



Improving Lives.
Improving Texas.

Extension Education in Brooks County

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:

Brooks County – Summary of Educational Contact

Total Educational Programs Conducted	221
Total Participants	19,618
Contact Hours	453
4H Members	165
4H Leaders	44
4H Clubs	6
Special Interest Participants	418
Westside Extension Education Club members	22
Office Contacts	1564
Site Visits	1014
Phone Calls	2103
Newsletters	4026
Cash and In Kind Donations by AgriLife Supporters And Collaborators	\$53,294.92
➤ BLT	\$34,853.12
➤ Cancer Mini Grant	\$500.00
➤ NRA	\$5885.67
➤ 4H Fundraising	\$9011.13
➤ Ranchers (LAB)	\$1500.00
➤ Ranch Breakfast (YAB)	\$500.00
➤ Cost Recovery	
➤ Prescribed Burn (NRA)	\$405.00
➤ Shooting Sports	\$640.00

2011 Brooks County Prescribed Burn Plan

Plan Summary Report

Date of Summary: November 29, 2011

Relevance:

Prescribed burning in Brooks County has been a valuable management tool when used properly. Prescribed burns suppress most woody plants while encourages grass and forb growth that benefits both livestock and wildlife. Unfortunately when not used correctly prescribed burns can get out of control damaging property, structures, and to some extremes even cause loss of life. In order for producers to use this valuable management tool safely, it is important to educate them in proper techniques to successfully implement and conduct a prescribed burn. Also in conjunction with Jim Wells County Commissioners Court participants from Jim Wells County may be allowed to burn within Jim Wells while a burn ban is in effect if they complete program. The South Texas Prescribed Burn Association, Texas AgriLife Extension Service, Texas Parks and Wildlife, and Natural Resources Conservation Services identified issues that needed to be addressed in educating producers and landowners about the proper way of implementing and conducting a prescribed burn.

Response:

Texas AgriLife Extension Service in Brooks County developed the following activities to address this relevant issue:

- *Prescribed Burn Program Newsletter (January-February 2010)
- *Prescribed Burn Program (February 2010)
- *Prescribed Burn Demonstration (February 2010)

Texas AgriLife Extension Service in Brooks County partnered with South Texas Prescribed Burn Association, Texas Parks and Wildlife, and Natural Resources Conservation Services to implement this plan and would like to recognize this ongoing partnership.

Results:

A customer Satisfaction survey (retrospective post) was utilized to measure programmatic impact. A total of 35 of 47 participants returned the survey. The first section focused on overall satisfaction of the program:

- *Overall Satisfaction of the program – 97.1%
- *Satisfaction with the information being easy to understand – 91.4%
- *Satisfaction with timeliness of the information – 88.6%

The last section focused on intentions to change based on what the participant learned:

- *Do you anticipate benefitting economically as a direct result of this activity – 75%
- *Do you plan to take any action or make any changes based on the information from the program – 68.8%

Summary of results:

Results indicate that the Brooks County Prescribed Burn Program met its objectives to increase knowledge and behavioral changes with the producers and land owners that participated. 97.1% of the participants indicated that they were completely or mostly satisfied with the entire program. In conclusion one participant who attended program did not follow proper techniques discussed during program as a result over 10,000 acres burned. This is a perfect example of what can happen if a burn is not properly implemented and conducted.

Topics covered:

- *Effects of Fire on Rangeland
- *Fire Weather Season
- *Equipment and Safety
- *Preparing Burn Plans

Acknowledgements:

Special Thanks to the following presenters, Ruben Garza, Dr. Megan Dominguez, Andy Garza, Vivian Garcia, Joel Torres, and Randy Fugate. Additional thanks are due to the following Cooperators, Loma Blanca SWCD # 328 for the meal and David Escobar for hosting the program.

