

# Texas Extra

TEXAS EXTENSION ASSOCIATION OF  
FAMILY AND CONSUMER SCIENCES



*Winter 2017 Edition*

## NEAFCS 2017

**Omaha, Nebraska**

What a great week we had in Omaha, Nebraska for the 2017 National Extension Association of Family and Consumer Sciences Annual Session. It was wonderful to celebrate the year while getting members excited about attending the 2018 Annual Session in San Antonio.



Don't forget to sign up for a planning committee for the 2018 NEAFCS Annual Session in San Antonio. The next co-chair committee meeting is Monday, January 8th at 10 am via Lync.

### 2017-2018 Leadership Team

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**Lorrie Coop**  
**Linda Wells**  
2018 NEAFCS Board Liaisons

## *A Note From the President*

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This time of the year is usually consumed with last minute programs, completing Outcome Summaries, Achievement Reports, and endless other tasks that demand our attention. Furthermore, for many of you this is on top of the tireless work you've done for your clientele that have been struck by tragedy this year through numerous natural disasters. However, as we enter into this holiday season, I hope that everyone can find some much needed time to spend with family and friends. These are the people that allow us to do what we do as they give us encouragement, support, and oftentimes work right beside us to do our Extension work. So remember to share yourself with them too during the holidays!

2017 was also a great year in that we received a new title change to Family & Community Health Agent, which is already helping us gain new collaborators and resources! Texas was definitely in the spotlight at the NEAFCS Annual Session in Omaha, Nebraska as we had 43 awards presented to our members and we gave the official invitation to the 2018 NEAFCS Conference that we will host in San Antonio. Early reports are that we will have a record number of people enjoying a little Texas hospitality next year! If you haven't already signed up to help on a committee, please do so. Watch the TEAFCS Website for updates and the opportunity to sign up to help with the conference.

As we look toward new beginnings in 2018, let us not forget that we are blessed to work for an Agency whose vision is to "Help Texans Better their Lives." It is through the work each and every one of us does that collectively create a positive change in the people in our communities.

There is no doubt that because of that work, you are a blessing to those in your county and they are thankful for YOU this holiday season! From my home to yours.....have a blessed, safe, and merry holiday season!

- *Denita Young*



# Awards

Happy New Year TEAFCS members!

I look forward to working with the TEAFCS Awards Committee to make this a very successful year for our members in the area of awards and recognition. I know each of you are doing great things in your counties, districts, regions and across the state. Now is the time to toot your own horn about these great programs, especially since we will be hosting the national meeting in September! The following information will assist you with successfully completing your awards applications:

- NEAFCS Awards: Texas due date- February 20, 2018

- NEAFCS Awards Manual updates are complete and ready to access on the website.

<http://www.neafcs.org/awards>). There are excellent resources on the NEAFCS website that will help you with organizing, preparing and uploading applications.

New categories for 2018 include:

- Social Media Education

- Social Media Education-Video

- Excellence in teamwork

- Snap-Ed/EFNEP Educational Programming

- Multi State Collaboration

- Innovation in Programming

Follow the procedure outlined below:

- Awards will be submitted electronically to NEAFCS using the online process.

<http://www.neafcs.org/awards>)

- Send the following to me at [ttDavis@ag.tmau.edu](mailto:ttDavis@ag.tmau.edu): a copy of your awards submission 'confirmation page' only and a list of team members for each award submitted.

- There are 3 upload spaces. Files should be merged before uploading (there are resources on the NEAFCS website to assist you with merging and uploading files, but don't hesitate to contact me as well).

- You must be an ACTIVE member as of January 1 to apply for awards, as well as an ACTIVE member the previous year, since that is the time period awards are being submitted.

- The NEAFCS Awards Manual has specific and detailed instruction plus Judging Sheets.

TEAFCS only Awards: due date-April 9, 2018

- The same awards as offered last year will be available. ALL applications will be done electronically.

You can access the information at <http://teafcs.tamu.edu/>. Be sure to take a look at the revised award categories as well as guidelines for the Ann Sonner Scholarship.

- Members will email their completed applications to me at [ttDavis@ag.tamu.edu](mailto:ttDavis@ag.tamu.edu) by April 3, 2018.

- The password for accessing the "state only" awards page is fcsagent.

If you have any questions regarding the awards process, please don't hesitate to contact me. I look forward to hearing about the great things our members have done. Don't tarry, begin those applications today!

