

# Helping Texans Thrive in Potter County

## EXTENSION AGENTS

### Megan Eikner

County Extension Agent  
Agriculture & Natural Resource



### Lizabeth Gresham

County Extension Agent  
Family & Community Health



### Cari Snider

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4-H & Youth Development



### Jennifer Nickell

County Extension Agent  
Prairie View CEP



### Mica Malacara

County Extension Agent  
Better Living for Texans



## 4-H & Youth Development:

- ▶ **23 Potter County 4-H Members and families** met and created non-slip socks for a local nursing home during **One Day 4-H**. The youth used puff paint on the sole of the socks and created many unique designs for the residents.
- ▶ **3 Senior level 4-H members** attending the **Gold Star Banquet** received the **highest honor** in Texas 4-H, the **Gold Star**. These youth completed a record book, served as leaders, & completed numerous hours of community service to earn the **Gold Star**.
- ▶ **24 4-H'ers** represented Potter County in **Food Show, Ag. Product ID, Food Challenge, and Horse Quiz Bowl** at **Fall Big Fun in D1**. The senior Horse Quiz Bowl are the **District 1 champions** and they will be headed to **Texas 4-H Roundup** in June.



## Agriculture & Natural Resources:

- ▶ **80 area chemical applicators** received **5 CEU's** for attendance at the annual **Farm Show CEU workshop**.
- ▶ **20 water samples** from the county were collected for contamination of e-coli, bacteria, salts, etc. This project helps ensure a safe water supply for Individual **well owners** in **Potter County**.
- ▶ Megan Eikner serves on the **Panhandle Water Planning Group** under the direction of the **Panhandle Regional Planning Commission**. Megan contributed to the **state agricultural needs assessment and 5 year water plan** for the region which consists of **21 counties**.



## IMPACTS

- ▶ 201 pigs, 30 steers, 26 lambs and goats, and 8 heifers were validated in Potter Co. for Texas Major Shows.
- ▶ 459 People participated at the Farm and Ranch Show & received farming, economical & nutritional knowledge.
- ▶ 2022 Walk Across Texas—5 leagues, 48 teams, 340 adults walked 64,936 miles & economic impact of future health care savings of \$1,982,638 by avoiding type 2 diabetes, cardiovascular disease & reducing work absences.

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## Prairie View Cooperative Extension Program

### Health and Wellness face to face area participant numbers

- ▶ Basic Yoga Flow 66
- ▶ Increasing Physical Activity 249
- ▶ Mind Matters 66
- ▶ Vegucate Yourself 48

### Financial Literacy

- ▶ Your Money Your Goals 54

### Limited English Proficiency

- ▶ Increasing Physical Activity 118
- ▶ Your Money Your Goals 57



## Better Living for Texans

- ▶ **33 Parents** from Region 16's Head Start/Early Head Start program participated in the **"Fresh Start to a Healthier You!" program**. Participants learned "Creating Safe and Healthier Meals", "Balancing Your Day", "Saving More at the Grocery Store", and "Celebrating Small Bites."
- ▶ **23 students** from River Road High School AP Health Sciences participated in **"Choose Healthy" program**. Students learned "All About MyPlate", "Living a Balanced Life", "Choosing Healthy Doesn't Have to be Hard", and "Healthy Hydration".
- ▶ **108 Region 16 Head Start/Early Head Start parents and staff** attended meeting at the Cleveland Street Center to learn about **"Healthy Meals on a Budget."** Participants learned about reading food labels and perimeter shopping at the grocery store. Inexpensive, healthy, and quick recipes for "SnapEd Trail Mix" and "Banana Pudding in a Bag"



## Family & Community Health

- ▶ **25 worksite wellness members** achieved active living goals by engaging in the fall fitness challenge **Walk Across Texas** event and walked **2494.96 miles**.
- ▶ **16 adults** completed the **Cooking Well series** and adopted best practices for healthy food choices, the DASH diet, and an active lifestyle in order to maintain a healthy blood pressure.
- ▶ **10 PEEA members** increased their knowledge on preparing nutritious, affordable holiday charcuterie boards for a **healthier holiday gathering**.
- ▶ **459** at the **Farm & Ranch Show** increased nutritional knowledge through healthy recipe demonstrations teaching participants to prepare **nutritious, economical, family friendly recipes**.
- ▶ **200 limited resource families** engaged in holiday event and received **resources and education** to improve **financial wellness** and build a **solid foundation for home ownership**.



## Spotlight



- ▶ 4-H agent, Cari Snider and Potter County 4-H member, Emily Schooler attend **National 4-H Congress** in Atlanta Georgia.
- ▶ The **National 4-H Congress** program combines a variety of fun and exciting educational, recreational, and networking opportunities. The program combines sessions, seminars, discussions groups and a service-learning experience. The nation's most outstanding community leaders, speakers, and educators present the most current and timely information available.

## SPOTLIGHT

- ▶ Emily Schooler is a junior at Bushland High School and a 9 year 4-H member in Potter County. She applied to be a delegate for National Congress in May 2022. She was accepted and able to attend in November. Emily participated in a variety of sessions involving leadership, citizenship, and STEM. Along with the other 25 delegates from Texas, Emily was able to meet 4-H members from across the country.
- ▶ National 4-H Congress is held annually in Atlanta Georgia.

## CONTACT

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