly in a 6 county area. Administration of the program included collaboration of marketing, teaching, and testing. One 15 hour courses was offered in Wise County that reached 9 persons.

- **Better Living for Texans** (BLT) - During 2013, more than 133 Wise County adults participated in the BLT *Back to Basics* series. This program is a cooperative endeavor among AgriLife Extension, Texas Health and Human Services Commission (HHSC) and the Food and Nutrition Service (FNS) of USDA. The focus is on meal planning, stretching food dollars, and adopting selected behaviors that can reduce the risk of foodborne illness. BLT is delivered through a variety of teaching methods that reflect audience needs.

RESULTS

Dinner Tonight

- 51 video demonstrations were released reaching a weekly email list of 152 subscribers (7700 contacts)
- The Dinner Tonight Cooking School reached 125 people.
- Evaluations indicate the event was highly successful in impacting family nutrition.
- Participants ranged in age from 11-87 years.
- Ninety-three percent (80) of participants rated the Cooking School as “good” or “excellent”.
- Fifty percent of participants planned to modify their recipes by reducing sodium or fat.

Food Protection Management

Passage of the CFM exam as well as customer satisfaction with the CFM program is presented in this report. Client Satisfaction with the Food Safety It’s Our Business instruction scores were based on a 5 point

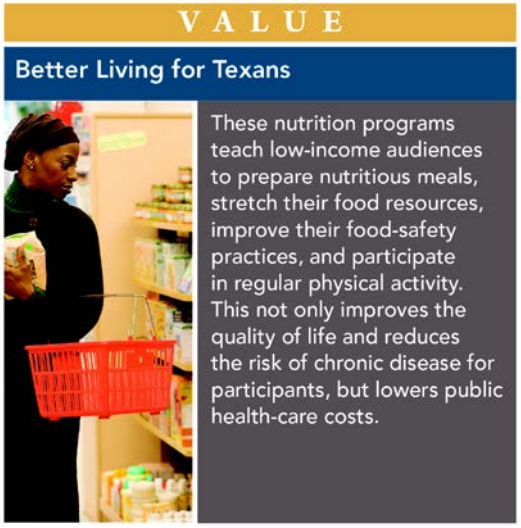
Likert Scale. 1 = very satisfied to 5 = very dissatisfied.

- Client satisfaction with instructor performance 1.1
- Wise County overall pass rate for course participants was 88%.

Better Living for Texans

The ***Back to Basics*** program series was conducted via the use of a pre, post, and 30 day follow-up survey for **133** participants. **124** of those participants completed the pre, post, and 30 day follow-up.

- Participants were primarily female (**88%**) and from a variety of ethnic backgrounds.
- Forty-seven percent (**58**) had children who received free or reduced-price school meals.
- Immediately after the program ended **105** out of **124** (**85%**), participants reported that they felt they could use what they had learned to spend less money at the grocery store.
- One hundred seventeen out of **124** participants (**94%**) rated the BLT program as “excellent” or “good”.



Results of efforts to help persons in Wise County eat better have been interpreted to stakeholders during meetings with commissioner’s courts, and Extension Committees along with press releases prepared and published in local newspapers.

ACKNOWLEDGEMENTS

Wise County Family and Consumer Sciences Committee and Dinner Tonight Planning Coalition provides direction and support for these and other programs that impact quality of life in the county:

Elaine Davis	Marilynn Collins	Dixie Range	Shelly Laaser
Cristina Cantu	Jo Watson	Pat Stegall	Rachael Adams
Haley White	Ora Majka	Kristen Tribe	

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Texas A&M AgriLife Extension

Family and Consumer Sciences

Improving Health and Wellness in Wise County

RELEVANCE

The Wise County Leadership Advisory Board has identified health and wellness issues as top priority for programming in Wise County. Health consequences of mismanaged diabetes included heart disease, blindness, kidney disease, and nerve damage. Early and appropriate treatment and compliance may prevent or delay severe complications. Persons with diabetes need education to manage their diet, to adopt a regular exercise program: monitor blood sugar and understand the consequences of failure to manage this chronic disease. 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 Research indicates that only 43% of adults and 25% of high school students get regular, moderate exercise. According to data from the Department of State Health Services, 38% of Wise County residents are overweight and 26% of residents are obese. Regular cancer screening significantly increases the likelihood of finding cancer early, when treatment is more often successful. Passenger Safety is another important issue in the health and wellness program. Traffic crashes are the leading cause of death for children 3-14 years of age.

