



Extension Education in LaSalle County
Making a Difference

*Improving Lives.
Improving Texas.*

The Texas A&M AgriLife Extension Service has been dedicated to educating Texans

for nearly a century. In 1915, the agency was established under the federal Smith-Lever Act to deliver university knowledge and agricultural research findings directly to the people. Ever since, AgriLife Extension programs have addressed the emerging issues of the day, serving diverse populations across the state.

Through a well-organized network of professional educators and some 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 significant returns 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:

LaSalle County – Summary of 2013 Educational Contacts

- **81** **Enrolled 4-H Youth Members (15% of these members attended summer leadership camp)**
- **8** **Enrolled 4-H Adult Volunteers**
- **2** **Community 4-H Clubs**
- **1** **4-H Shooting Sports project group- 5 members**
- **1** **4-H Horse Judging project group- 9 members**
- **1** **Monthly 4-H Newsletter**
- **9** **Educational Programs**
- **675** **Site Contacts through visits**
- **269** **Office Contacts**
- **3,273** **Contacts through the web page**
- **444** **Phone calls**
- **1028** **Contacts through group programs**
- **19,647** **Total Contacts through educational efforts**

***2013 Multi-County Water Quality Education Plan
(Related to Oil & Gas)***

Developed By: Jaime Lopez, Frio County Extension Agent-Ag

Dale Rankin, Atascosa County Extension Agent-Ag

Richard Griffin, Dimmit County Extension Agent-Ag

Larry Perez, La Salle County Extension Agent-Ag

Isaac Cavazos, McMullen County Extension Agent-Ag

Date of Summary: November 12, 2013

Relevance:

Water quality and quantity have emerged as the preeminent issue across the state including the Eagle Ford Shale area in South Texas. Agriculture and Oil & Gas industries are the largest water uses in South Texas, and both are under close scrutiny because of the potential for negative environmental (water quality) impacts. The goal is for homeowners and landowners to adopt best management practices to protect water quality and enhance water conservation so water supplies will meet future water needs in the Eagle Ford Shale area.

Response:

Texas A&M AgriLife Extension Service in Frio, Atascosa, Dimmit, McMullen, and LaSalle counties developed the following activities to address this relevant issue:

- “How Cloud Seeding Can Be Used As A Long Term Water Management Tool”-

Southwest Rain Enhancement Association

- “Range and Pasture Stewardship” – Dow Agro Sciences
- “The Carrizo Aquifer, A frank discussion on its historical and present day use” – Dr. Brownlow, Consulting Geologist
- Frio/Atascosa/Wilson and Medina Counties Water Well Screening Program – Charlotte
- Frio/Atascosa/Medina Counties Wildlife Tax Evaluation and Farm Pond Reclamation Program
- Multi- County Agent Training on Water Screening Kits
- 2 Quarterly Ag Newsletters mailed in Atascosa County – 1,400 producers reached
- Atascosa County Extension Agent News Release – 30, 000 readers reached
- Atascosa Ag Day for 4th Grade Students – 530 reached
- La Salle County Rainwater collection – Wildlife & Water program
- La Salle County Water Screening

Texas A&M AgriLife Extension Service in Frio, Atascosa, Dimmit, McMullen, and LaSalle, would like to recognize and thank the partnership and cooperation of the above mentioned individuals, company reps, association and governmental agencies.

Results:

A participation survey (retrospective past) was utilized to measure programmatic impact. A total of 13 of 38 (34.2%) returned the survey.

The first section focused on overall satisfaction of the program:

- Overall satisfaction with the activity – 93.3%
- Satisfaction with quality of course material – 92.3%
- Satisfaction with location of the activity – 84.6%
- Satisfaction with the information being accurate – 91.7%

The second section focused on intentions to adopt any practices:

- Do you plan to ... Test my water once a year – 76.9%
- Do you plan to ... Pump my septic system regularly – 63.2%
- Do you plan to ... Remove possible hazards from well house – 45%
- Do you plan to ... Plug or cap abandoned well on property – 25%

Summary of Results:

Results indicate that the Multi- County Water Plan met its objectives to increase knowledge and behavioral changes with the homeowners that participated. 92.3% of the participants indicated that they were completely satisfied with the entire program. The average estimate how valuable their participation in the Water Educational Program has been to them is, \$1,067.10 per participant.

