Extension Education in Palo Pinto County

Making a Difference 2011
The Texas AgriLife Extension Service has been dedicated to serving Texans 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.

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 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 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:

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### Palo Pinto County – Summary of Educational Contact

#### Educational and Individual Contacts

- Educational Programs - 198
- Total Group Participants - 5,540
- Phone - 1,368
- Office - 638
- Site - 1097
- News Releases - 30
- Web Site Hits - 3,130
- Email, Letters & Newsletters - 3,718

#### Extension Groups

**4-H Clubs**
- Community Clubs - 6
- 4-H Members - 290
- 4-H Leaders - 82

**TEEA (Extension Education Club)**
- Members - 23

**Master Gardener**
- Members - 1
- Volunteer Hours Contributed – Over 1,000
Beef Cattle Production- North Texas Beef 706 Program
Developed in 2011 by: Scott Mauney, J. Brad Morrison, and Leslie Neve
(County Extension Agents in Palo Pinto, Young, and Stephens Counties).
Instruction: Dr. Dan Hale, Extension Meat Specialist; Dr. Ron Gill Extension Livestock Specialist;
Stan Bevers Extension Economist; Jason Bagley Texas Beef Council

RELEVANCE
Beef production is a 20 plus million dollar industry in each of the counties of Palo Pinto Young, and Stephens. In Palo Pinto County it encompasses 20 thousand cow calf pairs and 5 thousand head of stocker cattle. As the number one agricultural enterprise, it is important for producers to analyze the productivity of their operations and to make production changes that will result in increased production and profitability. These changes can be obtained by efficiency and/or production increases. A series of programs centered on the Texas Beef Councils Beef 706 program was developed focusing on: Feeder Calf Management; Feedyard Management; Beef Quality Assurance; Live Animal Evaluation; Carcass Grading; Grid Marketing; Carcass Cutting; Livestock Genetics. The multi-county plan was designed to give producers tools and knowledge to make changes to their individual operations.

RESPONSE
Through the leadership of Program Area Committees in Palo Pinto, Young, and Stephens Counties a set of beef cattle educational programs were planned, organized and implemented. The goal being to have individual beef producers evaluate their cattle operations from production, financial, animal quality stand points, utilizing the Texas Beef Council’s Beef 706 model. 30 cattlemen from 8 counties took part in 7 educational programs. The culmination being a three day hands on workshop at the Texas A&M University Meat Science Laboratory at College Station. Program development and educational events conducted were:

- **North Central Texas Cattleman’s Clinic** (November 2010) Beef 706 promotion and participant recruitment.
- **Secure Beef 706 Sponsorship and Funding for Beef 706** (January 2011) Cattle purchase, feeding cost, and program support.
- **Hay Beef and Forage Day** (March 2011) Young County Arena Beef quality assurance principles.
- **Beef 706Live Animal Evaluation** (October 2011) Young County Arena, Yield and Quality Grade Estimates.
- **Beef 706Cattle Harvesting Workshop** (November 2011) College Station, Carcass Grading, Carcass Fabrication, Grid Marketing, Genetics Affects on Muscle Fiber Tenderness
- **North Central Texas Cattleman’s Clinic** (November 2011) Young County Arena, Live, Grid and Cutout Value Comparisons.
- **3 Beef 706 Newsletters For Participants** (August, September, and October 2011) Cattle feeding updates and information.

RESULTS
The survey asked participants to rate their knowledge levels based on a scale of 1 to 9. 1 was very low knowledge 5 average with 9 being expert knowledge. The results in the various areas were as follows:

- **Feeder Calf Management**
  - Pre-test 4.7
  - Post-test 6.1
  - Change 1.4

- **Feedyard Management**
  - Pre-test 4.0
  - Post-test 5.7
  - Change 1.7

- **Beef Quality Assurance Principles**
  - Pre-test 4.6
  - Post-test 6.3
  - Change 1.8

- **Live Animal Evaluation**
  - Pre-test 4.9
  - Post-test 6.7
  - Change 1.8

- **Beef Carcass Grading**
  - Pre-test 3.1
  - Post-test 6.2
  - Change 3.0

- **Carcass Cutting**
  - Pre-test 3.2
  - Post-test 6.2
  - Change 3.0

- **Sensory Taste Evaluation**
  - Pre-test 4.2
  - Post-test 6.1
  - Change 1.9

- **Genetics**
  - Pre-test 4.5
  - Post-test 6.3
  - Change 1.8

- **Cattle Value from Feeder Calf to Boxed Beef**
  - Pre-test 4.1
  - Post-test 6.4
  - Change 2.3

**SUMMARY**

Beef 706 participants owned a total of 7562 head of cattle. 27 were cow calf operators the remaining 3 were stocker cattle operations. For an average the participants showed that they would reap a $18.33 savings per head with the low being $10 and the high at $50. Eighteen dollars and thirty-three cents in savings on 7562 head of cattle totals $138,611.46. The resulting gain in knowledge and dollar savings shows the Beef 706 program and its educational efforts to be an affective enterprise.

