



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 2012 Educational Contacts

- 73 Enrolled 4H Youth Members
- 8 Enrolled 4H Adult Volunteers
- 2 4H Clubs- Encinal 4H Club; Cotulla 4H Club
- 1 Shooting Sports Project Group- 7 members
- 1 Horse Judging Project Group- 8 members
- 1 Monthly 4H Newsletter
- 6 Educational Programs
- 1,233 Site contacts through visits
- 406 Office Contacts
- 764 Contacts through the web page
- 692 Phone Calls
- 556 Email Contacts
- 1,867 Contacts through group programs
- 34,896 Total contacts through educational efforts

2012 LaSalle County Range and Wildlife Management Plan

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

Relevance: The total area in acreage of LaSalle County is approximately 971,500. According to the Soil Survey map with adjustments, the total area of rangeland in LaSalle County is 927,500 acres. This means that over 90% of total area in the county is in rangeland, and only until recently was the major economic driver in the county.

Response: Programs developed and completed in the Rangeland and Wildlife Management plan are considered very important by clientele. A program to test water from ranch and home wells has been introduced in this county this year. 51 water samples were submitted to the multi county program with Frio, Dimmit, provided an Extension Program Specialist to evaluate the samples for Fecal Coliform, Nitrates, and Salinity. Another program hosted by extension this year was a Wildlife and Rangeland Management seminar focused on wildlife management. Attendees listened to Dr. Megan Dominguez, Mr. John Smith, Mr. Vick Alexander, Mr. Daniel Walker, and game warden Ryan Johnson. A cooperative program with the local NRCS conservationist Kathryn Menke provided a ranch tour with 48 people attending.

Results: Landowners that utilized the programs that were provided “greatly appreciated” the efforts of extension. Because of low turnout in LaSalle County, all evaluations were done on a face to face basis. Some of the comments are listed here:

“Glad to see the great and colorful ads for training for all of us that feel TxAgrilife is a part of our lives too.”

“I enjoyed the classes and the company. Great program!”

“That Megan is fantastic-never met her before or heard her speak-she knows her stuff. Let's do some more stuff in the future. What cha got on tap for the next one?”

Future Plans: In the upcoming year of 2013, the focus will be on water quality and quantity as it relates to livestock production and wildlife management on LaSalle county rangelands. Plans are underway for another wildlife program to be held in November, and a tour of the Result Demonstration plot that is in progress. There are also plans to host another range tour in cooperation with the Natural Resources Conservation Service.

2012 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 2012			
Total Female Participants	5	Total Male Participants	0
Average Age Female Participants	63	Average Age Male Participants	0
Net Present Value per Female	\$59,017	Net Present Value per Male	\$0
Total Net Present Value for health care cost savings for Females	\$295,083	Total Net Present Value for health care cost savings for Males	\$0
Total Net Present Value for Lost Wages of Females	\$5,198	Total Net Present Value for Lost Wages of Males	\$0
Total Net Present Value of Females	\$300,281	Total Net Present Value of Males	\$0
Total Impact		\$ 300,281	

2012 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 4H county council meeting. The decision to be made, was what they could 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 and agreed that a vote by all 4H members on a “short list” of ideas was the best avenue. One month later at the next council meeting it was determined that a Rabies Clinic was what most 4H’ers would like to participate in. The reason that was given for this project area, was that there is no veterinarian in LaSalle county. There are many local residents that must travel to get their pets vaccinated and some pets go unvaccinated because some older residents do not have reliable transportation.

Results: LaSalle county council members secured a site on the main business route through the town of Cotulla, then enlisted the help of veterinarian Dr. Anthony Allen in the county to the north. 4H’ers signed up to work. A breakdown of the statistics follow:

15 4-H Youth Involved
4 NON 4-H Youth Involved
9 Adult 4-H Volunteers Involved
2 NON 4-H Adults Involved
22 Total Number of Planning Hours Invested
115 Total Number of Hours Contributed
62 People served/reached/receive benefit

53 Animals were vaccinated.

It was estimated that LaSalle county residents saved over 1,000.00 in gas by not having to drive to Pearsall to have their animals vaccinated.

Future Plans: The one-day 4H program not only had a positive effect on the members of our community, but 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. This program will be continued next year. It might not be a rabies clinic, but it will be some form of community service.

2012 LaSalle County 4H Shooting Sports Plan

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

Relevance:

In a county with large ranches and hunting as the dominant economic driver, LaSalle County is an extremely rural county with 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 members to the sport of archery.

Results: To determine whether or not our program was meeting its objectives, an evaluation instrument was prepared and distributed to participants. We looked at three areas and asked questions pertinent to these 3 areas: 1) Personal Development, 2) Knowledge, and 3) Skills, and asked each member: "How have you changed as a result of your involvement in this project?" Using the columns "not at all", "very little", "somewhat", and "greatly", participants completed the survey.

After tabulating the results, one thing was immediately noted...**100 % of all participants greatly increased knowledge of archery shooting safety.** It was also interesting to note that in our second year shooters, 100% greatly increased their skill to determine distance to the target, and the ability to draw the bow. In addition to the greatly increased knowledge of archery safety, 100% also increased their knowledge of the rules of archery competitions. In our beginner shooters, I am extremely proud that 100% listed that they have greatly increased their sportsmanship. At the end of our shooting year, a total of 3 LaSalle County archers attended the Texas State 4H Shooting Sports Matches in San Antonio. This match is the "state championship" of 4H shooting sports in Texas, and to have 3 attend is outstanding.

What I am most proud of is one of the quotes from a first year shooter: "The coach talked about safety over and over!"

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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