

TEXAS A&M AGRI LIFE EXTENSION

May - July

Cameron County

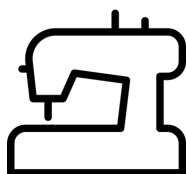
This informational review of programs contains current educational information supported by the Texas A&M AgriLife Extension Service, which aims to improve the quality of life in Cameron County communities. The topics included are: Agriculture/Natural Resources, Family Consumer Sciences, 4-H & Youth Development, Coastal Marine Science, Urban Horticulture, Expanded Food & Nutrition Education, and the Healthy South Texas Initiative. There is a wide variety of extension educational publications available upon request from our office, or by visiting the Texas A&M AgriLife Extension website at <http://agrilifebookstore.org>.



Family & Consumer Science

By: Lilian Mezquida, CEA - Family & Consumer Science

Master Clothing Volunteer



10 Classes

25
Participants

- Blanket on a Pillow
- Bags
- Decorative Cushion
- Kitchen Hot Handle



CEP - Family & Consumer Science

By: Gloria Carter, CEP - Family & Consumer Science



PRAIRIE VIEW
A&M UNIVERSITY
COLLEGE OF AGRICULTURE
AND HUMAN SCIENCES

Cooperative Extension Program



2017 Mango Festival

Prairie View A&M Cooperative Extension Program and Cameron County 4-H Youth Ambassadors collaborated to conduct a smoothie bike demonstration at the 2017 Mango Festival held on July 15. Ambassadors stressed the importance of eating more fruits and being more active to attendees.



Los Fresnos, TX

Approx. 125 smoothie
samples handed out



HST Youth Ambassador &
4H Youth Health Ambassador

6 week nutrition program

Hands on food demos

Fun physical activities

How to read a nutrition label
to make healthier food choices

Benefits of drinking
less sugary drinks

40
youth

Port Isabel Housing Authority
&
Harlingen Housing Authority

'Choose Health: Food, Fun, & Fitness'



Dinner Tonight! Healthy Cooking School

By: Lilian Mezquida, CEA - Family & Consumer Science,
Elyssa Davis - Extension Program Specialist



140 guests enjoyed the recipe demonstrations, samples, and giveaways at the second Dinner Tonight! Healthy Cooking School event at the Harlingen Community Center.

"I learned about how to get the family involved in cooking"

"I learned how easy it is to prepare healthy meals, and it doesn't have to be time consuming"

July 27, 2017

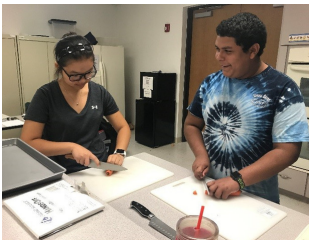
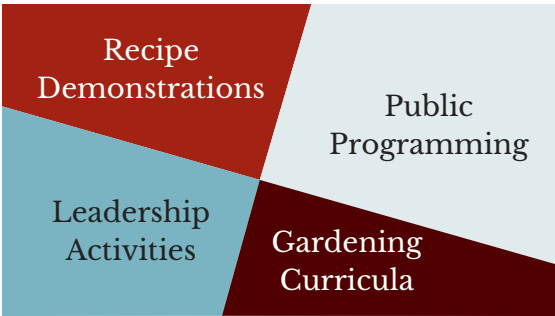




Youth Ambassadors - Summer 2017

Hosted Youth Ambassador orientation and training for the 16 new YAs who were accepted into the leadership program!

20 hours of training



WALK
ACROSS TEXAS!
TEXAS A&M AGRILIFE EXTENSION

Walk Across Texas - Santa Rosa 'Get Fit' Camp

Drill Practice

Swimming
Lessons

120 students

4-week mini
Walk Across
Texas Challenge

Team Sports

Obstacle
Courses

Walk Across Texas - City of Rio Hondo

3 Rio Hondo
Elementary School classes

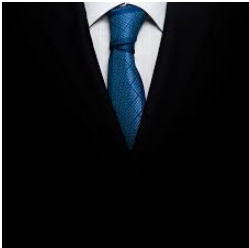
60 students

Completed the Rio Hondo WAT with the recipe demonstrations, presenting a Tangy Fruit Salad demo & samples. The classroom with the most miles was also awarded bicycles in a presentation with their families, thanks to the City of Rio Hondo.

