



Improving Lives. Improving Texas.

2009 Annual Report



***Harrison
County***
Marshall, Texas

LEADERSHIP ADVISORY BOARD

Harrison County Extension Office
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Marshall, Texas 75670
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Educational programs conducted by Texas AgriLife Extension
serve people of all ages regardless of race, color, sex, religion,
disability of national origin.

Texas AgriLife Extension

Mission

Providing quality, relevant outreach and continuing educational programs and services to the people of Texas.

Cooperative Extension Program Prairie View A&M University

Mission

The mission of the CEP at PVAMU is to deliver research-based information and informal educational opportunities. focused on identified issues and needs to Texans of diverse ethnic and socio-economic backgrounds, giving primary emphases to individuals with limited resources.

Vision

To be the premier 21st Century outreach and continuing education organization in Texas responding to the needs of the people.



Improving Lives. Improving Texas.

Extension Leadership Advisory Board

Sponsored

Meetings, Interpretation Events and Programs

Advisory Board

As a result of the Executive Board meeting held on December 4, 2008 plans were made for an educational event to take place on January 13, 2009 at the Extension Office at 6:00 p.m. The educational event planned was a program entitled "The Big Switch". David Rowe, general manager for KPXJ, sister station of KTBS TV Channel 3, Shreveport, Louisiana was guest speaker and presented a program on the switch from analog to digital broadcasting. The switch was scheduled to take place on February 17, 2009.

The Executive Board met two times this year to plan educational programs and events for 2009. Eight members were in attendance at the first meeting held on February 23, 2009. Two new members were introduced to the Board. Ross Brown, Natural Resource Director for the Natural Resource Conservation Service and Shakeitha Knox, Director of the Texas Veterans Commission were accepted as members to the Board. Recommendations are continuing to be sought for membership on the Board to reach its full complement. Plans were made for an educational event on April 16, 2009 on "Thriving and Surviving Financially". Nancy Granovsky, Professor and Extension Family Economics Specialist from College Station served as the guest speaker. Members felt this would be a particularly good time since it would be right after tax season. Harrison Extension Education Association members were requested to provide cookies and refreshments for the event.

The second meeting of the Board was held on September 22, 2009. Eight members were in attendance. Plans were made for the Annual Interpretation Event to be held on December 3 or 10, 2009 depending on the availability of the speaker. A program on medical issues facing clients and medicines they need and how to talk to a physician was suggested. The suggested topic was "How to Talk to a Physician". Dr. Jennifer Rollins-Jackson was suggested as the guest speaker and Louriseal McDonald would make the contact and check the availability and date. The menu will be catered by Catfish Express.

A Spring 2010 Educational program was discussed and recommendations for an estate planning seminar was suggested. Randy Reeves would make the contact to Steve Caldwell for a speaker and a time and date would be scheduled based on the speaker's availability. The actual program would be scheduled after January, 2010 for either a Monday or Tuesday.

The third meeting will be held on December 10, 2009. Members will meet before the Annual Interpretative Event to finalize plans for the program topic, discuss membership and speaker. An update on the Spring 2010 Educational Program will also be discussed.

Annual Meeting/Education Program

On December 10, 2009, the Leadership Advisory Board Annual Interpretation Event will be held at 6:30 p.m. Our speaker for the event will be Dr. Jennifer Rollins-Jackson, RpH who will speak on the subject "Talking With Your Doctor". Our target audience is committee members, special guest and Executive Board members. There will be highlights presented on programs held for the year and recognition of the Extension Volunteer of the Year will be presented representing the outstanding volunteer from Family and Consumer Sciences.

County Interpretation Event

The Harrison County Commissioners, County Judge, secretaries for the Judge, Commissioners and the County Auditor will meet with the Extension Agents and staff on December 14, 2009 for an Extension Interpretation Luncheon. Program highlights will be presented to this group.

EDUCATIONAL PROGRAMS AND ACTIVITIES IN AGRICULTURE, MASTER GARDENER AND NATURAL RESOURCE PROGRAMS 2009

Beef & Forage Production:

⇒ **2009 Annual Multi-County Beef & Forage Conference** - was held in Longview as a multi-county program between Gregg, Harrison and Upshur counties. This was the eighteenth year that these three counties have co-sponsored this great event. This year's program focused on "Hay & Stockpiled Forages", "Winter Forage Management" as well as "Farm Income Tax Changes For 2010".

⇒ **2009 Annual Forage Testing Program** - is held each year with the cooperation of the USDA-NRCS office here in Harrison county, as well as the sponsorship of the Harrison County Soil & Water Conservation District. The SWCD sponsors the cost of testing fees for the forage samples that are submitted. This year 52 samples were submitted for testing. The program aids the beef and forage producer in planning out their winter feeding program.



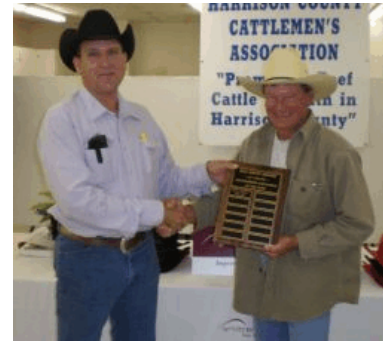
⇒ **2009 Beef & Forage "WebShop" Seminar** -

The program will be internet based with participants taking part in this "Live" setting with speakers from the Texas A&M University campus in College Station. Speakers will include: Dr. Larry Redmon, Professor & State Forage Specialist, Dr. Tryon Wickersham, Assistant Professor in the Animal Nutrition section of the Animal Science Department and Don Rennie, Extension Program Leader for Agriculture and Environmental Safety.