Acknowledgements:

Special thanks to Mr. Drew M. Gholson, John Smith, Diane Boellstroff, Ryan Gerlich and the Texas Water Well Owner Network Program for providing the expertise on screening the water samples and helping with the program. We would also like to thank the San Antonio River Authority and the Evergreen Underground Water Conservation District for being part of the program. Additional thanks are also due to Dr. Monty Dozier for his guidance with the Multi-County Water Plan and to the agents from Dimmit, La Salle, Frio, Atascosa, and McMullen Counties.

Future Program Actions:

Working with agents from Dimmit, La Salle, Frio, Atascosa, and McMullen counties we will continue to offer water educational programs targeting homeowners and landowners so they can continue to monitor their water resources.

2013 LaSalle County Do Well Be Well With Diabetes Outcome Plan

Developed by: Lawrence J. (Larry) Perez, LaSalle County Extension Agent – ANR

Relevance:

A poor diet and a lack of physical activity are two factors associated with Diabetes in LaSalle County. According to the Texas Department of State Health Services, Diabetes is the sixth leading cause of death in Texas, and according to the 2010 Texas Behavioral Risk Factor Surveillance System (BRFSS), the prevalence of diagnosed diabetes in adults aged 18 years and older is estimated at 1.8 million (9.7%) and about 1 million adults (5.2%) have been diagnosed with pre-diabetes. Another estimated 460,040 Texans are believed to have undiagnosed diabetes.

Response:

Do Well, Be Well with Diabetes is a 7 week program for people with Type 2 diabetes. In 7 weeks, a series of 9 lessons are conducted and participants learn how to improve their blood glucose management. This program in LaSalle County, is sponsored by Extension in cooperation with the Methodist Wesley Nurse program. It was held in March and April of 2012.

Results:

There were significant potential economic benefits for participants of the Do Well Be Well program as shown in the table below.

Potential Economic Impact of DWBW in La Salle County for 2013			
Total Female Participants	10	Total Male Participants	1
Average Age Female Participants	58	Average Age Male Participants	65
Net Present Value per Female	\$73,726	Net Present Value per Male	\$38,236

Family and Consumer Sciences

Total Net Present Value for health care cost savings for Females	\$737,264	Total Net Present Value for health care cost savings for Males	\$38,236
Total Net Present Value for Lost Wages of Females	\$32,352	Total Net Present Value for Lost Wages of Males	\$0
Total Net Present Value of Females	\$769,616	Total Net Present Value of Males	\$38,236
Total Impact		\$ 807,853	

Future Plans:

There were 11 residents that completed the Do Well Be Well with Diabetes program, which was an increase of 6 individuals over last year. In the year ahead with good publicity about the classes, we intend to increase the attendance for the next years participants.

2013 One Day 4H Outcome Plan for LaSalle County

Developed by: Lawrence J. (Larry) Perez, LaSalle County Extension Agent – ANR

Relevance: *One Day 4-H* was started in 2009 with the purpose of allowing Texas 4-H'ers to thank their communities, counties, and state for more than 100 years of support for 4-H and its members. Conducted by Texas 4-H, this event has become the largest organized day of community service by 4-H in the nation.

Response: The LaSalle County 4H Council discussed issues that face our county at the August 2013 4H council meeting. The question that faced members was: "What could they do as youth members of the community, to provide a service that would benefit our county." As a council representing the two 4H clubs in LaSalle County, members brought suggestions to the table. It came to light that there are many children from our community that are in the children's hospital, and while all of the suggestions were outstanding, it was agreed that the LaSalle County 4H clubs would collect coloring books and crayons for the Santa Rosa Children's Hospital in San Antonio.