Future Program Actions:

Working with South Texas Prescribed Burn Association, Texas AgriLife Extension Service, Texas Parks and Wildlife, and The Natural Resource Conservation Service will continue to offer educational programming that targets different issues that arise within Brooks County to better educate our landowners and producers of those issues.

For More Information Contact:

Nikolo Guerra
Brooks County Extension Agent AG/NR
219 S. Calixto Mora Avenue
Falfurrias, Texas 78355
(361)325-4402

General FCS Contacts 2011 Brooks County Celia Salinas, CEA-FCS

Response:

This plan is to be used to capture general FCS contacts not associated with any plan we have in Texas. This plan is designed as not a catch all for activities conducted in our County. Our goal is to capture contacts that are not related to any one specific plan.

Results:

In 2011 FCS agent reached 774 participants through the efforts of educational programming, site visits, volunteers and or the local media. Below you will find the activities and or programs conducted with our families in Brooks County.

- Learn and share centra training
- Evaluation Process
- South Region FCS Centra Training goal 2 & 4
- South Region FCS Centra Training Goal 1 & 3
- Commissioner court Mandatory Department head meeting- Budget
- Cardio Fitness Program for adult centers
- Cooking well with Diabetes Centra Training
- Cost Recovery Centra Training
- Support Centra Training spring and Fall
- District 12 Spring Conference
- Weight Loss Support Group Local group- Organizer
- State FCS Conference in Fredericksburg
 - Stress less
 - Girls gone Grilling
 - 4 ingredients or less
- Recipes variety for different clients
- Community Action Policy council Meeting
- Texas Migrant Program
- Title One parenting program
- Learn and Share program with title 1 parents Fire Safety Awareness
- FCS 101 clothing and Textiles Centra Training
- Do Well Be Well Centra Update
- FCS Consumer Education Centra Training
- CEU Judge and Commissioners Conference Committee Meetings Lync
- CEU Judge and Commissioners Conference
- Mentor

- FCS Classes with New Covenant Christian Academy

- Class program on My plate
- Grains – food demonstration
- Vegetables – food demonstration
- Snacks – food demonstration
- Holiday cooking – food demonstration
- Association Clothing & Textiles Training
- Jumpstart Program with WLS patients Dr's Office Corpus Christi

Friend to Friend:

A Research-Tested Intervention Program to Improving Mammography and Pap Test Screening in Brooks County, 2011

The *Friend to Friend* program's purpose is to encourage women to get regular mammograms and Pap tests for the early detection of breast and cervical cancer, when the disease is most curable.

Relevance

- Regular screening significantly increases the likelihood of finding cancer early, when treatment is more often successful.
- Women living in rural areas of Texas are less likely than their urban counterparts to have had a mammogram or Pap test within the past two years.
- Mortality is higher for rural women because of later diagnosis.
- Access to accredited screening is difficult since more than half of Texas counties are primary care
- One-half of Texas counties do not have accredited, permanent mammography facilities. health professional shortage areas.
- Distances to screening facilities are often significant, and operating hours are 8-5 on weekdays.

Response

- 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.

- Funding was applied for and awarded by the Cancer Prevention and Research Institute of Texas.
- A research-tested intervention program, *Friend to Friend*, was selected and adapted for use in Texas.
- We started by forming a group of local women to work with the county Extension agent and regional cancer prevention specialist to plan and implement a *Friend to Friend* event. In Brooks County we utilized our Family and Consumer Science committee.
- The group selected a date and location for the event.
- The event was advertised, and women were invited to attend.
- Mammography and Pap test providers were invited and came to the event to acquaint women with their facilities. Women were given lists of places where they can obtain mammograms and Pap tests, along with the facilities' contact information and hours of operation
- A local health professional spoke and gave a strong message to get a mammogram and/or Pap test.
- The health professional informed women about current screening guidelines through the Community Action of South Texas. Registered Nurse Laura Garcia presented the importance of having a Mammogram and Pap test.
- Trained volunteers led discussion groups after the health professional's presentation. Each volunteer offered women in their group a chance to ask questions and discuss their concerns. Agent Salinas utilized the questions in the *Friend to Friend* manual to initiate a discussion. and
- Women were encouraged to help each other follow through and secure these important tests.
- Women were then given an opportunity to sign a commitment card to obtain a mammogram and/or Pap test within the next year.
- Many of the providers offered to make appointments for the women, too.