Topics included: Winter Forage Establishment & Utilization, Beef Cattle Nutrition and Pesticide Laws and Regulations, to name just a few. The program also allowed for 2.0 hours of CEU's toward participant's pesticide license.

⇒ **2009 Annual Meeting - Harrison County Cattlemen's Association** - was held in November with Dr. Billy Higginbotham, Extension Wildlife & Fisheries Specialist from Overton, presenting information on "Feral Hog Control - What's Legal & What's Not". The Annual "Bill Davis Award" was also presented to a well deserving beef and forage producer in Harrison county. The program was co-sponsored by the Harrison County Cattlemen's Association, who sponsored the evening meal.



Pesticide Use & Pesticide Safety

⇒ **2009 Pesticide Credit Hour Program** - Gregg and Harrison counties teamed-up to offer a credit hour program to allow producers the chance to earn CEU's toward their pesticide license. This is a requirement to re-apply for the license every five years. Topics that were addressed at this year's session included:

- ☞ Site Prep in Forestry and Use of Herbicides in Timber Production.
- ☞ Pasture Herbicide Updates
- ☞ Internal and External Parasites in Beef Cattle
- ☞ Law and Regulation Updates

⇒ **2009 Annual Fall Private Applicators License Course** - was offered this year, allowing agricultural producers to attend and receive the Texas Department of Agriculture's Private Applicator's License. This license enables producers to purchase and use restrictive use pesticides in their operation.

⇒ **2009 "Last Chance" Pesticide Credit Hour Program** - was held in Marshall for those producers who were going to be short on the CEU requirement to renew their pesticide license. This course enabled participants to earn up to eight credit hours.

Harrison County Master Gardener Program

⇒ **Master Gardener Association Activities In 2009** - The Harrison County Master Gardener program remains a very strong and viable part of the overall horticulture program here in Harrison County. The Association meets every month on the 2nd Tuesday of each month in the Extension office. They plan, conduct and implement programs across the spectrum with landscaping projects, mainly on a consulting basis with groups such as the City of Marshall's Visual Arts Center. The class that is offered each year continues to be a multi-county effort



program has generated over 7,000 volunteer hours worth over \$136,570.00 to the City of Marshall and Harrison County!

⇒ **2009 Annual TMGA State Conference** -

was hosted by the Harrison County Master Gardener Association. The local Association teamed up with the Marshall Visitors & Convention Bureau and held one of the best conferences to date, according to several of the association state officers with the Texas Master Gardener Association.



Wildlife and Natural Resources:

⇒ **2009 Harrison/Panola County Wildlife Seminar** - was held in Marshall this fall at the Marshall Civic Center. It will be hosted in Carthage in September of 2010. The program was co-sponsored by the Harrison & Panola Counties Soil and Water Conservation District, USDA-NRCS and Extension Natural Resource Committees in both Panola and Harrison counties.

- ✓Eco-Tourism Possibilities
- ✓Trapping Feral Hogs
- ✓Caddo Lake Nature Wildlife Preserve Updates

⇒ **2009 Harrison County Pond Field Day** - was held in July of this year at the Carlile Hunting Club in eastern Harrison County. Topics for the day included: Fish Population Assessment & Using Catch Records and Pond Design & Construction. A demonstration on application of a herbicide was also held to show the results of proper application and choosing the right herbicide for the job. Participants also brought various pond weed samples for identification and control information, as well as, water samples from their pond



for analysis. The evening meal was sponsored by the Harrison County Soil & Water Conservation Districts. Two credit hours toward any TDA pesticide license was also available for those seeking CEU's.

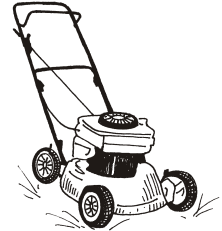
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⇒ **2009 Harrison County Timber Management Field Day** - was held at the Caddo Lake

Wildlife Refuge in Karnack with topics that included: Various Wildlife Issues, Prescribed Burning as a Management Tool and Hear the Wildlife Refuge's Management Plan.

Horticultural Programs (Out-Side of Master Gardener Program):

⇒ **2009 East Texas Turfgrass Conference** - was held in Overton at the Texas AgriLife Research & Extension Center. This annual conference is held each year. It is planned by some of the County Extension Agents in the East District 5 area, which I am one of the principal planners. This conference is well attended by the City Of Marshall and several of the county school districts each year.



⇒ **2009 Harrison County Farmer's Market** - continues to sell and operate on Wellington Street in the Marshall downtown area. The Grand Opening was held on May 16th this year and the market operated at a brisk pace on most market days. Producers enjoyed a more favorable season with the weather cooperating better than in recent years.





Family and Consumer Sciences Program Highlights

DIABETES EDUCATION

The Diabetes Education program for Harrison County consisted of the Do Well, Be Well with Diabetes Program and Cooking Well with Diabetes. The Do Well, Be Well with Diabetes Program is a five week lesson series covering nutrition and self-care management topics. The program helps people with diabetes learn the skills needed to manage their diabetes successfully. The second phase is Cooking Well with Diabetes in which participants learn proper meal preparation techniques and practices to maintain good healthy eating skills. The program provides a three week lesson series for participants and those completing the class receive a cookbook.

