



2013 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

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.

Garza County – Summary of 2013 Educational Contacts

Educational Programs- 567

Office Contacts- 1381

Phone Calls- 1352

Newsletters- 3135

Weekly News Articles, Interpretation & Results (1500 Distribution) 156,000

Friend to Friend – Cancer prevention for rural Texas women Task force coordinated event with 37 women attending October; Grants \$800.00; Donations \$296.00; In Kind donations \$25.00 Additional grant funds to pay for qualifying PAP test at local clinics.

4-H Photography - 45 Post High School youth participated in project increasing membership by 15 senior 4-H members. 334 photos submitted at the county; 15 at state competition.

Garza County Health Fair - Local/Area health provider information to county residence- 79 attended.

Kids, Kows, and More - Post, Southland, Crosbyton, and Ralls (160) youth received information on cattle, water, cotton, 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.

Better Living for Texans - SPAG (18 participants); Heart Health Post Elementary (412youth) ; BLT newsletter

Slow Cookers in the Fast Lane – Slow cooker tips, safety features and recipes (8 participants)

Cottage Food Laws – New laws effective January 2014 (4 participants)

Pinterest – Pinterest 101, Wreaths & Scarves (17 total Participants)

Do Well, Be Well with Diabetes- Diabetes Education- Nine Lessons with 5 attending. Total Economic Impact \$285,934

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

Scholarships- Texas 4-H Foundation \$20,000.00; Syd Conner Memorial; 2 @ \$500.00

Healthy Lifestyles –Teen Health - Post ISD 4th, 5th, 7th & 8th grades

Sun Safety – Post Elementary (437 youth)

Bat Camp – 4-H Youth camp to Carlsbad Caverns (17 participants)

Science In the Kitchen – Youth science experiments (5 participants)

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

Garza County Extension and 4-H-Facebook page

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

Mobile Dairy Classroom- Post ISD K-5th grade; Learned information relating to dairy and dairy products, livestock feed, water, nutrition and healthy lifestyles. 416 youth and 27 teachers

BLT Newsletter – Information on cancer awareness, nutrition, diabetes, and consumer information

FCS News Articles- Youth development, Character, Diabetes, Stock show, new and current Research and Nutrition.

Southern MESA Ag Conference – Cotton management, irrigation, forages, weed management, IPM information, Laws& Regulations, small grain production to 87 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 76 participants receiving 5 CEU's.

Local Work Group - with NRCS setting EOIP priorities- 28 attended.

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

Ag Newsletters - Cow/calf, cattle nutrition and health, range management, cotton, alternative crops, marketing, brush control, forage, horse, and wildlife information. Distributed to 211 through electronic mailing and hard copy quarterly.

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 Seminar – Cattle condition scoring, forage utilization and estimation, cattle supplementation in degrees of gestation, cattle genetic makeup and efficiency and weather outlook.

Alternative Crops Seminar- Multi county grain sorghum program for producers

Feral Hog Appreciation Workshop -November- Feral Hog numbers, control measures, disease recognition and management, utilizing county trappers, wildlife service personal, trapping systems, 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- 76 hogs, 30 lambs, 36 goats, 8 Steers, 8 Rabbits and 30 Pee Wees, premium sale \$87,000

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.

Rainwater Harvesting Seminar- Homeowner seminar to teach rainwater harvesting and distribution utilized in landscape. 14 participants

GCJLA Fundraiser- Facility maintenance, scholarships, award programs and sale proceeds to benefit the youth of Garza County. 103 attended raising \$6,500

2013 Garza County Livestock and Rangeland Management

Relevance

Native rangeland and Pastures account for 441, 410 acres of 585,600 total acres in Garza County. Beef cattle production is a mainstay in Garza County with an average stocking rate of approximately 18,000 to 20,000 head of cattle except for the last three years where drought conditions have forced cattle numbers down to near 10,000 head.

Healthy rangeland and cattle are a vital part of the economy in Garza County. Beef production relies on the condition of native rangeland in conjunction with proper supplementation programs. There are many contributing factors that directly affect beef cattle production; some are managed while others are not. The proper nutritional intake and amount of available forage are 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 their reproductive status of a cow herd, so do their requirements. Sound economic management decisions are critical in achieving management goals.



