

WHAT WE DO:

Texas A&M AgriLife Extension is a unique education 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.

With 250 county offices serving Texans in all 254 counties, County Extension Agents serve families, youth, communities and businesses throughout the state.

EXTENSION STAFF

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INSIDE THIS ISSUE:

- CEP 4-H & Youth Development 2
- 4-H & Youth Development..... 3
- CEP Family & Community Health... 4
- Family & Community Health..... 5
- Better Living for Texans..... 6
- Horticulture..... 7
- Agriculture & Natural Resources... 8
- Coastal & Marine..... 9
- Expanded Food & Nutrition..... 10
- Upcoming Programs/Events..... 11

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www.cameron.agrilife.org



www.facebook.com/agrilife.cameron

CEP 4-H & Youth Development

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

4-H Diabetes Awareness Fair

The 'Future Leaders of Brownsville 4-H' conducted a 4-H Diabetes Awareness Fair at Cromack Elementary. All 4th & 5th graders were able to attend



Savila Social

Sullivan Elementary 4-H Youth conducted a family night

Over
50
families
reached



Mommy & Me Cooking Classes

La Encantada Elementary conducted 'Mommy & Me' cooking classes for mothers and their children



Share the Fun!

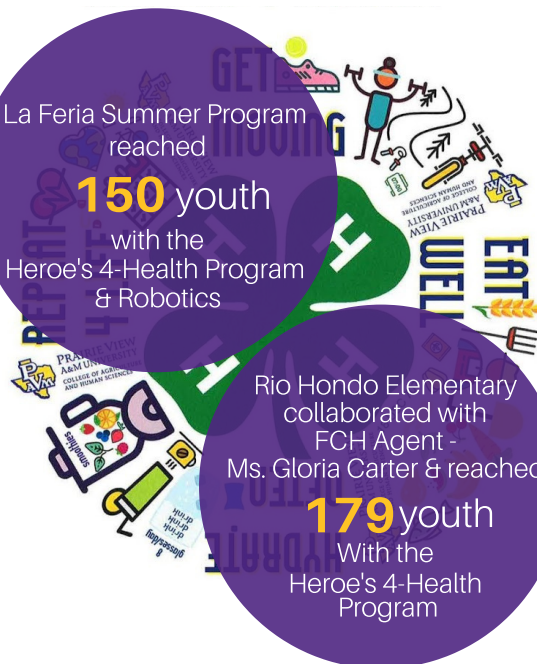
3 CEP Teams competed at this years D12 'Share the Fun' Competition



La Feria Summer Program reached

150 youth

with the
Heroe's 4-Health Program
& Robotics



Rio Hondo Elementary collaborated with FCH Agent - Ms. Gloria Carter & reached

179 youth

With the
Heroe's 4-Health
Program

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bit.ly/CEP4HandYouth



4-H & Youth Development

Marco Ponce, CEA - Agriculture & Natural Resources

3

D12 Livestock Judging Contest



Cameron County 4H members, competed at the District 12 Livestock Judging Contest. Junior, Intermediate, and Senior teams all placed in the top three. Senior team advanced to the State 4H Livestock Judging Contest in College Station

Rural Student Success Initiative (RSSI)



Rural Student
Success Initiative

RSSI guides rural students thru the steps needed to obtain a higher education degree.

Over **80**

students and parents from Rio Hondo HS attended this kick-off event

D12 Rifle Contest

Over **20** Cameron County 4H members participated in the District 12 4-H Rifle Contest in Benavides, TX.

🏆 Senior Team members placed 3rd and advanced to the State 4-H Rifle Contest.



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bit.ly/FB_4HCameron



bit.ly/Cam4HYouth

CEP Family & Community Health

By: Gloria Carter, CEP Family & Community Health

The Choose Health: Food, Fun & Fitness

This program was held at the La Feria Parks and Recreation Center and at the Santa Rosa Independent School District's ACE program during the months of May and June.

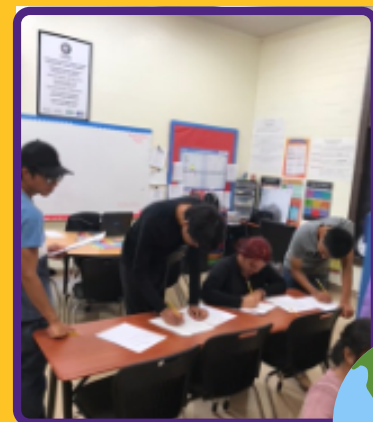


over **180** youth
completed
6 week curriculum
Wherein they learned the
importance of eating
healthier and being more
physically active

Welcome to the Real World

10 young adult participants
(ages 16 - 24)

From YouthBuild Brownsville participated in the financial literacy/money management simulation wherein they tried their hands at making tough choices such as what career to pursue, what car to buy, where to live and how to pay their bills based on the life decisions they've made



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bit.ly/CEP_FCH

Family & Community Health

By: Lilian Mezquida, CEA Family & Community Health



Dinner Tonight

Dinner Tonight was held at Bob Clark's Social Services in Brownsville, TX



For the Cooking Demonstration we had County Commissioner Benavides and Project Coordinator Better Living for Texans Nidia Garcia. We also had different sponsors such as HEB, Buckner, Commissioner Benavides Precinct 1 and others



On the Road to a Healthy Living Mobile Cooking Class

We had 15 people complete this program. They learned new recipes such as, cherry vanilla ice cream, spaghetti zucchini and microwave breakfast cake. They really enjoyed the class.



"I learned how to use the spiral vegetable cutter"



Lose what You Gained

The program was implemented at the Parental Involvement, Rio Hondo.