A 'Blue Tie Affair'

Men's Health Awareness Month

Healthy South Texas promoted men's health and recipes for the whole family at the 1st Annual Blue Tie for Men's Health Awareness Fair hosted by the Cameron County Department of Health & Human Services



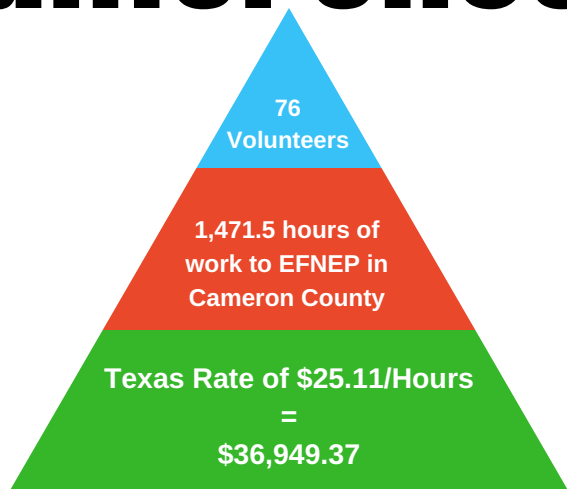
Expanded Food & Nutrition Education Program

By: Oscar Zamora, Expanded Food & Nutrition



Volunteers make a

difference



May

August

5 Nutrition
Education Assistants

2 Nutrition
Education Associates

8 week program

1,471 Adults
enrolled

443
Graduated EFNEP
Program

6 week program

88 groups
enrolled

4,570
Youth throughout
Cameron County

Supporting Texas Families
with greatest need

Since 1969

2nd Annual

Summer Meals Nutrition Education Camp

During the Summer Meals Nutrition Camp, a healthy snack and lunch were served with a side order of educational activities and good advice on healthy living including hygiene, exercise, healthy eating, and other health-related topics.

My colleagues and I partnered with several other agencies and businesses to run the summer program, including Catholic Charities, Texas Hunger Initiative, Congressman Filemon Vela, H-E-B, United Healthcare, Metro Barber School Inc., SBCISD Child Nutrition Program, CICI's Pizza, BCFS. Presentations and activities were conducted by Rodeo Dental, BCFCs, San Benito Fire Department, Su Clinica, Cooperative Extension Program 4-H Extension Agent - Guadalupe Castro, and Behavioral Health Solutions of South Texas During our Camp.

The children also participated in lessons titled 'Exploring My Plate with Professor Popcorn' developed with curriculum by Purdue University Extension and created by AgriLife Extension Specialists in Family & Consumer Sciences and 4-H Youth Development



Raymondville Police Department
NEA: Ana Holland



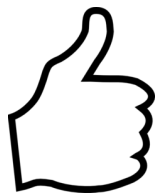
San Benito Zumba Group
NEA: Adan Ruiz



4-H & Youth Development

By: Marco Ponce, CEA - 4-H & Youth Development

D-12 4-H Officer Positions



Cara Cash

Secretary

Karen Waters

Parliamentarian

D-12 Leadership Lab

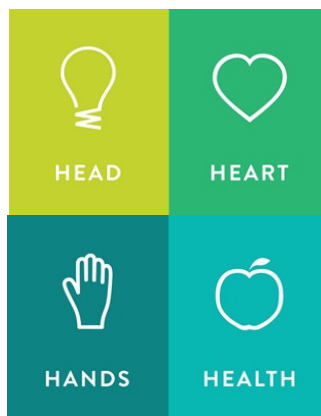


28 Cameron County
4-H Members

D-12 Horse Show



Allysha Carroll
Awarded
Supreme Champion Horseman



4-H Round Up

Cameron County
4-H Member
Awarded
\$20,000

Houston Livestock
Show Scholarship

2nd Annual 4-H Marine Field Day



Ridley Floating Classroom



Participants were also able to see and touch various species of fish through the touch tank as presenters spoke to them about the various species. After the floating classroom, they toured the Coastal Lab in Isla Blanca Beach and learned about the effects of ocean debris.



