



# TEXAS A&M AGRI LIFE EXTENSION



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## Potter County

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## Prairie View Highlights

Prairie View A&M University (PVAMU) Cooperative Extension Program (CEP) in collaboration with Joshua Bonnet with Family Support services offers Sounds of Success program to youth at Rolling Hills Elementary which is a part of River Road Independent School District. Sounds of Success is an interactive program that teaches character and leadership through the art of beatmaking and music composition. They learn basic foundations of music production using ipads and music apps such as GarageBand and Beatmaker. Youth at Rolling Hills Elementary enjoy expressing themselves creatively. This creative process builds character and teaches them to effectively work with others. Joshua Bonnet, Youth Prevention Specialist, has been working with youth and social services for almost 10 years. Joshua is passionate about working with people in general, but especially the youth because he has a unique way of identifying with them and being able to relate to them and meet them where they are. Joshua says that the kids learn fast, and he continues to be amazed by their tenacity, creativity, and humility. We are currently working on a performance recital for the students to showcase their talent, become public speakers, and demonstrate their creativity.

## ANR Highlights

- In February, Agent Eikner served as a break-out facilitator/notetaker the bi-annual Ogallala Water Summit. This is a multi-state project held every other year. The event is typically held in different states who use the Ogallala for a main water source for agriculture and municipal use. Agencies and producers from across the board gathered to build a roadmap of shared conservation efforts across all five states.
- Two Texas Department of Ag. Private Applicator courses were held in the first quarter. This is a required course prior to certification exam, necessary to hold a licensed applicator certification.
- The ag. department also helped a dozen area residents with home/lawn/tree/ornamental plant pests and/or winter damage. The extremely cold temperatures across Texas negatively affected some landscape in our area. Residents have regularly sought help from the Extension office to assess damage and recommend plans moving forward.
- 54 Potter county 4-H youth exhibited livestock and rabbits at the 2021 Potter County Junior Livestock show. Youth from across the county were able to participate in one of the most highly supported shows in the county's history.

# FCH Highlights

- Master Wellness Volunteer Program-Potter County expanded its reach of health and nutrition programming through the Master Wellness Volunteer Program. Five additional volunteers received 40 hours of training in health and wellness education and were certified. At the conclusion of the training volunteers began returning educational service to AgriLife. To date over 35 volunteers have given over 1200 hours of service to AgriLife Extension. The program increased outreach efforts, reached new audiences, and volunteers have helped plan, implement and evaluate Family and Community Health programs.
- Step Up & Scale Down-Potter AgriLife adults kicked off 2021 by stepping up to better health. Participants increased awareness of the importance of maintaining a healthy weight by learning ways stay active, plan healthy meal options and reduce the risk for chronic disease. After completion of the program 100% of participants increased physical activity to 20 -30 minutes 3 or more times a week and fill half their plates with fresh fruits and vegetables when preparing meals. Participants engaged in preparing healthy meals for their families , physical activity and indicated an increase in fruit and vegetable consumption.

TEXAS A&M  
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# 4-H Highlights

- The Potter County Junior Livestock Show was in January. 49 participants exhibited their steers, heifers, goats, lambs, swine, and/or rabbits. Our 4-H members represented the county well and were very successful!
- Participants from Potter County showed across all species at The Patriot, San Angelo, San Antonio, Houston, and Austin. Many of the youth had great success at major shows including a few class winners, many class placings and a breed champion.
- The Hatching in the Classroom, Egg to Chick, hands-on learning experience has been in 56 classrooms in 22 different schools throughout Amarillo ISD. 168 eggs were incubated and 1106 students conducted experiments, collected and analyzed data throughout this 3-week experience.
- District 1 Contest Preparation and Practices started back in person! We are actively preparing for contest in Rifle, Duds to Dazzle, Archery, Consumer Decision Making, and Livestock Judging. There are 22 youth planning on competing in district contest.
- Club and project meetings started back in person. The Lone Star Rabbit club and Horse club have met and started planning new events and projects. The 4-H Photography club is planning their first in-person event after many months of virtual workshops.

# BLT Highlights

- The Walk N Talk Adult series offers an 8-week physical activity program. Over the 8-week WAT series, participants will learn about different types of beverages that can support hydration and nutrition as well as a healthy weight. Emphasis is on beverages that have little or no added sugars. This course was offered virtually to community partners.
- The Fresh Start To A Healthier you online series was offered to Region 16. The series is a holistic adult-learning series that uses practical experience and information to help change lives and improve health.
- The Balancing Food and Play series was offered face-to-face at Maverick boys and girls club and Rolling Hills Elementary. The series focused on easy, everyday ways that youth can learn to eat better and be more physically active.
- The Learn, Grow, Eat, and Go program was offered virtually to students at Emerson Elementary and Landergin Elementary. The series LGEG grows good kids through an interdisciplinary program combining academic achievement, gardening, nutrient-dense food experiences, physical activity, and school & family engagement.