

WHAT WE DO:

Texas A&M AgriLife Extension is a unique educational agency that provides programs, tools, and resources on a local and statewide level that teach people how to improve agriculture and food production, advance health practices, protect the environment, strengthen the economy, and enrich youth.

In all 254 counties, County Extension Agents serve families, youth, communities and businesses throughout the state.

EXTENSION STAFF

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VISIT US AT:

www.cameron.agrilife.org



www.facebook.com/agrilife.cameron

AGRICULTURE & NATURAL RESOURCES

By: Marco Ponce, CEA - Agriculture & Natural Resources

Ag. Committee Meeting



Cameron County Agriculture Committee members met to discuss educational programming needs and any issues related to agriculture affecting the county.

Cotton & Grain Result Demonstration Plots

Result Demonstration trials were harvested to determine which varieties produced the most pounds of product per acre.

Several Factors were also measured to determine the quality of the cotton and grain being harvested



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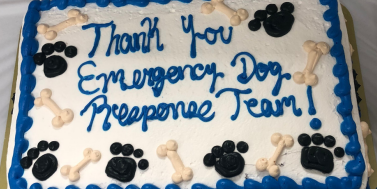


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Emergency Dog Response

Cameron County AgriLife Extension Staff members responded to an Emergency Dog Operation. Extension Office staff members decontaminated, identified and assisted clientele in reuniting or adopting these pets.



Texas A&M Veterinary Emergency Response Team members were deployed to Cameron County to assist in the dog operation.

Veterinary team members examined, treated, and vaccinated hundreds of dogs in preparation for reunification or possible adoption.



4-H & Youth Development

By: Klarissa Cantu, CEA - 4-H & Youth Development

Leadership Lab

We had our local 4-H youth participate in Leadership Lab over the summer in June.

Four of our 4-Hers represented Cameron County as district officers during the event. The 4-Hers stayed for 4 days and 3 nights in Kingsville, TX where they participated in educational sessions pertaining to leadership, team building, and Olympic Events.



16 4-Hers participated and were able to bring everything that they learned back to Cameron County as young leaders.



Rural Student
Success Initiative

Rural Student Success Initiative (RSSI)

We had our first kick off meeting on September 26 at Rio Hondo, TX for the AgriLife Extension Rural Student Success Initiative. We are one of 11 counties chosen to participate in the program in partnership with Rio Hondo ISD.



The meeting was very informative in going over goals of the program and the plan for the upcoming year. The goal of the program is to increase the number of rural students enrolling in and completing a postsecondary degree or certificate program

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bit.ly/Cam4HYouth

CEP 4-H & Youth Development

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

4-H Youth Leadership Lab



7 youth from
Cameron County
attended



Prairie View A&M



4-H Health Ambassadors

4-H Ambassadors conducted
Diabetes Awareness Health
Fair in Porter High School.

4 ambassadors
reached

75
families



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bit.ly/CEP4HandYouth

Family & Community Health

By: Lilian Mezquida, CEA - FCH

Anger Management

FCH Agent implemented the Anger Management at Tropical Texas Behavioral Health.

Topics Included:

- Dealing with anger
- Symptoms of anger
- How you handle your anger
- A plan for dealing with anger



Health Talk Express

This program was implemented at Combes Wellness Center.

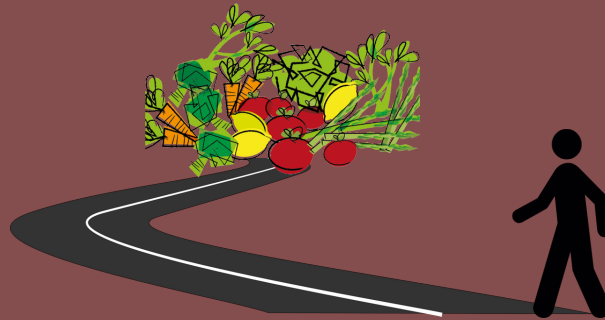
19 participants completed the Health Talk Series

Topics Were:

- No Excuses Get Screened
- Know Your Risk: Power to Prevent Diabetes
- A Matter of Cholesterol

On the Road to Healthy Living: Mobile Cooking School

The program is based on on-site, hands-on activities involving participants in meal preparation. The participants learned about healthy recipes such as snacks and main dish. This program was implemented at Hester Juvenile Detention center in San Benito.