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CEP 4-H & Youth Development

By: Guadalupe Castro, CEP - 4-H & Youth Development

Cooperative Extension Program

4-H Global Summit - Ottawa, Canada

On July 11-14, 2017 three Cameron County 4-H College age students attended the 4-H Global Summit. The students were able to attend workshops that highlighted what 4-H youth were accomplishing around the world in their communities. Together they establish a global network of youth that they could use to influence a positive change in their community.



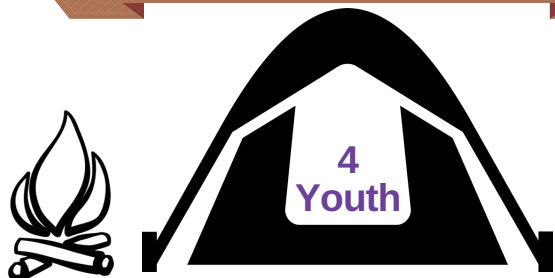
Perla Sanchez, Yuridia Ibarra, Isela Diaz
& CEP Agent Guadalupe Castro



4-H students from all around
the world met for the 4-H
Global Summit

Prairie View A&M Cooperative Extension Youth Leadership Lab

Camp Cho-Yeh



While enjoying the outdoors and beautiful scenery of Camp Cho-Yeh, the youth were able to learn about environmental Science through various activities and presentation from Prairie View A&M Researcher. They also took a University Tour at Sam Houston University that was near by the Camp.



Heroe's 4-Health program

Heroes 4-Health Ambassadors learn leadership skills as they are trained in the Choose Health: Food, Fun, and Fitness curriculum, presentation skills, and how to coordinate and conduct a youth program.

With the help of the agents, ambassadors coordinated and conduct various summer youth camps in June and July. The program is funded through the Youth Voice: Youth Choice Wal-Mart grant.

Heroes 4-Health Youth Ambassadors Teach the importance of...

HEALTH

WELLNESS

11 H4H YA
2016
145 Youth



15 H4H YA
2017
350 Youth

Urban Horticulture

By: Jennifer Herrera , CEA - Horticulture

Growing & Nourishing Healthy Communities 'GNHC'

4 years!  reached 130 families
6 series Gardening program



11 Community Gardens Established



We are also providing container gardens to families located in "Food Deserts"

Learn, Grow, Eat & Go! 'LGEG'



Now, every HCISD Elementary School has at least one garden bed at their campus. LGEG grows good kids through an interdisciplinary program combining academic achievement, gardening, nutrient-dense food experiences, physical activity, and school & family engagement



2016-2017
School Year

1,400
4th Grade
Students

Small Acreage - Educational Programs

A series of educational programs were conducted for beginning farmers, local growers and residents interested in starting a business. The programs consisted of a Goat & Poultry, Farm Food Safety, Farmers Landscape Workshop, Fruit Tree Grafting, and Business planning.



Over 200
beginning
farmers
attended
5 Educational
Programs



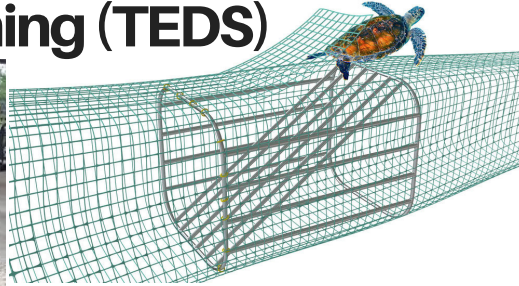
Coastal & Marine Resources

By: Tony Reisinger, CEA Coastal & Marine

Coastal & Marine Resources activities this quarter concentrated on turtle excluder device compliance assistance, fishing tournaments, Master and Coastal Naturalist volunteer activities, and hurricane preparation education.



Turtle Excluder Device Training (TEDS)



Brownsville

Port Isabel

Palacios

Vessel owners had a difficult time obtaining crews for the new season due to a delay in the availability of H2B crews from Mexico and Central America. Greenhorns were hired as crew for the season opening and many quit after their first fishing trip due to the hard work aboard our vessels. After the season opened, good catches were reported offshore Texas.