**Future Plans**

Palo Pinto County Extension will continue to work and provide educational programs to meet the needs of Beef Cattle Producers to keep them on the competitive edge.

**Acknowledgements**

We would like to thank Texas Beef Council for funding the program. We also want to thank Dr. Griffin, Dr. Gill and Dr. Hale for the educational efforts they put towards the Beef 706 program.
Other Significant Programs

Ag. Chemical Day

This annual program is adopted to meet the needs of agricultural producers that have a TDA pesticide license. These applicators must have a total of 15 CEUs within five years. Ag. Chemical Day provides participants with five CEUs each year. This event is co-sponsored by Texas AgriLife Extension Service and the Palo Pinto County Soil and Water Conservation District. A total of 72 individuals attended in 2011. Topics included:

- Weed ID & Control
- Brush Management
- Aquatic Weed Control
- Insect ID & Control
- Laws and Regulations

Following the program participants were asked to fill out a satisfaction survey. Results are as follows:

- 100% (72 of 72) were overall satisfied with the educational program.
- 100% (72 of 72) were completely satisfied with the quality of course materials.
- 100% (72 of 72) were completely satisfied with the speakers' knowledge of subject matter.

North Central Texas Cattleman’s Clinic

The North Central Texas Cattleman’s Clinic is an annual event held each November to update producers on new techniques and cutting edge information. Eight to ten educational booths are set up by businesses to educate producers on new products and provide various information. Eighty-two producers were reached in 2011. Clinic topics included:

- A New Approach to Herd Rebuilding by Dr. Ron Gill
- What Can You Pay for Replacement Heifers by Dr. Stan Bevers
- Replacement Female Selection Considerations by Dr. Jason Clere
- What the Numbers Say by Stan Bevers

A total of ten agriculture production sponsors assisted agents in providing a high quality clinic.

Fire Recovery Program

Texas AgriLife Extension Service, Texas Forest Service, Texas Parks and Wildlife Department and the Natural Resource Conservation Service teamed up to provide a an educational program focused on helping landowners in putting their land back in order. Topics included: Tree Response to Fire and Replanting; How to be Fire Wise in Your Landscape; Effects of the Fire on Wildlife Management; Brush Management after the Fire; and Grazing Land Management. A total of 114 people attended this event.

Post Fire and Drought Program

The Texas AgriLife Extension Service, Texas Parks and Wildlife, Natural Resources Conservation Service, Farm Service Agency and the Nobel Foundation offered a program to assist producers in learning how to protect their land and build for the future during drought and post fire. Sixty-one producers attend this event held in late August. Topics included: Grass and Forbs Response; Tree and Shrub Response; Rebuilding Fences; Grazing Management; Drought Forecast; Forage Management; Ag. Valuation Update; and Wildlife Management.
Palo Pinto County Master Gardener Association

In 2011, the Palo Pinto County Master Gardeners Association was composed of eleven members. The Palo Pinto County Master Gardener Association members have provided over 1,000 volunteer hours which has a value of $21,000.00. Projects have included:

- **Palo Pinto County Extension Office**
  The beds have been landscaped and maintained with self-supported and superstar plants that are labeled for public viewing.

- **Rain Water Harvesting System**
  The Master Gardener Association has provided educational programs on rain water harvesting systems and done demonstration work utilizing the system.

- **Old Jail Museum Complex**
  The goal of this project was to plant different types of native grasses and to provide landscaping for the museum.

- **Courthouse Lawn**
  The Master Gardeners worked with the Palo Pinto County Judge and Commissioners Court to develop a landscape plan. Members have contributed numerous hours in planting and maintaining the new beds. They have also implemented a water system for the landscape.

- **Clark Gardens**
  Members volunteer their time to help plant new plants or in maintaining established beds.

- **National Vietnam War Museum**
  Members provided knowledge and labor on plants and designs for the newly established museum.

- **Gordon Community**
  Members designed and landscaped an area for the City of Gordon.

- **Educational Program**
  Members planned and conducted a workshop for the fire victims on Installing Drip Irrigation; Rain Water Harvesting; and Selection and Planting of Landscape Trees.
Relevance

Although children are influenced by many different elements in their environment, parents are the primary influence in the lives of their children. Parents' contributions to their children's development are unparalleled, especially during their early childhood years. Research indicates that children who grow up with actively involved and nurturing parents (as opposed to uninvolved parents) reap numerous benefits, including better school performance, increased self-esteem, healthier relationships with peers, healthier sex-role development, and greater access to financial resources. In addition, children who are raised in environments in which parents are fully involved are less likely to engage in behaviors that put them at risk for a variety of physical and mental health problems. Research suggests that quality educational programs can assist parents in developing the skills they need to effectively raise their children.