Response

Rolling Plains Ag Conference - April 2013

Beef Cattle/Forage Workshop - August 2013

Cow/Calf Seminar- October 2013

Rainwater Harvesting Workshop - October 2013

On Site Ranch Consultations - January - December 2013

Applied Research - Biological control of Salt Cedar

Ag Newsletter - Quarterly

New Releases - Local newspaper

Agriculture and Natural Resources

Ranch Visits to county producers throughout the year to help evaluate cattle grazing patterns and estimates on supplemental feeding requirements. Assisted ranchers with monitoring body condition scores of cattle to maintain breeding effectiveness. More in depth studies with nutritional data and breeding records are needed to increase efficiency and will be conducted in the next few years.

Results

93% of respondents are mostly or completely satisfied with programming efforts

87% of respondents are mostly or completely satisfied with what they expected

93% of respondents are mostly or completely satisfied with information being accurate

93% of respondents are mostly or completely satisfied with information being easy to understand

80% of respondents are mostly or completely satisfied with timeliness of programs

80% of respondents are mostly or completely satisfied with helpfulness of information

80% of respondents are mostly or completely satisfied with the relevance of examples used

80% of respondent plan to take action or make changes based on information received at programs

87% of respondents anticipate benefiting economically as a direct result of what the learned from these Extension programs.



Producers increase knowledge in subject materials (1-5)	Before	After
Livestock grazing management strategies	2.5	4.1
Improving cowherd efficiency	2.0	3.8
Adjusting supplemental requirements	2.1	4.2
Biological control of salt cedar	2.3	3.8

Acknowledgements:

Thank you to Texas A&M AgriLife Extension Service Specialist: Dr. Ted McCollum, Dr. Calvin Trostle, Dr. Charles Church DVM, Stelzer Land and Cattle, Kirkpatrick Ranches, Ronnie Graves, Garza County Commissioners Court and the City of Post.

Greg Jones – Agriculture and Natural Resources Agent

Garza County – 2013

Improving Health & Wellness

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.

Demographics

Population	Age 19-64	Age 65 and older	Below poverty level	Average Life Expectancy	Screened for Diabetes	Uninsured adults	Medicaid beneficiaries	Median income
6461	69.4%	10.9%	21.9%	75.4	10%	29%	24.2%	\$36,939

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, six hundred forty six (or 9.9%) of the population in Garza County have been diagnosed with diabetes with 9.3% in Texas.



Health-care costs now average

- \$116 billion in excess medical expenditures
- \$58 billion in reduced national productivity.
- \$11,744 per person with diabetes, for an annual total cost of \$174 billion in the U.S.

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.

Texas Department of State Health Services –Potentially Preventable Hospitalizations

Diabetes	2006 to present	Average hospital charge	Hospital charges
Long term complications	35	\$52,247	\$1,828,658

“Communities can potentially prevent hospitalizations by encouraging regular monitoring and managing of diabetes in the outpatient health care setting and encouraging patient compliance with treatment plans.”

Family and Consumer Sciences

Response



Friend to Friend - The Cancer Prevention Research Institute of Texas awarded Garza County 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.

Planning Meetings	Marketing	implement	Evaluation
3 face to face meetings	1 site, 1 newsletter, social media	1 Friend to Friend event	Friend to Friend Pre & Post evaluation

A two hour Friend To Friend “party” included a presentation by a regional oncologist conveying a strong message that breast and cervical cancer is easier and more successfully treated when found earlier. The party also consisted of small group discussions lead by the Task force members, pink snacks, and local information about screening opportunities, funding and transportation.

Do Well, Be Well with Diabetes- The Do Well, Be Well with Diabetes task force planned, marketed and implemented the series. Five persons with diabetes and one caregiver participated in all nine sessions of the DWBW series.



Target audiences include:

- People with diabetes
- Caregivers and family members of people who have diabetes
- Individuals interested in preventing and managing diabetes.

