

# Helping Texans Thrive in Potter County

## EXTENSION AGENTS

### Megan Eikner

County Extension Agent  
Agriculture & Natural Resources



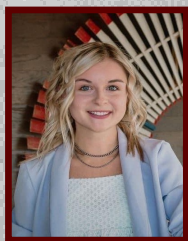
### Lizabeth Gresham

County Extension Agent  
Family & Community Health



### Pearl Jones

County Extension Agent  
4-H & Youth Development



### Mica Malacara

Extension Agent  
Better Living for Texans



## 4-H & Youth Development:

- ▶ **106** swine, **33** rabbits, **20** steers, **8** heifers, **16** lambs, and **21** goats were exhibited at the **Potter County Junior Livestock Show**.
- ▶ **18** steers, **6** heifers, **87** barrows, **3** goats, **9** lambs, and **13** gilts were shown at **Odessa, Fort Worth, San Angelo, San Antonio, Houston, and Austin** from January-March. Potter County had the **Reserve Breed Champion Duroc Gilt** in San Angelo. Along with **Reserve Champion Division 1 Crossbred Barrow** in San Antonio. Additionally, numerous steer brands and sale slots across all species.
- ▶ **3** Junior Potter County 4-H members competed in the **Big Fun in D1 District 1 Meats Judging Contest**. The team placed **4th overall** in the junior category.



## Agriculture & Natural Resources:

- ▶ The **2025 Ornamental and Turf/Right of Way** conference hosted **80 area applicators** for professional development.
- ▶ Spring **Private Applicator** courses provide new skills for **several area producers**.
- ▶ **20 new Master Naturalist program interns** started the intensive intern training program to make an impact on our environment in the area.



## IMPACTS

- ▶ Potter County ag. continues to support area producers with updated futures forecasting and emerging animal health issue education.
- ▶ 2025 New Year New You program goals impacted 59 adult walkers and 34 older adults, 12 community worksites and 50 community partners.
- ▶ 698 students experienced the life cycle of a chicken through Potter Co. Egg to Chick—Hatching in the Classroom curriculum enrichment.

# January — March 2025 County Interpretation

## Family & Community Health

- ▶ **A New Year New You - Walk Across Texas** Worksite Wellness Event incorporated healthy employee initiatives and engaged **59 walkers** from **12 community worksites**. Worksites benefited from healthcare economic savings and together walked **10,762 miles** in 8 weeks.
- ▶ **18** engaged in **WAT's Cooking program** to reinforce WAT goals, increase healthy cooking skills, gain nutrition knowledge & apply recipe demos to enhance active living and chronic disease prevention.
- ▶ **37 adults** received their **food handlers certification** and beneficial food safety practices for the preparation and handling of food.
- ▶ **Early Childhood Education** reached **297 providers** and enhanced child development skills by encouraging the adoption of research and evidence-based practices.
- ▶ **Health Talk Express** empowered and engaged **17 older adults** in Go-4-30, Heart Health and Nurtured by Nature lessons and activities to increase their overall health.



## Better Living for Texans

**109 total participants** completed the series ***Fresh Start to a Healthier You!*** program.

- ▶ **35** participants from **Wesley Community Center Senior Program-East Campus**
- ▶ **13** from **Wesley Community Center Senior Program-South Campus**
- ▶ **16** parents from **Region16 Satellite Early Head Start program**
- ▶ **14** parents from **Region16 Early Head Start Home Base program,**
- ▶ **31 community participants** at Potter County Extension Office

Session topics include: "Creating Safe and Healthier Meals," "Balancing Your Day," "Saving More at the Grocery Store," and "Celebrating Small Bites."



## SPOTLIGHT

- ▶ **13 Potter County 4-H members** competed at the **Clarendon College Invitational Livestock Judging Contest**. **1** Potter County 4-H member competed at the **West Texas A&M Invitational Livestock Judging Contest** and placed **8th High Point Individual** in the Senior Division.



## CONTACT

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