Impact of the Program

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

- Forty Seven women attended the *Friend to Friend* event on October 12, 2011 at 104 Travis Road in Falfurrias.
- Health professionals urged women to obtain a mammogram and Pap test. Cancer Prevention Specialist Kelsey Hill provided additional information on the importance of having a Mammogram and Pap test.
- Thirty –three of the Forty seven women signed a commitment card to obtain a mammogram within the next year.
- Twenty –five of the Forty Seven women signed a commitment card to obtain a Pap test within the next year.

Success Stories

- This is my second year with Friend to Friend and it was a huge success. Last year this program was implemented with my Westside EEA group. The turnout was small yet my EEA group felt it was well worth implementing again. Participants complimented on the delivery and would like to see more programming as such. In 2011 Agent Salinas utilized cancer survivors' as guest speakers for the program. Elva Perez gave her success story she is a 32 year cancer survivor. She spoke of the importance of having oneself checked annually for both Mammograms and Pap test. Sandra Gonzalez a one year cancer survivor spoke of her experiences and what she had to endure through her chemotherapy, with family and her closest friends. After each of our speakers gave of their trials not a dry eye was in the room. The determination of each one of the speakers was heartfelt and welcomed by all.
- Attending the Friend to Friend program were 47 women from within the county. 47 of 47 signed their commitment cards whereas, 33 of the 47 signed up for mammograms, and 25 of 47 signed up for pap tests. 45 of 47 completed the pre/post survey in which 36 of the 47 agreed to be called back up for a follow up.
- We had a local provider schedule mammograms as well as Pap test during the FF party. Community Action of South Texas was present and answered all questions for our participants.
- Our guest speakers were health professionals we had one from Texas AgriLife

Extension and one from the community action of south Texas and we had two local cancer survivors. Our speakers key points covered regarding mammograms: Mammograms discover smaller lumps than breast self exams or clinical exams. Women 40 and over should have a mammogram every year. Doctors do not always suggest mammograms; ask if the doctor does not suggest. Breast cancer happens for all ages, but increases as women age. Key points covered regarding pap tests: Regular Pap test find pre-cancerous cells and/ or early cervical cancer. Pap test can be done with a pelvic exam; it consists of scraping cervical cells. Start Pap test 3 years after becoming sexually active or by the age of 21 years old. Beginning at age 30, women with three normal Pap test in a row, and no abnormal Pap test may be screened every 2-3 years.

Worth the Waite Brooks County Celia Salinas, CEA-FCS

Relevance:

The purpose of the Worth the Waite abstinence program is to prevent youth to abstain from having sex. Teen sexuality is associated with many social problems to include: Sexually transmitted Diseases, Depression, Suicide, Dropping out of School, and pregnancy. In Brooks County the high rate of teen pregnancy is a problem within the school district. The high birthrate is approx 15 teen girls who are reported in the BCISD school system. Worth the Waite has served as the organization catalyst in bringing together community wide efforts to promote abstinence until marriage. Establishing early teen sexual involvement as a youth risk behavior and public health concern has enabled worth the wait to enlist teachers, Nurses, Parents and the community at large. Worth the Waite advocates a teamwork approach that emphasizes the idea of informed teen decision making in the avoidance of all high risk behaviors. Worth the wait main focus is to educate, equip and empower the teens of Texas to choose abstinence and make healthy life choices. (Worth the waite.org)

Response:

This project's goal is to decrease the teen pregnancy rate as well as STDs. Agent worked closely with the Brooks County Independent school district and the School Health Advisory Committee. By combining agencies we were able to target the middle school population with the Worth the wait curriculum.