Do Well, Be Well with Diabetes

Relevance

- ◆ Diabetes occurs when the body does not make enough insulin, or the insulin it makes does not work properly. While diabetes is not curable, it is manageable. Skills needed to effectively manage diabetes are well documented.
- ◆ Diabetes education is not readily available, yet the number of Americans with diabetes is projected to increase 43 percent, growing from 12.1 million to 17.4 million by 2020. An estimated 1.05 million adult Texans have been diagnosed with diabetes; another 0.5 million have undiagnosed diabetes.
- ◆ The Centers for Disease Control and Prevention reported the number of people with diabetes has increased by three million in three years to a new high of 24 million.
- ◆ According to the Centers for Disease Control and Prevention, in 2005, there were 3,196 people diagnosed with diabetes (9.8%) in Harrison county.
- ◆ Diabetes can lead to other chronic illnesses such as high blood pressure, heart disease or high cholesterol.
- ◆ Men with diabetes miss an average of 11 work days each year; women miss about 9 work days.
- ◆ Poor diabetes management increases health care costs.



Response

The Harrison County Family and Consumer Sciences Committee identified diabetes education as a major need in 2008. They agreed to implement the Do Well, Be Well with Diabetes Education Program in Harrison County. Since the program was very successful in 2008, the Harrison County Family and Consumer Sciences Committee and the Do Well, Be Well Coalition decided to continue implementing Do Well, Be Well with Diabetes and offer Cooking Well with Diabetes. By attending the Do Well, Be Well with Diabetes Class Series, participants can improve their blood glucose management. Participants who learn to manage their blood glucose levels better and keep their levels in the recommended range are likely to bring their health care costs closer to those of people without diabetes. They are also less likely to miss work. Topics that the 5-part series covers includes:



- ◆ Characteristics of Type 2 Diabetes
- ◆ Recommended Blood Sugar Ranges
- ◆ Managing Diabetes with Nutrition

- ◆ Managing Blood Sugar Medications
- ◆ How to Read and Utilize Nutrition Labels
- ◆ Exercise and Diabetes
- ◆ Enjoy Dining Out and Keep Diabetes Under Control
- ◆ Prevent and Manage Diabetes Complications (Including Feet Problems)
- ◆ Resources for Caring for Diabetes
- ◆ Planned Meals Using the Carbohydrate Counting Method



Results

The Harrison County Family and Consumer Sciences Committee and the Do Well, Be Well with Diabetes Coalition (2 registered nurses, 1 Harrison Extension Education Association member, 1 chef, 2 pharmacists, 2 doctors and 2 Retired Family and Consumer Sciences Extension Agents) taught classes, assisted with marketing, registration, data collection, food preparations and collecting resources. Each guest speaker also brought resources such as glucometers, cookbooks and sharp containers. They were as follows: Jennifer Cannfield, Diabetes Educator and Kelli Dominick, Licensed Dietician, Good Shepherd Medical Center-Marshall; Tish Hudson, RN, Marshall-Harrison County Health Department; Dr. Jennifer Rollins-Jackson, Pharmacy RPh for Sam's Club Pharmacy; Denise Guehlstorff, Exercise Specialist, Marshall Life Center; Rachel Cole, State 4-H Food Healthy Lifestyle Ambassador and Harrison County 4-H'er; and Nancy Risk, Vice President of Harrison Extension Education Association. Three additional collaborators volunteered their time: Chris Rigsby and Michael Jordan, Premier HomeCare and Stacie Smith, Liberty Medical.



The Do Well, Be Well with Diabetes series was conducted once during 2009, reaching 20 individuals.

- 20 People Registered – 15 (75%) - Females
- 5 (25%) Males
- 17 Completed Wrap-up – 4 (82%)- Females
- - 3 (18%) Males

Ethnic Background: 15 (75%) Caucasian;
- 5 (25%) African American



Pre and Post Evaluations Utilized

Pre-test results indicated the following:

- 45% checked their blood sugar before a meal
- 50% do not engage in any physical fitness activity at least 5 days each week for 30 minutes a day to manage their blood sugar
- 20% rated their ability to control their diabetes as poor or fair

Post-test results indicated the following:

- 71% checked their blood sugar before a meal
- 71% currently engage in any physical fitness activity at least 5 days each week for 30 minutes a day to manage their blood sugar
- 41% rated their ability to control their diabetes as very good

Quotes

The potential lifetime health care cost savings, resulting from improved management of diabetes by these participants, is an estimated \$796,953.

⇒ “I learned the ranges and actual numbers when doing A1C and how to differentiate between the types of cholesterol. The importance of maintaining control and monitoring glucose through amount of food intake—portion control.”

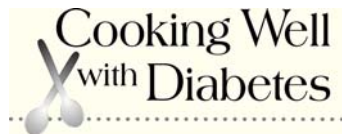
⇒ “The class definitely changed my awareness of my eating and exercising habits. Even though I fall off of the wagon sometimes, I still manage good control of my diabetes. It’s like I am controlling it, it’s not controlling me.”

⇒ “Although I am not diabetic, my son has recently been diagnosed. The class has been very informative. Helping to understand the disease better should help me to select and prepare foods. The class was very worthwhile.”