- (10/21/13) Lessons 1 & 2 - What is Diabetes? and Nutrition: First Step to Diabetes Management
- (10/28/13) Lessons 3 & 4 One Diabetes Diet- No Longer the Sole Option and For Good Measure at Home and Eating Out
- (11/4/13) Lessons 5 & 6 Nutrition Labels and Diabetes and Exercise
- (11/11/13) Lessons 7 & 8 Diabetes Medicines and Managing Your Blood Sugar
- (11/18/13) Lessons 9 Preventing and Managing Complications

Results

Friend to Friend

Twenty five women completed pre and post surveys at the Garza County Friend to Friend event on October 15 at the Heritage House in Post, Texas



Women completing Pre & post survey (25 of 25)	100%
Women signing a Help Request Form (12 of 25)	48%
Women signing a commitment card to get a mammogram within the next year (20 of 25)	80%
Women signing a commitment card to get a Pap Test within the next year (18 of 25)	72%

Do Well, Be Well with Diabetes

Pre and post evaluations from four females and one male, with an average age of 64, in Garza County include:

Know what blood sugar level they should have before and two hours after meals.	100% (5 of 5)
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% (5 of 5)
Know that 1 cup of milk with raise your blood sugar.	100% (5 of 5)
Know if a person takes insulin and shows signs of low blood sugar, they should take ½ can regular soda.	100% (5 of 5)

Potential Economic Impact in Garza County 2013 – Data from the Do Well, Be Well website

Net Present Value per Female	\$52,435	Net Present Value per Male	\$69,156
Total Net Present Value for health care cost savings for Females	\$209,740	Total Net Present Value for health care cost savings for Males	\$69,156
Total Net Present Value for Lost Wages of Females	0	Total Net Present Value for Lost Wages of Males	\$7,038
Total Net Present Value of Females	\$209,740	Total Net Present Value of Males	\$76,194

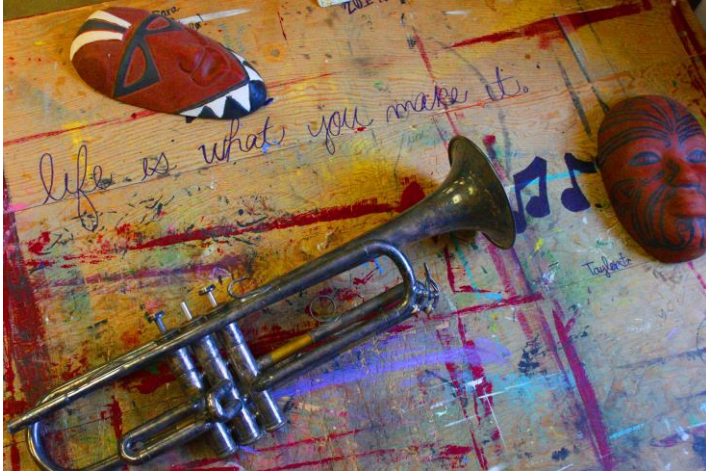
TOTAL IMPACT	\$285,934
---------------------	------------------

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 – Family & Consumer Science Agent

2013 4-H Photography – Garza County



Photography 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.

Relevance

Images are captured through the use of still photography or videography and utilized in:

- News outlets
- Websites
- Magazines
- Advertisements
- Surveillance
- Data storage
- Forensics



4-H and Youth Development

The **4-H photography project** provides basis for understanding this long withstanding art form. Regardless if a young person is in a rural area or an urban center of Texas, photography is something they can be involved in. Additionally, with the decreasing cost of photography equipment, the project is becoming more appealing for all ages of youth.



- The photography project helps develop these life skills:
- Communication
 - Working with others
 - Increasing communicative and expressive art



Response

Adult 4-H leader & volunteer	2
Youth participated in learning experiences and submitted photos for county competition	45
Photos judged in fifteen categories; junior, intermediate and senior divisions	312



Top photographs in each of the fifteen categories in the junior and intermediate division advance to District contest for judging. Top photographs in each of the fifteen categories in the senior division represent **Garza county 4-H** in the state photography contest.

Photography project curriculum subject matter included:

- Expressive Communication through Photography
- Careers using Photography
- Tours – Post Lake, school grounds, City Park
- 4-H Membership, Enrollment and Opportunities
- 2013 4-H Photography categories
- Critiquing photos
- Photography goals/objectives
- Photography Contest rules



4-H and Youth Development

Fifteen of 312 senior photos were selected for state completion in the fifteen categories.