This six week program is to improve the health of Texans through education, awareness and increase the fruit and vegetable intake.



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bit.ly/CAM_FCH

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

Adults:

- Sessions Delivered: 78
- Contacts: 1,120
- Graduates: 180

Youth:

- Sessions Delivered: 15
- Contacts: 268



'Be the One' State-Wide Texas A&M AgriLife Extension Service SNAP-ED Training



The Better Living for Texans Assistants
were recognized for their years of
service and performance

Ms. Nidia Garcia,
*2019 Regional Outstanding
Performance Award*

Ms. Esmeralda Avila,
*Recognition of
20 years of Service*



Visit Us:



Better Living for Texans Cameron County



bit.ly/CameronBLT

Horticulture

By: Jennifer Herrera, CEA - Horticulture

Cameron County Master Gardeners Master Gardener Class Graduation



40 Participants



Nature Writing Workshop



25 Participants

RGV Small Acreage Program:

Goat Production Workshop

38



were introduced with basic practices and procedures that are needed for a successful livestock operation.

Beef Cattle Production

89



Attendees were introduced basic practices and procedures to their farms to make it more financially operable for a successful livestock operation

Urban Horticulture (State Level)

Provided training to agents across the state



**Path to Plate
Training**



30 Agents

**Horticulture
Certificate Training**



16 Agents

Junior Master Gardener Youth Activities

Learn Grow Eat Go



30
Youth



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bit.ly/CAM_HORT

Agriculture & Natural Resources

By: Marco Ponce, CEA – Agriculture & Natural Resources

AgriScience Field Day



Agriculture producers from Cameron, Hidalgo, and Willacy counties attended an AgriScience Field Day. Producers learned about top performing varieties in cotton and grain sorghum.

Multi-Agency Disaster Awareness

Texas A&M AgriLife Extension participated in the multi-agency disaster center in La Feria.

Information was provided on:

- *Clean Up After a Flood*
- *Mold Detection*
- *Applying for Insurance*
- *Water Quality*



Harvesting a 9-variety replicated grain sorghum demonstration plot in Cameron County

Results will be provided to local producers so that they can make informed decisions regarding which variety to plant.



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bit.ly/Cameron_Agriculture

Coastal & Marine

By: Tony Reisinger, Coastal & Marine

4-H Fishing Camp



Marine Agent Tony Reisinger (not pictured) served on the staff of the 2019 4-H Fishing Camp in Brownwood this quarter.

Shrimp Production



Less shrimp production is forecast this year for the Western Gulf. We inspected TEDS for compliance with the NOAA Gear Monitoring in the ports of Brownsville, Port Isabel, and Palacios. This quarter in preparation for the shrimp season opening in July. NOAA GMT member Peter Nguyen pictured.

An Asian Tiger shrimp landed by a Brownsville Shrimp fisherman had thousands of views on local media



Arroyo Colorado



Cameron County Extension exhibited the Arroyo Colorado model to demonstrate the impacts of flooding on the Valley at the 2019 AARP Hurricane Seminar in Brownsville. Attendance was over 300.

Emergency Management



County Agents Tony Reisinger and Marco Ponce conducted windshield damage assessments with the Texas Division of Emergency Management in Cameron County after a major flood event in June.

Hurricane Expo



In June we exhibited at the Hurricane Ready Expo in McAllen, handed out hurricane preparation and recovery publications, and demonstrated flooding scenarios with an Arroyo Colorado model for over 500 attendees.

Visit Us At:



bit.ly/Cameron_CoastalMarine

Expanded Food and Nutrition Education Program Quarterly Newsletter

By: Melissa De Leon - EFNEP Agent



The 4th Annual EFNEP Summer Youth Camp was held in June/July 2019 at the Primera Boys & Girls Club -Wilson Unit. During the summer youth camp children were given healthy snacks and fed a nutritious lunch. In between, they were instructed on a variety of topics such as portion sizes, grains, fruits and vegetables, dairy, protein and reading nutrition labels. As well as interacting with law enforcement officers/deputies in learning about safety, patrol and preventing crime.

EFNEP also partnered with several agencies and businesses including Congressman Filemon Vela, PCT 3 Constables, Primera Police Department, Pepsi and Cici's Pizza, and community citizens who generously donated books, toys, shoes and coupon to the children at the Boys & Girls Club.

April - June 2019

Adult Outreach

- 421 families enrolled in EFNEP
- 298 graduated from the adult program

Youth Outreach

- 3,050 youth contacts were made through the EFNEP youth program
- 2,642 graduated from the youth program

Volunteers Strengthen EFNEP

October 2018 - August 2019 173 volunteers donated 4,228.2 hours of work to EFNEP in Cameron County. At a Texas rate \$25.11/hr, this volunteerism has a minimum dollar value of \$106,170.10.



@CameronTXEFNEP



@tx_efnep



Texas EFNEP



Upcoming Programs & Events

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

11

- August 27 - Diabetes Education Class
- August 27 - Validation Tag Order Deadlines
- August 28 - RGVCTMN Training Class
- September 2 - Office Closed in Observance of Labor Day
- September 3 - RGVCTMN Board Meeting
- September 5 - Master Gardener Board Meeting
- September 10 - RGVCTMN General Meeting
- September 12 - Master Gardener General Meeting
- September 16 - 4-H County Council & Club Managers Meeting
- September 7 - 4-H Record Book Training
- September 7 - 4-H Horticulture Training
- September 25 - Irrigation Workshop
- October 12 - Bi-Annual Gardeners Expo
- October 15 - RGV Brush & Forage Management Workshop
- October 26 - Child Care Conference (Español)
- October 29 & 30 - Kids, Kows, & More!