Response

Parenting Series for Teen Parents

A four week lesson series was provided to teen parents at Mineral Wells High School and Mineral Wells Dream Academy (alternative by choice campus). A curriculum called 1, 2, 3, 4 Parents! – Parenting Children Ages 1 to 4 was utilized for this series. It provided basic information and included hands-on activities and video examples which were appropriate for this audience. Sessions were as follows:

1. You and Your Child: Special People in a Special Relationship
2. Preventing Problems
3. Encouraging Positive Behavior
4. Wrap-up, Review and Recognition

Results

A total of 25 participants attended one or more session. Six of the 25 students were teen dads. Average attendance was 13 participants.

A post evaluation survey was administered during the last session. Nine participants completed the survey. Evaluation results are show in Tables 1 and 2.
Table 1: Evaluation Results from Parenting Series for Teen Parents

<table>
<thead>
<tr>
<th>Statement</th>
<th>Agree</th>
<th>Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Participating in the parenting classes has helped me have more confidence in my parenting skills.</td>
<td>67%</td>
<td>33%</td>
</tr>
<tr>
<td>Participating in the parenting classes has helped me have more realistic expectations for my child based on their age and stage of development.</td>
<td>44%</td>
<td>56%</td>
</tr>
<tr>
<td>Participating in the parenting classes will help me in setting limits (rules) for my child.</td>
<td>44%</td>
<td>56%</td>
</tr>
<tr>
<td>Participating in the parenting classes will help me to better communicate with my child.</td>
<td>78%</td>
<td>22%</td>
</tr>
<tr>
<td>Participating in the parenting classes has given me some tools that will help prevent problem behavior before it happens.</td>
<td>78%</td>
<td>22%</td>
</tr>
</tbody>
</table>

Table 2: Evaluation Results for Before and After Measures Reveals mean values from respondents for before and after question. (Likert scale was defined as 1 = poor, 2 = average, 3 = good and 4 = excellent.)

<table>
<thead>
<tr>
<th>Statement</th>
<th>Before Mean Value</th>
<th>After Mean Value</th>
<th>Mean Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>My knowledge about ages and stages of child development.</td>
<td>2.22</td>
<td>3.44</td>
<td>1.22</td>
</tr>
<tr>
<td>My understanding of the role of a parent.</td>
<td>2.33</td>
<td>3.33</td>
<td>1.0</td>
</tr>
<tr>
<td>My understanding of the importance of encouraging my child.</td>
<td>2.67</td>
<td>3.56</td>
<td>0.89</td>
</tr>
<tr>
<td>My knowledge about providing safe limits for my child.</td>
<td>2.67</td>
<td>3.44</td>
<td>0.77</td>
</tr>
<tr>
<td>My understanding of the importance of building a bond with my child by playing together.</td>
<td>2.89</td>
<td>3.33</td>
<td>0.44</td>
</tr>
</tbody>
</table>

Future Plans

Mineral Wells ISD has indicated that they are interested in providing this lesson series again in the future. Texas AgriLife Extension Service in Palo Pinto County will also look at offering additional parenting classes and plans to offer training opportunities for child care providers.

Acknowledgements

Thanks are extended to: Mineral Wells ISD, Wanda Voelcker, and the Palo Pinto County Family and Consumer Sciences Committee.
Helping People in Palo Pinto County Eat Better and Safer  
Developed by Lynette Babcock, County Extension Agent – Family and Consumer Sciences

Relevance

Health and well-being are highly valued in today's society. Food and Food Safety play major roles in the health and well-being of people of all ages.

Dietary quality has been linked to four of the ten leading causes of death, and research suggests that the diets of low-income households, including those receiving SNAP (formerly known as the Food Stamp Program) benefits and those with children, often lack variety and are typically inadequate in fruits, vegetables, whole grains, dairy products, and lean meat. Twelve percent of the Palo Pinto County population are SNAP recipients and 10,130 county residents are potentially eligible at 185% or lower of the Federal Poverty Income Level (Source: Statistical Data Chart for BLT Reference).

The Centers for Disease Control and Prevention (CDC) estimate that foodborne diseases cause approximately 76 million illnesses, 325,000 hospitalizations and 5,000 deaths each year. Populations most vulnerable to foodborne disease include pregnant women, the elderly, the very young, and individuals with a chronic disease as well as those with weakened immune systems. In 2000, the United States Department of Agriculture Economic Research Service estimated that the medical, productivity loss, and premature death costs related to five foodborne pathogens totaled $6.9 billion annually. Foodborne disease is a costly problem. More than half of all food borne illnesses is attributed to improper food handling in restaurants. Because more than 40% of all food dollars are spent on food prepared outside the home, food safety is a top concern among consumers. Therefore, food safety education is a critical prevention component for reducing the risk for foodborne diseases.