RESPONSE

Diabetes Education

The Do Well, Be Well with Diabetes program covers basic nutrition and self-care management topics. The program helps people with diabetes learn the skills needed to manage their disease successfully. Nine lesson topics are delivered in five classes, each about 2 hours in length. Topics are: What is Diabetes?; Nutrition-First Step to Diabetes Management; One Diabetes Diet-No Longer the Sole Option; Managing Your Blood Glucose; Nutritional Labels; Diabetes and Exercise; For Good Measure at Home and Eating Out: Diabetes Medicines and Preventing and Managing Complications. The class series reached **20** participants.

Nutrition/Physical Activity Education

- **Walk Across Texas** (WAT) is an 8 week on-line program to help people of all ages support one another to establish the habit of regular physical activity. For 8 weeks, teams of 8 people, school classes, or individuals walk **830** miles across a map of Texas. The program was conducted in 2013, reaching **106** adults. Four bi-weekly newsletters were sent to WAT email subscribers which updated them on current standings and information available on the WAT blog.

- **Step Up and Scale Down** is a 12 week curriculum series intended to help Americans choose a healthful eating plan with their calorie requirements to achieve and maintain a healthy weight. The series was implemented with **70** participants at two locations in the county.

Cancer Education

- **Friend to Friend** encourages women to get regular mammograms and Pap tests for the early detection of breast and cervical cancer, when the disease is most curable. This project's goal is to decrease breast and cervical cancer morbidity and mortality for women living in rural Texas counties by improving screening rates and early detection of cancer. Thirty-five women attended the Friend to Friend event on 10/29/13 at the Bridgeport Community Center.

Passenger Safety

The Passenger Safety Project of Texas A&M AgriLife Extension works to reduce deaths and injuries from motor vehicle crashes by increasing the use of child restraints and safety belts. The project's emphasis is on increasing the use of child safety seats across Texas. There were **26** children who received fittings through the Child Safety Seat Checkup event. An additional 15 booster Seats were installed through the Booster Buddy program along with 1 Safety seat inspection and **4** new installations at the Extension office

RESULTS

Do Well, Be Well with Diabetes (DWBW) was implemented in Spring 2013

- Of the **21** participants, **15 (71%)** completed the five week series.
- Seventeen (persons with diabetes) completed the registration form and **13 (76%)** completed the wrap up form.
- The average age of participants was 62 years
- Seven **(41%)** reported having no previous diabetes classes
- Participants' attitude concerning their ability to control their diabetes rose from **18% (3)** ranking it as Excellent or Very Good to **46% (6)** ranking it as Excellent or Very Good following the class series.
- **100 % (13)** persons with diabetes, attending the last class, rated the series as excellent.
- The potential health-care cost savings, resulting from improved management of diabetes by the 2013 participants, is an **estimated $979,811** during the remaining years of life.

The following responses in the post surveys of DWBW conveyed what the participants had learned and liked best about the classes.

- *I am the major factor in controlling diabetes.*
- *Diet is very important in managing diabetes.*
- *How to read labels and how to prepare food.*

Walk Across Texas

Team captains logged miles for their team members each week on the state web site after registering team members. The data was analyzed showing the number of team members, average age, total mileage, and economic impact for team members.

# of Walkers	# Completing 8 weeks	#Increasing wkly. dist. walked over 8 wks.	Miles Walked	Potential Health Care Savings	Number that could avoid or delay developing diabetes
106	53(50%)	33(31%)	14,635	$800,149	12

The following responses in the wrap up surveys of Walk Across Texas conveyed how the participants benefited from being a part of the program.