COOKING WELL WITH DIABETES

The Cooking Well with Diabetes series was conducted twice during 2009, reaching 22 individuals. Individuals who successfully completed the Do Well, Be Well with Diabetes series, will be invited to participate in Cooking Well with Diabetes. Participants will have opportunities to obtain the following goals:



- Prepare meals at home that meet prescribed food intake guidelines for blood glucose control
- Plan meals that fit in their prescribed meal plan
- Prepare recipes that have less fat, sugar and sodium and more fiber
- Follow the portion control guidelines for serving sizes
- Apply food safety techniques to prevent foodborne illness
- Apply food-buying practices that will enable them to prepare recipes and plan meals at home

Twenty-two (22) registered and completed wrap-ups for the class with 16 or (73%) females and 6 or (27%) males. Ethnic Background: 17 (77%) Caucasian- 5 (23%) African American

Pre and Post Evaluation Utilized

Pre-test results indicated the following:

- ⇒ 40% plan meals using the Plate Method
- ⇒ 57% one way to flavor foods without increasing sodium content is to add dried vegetables
- ⇒ 88% one way to make food taste sweeter is to add vanilla



Post-test results indicated the following:

- ⇒ 50% plan meals using the plate method
- ⇒ 72% one way to flavor foods with is to add dried vegetables
- ⇒ 95% one way to make food taste sweeter is to add vanilla

Quotes

- “I just watch what my family eats like the fat and salt and things I can not have. I have lost 33 ½ pounds with the help of this class and my doctor. Thank you so much.”
- “Learned to make a variety of tasty dishes while at the same time being healthy. I am not diabetic but class was very informative and helpful in working with family members and getting a better perspective on maintaining their health.”
- “I am baking and boiling my meats more than frying; using spices instead of salt; trying to eat more fiber.”



Acknowledgments

A special thanks goes to Harrison County Family and Consumer Sciences Committee and Harrison County Do Well, Be Well with Diabetes Coalition for their role in supporting the AgriLife Extension Diabetes Education Program. A huge thank you goes out to the following: Pam Lincoln, Cass CEA-FCS and Jill Parker, Gregg CEA-FCS for resources and serving as guest speakers, Sara Barrett, Camp CEA-FCS for sharing recipes and Chef Andriene Hernandez for volunteering her time valued at \$1,500. Additional thanks for resources and speakers to: Jennifer Cannfield, Diabetes Educator and Kelli Dominick, Licensed Dietician, Good Shepherd Medical Center-Marshall; Tish Hudson, RN, Marshall-Harrison County Health Department; Dr. Jennifer Rollins-Jackson, Pharmacy RpH, Sam’s Club Pharmacy; Denise Guehlstorff, Exercise Specialist Marshall Life Center; Rachel Cole, State 4-H Food Healthy Lifestyle Ambassador and Harrison County 4-H’er, Nancy Risk, Vice President Harrison Extension Education Association and Marshall News Messenger and KMHT for media coverage. Three additional collaborators volunteered their time: Chris Rigsby and Michael Jordan, Premier HomeCare and Stacie Smith, Liberty Medical.



Future Plans

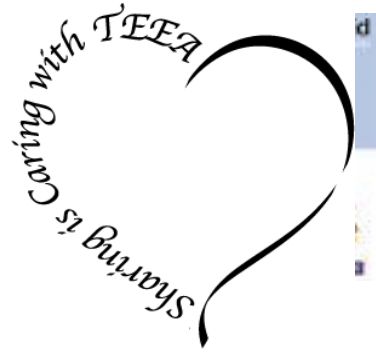
Due to the continued interest in diabetes education in Harrison County, Do Well, Be Well with Diabetes and Cooking Well with Diabetes classes will be offered in the Spring 2010.

Calculate DWBW Potential Economic Impact

Potential Economic Impact of DWBW in Harrison County for 2009			
Total Female Participants	15	Total Male Participants	5
Average Age Female Participants	70	Average Age Male Participants	56
Net Present Value per Female	\$32, 230	Net Present Value per Male	\$56, 221
Total Net Present Value for health care cost savings for Females	\$483,456	Total Net Present Value for health care cost savings for Males	\$281,105
Total Net Present Value for Lost Wages of Females	\$0	Total Net Present Value for Lost Wages of Males	\$32, 392
Total Net Present Value of Females	\$483,456	Total Net Present Value of Males	\$313,497
Total Impact		\$796,953	

Back to School Girls Camp

Miss Black Ark-La-Tex sponsored a Back to School Girls Camp. The camp is to boost young girls self-esteem. I presented Mindless Eating Program to 35 attendees. It was explained to the girls the how's and why's of mindful eating. Many people eat due to physical, emotional or environmental reasons. The girls were encouraged to eat to live and not live to eat by promoting portion control and using food models.



Child Care Conference

I served as facilitator for Dr. Stephen Green, Texas AgriLife Child Development Specialist, at the District 5 Texas Extension Association of Family and Consumer Sciences (TEAFCS) Child Care Conference held at Stephen F. Austin State University in Nacogdoches, Texas. Over 150 child care providers attended and also learned how to become better providers in a number of topics related to nutrition, story telling, arts and crafts, business and child care policies. Each participant received seven clock hours. Notifications were mailed to 99 childcare providers in Harrison County.



Walk Across Texas

Walk Across Texas is an eight week physical activity program designed to encourage individuals to log 830 miles across the State of Texas. Marshall High School Family and Consumer Sciences teacher implemented the program with ninety students. The Family Consumer Science Task Force will continue to implement this program during the Spring of 2010.