- Agent worked closely with the campus nursing staff to work on the plan.
 - We started by working with the local SHAC committee
 - The committee selected the date and times to present the program.
 - Agent and school nurses sent out permission slips to all youth who wished to participate.
 - Conference calls were made to discuss the outline for the program.
 - The local nursing staff and county agent spoke and gave a strong message on Abstinence and STDs
 - Parents were encouraged to participate in the class room settings.
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- Classes were segregated boys talk, followed by girls.

Results:

Worth the wait is a curriculum that was developed from Scott and White sex education program. Agent Salinas has utilized this instrument for approx 5 years now and has used it with middle school students. This year in 2011 agent reached 86 females and 77 males from grade levels 6th thru 8th. Agent provided a Knowledge assessment test with the grade students to find out how much they knew about Teens & Sex: What are the Effects. The data is as follow: *Note: agent will use 5 of the 20 evaluations questions.*

When asked what are the reasons do teens give for having sex. The options were I want to fit in, it's a grown up thing to do, and I am curios or all of the above. The answer being all of the above 52 of 87 (60%) of the girls new it was all of the above. Whereas, 47 of 77 (61%) of the boys new the correct answer as well. A decision to not have sex until marriage is called **abstinence**. 58 of 86 (67%) females gave the correct answer as to 50 of 77 (65%) males knew the answer as well. **Renewed abstinence** is when someone stops having sex and decides to

wait until marriage to have sex again. 43 of 86 (50%) of females knew it was renewed abstinence. Whereas, 46 of 77 (60%) of the male gender knew it was RA.

The only 100% effective way to prevent pregnancy and STD is **abstinence**. 46 of 86 (53%) girls knew it to be Abstinence. Whereas, 41 of 77 (53%) of the males knew the answer as well. You can get an STD the first time you have sex. 71 of 86 (83%) stated it is true to get an STD the first time you have sex. Whereas, 65 of 77 (84%) of the boys stated it was true as well. According to the survey provided to the middle school students. They have a conscious limitation of what happens when they don't abstain from sex. Some of the youth are not familiar with many of the STDs and that it only takes one time to get an STD. Most of the youth bombed the questions related to the STDs such as HPV and PID, etc... they do not have a clear understanding that an STD can easily be transmitted from one person to another. When it comes to sexual abuse 98% of the girls knew what to do as well as 91% of the boys knew to tell an adult.

Comment

- Thanks <3 I learned some good stuff hope to see you again 😊
- Good helpful
- Thank you for giving us the speech
- Thank you for giving us the speech you are a good speaker
- I think it was interesting and now I know.

2011 Redefining our Bodies Evaluation Report for Brooks County

Relevance:

Physical activity was recently named as one of the 10 leading health indicators in Healthy People 2008. Physical inactivity is associated with an increased risk of a number of chronic health conditions including cardiovascular disease, diabetes, some cancers, high blood pressure, as well as overweight and obesity. In Texas, 27% of Texans are obese. Between 1988-1994 and 1999-2002, the prevalence of obesity among adults increased from 23% to 30%. The percentage of young people who are overweight has more than doubled in the last 20 years. In 1999-2002 16% of Americans ages 6-19 years were overweight. Sixty-one and a half percent of children aged 9-13 years do not participate in any organized physical activity during their non-school hours and that 22.6% do not engage in any free-time physical activity. Additionally, research indicates that only 27% of adults and 27% of high school students get regular, moderate exercise. Walk Across Texas is an eight week program designed to help people of all ages. It is to support one another to establish the habit of regular physical activity. Regular physical activity and controlling weight can significantly reduce the incidence and impact of chronic diseases like heart disease, stroke, diabetes, cancer, high blood pressure, and depression and is associated with a longer healthier life. County Agent will enhance the program by utilizing the local gym 3 times a week morning and evening. Agent will provide a lite lunch for participants to acquire additional information on eating lite, and healthy. Agent will implement a weigh in and BMI reading for all participants and will be kept confidential, agent will utilize the concept of the Biggest loser. Agent will tap into additional resources to enhance the program.