- *Being on a team really motivates you to do more. It is really fun seeing the mileage add up and the fun competition with the other teams, even though you don't personally know them. It has been great!*
- *Got us up and exercising*
- *I lost a few inches*
- *I like the WAT newsletter, especially when we were #1 for the week*

VALUE

Walk Across Texas

This eight-week fitness and health program challenges participants to adopt a habit of regular exercise. Research indicates that a walking routine of this duration is more likely to lead to continued moderate exercise, which improves quality of life and reduces the risk of chronic disease (including type 2 diabetes). This program yields public value in the forms of reduced public health care costs and a healthier, more productive workforce.

Step Up & Scale Down

- **70** people registered for the Step Up & Scale Down program series in Paradise and Decatur.
- **30 (45%)** people completed the **12** week series.
- **22** people completed both the pre and post tests
- A total of **140** pounds was lost by **19** individuals that attended at least **8** of the **12** classes.
- More participants **81% (18)** were eating breakfast **5** or more days per week at the end of the program compared to entry at **68%(15)** .
- Use of calorie information at fast food restaurants more than doubled from beginning **27% (6)** to **64% (14**) at end of the series.
- Weight loss is a long and challenging process for most adults. While all participants who completed the program series did not lose a significant amount of weight overall, there was evidence of the adoption of several health habits that may lead to more positive health benefits down the road.

Friend to Friend, Staying Healthy Together

- Of the **35** women who attended, the median age was **51**
- **Nine** people were on the planning committee
- At the end of the event, **80% (28-35)** of women correctly identified the need for a mammogram screening every year.
- **Five** women requested help to navigate screening and diagnostic services.

Passenger Safety Program

- **30** child safety seat inspections
- **33** new seats were distributed
- **31** adults educated
- The proper use of child safety seats reduces the risk of injury and death, leading to reduced medical costs, avoidance of lost future earnings, and improved quality of life. These economic benefits are an estimated **$1,988** per child age 0 to 4 and **$2,347** per child age 4 to 7 for new seats distributed, and $558 per child for seat misuse corrected with an assumed **75%** continued use. Based on this formula, the total economic impact for the **26** inspections at the checkup event on June 17th is **$26,035**.

Results of efforts to improve the health and wellness of persons in Wise County have been interpreted to stakeholders during the meetings with commissioner's courts, local healthcare providers, and Extension Committees along with press releases prepared and published in local newspapers.

Texas Extension Education Association

The mission of the Texas Extension Education Association is to work with Texas A&M AgriLife Extension Service to strengthen and enrich families through educational programs, leadership development, and community service. Wise County EE members take this mission statement to heart and continually set goals to improve their quality of life through participation in research based educational programs and also develop leadership skills. In 2013 one EE clubs was comprised of **27** members. Their dedication to community service is outstanding.

Some of the outstanding community service projects were targeted at local volunteer fire departments; Wise Areas Relief Mission (W.A.R.M) which is a local food pantry; 4-H'ers who need financial assistance with various projects and activities; **$1000** annual 4-H Scholarship to a graduating senior; financial assistance to all Wise County 4-H'ers who attended Texas 4-H Roundup; community parks, Coins for Friendship which benefits the Texas 4-H Conference Center; and adoption of Spirit of Christmas angels. Not only does their service come in financial assistance, but time and energy as well. Members were recruited to assist with various other programs such as 4-H Foods and Nutrition Projects, and the 4-H Clothing and Textiles project. For 2013, this group of ladies donated **$4530** and volunteered **2357** hours. According to the Independent Sector, these volunteer hours are valued at **$50,345.**

Parenting Education

At the request of the Child Protective Division of the Health and Human Services Commission a parenting series was organized for parents in need of parenting education. The 2 hour session reached 10 parents that featured the following topics: Child Growth and Development; Discipline; Parenting Styles.