Response

Better Living for Texans

BLT provides educational programs to SNAP recipients, applicants, and other approved audiences to help improve their ability to plan and prepare nutritious meals, stretch food dollars, and prepare and store food safely. Additionally, BLT provides educational programs that help the target audience improve their overall diet quality and increase their level of physical activity. Palo Pinto County families have been reached through BLT programs being held in collaboration with Head Start, Mineral Wells ISD and the Back to School Fair.

Food Safety, It’s Our Business

Food Safety, It’s Our Business is a course taught by Family and Consumer Science Agents certified as instructors for Food Protection Management. The course is designed to educate and certify food service managers about food safety and for them to teach their employees proper food handling. Agents in Jack, Palo Pinto, Parker, Stephens, Wise and Young counties work together to offer this course in the six county cluster group. Agent assisted with three courses in the area.

Dinner Tonight

The Dinner Tonight program encourages family mealtime by providing quick, nutritious, cost-effective recipes through weekly video webcasts. Each week a new video demonstration is released by the Texas AgriLife
Extension Service. County staff disseminates the update by email to interested individuals in Palo Pinto County.

Results

Better Living for Texans

Over 1,550 contacts have been made in Palo Pinto County as a result of the BLT program. Programming included:

- **Color Me Healthy** was completed in Head Start classrooms in the Spring of 2011. Agent presented a *Color Me Healthy* lesson each month with a focus on increasing the amounts of fruits and vegetables consumed by youth. A parent newsletter has also been distributed with each lesson.

- **OrganWise Guys** is a new curriculum being presented in Head Start classrooms during the 2011-2012 school year. The *OrganWise Guys* are a group of characters that personify the major organs of the body to teach children about the importance of eating well and being physically active.

- **Think Your Drink** was presented to 15 teen parents at Mineral Wells High School. The presentation looked at the amount of sugar in various soft drinks and other beverages. Discussed making healthy choices such as water, 100% juice and milk for themselves and their children.

- **Let's Cook Together** was presented for Head Start parents at the Mineral Wells Center. Discussed the importance of cooking with children and provided ideas for healthy recipes parents and children can make together.

- An educational exhibit was also utilized at the Back to School Fair and Miracle Mission and Action Fair both held in Mineral Wells.

Food Safety: It's Our Business

Agent assisted with three courses held in Erath, Jack and Parker Counties by teaching multiple sections of the course each time. Of the 29 participants (total for the three courses), 23 (79%) passed the CFPM national exam.

Dinner Tonight

The Dinner Tonight email group for Palo Pinto County was continued in 2011 with an ending group of 59 individuals. Weekly Dinner Tonight recipe updates are distributed to email list.

Future Plans

Plans are to offer a Food Safety: It's Our Business course in Palo Pinto County. Dinner Tonight will continue to be offered in 2011 and will be expanded to include a cooking school. The Better Living for Texans program will also continue to target eligible participants through a variety of educational methods.

Acknowledgements

Thanks are extended to the Mineral Wells Head Start Center, First Baptist Church, The City of Mineral Wells Health Inspector, Texas Department of State Health Service, Palo Pinto County Family and Consumer Science Committee, and Family and Consumer Science Agents in Jack, Parker, Stephens, Wise and Young counties.
Helping Families and Individuals Manage Resources in Palo Pinto County
Developed by Lynette Babcock, County Extension Agent – Family and Consumer Sciences

Relevance

The recent economic downturn and resulting recession have heightened consumer awareness of the need for financial literacy education. Growing unemployment, foreclosures, and credit delinquencies have contributed to increased interest among consumers in budgeting, saving and cutting back on spending.

Research studies indicate that people of all ages, incomes, and education levels lack the basic financial knowledge and skills to ensure long-term stability for themselves and their families. One result of this limited financial knowledge and skill is the estimated 73 million Americans classified as 'unbanked' or 'underbanked.' The Corporation for Enterprise Development reports almost 51% of Texans do not have a savings account; 20% of Texans have zero net worth; Texans have the lowest credit scores in the nation and Texas ranks 44th in the rate of homeownership.

Response

Money Smart Lesson Series

A five week lesson series was held in partnership with United Way of Palo Pinto County, United Way of Texas, and local financial institutions during the fall of 2011. The series utilized the Money Smart curriculum developed by FDIC and targeted adults in Palo Pinto County. The following ten lessons were presented over the five week period: Bank on It, Borrowing Basics, Check It Out, Money Matters, Pay Yourself First, Keep It Safe, To Your Credit, Charge It Right, Loan to Own and Your Own Home.

