

## Cameron County - Healthy South Texas

By: Lilian Mezquida - County Extension Agent Family & Community Health Agent

Healthy South Texas combines the expertise of the Texas A&M University Health Science Center with Texas A&M AgriLife Extension Service's one-of-a-kind, statewide reach to provide families with knowledge and resources to take control of their health.



**HEALTHY SOUTH TEXAS**

### Walk Across Texas



San Benito Heavin Memorial Park & Ampitheatre



Pedro "Pete" Benavides Park

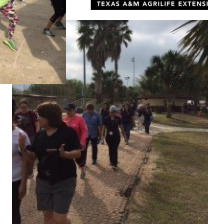
In partnership with



Total of  
**30**  
participants



WALK  
ACROSS TEXAS!



### Asthma Education Class



**14 participants**

learned about

- Symptoms
- Complications
- Solutions



**12 participants**

developed

**Problem solving skills for self care challenges**



**Provided Opportunities for group sharing**

## Family & Community Health

By: Lilian Mezquida - County Extension Agent Family & Community Health Agent

### Parenting Connections

January - April



**20 participants**

completed

**3-week program**



- Parent-Child Communication
- Developing your child's self-esteem
- Positive Discipline



## CEP Family & Community Health

By: Gloria Carter - Cooperative Extension Agent - Family & Community Health



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

Cooperative Extension Program

### Food Safety: How to keep your family healthy

In collaboration with



Family  
Engagement  
Office



**20 participants**

completed **4-week program**



**FOOD SAFETY**

### Choose Health: Food, Fun & Fitness

Paseo Pointe Apartments  
Los Fresnos, TX

**25 youth**

completed



**My Plate**



**Importance of Physical Activity**

# Agriculture

By: Dr. Enrique Perez - County Extension Agent Agriculture

## Master Rancher Program/Class

January - May 2018

**8-hours once per month**

**10 participants**

Increase knowledge in:

- Beef Health Herd Management
- Nutrition
- Feeding of Rations
- Weed & Brush Control
- Pest ID
- Agriculture Law on current issues
- Fabrication/Processing/Market

**52 hours**

Educational Instruction

**8 hours**

Meat Science



Ranchers commented that their knowledge had increased in new technology and practices in Beef Cattle Production



## Bull and Heifer Development Program/ Cattle in Motion On-line Video Sale

**Top Bull Sold for:  
\$6,600.00**



Beef cattle producer/consignors had the opportunity to enter the Cattle in Motion On-Line Video Sale if cattle met criteria in performance and development. Rancher was awarded premium price for their cattle during the online video sale.

**100 head of cattle**

entered **120-day feeding program**

All cattle were preconditioned and were on feed at the Rio Beef Feed yard. At the end of the feeding program, cattle were evaluated as to their average daily gain and body score conditioning for today livestock market

**8  
different breeds  
32 lot sale**

## Multi-County Cotton & Grain Pre-Plant Conference

**220**

Agriculture Cotton & Grain Producers

Cameron, Hidalgo & Willacy Counties

### Topics:

- Current & Future Market Trends
- National & Local Crop Research
- Update on Current Crop Management
- Crop Industry/Updates



The highlight of the conference is to increase knowledge on all areas of grain and cotton production. Producers had the opportunity to participate at the end of the conference on a required Texas Department of Agriculture, EPA regulation on the application of a state restricted chemical for cotton production.

## Cameron Crop Hybrid Tests- Result Demonstration Research

Agriculture Result Research Test was established this spring at a local farm. The purpose is to evaluate hybrid variety performance at harvest and provide agriculture producers with the most current hybrid performance and adaptability to the Rio Grande Valley. Producers are provided with results/information that is current and research base as to hybrid varieties performance and are adapted to climatic and environmental conditions for planting in Cameron County. This information is useful in obtaining current hybrid varieties as crop producers evaluate their performance in different types of soils, type of irrigation systems, and method of plant spacing. The result will be available in August after all harvests are completed.



## Vector Management Training for Municipalities, School Districts, and Governmental Agencies

**90 individuals**

Representing:

- Municipalities
- County Government
- School Districts
- Industry

Participants were able to increase their knowledge on current mosquito biology and management. Zika updates on management/control were addressed by experts and continuing educational hours were awarded to all participants as required by State licensure.





# Coastal & Marine Resources

By: Tony Reisinger - County Extension Agent Coastal & Marine

## Turtle Excluder Device (TED) Outreach

### TEDs outreach project

2014 – 2017

Sea Turtle  
Capture Rate  
declined

6%



An ongoing demonstration aboard Brownsville offshore shrimp vessel, St. Christopher, with the flat bar TED showed



10%

Bycatch  
reduction

& 5%

INCREASE  
Shrimp Production

Our latest information in 2018 indicates a decline in capture rate in the Gulf of Mexico during the 3-year course of the Turtle Excluder Device Outreach Project.

This is in direct correlation to our Gulf-wide efforts teaching TED compliance from Texas to Florida.



We initiated a new TED demonstration aboard Port Isabel bait shrimp vessel and installed a double cover TED. This vessel fishes primarily in the Brownsville Ship Channel for bait shrimp and the captain reports a significant reduction in large mud balls (a byproduct of dredging the ship channel) plugging up the net. He has reported an increase in his shrimp catch and an overall reduction in total bycatch. We will report more accurate data in our next quarterly after we have had time to analyze the effectiveness of the double cover TED.

## Texas Master Naturalists



This quarter our two Cameron County Master Naturalist Chapters: Rio Grande Valley and South Texas Border conducted

2 Graduations were held in April



24 - 3 hour  
training classes

30  
field trips

52

Master Naturalist Trainees

## Shrimp Fishery

May 15, 2018



The Texas Shrimp Fishery closed out

200 nautical miles

to conserve shrimp migrating offshore

& provide a greater catch per unit effort when the season opens in July.