2013 Wise County Leaders 4 Life

Developed by Chrissy Karrer, CEA - 4-H and Youth Development Agent, Wise County

RELEVANCE

Youth Leadership development is a main goal of the 4-H program and the purpose of projects and programs. In the past, there has not been a defined way of teaching youth leadership and parliamentary procedure. Parliamentary procedure is a skill that assists youth in organizing and conducting effective club meetings, and a skill they can use in other youth organizations as well as adults in the future. The goal of the introduction of the Leaders 4 Life program in Wise County was to increase the knowledge of parliamentary procedure among each age group that will then impact the individual clubs. The Wise County Leaders 4 Life program is composed of 4-H youth from across the county that wanted to participate in an additional leadership project who range in age of 10-13 years old.

RESPONSE

In an effort to strengthen youth leadership development for Wise County 4-H Council/Officer Teams, the Leaders 4 Life curriculum and contest was introduced to youth in Wise County. In Wise County there are a total of 8 clubs and each club as 6-10 officers. Each year there is a County Council Officer and/or Club officer training but we realized that our youth need more training to be effective officers in their respective club. The Leaders 4 Life curriculum was introduced during five meetings and a county wide workshop. The focus of the meetings during the fall months was parliamentary procedure, communication, and teamwork. Activities consisted of How to Make a Motion, Agenda Mania, Parliamentary Procedure Jeopardy, reviewing the Officer Handbook, parliamentary procedure problems, and a mock contest. Each lesson focused on different skills such as basic parliamentary procedure and communication which are the foundation of being an effective officer. Building an agenda taught the importance of each item on an agenda and how to be successful as a club officer.

RESULTS

The evaluation provided by the Leaders 4 Life program was utilized to determine level of understanding and behavior change of the youth attending the Leaders 4 Life Meetings. A total of 6 youth attended the workshops, with 5 youth participating in more than half of the meetings and the contest. The final 5 youth completed the evaluation.

Evaluations were utilized using a retrospective post evaluation.

Level of Understanding	Good or Excellent Before Program	Good or Excellent After Program
Knowledge of how to build an agenda for business meetings	40%	80%
Knowledge of the use of a main motion and can use it in a meeting	60%	100%
Knowledge of the use of an amendment and can use it in a meeting	40%	80%
Knowledge of the use of division of assembly	40%	100%
Knowledge of the use of withdraw a motion	20%	60%
Knowledge of the use to take from the table and table the motion	20%	80%

Behavior	Yes
More confident in serving in a leadership role	80%
I can teach fellow members how to use a main motion in a meeting	100%
Have developed or improved my teamwork skills	80%
I can teach fellow members how to use an amendment in a meeting	80%

FUTURE PLANS

The Leaders 4 Life program will continue in Wise County as a leadership program being offered to 4-H members that currently serve as officers or have aspirations to become one. There are plans for a multi-county officer training in August and the main curriculum will be Leaders 4 Life: Parliamentary Procedure. The Wise County Intermediate team plans to continue to work in this contest area so that they will be competitive at the State level as Seniors. The current volunteer leader has requested to help judge the State Leaders 4 Life Contest at Roundup to help with her understanding of the contest. This will only increase the effectiveness of the program through the experience of serving as a judge.

ACKNOWLEDGEMENTS

Since beginning this curriculum in Wise County, former Extension Agent Cindy Barksdale has served as a tremendous help and shared her knowledge of parliamentary procedure. This year the committee consisted of an ag teacher, former State FFA officer and former ag teacher.

2013 Wise County Hatching in the Classroom

Developed by Chrissy Karrer, CEA - 4-H and Youth Development Agent

RELEVANCE

Hatching in the Classroom is a curriculum used to teach basic scientific principles to students through hands-on experiences. This unique curriculum guides students through development of eggs to live chicks. An experiment with chick embryos can lay the foundation for understanding subjects as diverse as nutrition and the circulatory system, or it can teach measurement and the collection and analysis of data.

By caring for the chicks during the first week of life, students gain knowledge on responsibility, animal care, and nutrition. The audience targeted was Wise County students in elementary grade levels.

RESPONSE

Hatching in the classroom was presented to local schools to teach students about life cycles, embryo development, and animal nutrition. Agent taught lesson on candling eggs and facilitated a “chick make-over” experiment. Teachers taught five various lessons provided in a Hatching in the Classroom curriculum book.