These sessions focused on a variety of topics including: bank services; tracking spending; budgeting; saving; credit; and home ownership. Those attending were provided a copy of the Money Smart Participant Guide for each lesson.

Money Management Classes

Two basic money management classes were held in cooperation with the Palo Pinto County Community Supervision Department. The probation officers made referrals for the classes. The classes covered basic information concerning the following: Needs Vs. Wants, Tracking Your Spending, Making a Budget, Money Traps, and credit.

Results

Money Smart Lesson Series

Seven participants attended one or more sessions. Five of the seven completed the entire five week series. Those who completed the series received $100.00 in savings vouchers that could be utilized to open a savings account at a participating bank. Funding for this was provided through the Rural Texas Financial Education Project through United Way of Texas.
A post survey was utilized with those that completed the series. Survey results indicate:

- 100% (5 of 5) feel more knowledgeable about their personal finances after participating in the series.
- 100% (5 of 5) felt better equipped to manage their personal finances after participating in the series.
- 100% (5 of 5) felt that the course provided them with resources that will help them take control of the finances.
- 80% (4 of 5) indicated that they had started to establish financial goals after beginning the series.
- 80% (4 of 5) indicated that as a result of participating in the series, they had or planned to track their spending as well as to develop a budget/spending plan.
- 100% (5 of 5) indicated that they planned to review a free copy of their credit report.

Basic Money Management Classes

A total of six individuals participated in the money management classes. Participants indicated that the resources provided to them would be helpful in managing their own financial resources.

Future Plans

Financial management issues will continue to be addressed through basic classes. AgriLife Extension in Palo Pinto County will continue to welcome networking opportunities with other organizations and will look at offering additional series in the future.

Acknowledgements

Thanks are extended to: United Way of Palo Pinto County, United Ways of Texas, First Financial Bank, Titan Bank, Citi Bank, First State Bank, Corner Post Financial Planning, Mineral Wells Senior Center, Bennett’s Office Supply, Mineral Wells ISD and the Palo Pinto County Family and Consumer Sciences Committee.
Other Significant Programs

Diabetes Education

A workshop called "Managing Diabetes through Nutrition and Healthy Eating" was held in cooperation with the Mineral Wells Senior Center, North Central Texas Area Agency on Aging and Palo Pinto General Hospital. Twenty-nine individuals attended this program which targeted participants ages 60+. Agent did a recipe demonstration and lesson was taught by Palo Pinto General Hospital Dietitian. Participants received a book from the American Diabetes Association called "Month of Meals: Diabetic Meal Planner" which was provided by the Area Agency on Aging.

TEEA (Extension Education Club)

Palo Pinto County has one Extension Education Club with 23 members. The club meets once a month from September – June for a business meeting and an educational program. The club is also actively involved in community service projects. Members assist with and raise funds for the Palo Pinto County Fair. They also support Meals on Wheels and provide items for those in nursing facilities. The club is active in TEEA on the district and state levels and attended meetings to gain information and resources.
Healthy Lifestyles for Palo Pinto County Youth
Developed by Lynette Babcock, County Extension Agent – Family and Consumer Sciences

Relevance

Nationally, 19% of children ages 6-11 years are obese (95th percentile for body mass index (BMI) by age/sex). In Texas, 23% of fourth grade children are obese. Childhood obesity is associated with increased risk for diabetes, high blood pressure and adult overweight/obesity. All youth need to be encouraged to make healthy food choices and participate in physical activity.

Response

Youth Healthy Lifestyles programs and related 4-H and Youth Nutrition projects are one of the cornerstone programs of Texas AgriLife Extension Service. Youth that participate in the 4-H Food & Nutrition Project, learn how to prepare nutritious and safe meals and snacks and adopt behaviors that can help reduce their risk for chronic disease.

Palo Pinto County 4-H members have been actively involved in the 4-H Foods and Nutrition Project in 2011. Youth have participated in project activities on local, county, district and state levels.

4-H Food Challenge

The 4-H Food Challenge allows teams of three to five 4-H members to create a dish using a predetermined set of ingredients. From these ingredients, 4-H members must identify, prepare and then present information related to the preparation process, nutritional value, serving size and cost of the dish. Throughout this process, 4-H members are applying the knowledge and skills gained through participation in the 4-H foods and nutrition project, demonstrating their culinary and food safety skills, and continuing to learn about making healthier food choices.

Members prepared for this event through a series of workshops held on the club and county levels. Four workshops were held on the county level with one run as an actual contest. Four teams (18 youth) advanced to the District 3 4-H Food Challenge.