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CEP - Family & Community Health

By: Gloria Carter, CEP - FCH



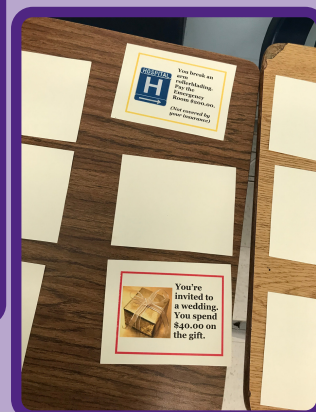
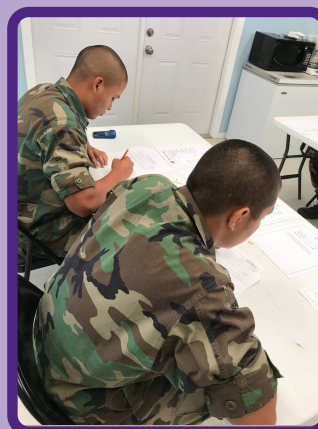
Balanced Living



20 Participants from the Combes Community Wellness Center completed the Balanced Living Curriculum where they learned how to manage their stress, time, diet, activity & sleep

Money Smart (For Youth Curriculum)

Students from the Cameron County Army/GEMS program completed the Money Smart for Youth Curriculum and successfully completed a Welcome to the Real World simulation wherein they put their new found knowledge to the test.



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Better Living for Texans

By: Nidia Garcia, BLT Extension Educator &
Esmeralda Avila, Nutrition Education Associate

VISION:

Creating Opportunities, Changing Lives

MISSION:

We provide research and evidence-based nutrition, health and wellness knowledge to empower individuals, families, and communities to make positive changes for healthier lives.

48 Sessions

528
Contacts

88
Graduates

BLT Programs will help participants:

- Increase fruit and vegetable consumption



- Learn about MyPlate



- Increase Physical Activity in Adults and Children



- Save money at the grocery store



- Make Healthy menu choices



Horticulture

By: Jennifer Herrera, CEA - Horticulture

Master Gardener Training Program

MG Training Class Topics:

- Plant Growth & Development
- Plant Propagation
- Drip Irrigation
- Rain Water Harvesting
- Native
- Vegetable Gardening
- Herbs
- Composting Soil

18

Participants



RGV Small Acreage Program

Preserving the Harvest -
Canning Program

"Jams & Jellies"

14 participants



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 bit.ly/CAM_HORT

EXPANDED FOOD & NUTRITION EDUCATION PROGRAM

by Melissa De Leon, EA EFNEP Agent



Healthy Foods, Healthy Families

Through the 8 week EFNEP series participants will explore how to:

- Cook more meals and snacks at home
- Eat more fruits and vegetables
- Be more active with their family
- Reach and/or stay at a healthy weight
- Save money on groceries
- Control portion size
- Have more energy
- Keep food safe

July - September 2019

321

participants

155

graduates



Exploring MyPlate with Professor Popcorn

Through the 6 week EFNEP series students will learn:

- MyPlate Basic Concepts
- The number of servings per food group
- How to be physically active
- Making healthy snacks
- Food Safety

July - September 2019

139

youth

109

graduates



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Texas EFNEP



Upcoming Programs & Events

Stay in the loop! Visit us at cameron.agrilife.org/events/

- November 5 - RGVCTMN Board Meeting
- November 7 - Cameron County MG Board Meeting
- November 12 - RGVCTMN General Meeting
- November 14 - Cameron County MG General Meeting
- December 3 - RGVCTMN Board Meeting
- December 5 - Cameron County MG Board Meeting