Response:

Increase adult and youth physical activity levels. Increase basic food and nutrition knowledge using my Plate, and other resources provided by the Texas AgriLife Extension service FCS Website. To Encourage the residents of Brooks County to take charge of their bodies and to "Rebuild their Bodies". Participants will increase awareness of how their body works. By Working out at least three times a week targeting a specific body part will increase muscle mass and decrease fat. Agent will encourage to change habits when a person does something for 21 days straight it becomes a habit. Agent will encourage participants to carry a journal so that they can see their eating habits and know when to change a certain food. To encourage all of our Re-defining our bodies participants to increase physical fitness with many of our physical fitness avenues. Agent Salinas focused on working with providing information such as lessons, newsletters, luncheons, Dinner tonight website and physical fitness programs such as Zumba, Walk Away the pounds etc... Agent planned and implemented the program with the assistance of her FCS committee. Agent broke the program into a variety of sessions each to have a least 8 week increments. First phase consisted of basic cardio training in addition agent measured for BMI, and body measurements. At the end of the session participants were asked to do their BMI once more. Phase two is WAT is/was part of the phases but due to the extreme south Texas weather we didn't have enough takers to form a team. Phase three was a session of kids in the kitchen in which we interact Foods & nutrition with physical fitness. And Phase four to end with the cardio fitness program.

Results:

ROB is a year long program that incorporates many phases to encourage overweight management. Within the year agent salinas had a total of 30 sessions of physical fitness programs. A total of 2,945 participants took part in the program whether through the actual fitness program or through our dinner tonight viewing.

Approximately 30 participants filled the classroom three times a week. The participants utilized the smoothie handbook made for the program given it a Zumba flavor. As for the Results 4 of the 30 took the program seriously and have lost over 272 pounds to date (Leean Benavides 75 #'s) (Teresa Solomon 72 #'s) (Elisa Gonzalez 20 #'s) and (Nora Gonzalez 105#'s) the rest were in it to lose weight but were not willing to do BMI or body measurements. Also, agent Salinas took part in the program and lost a total of 105 pounds as well. However, these numbers would not reflect the report due to biases.

Clientele Feedback:

Enjoyed the ZUMBA program that was eight weeks on at a time that it would give us time to regroup. The program is high impact but agent Salinas would instruct us on the steps which were fun and exhilarating stated Leean Benavides. It allows me to hang with my Bestie states TJ Solomon. It's a party every evening with just the girls stated Nora Gonzalez, I leave the job and get my second wind stated Tina Ochoa. It gives me "me" time was the consensus of the class.

Acknowledgment: Agent salinas would like to thank the following merchant for the assisting in the program with some form of resource.

- Chamber of Commerce
- Cities/Municipalities
- Commissioners Court
- Community Ministries (Local)
- Grocery Companies
- Housing Authorities
- Law Enforcement Agencies (Local)
- Senior Centers

Also, the participants that would come out with drive and persistence that would make these programs a huge success. Success in this case was being the Biggest Loser.

2011 Westside Extension Educators Association Celia Salinas, CEA-FCS

Situation:

The Extension Education Association was organized in 1926 as a way to strengthen and enrich families through educational programs, leadership development and community service. In Brooks County this organization has been in existence since 1960. This association has as its objectives to strengthen, develop, coordinate, extend

adult research-based education to improve the quality of life for families and communities in cooperation with Texas A&M University System; promote family strengths and leadership development, serve as a medium for the expression of charitable and educational interests, and award 4H and TEEA scholarships on a nondiscriminatory basis to worthy applicants; offer a means by which members in cooperation with Texas AgriLife Extension may interpret and provide programs of state, national, and international importance in the preservation of the American Home and the promotion of better international understanding; and to function exclusively for charitable, educational and scientific purpose as a 501c3.