Better Living for Texans

This Better Living for Texans (BLT) program is part of the Family and Consumer Sciences Division of Texas AgriLife Extension Service with the Texas A&M System. This is a State-wide Nutrition Education Program funded, in part, by the Food Stamp Nutrition Education Program. The goal of BLT is to help limited resource families and individuals stretch their food dollars, prepare nutritious meals, adopt and maintain food safety practices and increase their physical activity. I exceeded my goal of reaching at least 60 participants in 15 one shot BLT lessons in 315 hours. Programs were presented in various locations which included: Hallsville and Harleton Head Start and Marshall High School. I marketed the program to the local Housing Authority, Harrison County Employees, Women and Infants Clinic, the Community Adult Day Activity and Health Center and Wiley College. Future plans include continuing to implement the Better Living for Texans Program.



Family and Consumer Sciences

Harrison Extension Education Association

The Harrison Extension Education Association consists of three clubs: Town and County EEA Club, Sabine EEA Club and Leigh-Lotta Latex Club. Thirty-nine (39) members pay their dues to remain a part of the organization and there are twelve (12) study group members studying quilting. Members put in over 2,600 volunteer hours in programs and community activities. During the State Texas Extension Education Association meeting, Harrison Extension Education Association received the Outstanding County Education Award for their volunteer hours donated by members.

The members implemented various programs for their clubs during the year. Topics included the following:

- Medication Management-The Prescription for a Healthier You
- Personal Traits of Leaders
- Paving the Path to Wellness
- What You Need to Know about the Pandemic Flu

Some other activities of the Family and Consumer Science Programs were:

Women and Heart Disease Red Dress Luncheon

February is National Heart Disease Month. The Harrison Extension Education Association members held their Annual Women and Heart Disease Program and Red Dress Luncheon. Twenty-two members were present. Dr. Vanessa Miller, OB/Gyn for Good Shepherd Medical Center-Marshall presented the program teaching members how to prevent and manage heart disease.



Cultural Arts

Cultural Arts featured Show & Tell, craft demonstrations and hands-on demonstrations. The Spring Cultural Arts theme was centered around the Irish culture. Marshall Mayor William “Buddy” Power served as guest speaker. All attendees brought a homemade Irish dish. Members participated in the County Cultural Arts Contest. The winners advanced to the District competition. The winning entry by Lillie Lipscomb won first place District, and was able to advance to State competition. During the Holiday Cultural Arts, three members demonstrated how to design inexpensive holiday gifts. The members enjoyed the program, morning refreshments and dishes prepared by each member.



Cornbread and Bean Luncheon Fund Raiser

The 33rd Annual Cornbread and Bean Luncheon Fund Raiser raised over \$2,363 after expenses. Over 400 ticket holders at \$6 each attended this fund raising event. The money each year is used for educational programs, conventions, training meetings and scholarships. This year members visited the Louisiana Boardwalk to learn about the Louisiana culture as part of their Leisure Educational Activity. Visit the following link to view members in action:

<http://www.mars-hall.tv/player/cornbreadandbeans.htm>



EEA Community Service Contributions

EEA members made community service contributions to the following:

- Sick and Shut-in Senior Citizens
- Literacy
- Donated Money to Boys and Girls Club of Big Pines
- Donated Money to Harrison County 4-H

- Donated Auction Items and Money to the District and State for 4-H Scholarships
- Donated Coins for Friendship to Help Support the State 4-H Center in Brownswood
- Judged 4-H Food Show and Fashion Show
- Served on Task Force and Committees for Family and Consumer Sciences and Leadership Advisory Board.



Marketing/Promoting Harrison EEA

Harrison EEA Club members advertised the Clubs to individuals at the “Thriving and Surviving Financially” Seminar as well as, in their own communities. As a result of their efforts, Sabine EEA Club added two new members.



Quilter's Study Group

The Quilter's Study Group meets each first and third Tuesday in the month to learn quilting techniques, fabric selection and different quilting patterns. They show their finished projects at Quilt Shows and in their Study Group. This year members made and donated quilts for soldiers overseas.



Food Handlers Course

Panola College contacted me to implement the one day food handlers course. The program is designed to train individuals in basic food safety procedures, rules and regulations. Class results are in the table below:



Percentage of Respondents Answering Survey Questions Correct-Pre and Post.

Mean score pre (% of questions answered correctly): 75

Mean score post (% of questions answered correctly): 88

Participant knowledge significantly increased after the course (comparing pre vs post).

Client Satisfaction with Food Handler Course Instruction

- Based on participant surveys received and entered as of 10/1/2009. The client satisfaction was given at the end of the training while the survey that assessed client characteristics was given separately (at the beginning).

Instructor satisfaction scores are based on a 5-point Likert Scale (1 = very satisfied to 5 = very dissatisfied). **In other words the lower the number, the more satisfied the participant.** Scores of 0 (not applicable) or 6 (no response) were not included in the analysis.

Breast Cancer Awareness

October is known as the month of Breast Cancer Awareness Month. The program, "Hallelujah to Health" Breast Cancer Education Program was presented to 17 Wiley College students. A newspaper article was written encouraging women to obtain clinical breast exams, mammograms and implement self breast exams.



The 4th Annual Agricultural Youth Workshop

During the 4th Annual Agricultural Youth Workshop, the benefits of becoming a Family and Consumer Sciences Agent was shared with approximately twenty-five pre-teens and teenagers. Family and Consumer Sciences offers practical information for families raising children, housing and environment, eating well, managing money, and staying healthy.