We collaborated with six local school districts: Alvord ISD, Bridgeport ISD, Boyd ISD, Chico ISD, Decatur ISD, and Paradise ISD. Fertilized eggs were purchased through Ideal Hatchery. During this program, **584** youth participants were reached.

RESULTS

A total of **299** students from four elementary schools completed a pre/post survey. Data is reflected as percent of increase of correct responses from students.

- 138% increase correct response of a brooder is where chicks live when they hatch
- 89% increase correct response of newborn chicks must be kept as warm as a summer day
- 128% increase correct response of a chicken can lay about 250 eggs a year
- 45% increase correct response of the yolk is the food source for the chick before it hatches
- 94% increase correct response of it takes 21 days for a chick to hatch

FUTURE PLANS

The Hatching in the Classroom Curriculum will continue to be used in local classrooms. Through our summer Teacher Workshop we are able to introduce the curriculum to more teachers. Interest in the Hatching in the Classroom has spread to private schools and home school groups which will be targeted in the fall before our spring program with the local ISDs. The Hatching in the Classroom curriculum book will continue to evolve as new lessons are identified to add to the binder.

ACKNOWLEDGEMENTS

The Hatching in the Classroom curriculum was created by combining curriculum from Sarah Bolt, Texas Farm Bureau, National 4-H Curriculum, and National Ag in the Classroom. Tractor Supply and AgVantage Farm and Ranch provided discounts to purchase new incubators and brooder supplies.

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4-H and Youth Development

Wise County Overview of Project Involvement

Developed by Tanya Davis, CEA-FCS and Chrissy Karrer, CEA-4-H

4-H Family and Consumer Sciences (FCS) Projects

4-H FCS projects are a strong component of the Wise County 4-H Program. The curriculum includes foods and nutrition; consumer life skills; clothing and textiles; and, for 2013, healthy lifestyles was continued. Whether the youth are competitive or not, the curriculum is designed to assist youth with developing skills that help them become productive, responsible adults. A 4-H FCS Task force of 12 4-H'ers and leaders helped to plan and implement project activities and contests.

The Wise County Youth Fair Food Show recruited, taught and recognized 175 entries by 4-H'ers who participated in the county fair held in March. Twenty volunteers supported 4-H'ers with their time.

Instead of hosting the traditional leaders training and open house, we presented all food and nutrition project knowledge via a **Kitchen Boot Camp** with 4-H and non-4-H members present.

This event promoted county food show, food challenge, Ag Product ID and nutrition quiz bowl competition, reached **19** participants and focused on recipe preparation, garnishing tips, healthy substitutions, and MyPlate.

Results of efforts

Food Show, Food Challenge, and Nutrition Quiz Bowl Competitions - As a result of all project meetings, 17 participated in county food show, 11 in district food show; 20 participated in county food challenge, 14 competed in district food challenge teams; 4 youth participated in district nutrition quiz bowl. The Nutrition Quiz Bowl team placed 1st in district competition and advanced to State Roundup where they placed 3rd.

Consumer Life Skills Project meetings began in December and continued through April in order to prepare for the spring contests. Sixteen youth participated in District 3 competition with 4 advancing to the State Roundup where they placed **7th** with **2nd** high placing individual.

Clothing and Textiles – Twenty-five 4-H'ers participated in County Fashion Show, 12 4-H District Fashion Show that was hosted in Bryson. The National 4-H Week Fashion Show at David's Western Wear involved 33 youth who learned about selection and coordination of garments.

Do It Yourself (DIY) Mondays reached **41** youth. DIY Mondays were half day camps featuring Science Engineering and Technology, Junior Master Gardeners, Robotics, Sewing, Chef Camp, Upcycle/Recycle, and Rocketry.