Response:

To encourage our Westside EEA club to continue to serve in a leadership capacity to their peers as well as the community they serve. In 2011 the Westside EEA club participated and assisted agent in several programs.

- Kagan water program provided by Annie Broadwater and Gary Starr
- Assisted with the county fair by providing refreshments and judging for the county fair.
- EEA delegates and club members attended the District Spring meeting. Agent Salinas provided a “get fit” program during the conference.
- During club meeting members practice recruitment for the year as they always bring a friend to the noon meeting.
- Assisted with Friend to Friend program as cancer survivors.

Results:

Provide guidance and leadership to Westside Extension Education Association in Brooks County. County extension agent provided a best management practices to all club members during the club meeting. Assisted with 4H scholarship drive as well as provided programming throughout the year as needed. A total of seven programs/meetings were conducted with the Westside EEA members. A total of 126 participants/members were reached this 2011 year.

2011 4H curriculum & Projects Brooks County Celia Salinas, CEA-FCS

Relevance:

Youth need a variety of projects and activities to help them develop into contributing members of society. 4H volunteers provide leadership for projects and activities.

Response:

For the 2011 4H year Brooks County had a total of 1, 616 youth participate in a variety of great projects and events.

- Clothing and textiles Project
- Photography classes, volunteer trainings, county fashion show, queens contest
- County fair, 4H photography, Etiquette
- District Contest Roundup, Fashion Show
- County, District, and State Record Books
- Worth the Wait
- State Fashion Show
- County Achievement Banquet
- Summer Fishing Trip
- Food Show/ Food Challenge
- District Food Show/Food Challenge
- New Covenant Christian Academy Nutrition Classes
- County and District Photography
- County, District and State Shooting Sports
- Kids in the Kitchen
- Veterinary Science project

Result:

Youth and adults are provided with many opportunities for growth and leadership. In 4H we pride ourselves in allowing the child to discover him or herself by participating in what they enjoy and rather than seeing the event from the sidelines.

4H Management Brooks County Celia Salinas, CEA-FCS

Situation:

Brooks County is a rural community that has little to no extracurricular activities other than the ones provide in the school district. Our youth need additional youth activities to keep them busy as well as off the streets. Our youth board continues to assist agents in programming as well as implementing a variety of events.

Response:

Oversee 4-H and youth development program including management of 4H club mangers, volunteer leaders, clubs/groups, coordination of Youth advisory board and work with partners to ensure effective functioning of the 4H and youth development program.

Program Evaluation:

No formal evaluation for this output.

Results:

In 2011 the brooks county 4H program reached a total of 6,933 participants through efforts of educational programs, site visits, volunteers and or the local media. Below you will find the activities and or programs conducted with our youth of Brooks County.

- Working with the Youth Advisory Board with all 4H projects and events.
- Club Managers Monthly Meetings
- Keeping up with all 4H enrollments
- Club meetings
- District 4H meetings
- 4H monthly Newsletter
- 4H marking and promotion
- Stock show board meetings
- Fund raising
- 4H recognition event
- Incentives educational trip
- 4H kick-off event
- School District contacts
- Club Managers training
- Community service projects
- Centennial Ranch Breakfast
- Fireman's appreciation Dinner
- Community appreciation Dinner
- Thanksgiving Community Dinner
- One Day 4H

Texas AgriLife Extension Service Brooks County

Celia Salinas, CEA-FCS
Brooks County Coordinator

Marcus Nikolo Guerra, CEA-ANR
Brooks County 4H Coordinator

Helna Carrera, BLT- Program
Assistant
Brooks County

Gloria Perez, Administrative
Assistant
Brooks County

Contact Us

219 Calixto Mora Ave.
Falfurrias, Texas 78355
(361)325-4402
(361)325-4157