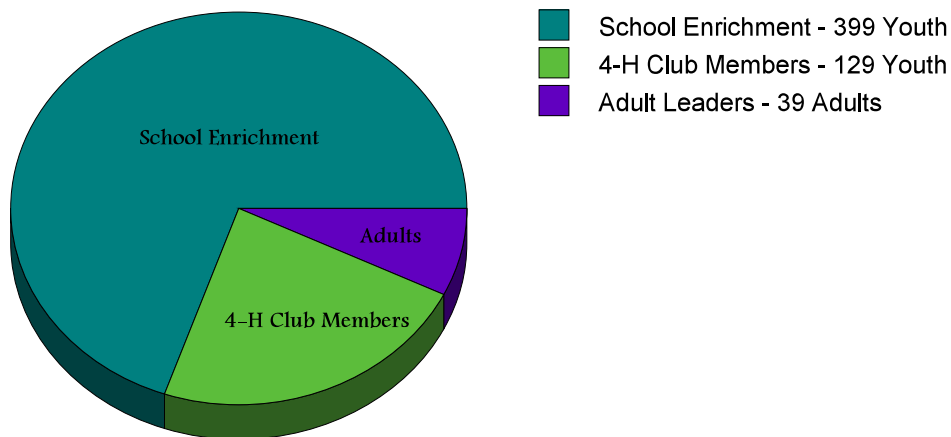


Harrison County 4-H & Youth Development



Harrison County 4-H reached 528 youth through school curriculum enrichment programs, special interest programs, and traditional 4-H clubs. 4-H members participated in hands-on learning experiences, projects and activities promoting individual growth, teamwork, leadership, and responsibility. Extension educational programs reached both 4-H and non-4-H youth in our communities through educational workshops, camps, summer activities, and training events. The following information includes highlights from a few of the most successful programs.

Harrison County 4-H Enrollment



★ HARRISON COUNTY 4-H CLUBS

Total enrollment and involvement in traditional 4-H clubs from September 1, 2008 to August 31, 2009 was 129 youth. This number increased from 91 youth during the previous year. We have established a thriving new club in Harleton, TX. This past year 4-H reached a more diverse population, with the demographics of the 4-H program being a better representative of the actual demographics of Harrison County.

Harrison County 4-H Clubs

4-H Cattle Club
Hallsville 4-H Club
Harleton 4-H Club
Home School 4-H Club
Rebel Rider 4-H Club
Shooting Sports 4-H Club
TECHS 4-H Club
Veterinary Science

Not included in the 2008–2009 4-H enrollment is our newest club, appropriately titled the TECHS 4-H Club, at Panola Charter School here in Marshall. TECHS stands for Texas Early College High Schools, but also reflects their project interest. These interests include Texas 4-H SET (Science Engineering & Technology), as well as various leadership projects. The TECHS 4-H Club is helping us to reach non-traditional 4-H members. We are very excited to have them join our program.

★ *T. J. COLE RECIEVES \$10,000 SCHOLARSHIP*

A proud tradition of the Texas 4-H Program started almost 60 years ago—a tradition carried on to this day. In 1950 at the Texas 4-H Roundup, the Texas 4-H foundation presented its first opportunity scholarship, a \$1,000 award made possible by the Houston Livestock Show and Rodeo. During the past 59 years, the opportunity scholarship program has experienced tremendous growth thanks to the generous support of various organizations and individuals. These organizations and individuals believe in the Texas 4-H Program and more importantly, they believe in the need to provide dedicated, hardworking Texas 4-H members with an opportunity to pursue their dream of obtaining an advanced degree.



One of these dedicated, hardworking Texas 4-H members who was awarded a scholarship through the Texas 4-H Youth Development Foundation was T. J. Cole of Marshall, Texas. T. J. was awarded a \$10,000 Wallrath Education Foundation Scholarship. T. J. Was an active member of the Home School 4-H Club where he had been a member for the past 8 years.

★ *HARRISON COUNTY GOLD STAR AWARD*

The Gold Star Award is the highest, most prestigious award a 4-H'er can receive on the county level. As a 4-H member this is the ultimate goal. There are many requirements a person must meet in order to qualify for this honor. It is the most sought after award in the 4-H Program. Harrison County was fortunate enough to have two Gold Star winners this year.

Adam Havard was one of our Gold Star recipients this year. Adam is always willing to help new 4-H members learn more about what the 4-H Program has to offer. He is committed to completing all tasks of his elected offices including Harrison County 4-H Council Vice President, and 4-H Club President. He puts forth much effort to succeed in every project he participates in. Among his most successful projects include Food and Nutrition, Wildlife and Fisheries, and Shooting Sports. Adam was a member of the state advancing 4-H Food & Nutrition Quiz Bowl team, he was on the first 4-H team in Harrison County to compete in the Soil & Water Conservation District Wildlife Contest, and he is a certified Shooting Sports Teen Leader.

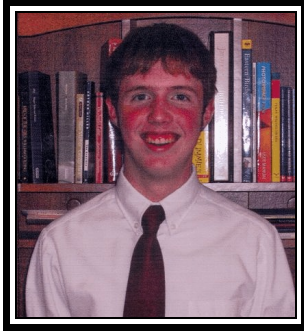


Veronica Claassen was also our Gold Star recipient this year. Veronica has been an outstanding Harrison County 4-H member since she joined 4-H four years ago. Each year she continues to grow as a leader, benefitting not only her club, but the county 4-H program as a whole and the community as well. Veronica is both responsible and hard-working and is always willing to lend a helping hand. Veronica prepared and presented a Horse Care 101 presentation to her club, she studied and trained for the Food & Nutrition quiz bowl advancing to the state level of competition, and was on the first place Consumer Decision-Making team at the District contest. Her participation in these projects, as well as her dedication to her 4-H club, have made her a valuable leader within Harrison County.