Nutrition Quiz Bowl

Food & Nutrition Quiz Bowl is a team activity that helps participants learn core concepts of nutrition, food preparation, and food safety. Palo Pinto County youth have utilized Nutrition Quiz Bowl to increase their knowledge.

4-H Food Show

The 4-H Food Show provides an opportunity for members to display their Food & Nutrition project knowledge and experiences to a panel of judges. Participants prepare a dish at home, bring it to the Food Show, and participate in an interview. Interview questions are comprised of basic preparation, food safety, and nutrient knowledge of the prepared dish. This event was held at the county level with first place winners from that event advancing to the district contest.
Series for Youth from the Palo Pinto County Home School Association

AgriLife Extension in Palo Pinto County partnered with the local home school association to offer a nine week series for Pre-K through 3rd grade youth. OrganWise Guys resources were utilized to emphasize making healthy food choices and being physically active.

Results

4-H Food Challenge

A total of 22 youth participated in 4-H Food Challenge workshops on the county level. Four teams (18 participants) advanced to the District 3 4-H Food Challenge contest. Palo Pinto County 4-H had two 2nd place teams and one fourth place team at the district event.

Evaluation results from those participating on the county level show that:

- 100% (18 of 18) increased their knowledge about MyPlate and the importance of food safety.
- 94% (17 of 18) indicated that they were more comfortable working on a team as a result of participating in the food challenge.
- 88% (16 of 18) indicated that they have made healthier food choices based on what they learned.

Nutrition Quiz Bowl

A total of six Palo Pinto County youth (two teams) qualified to participate at the 2011 Texas 4-H Roundup in the Nutrition Quiz Bowl event. Two teams (six youth) also participated in the District 3 4-H Nutrition Quiz Bowl contest in November of 2011. The teams placed 3rd and 4th in the senior age group with the 3rd place team qualifying for Texas 4-H Roundup in 2012.

4-H Food Show

The Palo Pinto County 4-H Food Show had nine participants demonstrate the knowledge that they had gained in their Food and Nutrition Projects. Five youth advanced to the District 3 4-H Food Show with three of them placing in the top five of their category.

Series for Youth from the Palo Pinto County Home School Association

Participants gained knowledge about the various OrganWise Guys and how to keep their bodies healthy. OrganWise Guys emphasizes making healthy food choices and being physically active. Average attendance over the nine weeks was 13 participants.

Future Plans

Projects and activities for youth related to healthy lifestyles will continue to be provided in Palo Pinto County. Plans are to continue to offer events such as the 4-H Food Challenge, 4-H Food Show and Nutrition Quiz Bowl. Plans are to also offer a Kitchen Boot Camp for youth in 2012.

Acknowledgements

Thanks are extended to the Palo Pinto County 4-H Food and Nutrition Task Force, 4-H Adult Leaders and Parents Association, and 4-H parents and leaders that are vital to the 4-H program. Much appreciation also goes to the home school association for the opportunity to partner with them.
Palo Pinto County Youth Livestock Science Program
Developed by Scott Mauney, County Extension Agent - Agriculture

RELEVANCE

Mineral Wells ISD wanted to continue providing a science credit to youth that are interested in animal science. The course had to provide laboratory works to meet the objectives. The main relevance was to educate youth and guide them to become more adept in livestock management and health practices. Through these workshops held by Extension and the Mineral Wells High School Vo-Ag Department, these youth were able to receive a required science credit from the program.

TARGET AUDIENCE

This program was developed for students enrolled in the Advanced Ag Science class at Mineral Wells High School.

RESPONSE

Through the leadership of the Palo Pinto County Youth Board and the Mineral Wells ISD Ag Science Advisory Board, educational programs and labs were planned, organized and implemented. The goal of the educational labs was to adopt management practices and provide hands on experiences that relate to class room teaching.

EDUCATIONAL PROGRAMS FOR 2011

- **Fundamentals of Vet Science** (January, 2011, 16 attending)
  Topics: Bob Horner, vet supply representative spoke on different ways to control parasites in livestock. Field trip was taken to provide hands on experience in proper techniques to deworm livestock.
- **Fundamentals of Vet Science** (March, 2011)
  Educational program on how to deal with animal welfare issues and the public.
- **Fundamentals of Vet Science** (April, 2011)
  Youth toured Tarleton State University meats lab. They were taught how to properly harvest and process cattle.
- **Fundamentals of Vet Science** (May, 2011)
  Tour of local auction barn and were taught how to market livestock and were able to assist in moving cattle and loading them out.
- **Fundamentals of Vet Science** (October, 2011)
  Youth were trained how to take vitals on goats, learned how to age goats by their teeth, learned how to give shots and vaccinate.