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4-H and Youth Development

Wise County 4-H and Youth Program Involvement

2013 4-H Club Membership Information (Primary Club)

	Youth	Adults
Alvord 4-H Club	47	4
Boyd 4-H Club	23	5
Bridgeport 4-H Club	42	9
Chico 4-H Club	27	2
Clothing & Textiles Club	8	1
Decatur 4-H Club	89	10
Horse 4-H Club	20	2
Paradise 4-H Club	54	7
Rabbit 4-H Club	3	1
Slidell 4-H Club	37	6
Shooting Sports Project	5	2
Dog Project	5	1
Total	361	52

2013 4-H Program Outreach Projects
Program Showcase

Plant Pals
Boyd Elementary – 65 students
Chico Elementary – 36 students
Learning Ladder – 16 students

Garden in a Glove
Wise County 4th graders- 345 students
Paradise Elementary – 75 students
Young Elementary - 65 students
Headstart – 60 students

Hatching in the Classroom
Boyd Elementary- 85 students
Paradise Elementary - 75 students
Slidell Elementary – 18 students
Alvord Elementary – 59 students
Chico Elementary – 45 students
Carson Elementary – 63 students
Young Elementary – 65 students
Bridgeport Elementary – 174 students

Seed Paper
Boyd Elementary – 80 students
Chico Elementary – 45 students

Agriculture Field Day
Carson Elementary – 80 students
Chico Elementary – 53 students

Choices & Consequences Day
Decatur Middle School - 497 students

Something's Fishy
Chico Elementary – 40 students
Paradise Middle School – 90 students

Summer Programs
Do It Yourself (D.I.Y) Day Camp- 41 youth
Teacher Workshop – 45 teachers
Clover Kid Day Camp – 15 students
Leader Lab – 11 youth

Eco-Bot
Carson Elementary - 80 students
Rann Elementary – 73 students

Take a Stand
Chico Elementary – 30 students

Importance of Handwashing
Boyd Elementary – 80 students
Slidell Elementary – 91 students
Chico Elementary – 70 students

Internet Safety
Paradise Middle School – 283 students

Soil Profile
Paradise Elementary – 80 students
Chico Elementary – 40 students
Boyd Elementary – 80 students

2013 Wise County Water Conservation/Quality Programming

Water continues to be an issue of concern for the citizens of Wise County. More and more people are moving to the county and living in areas where a private well is the main source of water. Recent studies have shown that the Trinity aquifer is having more water pulled out than is being recharged. It is important for landowners and homeowners with wells to know that conservation of water is important and also the quality of their well water can decline if proper management practices are not applied.

Leadership advisory board members have continuously agreed that conducting water well screening days is an important educational event. The idea of water conservation and how adults and youth can conserve water are particularly effective. Also, we as stewards of our natural resources have a tremendous responsibility to teach youth about the significant role water plays in our society.

The following programs/activities were conducted to educate Wise County residents about water quality/conservation.

- **Water Quality Testing and Water Well Management Information Event**
  One hundred Wise County residents submitted 127 water samples for screening from private water wells for common contaminants including fecal coliform bacteria, nitrates, and high salinity. Educational information for treating specific contaminants was provided to residents whose sample tested positive. Number of samples testing positive included: 4-fecal chloroform; 3-natrates; and 53-high salinity. A meeting explaining screening results was held for all participants with 80 in attendance. Fifty-five participants completed the satisfaction survey which indicated that 100 % of participants increased knowledge as a result of attending the event.

- **Water Conversation**
  Water quality and conservation tips promoted as “Water Tip of the Day” were placed on social media sites daily for 10 days prior to the water quality testing program. The tips received 500 views.

- **Rainfall Simulator**
  Demonstration reached 45 3rd graders at Chico Elementary. The activity demonstrates the “impact” that raindrops have on the soil surface.

- **Edible Watersheds**
  Forty 4th grade students at Chico Elementary and 130 students at Rann Elementary were taught what a watershed is, its elements and storm water pollution that occurs.

- **Water Cycle Activity**
  Demonstrated to 30 Chico Elementary 2nd graders about the circulation of the earth’s water.

- **Stream Trailer and Incredible Water Journey Models**
  Provided a demonstration to 390 Wise County 4th & 5th graders about of how stream channels form, how important vegetation is to stream bank stability and the function of floodplains.

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