Results: LaSalle county council members made presentations at their respective 4H club meetings and solicited unused coloring books and crayons to be brought to the October 4H meetings in both Cotulla and Encinal. The items collected were then counted and separated into age appropriate boxes and delivered to the county extension office for final totals. The items were then delivered to the Santa Rosa Children's Hospital in San Antonio, Texas. A survey of the LaSalle County Council members, who sponsored this project was conducted.

We asked each member to complete the following statements using a four point scale:

Poor Fair Good Excellent

- 1) I have a positive feeling about my community due to the One Day 4H service project
- 2) I am comfortable working in a team because of the One Day 4H service project
- 3) I feel I have learned something about myself because of the One Day 4H service project
- 4) I feel that my work on the One Day 4H service project has influenced others in my community

4-H and Youth Development

Using a “Before the Program” column and an “After the Program” column, where “poor” was a “one”; “fair” was a “two”; “good” was a “three” and “excellent” was a “four”(1 point – 4 points), participants completed the survey. There was an average increase of one point with all participants.

Here are the final numbers for our One Day 4H project:

50 4-H Youth Involved
25 NON 4-H Youth Involved
7 Adult 4-H Volunteers Involved
8 NON 4-H Adults Involved
12 Total Number of Planning Hours Invested
225 Total Number of Hours Contributed
300 People served/reached/receive benefit

The one-day 4H program not only had a positive effect on the members of our community, especially the children in the Santa Rosa children’s hospital, but children from other communities that were confined at the hospital. It also had a positive effect on our LaSalle county 4H’ers. It showed that giving back to our community was important and it could actually be fun.



Future Plans: This program will be continued next year. It probably will not be the same project, but it will be a project that the youth 4H’er of LaSalle County have a vested interest in.

2013 LaSalle County 4H Shooting Sports Outcome Plan

Developed by: Lawrence J. (Larry) Perez, LaSalle County Extension Agent – ANR

Relevance:

In a county with large ranches and ample hunting opportunities, LaSalle County is extremely fertile ground for shooting sports enthusiasts and a youth population that enjoys the outdoors. Most outdoor activity centers around the hunting lease, or friends and relatives' ranches. With this background, county youth are around firearms most of the time with little or no formal training in their safety and use.

Response:

The 4H shooting sports program was introduced in LaSalle County by extension agent Larry Perez for youth members of the county. The aim of the program (no pun intended), was to have a safe and educational environment so that students could learn how to use a bow or firearms from someone specifically trained to teach this activity. Another objective of this program is to use the shooting sports project to foster life skills through participation. The archery shooting sports group was started in 2011, with classroom activities and skills practices conducted. We continue to introduce new and existing 4H members to the sport of archery while recruiting non 4H youth into the program.

Results: To determine whether or not our program was meeting its objectives, an evaluation instrument was prepared and distributed to participants. We asked six questions pertinent to these 3 areas:

- 1) Personal Development
- 2) Knowledge
- 3) Skills

We asked each member to complete the following statement: "Your knowledge of ..."

- 1) Archery Safety
- 2) Types of Bows
- 3) Sportsmanship
- 4) Scoring
- 5) Rules of the Competitions and
- 6) Different Archery Events

4-H and Youth Development

From: Poor Fair Good Excellent

Using a “Before the Program” column and an “After the Program” column, where “poor” was a “one”; “fair” was a “two”; “good” was a “three” and “excellent” was a “four”(1 point – 4 points), participants completed the survey. After tabulating the results, one thing was immediately noted..**ALL** participants increased their knowledge by an average of **2 points**! As expected, the first year shooters had the largest increase in knowledge and understanding overall. “Rules of the competitions” and “Knowledge of different archery events” were the statements with the highest increase in knowledge by all participants.

Future Plans:

This project will continue and grow to include shotgun and light rifle events.



Texas A&M AgriLife Extension Service LaSalle County

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