RESULTS

Survey results are as follows:

- Are you considering a career in agriculture science?
  9 of 16 respondents (56%) plan to pursue a career in agriculture science.
- Do you feel that this class and labs have been beneficial in understanding ag. science?
  16 of 16 respondents (100%) definitely yes.
• Do you feel that lab practices have helped you understand the class work provided in regular class room?
  16 of 16 respondents (100%) definitely yes.
• Do you feel comfortable giving injections to livestock knowing that you have been trained?
  16 of 16 respondents (100%) definitely yes.
• Would you recommend this class to other students?
  16 of 16 respondents (100%) definitely yes.

SUMMARY

Survey from participants showed 100% felt that the class and lab work was different due to the hands on learning and felt that they learned so much more being involved with the program. Youth felt that they made better grades due to the fact that they were more involved.

ACKNOWLEDGEMENTS

I would like to thank Mineral Wells ISD and the Vo-Ag program for joining efforts with Texas AgriLife Extension in providing such a quality program.
Palo Pinto County 4-H Program Involvement

Community Club Enrollment

<table>
<thead>
<tr>
<th>Club</th>
<th>Youth Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gordon</td>
<td>48</td>
</tr>
<tr>
<td>Graford</td>
<td>62</td>
</tr>
<tr>
<td>Mineral Wells</td>
<td>22</td>
</tr>
<tr>
<td>Palo Pinto</td>
<td>14</td>
</tr>
<tr>
<td>Santo</td>
<td>86</td>
</tr>
<tr>
<td>Sturdivant</td>
<td>58</td>
</tr>
<tr>
<td>Palo Pinto County Total Enrollment</td>
<td>290</td>
</tr>
</tbody>
</table>

Leadership Development

- **Local Club Meetings**
  Each of the 4-H clubs in Palo Pinto County meets monthly during the school year. Members may be elected or appointed to a position as an officer or committee chairman within their 4-H club. These leadership roles allow youth to begin learning responsibility and accountability as they take on peer leadership roles.

- **District 3 Teen Leader Lab**
  Seven Palo Pinto County 4-H members attended the District 3 Teen Leader Lab held at the Texas 4-H Conference Center located on Lake Brownwood. Members participated in a variety of workshops that emphasized leadership skills and the importance of teamwork.

- **Jessica Baeza, Palo Pinto County 4-H Member, was elected to represent District 3 as Delegate at Large on the Texas 4-H Council during 2011-2012. She will also serve on the District 3 4-H Council.**

- **Multi-County Officer Training**
  Six Palo Pinto County youth attended club officer training held in Weatherford. Those attending learned about the roles of a club officer, conducting a meeting and involving members.

4-H Projects and Project Related Experiences

The heart of a young person’s 4-H experience is being able to participate in the countless opportunities and projects that 4-H has to offer. Through a project, a 4-H member learns responsibility, working with others, learning by doing, and other valuable life-skills. Palo Pinto County 4-H members are actively involved in a wide variety of projects. Highlights include:

- **Foods & Nutrition**
  The 4-H Foods and Nutrition Project continues to be a popular project in Palo Pinto County. 4-H members have demonstrated their knowledge and skills in several 4-H project experiences on the county, district and state level. Palo Pinto County 4-H had four teams participate at the District 3 4-H Food Challenge. Three teams participated in the District 3 4-H Nutrition Quiz Bowl contest. Two Palo Pinto County 4-H Senior Nutrition Quiz Bowl teams advanced to the state contest held at Texas 4-H Roundup. 4-H members also participated in the Palo Pinto County and District 3 4-H Food Shows.
Livestock Projects
Palo Pinto County 4-H members have worked hard in their Beef, Goat, Rabbit, Sheep and Swine Projects. Eighty-six 4-H members exhibited projects at the 2011 Palo Pinto County Junior Livestock Show. Palo Pinto County 4-H was also well represented at the major livestock shows which are held in Fort Worth, San Antonio, Houston, San Angelo, Austin and Dallas. Premium sale winnings of Palo Pinto County 4-H members at major shows totaled $150,000 in 2010.

Shooting Sports
Palo Pinto County 4-H members and coaches have spent numerous hours in the shooting sports project in the areas of rifle, pistol and archery. Participants must attend an annual safety workshop and safety is continuously emphasized at each practice. Members have competed at a variety of events at county, district and state levels. Palo Pinto County was the High Point County at the District 3 Contest for the 3rd year in a row. The senior rifle team advanced to state rifle contest. Palo Pinto County members also brought home a 1st, 2nd and 3rd place at the Texas 4-H Indoor Archery Championship. One Palo Pinto County 4-H Member was selected to be part of the Texas 4-H Archery Team that competed at nationals.