This winter approximately 40% of the Cameron County fleet was fishing off southwest Florida for pink shrimp. Catches exceeded those of our fleet fishing off Texas and Louisiana. We are concerned about this year's Texas shrimp crop because of the unusually cool spring and the freshet from Hurricane Harvey. Local bait shrimpers are saying the season, opening in July will be late.

## Recreational Fishing Seminar



Laguna Madre Fly Fishing Association



Featured  
Speakers:

4

local guides

&

Captain with  
Texas Parks & Wildlife  
Law Enforcement



186

attendees

- Bay and surf fishing techniques
- Tackle
- Fishing hot-spots
- Regulations

## Texas Sea Grant Fisheries Specialist Gary Graham Retires



After a stellar career of 47 years with Texas A&M Graham has retired. He has been a major part in Texas and Gulf of Mexico fisheries from introducing four rig shrimp trawls to TEDs. He served as my mentor for over 35 years and will be missed.

# UrbanHorticulture

By: Jennifer Herrera - County Extension Agent Horticulture

## Small Acreage Production

The Small Acreage Production Committee and I have been providing outreach, training, and technical assistance to socially disadvantaged, small acreage, beginning, and veteran farmers.



## Topics Covered:



- First Year Grapevine Pruning & Training Workshop
- Community Garden Field Day & Farm Tour
- Preserving the Harvest: Jams & Jellies Canning Workshop
- Production Planning for Direct Sales & Tour

**Over 100 attendees**

## Learn, Grow, Eat, Go! Growing & Nourishing Healthy Communities



Awarded a grant from:



**TEXAS A&M AGRILIFE & SNAP**  
Supplemental Nutrition Assistance Program  
**20 students** participating in the **Learn, Grow, Eat & Go!**



The school was provided LGEG curricula, tools and garden supplies. Students are also participating in the healthy eating component by incorporating the produce that is grown into healthy recipes.

Community Gardens continue to flourish throughout the county. Vegetable Gardening and Container Gardening classes are also being conducted throughout Cameron



## Cameron County Master Gardeners

The Cameron County Master Gardeners have been actively presenting on various horticulture topics throughout Cameron County



- Hypertufa, Cement Pot Making Workshop  
**22 attendees**



### Rivers Bend RV Park



- Palms Care & Maintenance  
**46 attendees**

**Palm Care & Maintenance of the Palm Society of South Texas**  
**33 attendees**



**native plant center**

- Native Plants  
**15 attendees**
- Planting for the Rio Grande Valley  
**15 attendees**

**National Library Week**



**Educational Booth**

**Harlingen Library education Exhibit for the month of March**



**Harnito Garden Club Flower Show**  
Butterfly Gardening

**30 attendees**



**Winter Outdoor & Expo at South Padre Island Birding Center**  
• Palm Care & Maintenance  
**30 attendees**  
• Bee Keeping for Rio Grande Valley  
**30 attendees**

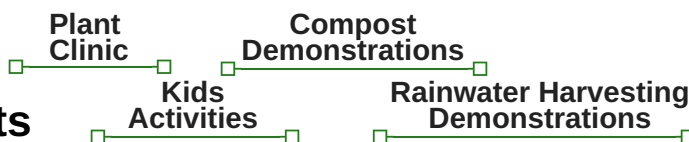


**Earth Day**

- Brownsville Museum - Butterfly Gardening Educational Booth
- Brownsville Zoo - Pollinator Gardening Educational Booth

## Annual Gardeners' Market & Plant Sale

**Record Breaking!**  
**500 Participants**







# Expanded Food & Nutrition Education Program

By: Melissa DeLeon, EFNEP Agent

The Expanded Food & Nutrition Education Program (EFNEP) helps young families and youth with limited resources-those most at risk to suffer from hunger, are disproportionately affected by poor health. EFNEP nutrition educators deliver an interactive lesson series on topics such as stretching food dollars, improving eating habits, increasing physical activity and handling food safely in home.

## "Healthy Foods, Healthy Families"



## Cameron County



8 week nutrition program

1,043 adult enrollments



6 week nutrition program

## "Professor Popcorn"

9,379 youth enrollments



This upcoming Summer, EFNEP will be hosting our 3rd Annual Summer Foods Summer Meals which will provide Breakfast & Lunch on Wednesdays, to our local neighboring youths, as well as, our educational programming, and fun learning activities for outside community agencies/organizations, which will begin June 6th, 2018.



# 4-H & Youth Development

By: Marco Ponce - County Extension Agent 4-H & Youth Development

Cameron County 4-H members have been extremely active in a wide array of contests, educational activities, and community service projects

## Sale of Champions

41 Cameron County 4H'ers

**\$133,921**

Several other 4-H members won breed and overall championships in the various breeding divisions. Cameron County 4-H clubs had well over 560 entries and were well represented in each of the shows divisions. We also had the first plate Junior & Intermediate Livestock Judging Teams and five



Cameron County is one of 11 counties chosen

## Rural Student Success Initiative

Increase the # of rural students enrolling in and completing a post secondary degree program

Partnership with college forward and National College Access Network (NCAN)

**18,790** youth

4-H Membership

Special Interest/  
Short-Term Program

School Enrichment  
Programs



## CEP 4-H & Youth Development



PRAIRIE VIEW  
A&M UNIVERSITY  
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Cooperative Extension Program

### 4-H Robotics

Teacher  
Training  
San Benito ISD  
10 Teachers



### 4-H Nature Bound Day



24  
Youth  
& Parent



Student  
Workshop  
San Benito ISD  
22 students



## National 4-H Health Summit

**3 students**

were provided the opportunity to attend and participate in the National 4-H Health Summit