Categories include:

- 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
- Food
- Elements of Design
- Animals – Wildlife



Youth qualifying for state as well as the volunteer instructor were recognized at the Post ISD school board meeting and given state level certificates of participation.

All state entries received blue or red ribbons.

Results

Forty-five youth participated in the Garza County 4-H photography project.

I can manually adjust the camera settings for night photography.	(35 of 45)	78.8%
I am confident I can use various camera settings and lens.	(40 of 45)	88.8%
I can adjust my photographs using digital software as needed.	(39 of 45)	86.6%
I have considered careers using my photography skills.	(38 of 45)	84.4%



All students believed they benefitted from the photography experience!

Knowledge gained-100%

Acquired skill-100%

Attitude change-100%

Behavior change- 100%

Testimonials

I try to tell a story now, not just take a picture.



The photography project taught me to use various settings on the camera to make quality photos.

I learned how to manipulate my photos using the camera and the computer to make them uniquely mine.

The night photography sessions with the tripods were awesome.

After 3 years in the photography project, I now have a website and business cards. I love my job!



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.

Garza County 2013

Water has emerged as the preeminent issue across the state as well as a high priority issue in Garza County.

The primary message in the 2012 state wide water plan is simple, "In serious drought conditions, Texas does not and will not have enough water to meet the needs of its people, its businesses and its agricultural enterprises."

Water use in agriculture, by municipalities, in landscapes and in the home must be utilized in a conservative manner in order to conserve the precious natural resource.

Water Wise



Relevance

The increase in knowledge and utilization of best management practices in water conservation is empowerment for all sectors; agriculture, home and business owners and our youth.

The Garza County Ag Committee and water task force gave direction for this program area.

Response

Ag Newsletter- quarterly	Individual home and business visits- monthly
New articles- January- December	Southern MESA Ag Conference- January 16
40 Gallon Challenge- June	Mobile Dairy Classroom- April –K-5- 416 youth
Water Task Force- June	Kids, Kows and More- May; 4-5th grades- 117 youth
Alternative Crops Seminar- January 26	Rainwater Harvesting Workshop- October 16



A variety of educational methods were utilized to reach consumers, home owners, ag producers and youth; to increase knowledge in best management practices and to help protect water quality and enhance water conservation.

County residents were given information in conserving and protecting water resources through educational programs, mass media, group contacts, individual office contacts and personal visits.

Ag producers were given information on irrigation through cropping systems, drip irrigation, LEPA irrigation, soil moisture monitoring and water use of various crops.

Community Economic Development

Youth water topics ranged from conservation in the home to water quality and use in row crop and animal production.

40 Gallon Challenge was advertised to county residents through mass media efforts in an effort to increase water conservation awareness.

A rainwater harvesting workshop was held and participants constructed of rain water barrels and learned conservation and watering tips for home owners.



Results

Producers anticipated:

Economic benefit due to increase production utilizing water conservation methods	62%
Economic benefit due to reduced input cost of irrigation technology.	48%
Economic benefit due to Extension programming efforts	76%



Ag producers anticipate economic benefit and water conservation technologies to help conserve water resources.

Estimated economic value per acre due to water conservation methods:

Money Saved	%
1.00 - \$5.00	31.3
\$6.00 - \$10.00	37.5
\$11.00 - \$20.00	18.8
Greater than \$20.00	12.59

Sixteen water barrels were constructed and will be utilized by local residents to harvest rainwater for landscape purposes

***Increased knowledge in water by homeowners, businesses and youth has brought about awareness of preserving and conserving water resources.*

Acknowledgements:

Thanks to the Garza County Commissioners Court, City of Post, Post ISD, Southland ISD, NRCS, Southwest Dairy Farmers, and Post-Dispatch.

Texas A&M AgriLife Extension Service

Garza County

Greg Jones

County Extension Agent

Agriculture and Natural Resources

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 Street

Post, Texas 79356

Phone: 806-495-4400

Fax: 806-495-4401

Email: garza@ag.tamu.edu

*Facebook: Garza County 4-H &
Extension*

Website: <http://garza.agrilife.org/>