Other Projects
Palo Pinto County 4-H members have been involved in a variety of other projects. These include: Clothing, Soils, Range, Science, Public Speaking, Recreation, Horse, and Photography. Most of these projects feature a contest experience. Junior, Intermediate and Senior age 4-H members demonstrated their knowledge in a variety of subjects by participating in the following District 3 Contests:
- Range Evaluation – 4 Participants
- Soil Judging – 15 Participants
- Livestock Judging – 5 Participants
- Rifle Contest – 15 Participants
- Educational Presentations – 11 Participants
- Public Speaking – 2 Participants
- Share-the-Fun Poetry – 9 Participants
- Horse Quiz Bowl – 14 Participants
- Beef Quiz Bowl – 4 Participants
- Horse Show – 4 Participants
- Photography Contest – 3 participants

Palo Pinto County 4-H was represented by 23 youth at Texas 4-H Roundup in a variety of contests. These included: Natural Resources Educational Presentation (4th place), Horse Quiz Bowl (6th Place), Soil Judging (Two Teams – 6th & 8th places), Range Evaluation (4th Place), and Poultry Judging.

Scholarships
Palo Pinto County 4-H member, Jay VanKirk, was awarded a $10,000.00 4-H Opportunity Scholarship through the Walrath Family Foundation. Former Palo Pinto County 4-H member, Halee Shadden, received an $1,800.00 Texas 4-H Collegiate Scholarship during Texas 4-H Roundup. Four Palo Pinto County 4-H members won scholarships at the San Antonio Livestock Show totaling $36,000.00. These members were Zane Mauney, Dayne Read, Lilly Motley and Justin Rico.

Community Service
Palo Pinto County 4-H members have been involved in a variety of activities that have helped to make a difference in their communities. Clubs collected change for United Way through the Stuff the Pig project.
Other projects completed by various clubs included: cleanup/beautification, canned food drives and working the Crazy Water Festival.
2011 Community Development

Relevance
There is a strong need to develop and maintain sustainable communities. The 2004 Texas Community Futures Forum identified Community and Economic Development as the number one issue in Texas.

Response
Agents worked with various groups in Palo Pinto County in a variety of projects that enhance the quality of life or make a difference in Palo Pinto County.

- **Senior Appreciation Day**
  This annual event is a joint effort between Texas AgriLife Extension and the Palo Pinto County Commissioners Court. It is designed to recognize all of the graduating seniors in the county. Senior Appreciation Day involves Extension committee members, Palo Pinto County elected officials and employees as well as Palo Pinto County Extension agents in planning and conducting the program. The senior classes from Community Christian School, Gordon ISD, Graford ISD, Mineral Wells ISD, Santo ISD, Strawn ISD and Homeschool attend. This program features a motivational speaker and provides information about Palo Pinto County and county government. The Palo Pinto County Commissioners Court also recognizes each senior with a certificate. Lunch is made possible through donations from area businesses and is prepared by county employees and Extension staff members. Over 250 students attended this event in 2011.

- **Ag. Business Monthly Breakfast**
  Extension teams up with the Palo Pinto County Soil & Water Conservation District and area businesses to offer this monthly meeting. Each month a different program topic is presented related to agriculture. This meeting averages about 23 individuals each month.

- **Palo Pinto County Fair**
  Extension Agent - FCS works with the Palo Pinto County Fair Board to plan and conduct the Palo Pinto County Fair. The fair is open to all Palo Pinto County residents and youth enrolled in Palo Pinto County schools. It features divisions in Art; Photography, Needlework, Quilting & Sewing; Hobbies & Crafts; Shop & Tack; Baked Goods & Candy; Canned Goods; and Kiddies Department. The fair is an opportunity to showcase the talents of Palo Pinto County residents. It had over 400 entries in 2011.

- **Brazos Valley Swine Jackpot Show**
  This event is sponsored by the Mineral Wells Young Farmers with help from Extension agents and volunteers. This youth show is held in Mineral Wells and brings exhibitors from across the state that spend money in local businesses.

- **United Way of Palo Pinto County**
  FCS Agent serves on the board for United Way and has worked with the group to secure funding for the 16 agencies served by United Way. Palo Pinto County 4-H members have been involved in collecting money for United Way through their annual Stuff the Pig project.

Results
Extension has been fortunate to able to work with a variety of groups that make Palo Pinto County a better place. Efforts will continue in 2012 to enhance and develop these partnership efforts.
Texas AgriLife Extension Service
Palo Pinto County

Staff

Scott Mauney
County Extension Agent – Agriculture/Natural Resources

Lynette Babcock
County Extension Agent – Family and Consumer Sciences

Sue Barry
Office Manager

Contact Us:

Texas AgriLife Extension Service
Palo Pinto County Office
221 S. 5th Ave.
P.O. Box 130
Palo Pinto, Texas 76484
Phone: 940-659-1228
Fax: 940-659-2655
Email: palopint@ag.tamu.edu
http://palopinto.agrilife.org