★ *4-H COUNCIL & ADULT LEADER'S ASSOCIATION*

4-H members and Adult Leaders from clubs throughout Harrison County participate in quarterly 4-H Council and Adult Leader's Association meetings to plan and promote the 4-H program throughout Harrison County. Members utilize parliamentary procedure to conduct business. Participation in the meetings continues to grow as clubs become more active.



The Harrison County 4-H Adult Leader's Association awarded a scholarship to a very deserving graduating senior 4-H member. The 2009 Brian McGaughy Memorial Scholarship recipient was T. J. Cole. The Brian McGaughy Memorial Scholarship, established in 1988, is funded each year from the annual pecan sale.

★ *NATIONAL 4-H WEEK*

During national 4-H Week, members participated in a variety of events promoting the 4-H Program. The activities included "beautification" of Downtown Marshall by replanting flowers and grooming the shrubs in front of the Courthouse Annex, news articles and radio programs regarding National 4-H Week and planned activities, held the annual 4-H Achievement Banquet, developed and implemented their One Day 4-H event, and participation in the Fire Ant Festival and Parade.

★ *4-H ACHIEVEMENT BANQUET*

The highlight of the 4-H year in Harrison County is the 4-H Annual Achievement Banquet. This year's banquet was held in conjunction with National 4-H Week. Harrison County 4-H members, volunteers and their families, as well as a number of community and county leaders gathered on Tuesday, October 6th, at the Marshall Civic Center to celebrate last year's hard work, and to kick off a new year! The Harrison County 4-H Achievement Banquet was once again a huge success due to the countless individuals who donated their time and services to insure the success of the banquet.



★ ONE DAY 4-H

On October 10th, all over our state, 4-H Clubs were encouraged to go out in their communities to lend a helping hand. Harrison County 4-H'ers hosted the Fall Festival Food Drive Frenzy! They set up a booth at the Fire Ant Festival and collected cans, donations, and had fun games for children such as go fish, ring toss and face painting. All proceeds went to the purchase of non-perishable food items for the local food pantry. Harrison County 4-H donated over 150 items! The goal of this new program was for clubs across the state to join together and show everyone the power of 4-H ONE DAY!



★ COMMUNITY SERVICE PROJECTS



Harrison County 4-H'ers have been undoubtedly busy planning and implementing service projects to benefit their communities! These projects include a Veteran's Day Program at Marshall Manor Nursing and Rehabilitation Center, cleaning of the road sign and painting the hallway at the Crisis Pregnancy Center, cleaning and yearly maintenance at Dossier Arena, the Operation Military Care Program, Christmas Cards for Soldiers, and they sang Christmas Carols at the Adult Daycare.

Among these community service efforts, Harrison County 4-H members quickly responded to the needs of one of our one 4-H families. A member of the Harrison County 4-H shooting sports club, 14 year old Patte Turner and her family received terribly tragic news this year. Patte's father, 42 year old Michael Turner was diagnosed with Stage 4 brain cancer. He also suffered a stroke and was placed in hospice care. Harrison County 4-H members quickly responded by setting up several fund-raisers for the family. They thought it was important that money not be a concern for the family at that point in time. Harrison County 4-H members were able to raise almost \$2,000 for the Turner Family.



Family Consumer Sciences 4-H and Youth Development

★ FOOD AND NUTRITION PROJECT

The food and nutrition projects help participants learn to make healthy food choices, reduce disease and illness risks, and gain knowledge of nutrition. During 2009, these goals were attained through the following programs:

- Food and Nutrition County Workshop- In November we held a Food Show Workshop for all Harrison County 4-H members interested in the food show and the new food challenge competition. Topics covered in the workshop included my pyramid, the importance of physical activity, portion control, hand washing.



- Harrison County 4-H Food Show- Six 4-H members from the Homeschool 4-H Club participated in this year's County Food Show. Each individual was awarded the opportunity to advance to the District Contest at Stephen F. Austin State University in Nacogdoches, TX.

- District 5 4-H Food Show- Six Harrison County 4-Hers placed in the top 5 in their respective categories and division along with a 2nd place overall food and nutrition quiz bowl team. These 4-H'ers were competing against young people from 22 counties.



- The Food and Nutrition Quiz Bowl team from the Home School 4-H Club advanced to the State Level of competition. T. J. Cole, Veronica Claassen, Adam Havard and Dani Havard represented Harrison County well at State 4-H Round-Up this year in College Station, Texas.



- Several 4-H Members participated in the Food Challenge Open Division at the District Food Show this year. The Food Challenge will be a brand new contest for the Food Show in 2010. This contest is set up much like the hit TV show the Iron Chef. 4-H members are given a list of ingredients but no instructions and asked to prepare a dish using only ingredients from their list. They are also required to include the nutritional value of their dish, as well as cost analysis as part of their presentation.
- Farm City Week Cake Show- Over 100 4-H and FFA members from Harrison County participated in the Farm City Week Cake Show. Youth entered cakes in 5 categories. Blue, red and white ribbons were awarded, and Best in Show Ribbons were awarded to one entry in each category. All cakes were then sold in a silent auction during the Livestock Sale with all proceeds going to each participant.

★ *CLOTHING AND TEXTILES*

- Clothing and Textiles County Workshop- “No Sew Pillows” Harrison County 4-H’ers attended this workshop where they learned about the District 4-H Clothing and Textiles contest, fibers and fabrics, and the importance of cleanliness and portraying a positive self image.