Texas Waters



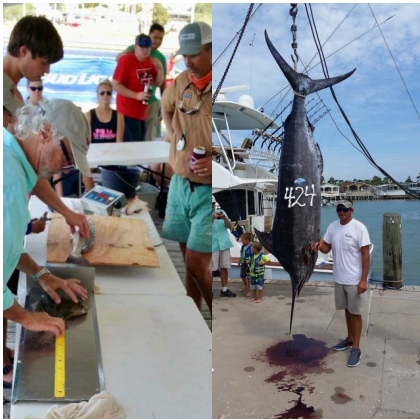
138 Shrimp Vessels Crew Members

May 15

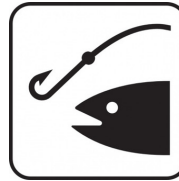
July 15

Trained in TEDS

Port Mansfield Fishing Tournament & Texas International Fishing Tournament (TIFT)



6 Weighmaster Candidates



Over 1,500
Anglers
fished these
tournaments

2
large blue
marlin
landed &
weighed at
TIFT



If the fish does not reach a minimum size (103" for blue marlin at TIFT) they are disqualified from the tournament.

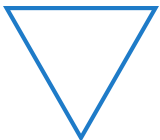
The meat from these large fish is donated for consumption. We tasted grilled blue marlin with mango salsa at the TIFT weigh station and it was incredible!

Coastal Naturalist Training



NOAA

trained in the 'HABscope'



23 Volunteers
&
Red Tide Rangers

The 'HABscope' device is a microscope attached to a video recorder with the capability of determining a red tide cell count instantaneously and sending the info to NOAA and the Texas Parks & Wildlife Harmful Algal Bloom Workgroup for dissemination to the public. Should we have a red tide bloom, this device will be used and results compared to standard sampling procedures. The NOAA group provided three HABscopes, stored at the UTRGVCSL for the Red Tide Rangers to use if a bloom occurs.

4H Fishing Camp



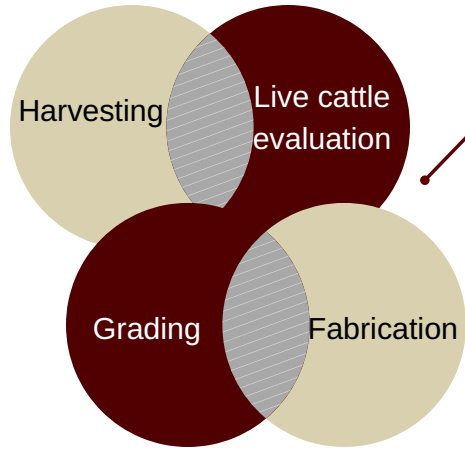
28

Youth
trained

Tony Reisinger taught fish printing and fishing techniques

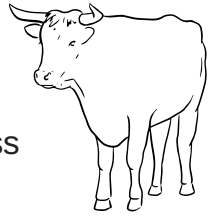
Agriculture

By: Dr. Enrique Perez, CEA Agriculture



Beef 706 Program

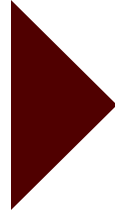
Beef cattle producers will participate in a series of programs to increase their knowledge of the end-products of beef production. Participants will have the opportunity to tour a feed yard, participated in hands-on live cattle with ultrasound evaluation, carcass grading, and carcass fabrication at a beef processing plant.



Agriculture International Program Focused on USDA Programs

Agriculture producers from Northern Mexico were special guests this summer as they learned agriculture technologies (surge irrigation, land leveling, control of pests, and agriculture USDA Programs)

A series of Information was shared at the 2017 Farm Bill & government funding.



Varieties Planted in Private Agriculture Farm teaching tools for



Agriculture Result Demonstration serve as Teaching Tool for Agriculture Producers

Cotton & Grain Sorghum field result demonstrations provide agriculture producers increase in knowledge to new hybrid varieties adapted to the Rio Grande Valley.