- Harrison County 4-H Fashion Show- “Spring into Fashion” Harrison County 4-H held their annual fashion show at the Harrison County Extension office. This year we decided to host an open division for young people who just wanted to participate without the pressures of moving on to the next level of competition. This was great exposure for our 4-H Program. The Perfection Models out of Marshall, Texas came and walked the runway and wowed the crowd. There were over 75 people in attendance.



- District 4-H Fashion Show- Six young ladies from the Homeschool 4-H Club advanced to the District Level of competition in Nacogdoches, Texas. All six of them placed in the top 3 of their class at District. Congratulations to these young ladies for all of their hard work!

★ *CONSUMER EDUCATION*

Everyone is a consumer, and this role lasts a lifetime. We all make purchases to satisfy our basic human needs for food, clothing, and shelter. The 4-H Consumer Decision Making Contest provides youth who have participated in the 4-H Consumer Life Skills Project the opportunity to demonstrate and apply their consumer decision-making knowledge and skills.

- We hosted our Harrison County Consumer Decision Making Workshop/Contest in November. Topics covered in the workshop included discussion of the 2009 Consumer Decision-Making Contest Guide, how to make the BEST consumer decision, and practiced developing and giving oral reasons. As a result of our county contest, 13 4-H'ers from Harrison County will be advancing to the District contest in Overton in January 2010.

- 2009 District 4-H Consumer Decision Making Contest- 9 Harrison County 4-H Members traveled to Overton, Texas to compete in the 2009 District Consumer Decision Making Contest. Harrison County 4-H'ers took home the prize for both first place Junior and first place senior teams. There were also several individual awards as well.



★ *SHARE THE FUN*

Harrison County 4-H'ers Dani Havard and Jenny Peter Competed in the County and District 4-H Share The Fun Competitions. Jenny Peter advanced to the State Level of competition in the Choreographed Routine Division. She did an excellent job at State 4-H Round-Up in College Station, Texas.



Agriculture and Natural Resources

4-H and Youth Development



★ HORSE PROJECT

Harrison County 4-H continues to be a driving force in the 4-H Horse world. Year after year Harrison County is known for its stand of performances on the county, district and state levels. 4-H Horse Shows provide a wholesome form of recreations and a forum for demonstrating horsemanship and horse training skills that lead to recognition and accomplishment.



The members of our Rebel Riders Drill Team represented Harrison County winning 1st Place Drill at the District Horse Show in Athens, Texas, and then took home 1st place Precision at the State level of competition in Abilene, Texas. There were also a number of individual awards and buckles received by Harrison County 4-H Members at the District 4-H Horse Show.

★ LIVESTOCK PROJECT

During 2009, 4-H'ers exhibited their various livestock projects at Houston Livestock Show and Rodeo, Fort Worth Exposition, San Antonio Stock Show, Harvest Festival, and Farm City Week to name a few. We had many 4-H'ers that did extremely well at these shows. Harrison County 4-H member Emma Schelder from the Harrison County 4-H Cattle Club exhibited the Grand Champion Steer at Farm City Week 2009. We look forward to continued growth of the Harrison County 4-H Livestock Project Program.



★ SHOOTING SPORTS

Harrison County has an extremely active Shooting Sports 4-H Club. They are under the direction of Mr. Artie Price and Mr. Harlan Miguez. The shooting sports team practices on a weekly basis and shoot year around. The team is very competitive and always makes known their abilities in the District 5 4-H Shooting Sports Rifle Match.

The main objective of the Harrison County 4-H Shooting Sports Club is to teach fun safety, and the club lives by the motto, "Safety first and fun second." After classroom instruction and how to properly handle firearms, the students get to demonstrate what they have learned when they move to the firing line.



★ VETERINARY SCIENCE PROJECT

The Veterinary Science Project continues to be a success in Harrison County. We have established a new club this year that is up and running. One club is under the leadership of Leslie Spivey and the new club is under the leadership of Don Spencer, PhD. Our new Club Manager Dr. Spencer is a Professor at ETBU. We are very excited to have the new club on board. Each club has approximately 5-10 youth in attendance at meetings and workshops. The Veterinary Science Project provides 4-H'ers with information and activities regarding various aspects of animal health and behavior, and modern veterinary practices. Local veterinarians and specialists have been a huge asset to the project, providing valuable learning experiences to the 4-H'ers.



★ WILDLIFE TEAM

This year was the first year for Harrison County 4-H to be represented at both our District and Regional Wildlife Competitions. The wildlife team consisted of T.J. Cole, Rachel Cole, Adam Havard, and Zack McVicar.

These young people traveled to Daingerfield State Park for the District Wildlife Contest where they placed first in our District 4-H division. As the first place 4-H team, they advanced to the Regional Wildlife Contest in Nacogdoches where they placed eleventh. We are very proud of them for all of their hard work and dedication.



★ FORESTRY TEAM



This year was the first year for Harrison County 4-H to be represented at both the District and State Forestry Contests. The forestry team consisted of members from our newly formed Harleton 4-H Club. The team members were Brandon Degner, Christian Sandlin, James Underwood, and Abby Wyatt. After placing first at the District Contest, along with our NRCS Natural Resource Manager, we hosted a workshop for these young people prior to the State Competition. They excelled and placed eighth overall. They are a very driven and talented group of young people.

★ CURRICULUM ENRICHMENT

399 youth in Harrison County were reached through the Egg to Chick Curriculum Enrichment Program. This program is a 21-25 day project which teaches youth the basics of embryological development. The Egg to Chick Program was well received in Harrison County and we look forward to reaching even more youth this year through this program.