- Tanya Davis

# Officer Profile

Since November 2011, Linda Wells has served as the Burnet County CEA/ FCH Agent. She enjoys a wide variety of program areas, with a special interest in the area of Foods & Nutrition. Prior to moving to Burnet County, Linda served as the New Mexico State University Cooperative Extension Nutrition Program State Coordinator and also served as an Extension Agent in Roosevelt and San Juan counties. Her professional career has also included teaching Family & Consumer Sciences (Home Economics) on the middle and high school levels and the elementary level as a first grade teacher. Outside of the educational field, she also has experience in the ranching, business management and bookkeeping areas.

She provides training opportunities for both youth and adult programming through the Burnet County 4-H Club Program and adult programming through the Texas Extension Education Association. The Burnet County TEEA membership is well-known statewide for their outstanding participation and programming. At this time they have the largest TEEA membership in the state. Her goal is to offer programs that serve the needs of Burnet County and to enhance the quality of life for the citizens of Burnet County. She has served on the Board of Directors for the Texas Extension Association of Family & Consumer Sciences as the District 7 Director and Associate Director, as well as the District 7 ESP Director & Associate Director. She has received numerous TEAFCS (State) & NEAFCS (National) Professional Awards including the NEAFCS Distinguished Service Award and Continued Excellence Award.

Growing up in an Extension family, Linda has always been a part of the 4-H program and has been going to 4-H club meetings all her life. She experienced having the opportunity to attend the National 4-H Congress in Chicago, Illinois and the National 4-H Conference in Washington, DC. She has served as a Jr. 4-H Club Leader and as a Club Manager for the club where her daughter completed 10 years of 4-H and attended the National 4-H Congress in Chicago. Another highlight of her high school days was being selected to attend Girls State & Girls Nation in Washington, DC, where she was elected Secretary of the Treasury. Her career has also included being appointed by Governor Bruce King to serve as a New Mexico State Fair Commissioner.

She is currently serving as the TEAFCS Co-Liaison to the National NEAFCS Board of Directors that will lead the TEAFCS members as they host the 2018 National NEAFCS Conference in San Antonio, Texas. In 2010-11 Linda served the New Mexico Affiliate as the Co-Liaison for the National NEAFCS Annual Session that was held in Albuquerque, New Mexico.

Linda enjoys traveling - especially to Disneyland & Disney World, Interior Decorating, Sewing, Arts & Crafts and preparing food for friends and family as well as having the opportunity to make a difference in peoples' lives through sharing and caring. She especially enjoys living in the beautiful Texas Hill Country and being close to her daughter, son-in-law and grandson, Braxton Lane who live in Colorado County.





# District Three

## *Parker County*

Kayla Neill and Kathy Smith worked with 4-Hers to teach them skills in preparing a Thanksgiving Dinner. The 4-Hers learned to Roast a Turkey; Make Cranberry Sauce; Fresh Green bean Casserole, Fresh Mashed Potatoes; Pumpkin and Pecan Pies. They prepared the food and then donated the meal to Sanctified Hope a Christian based transitional home for women who have recently been released from prison. The ladies really appreciated the donation as several of these ladies had been in prison a long time.

## *Wilbarger County*

Texas A&M AgriLife Extension Service, Wilbarger County recently partnered with the Vernon Farmer's Market Association to present a Back to Basics Fair and Fall Festival. The event included various vendors, a petting zoo and educational workshops. Texas A&M AgriLife Extension Service, Wilbarger County had an educational display booth where participants were given information on Easy Gardening including harvesting and storing vegetables safely and information on tips to can foods safely. Workshop topics at the event included: Grain Grinding and How to Make Homemade Flour, Quilting, Beekeeping, and Canning Basics.

## *Haskell County*

The Texas A&M AgriLife Extension Service in Haskell County recently offered a free program designed to reduce the risk of falls, increase physical activity and sustain longer independent living among older adults. "A Matter of Balance" is an evidence-based program that uses volunteer coaches to teach participants how to overcome their fear of falling, increase their strength and balance and improve their environment.

Each year, one in every three adults age 65 and older falls, according to the U.S. Centers for Disease Control and Prevention. Falls can cause moderate to severe injuries, such as hip fractures and head traumas, and can increase the risk of early death. Surveys on "A Matter of Balance" have found that 97 percent of participants are encouraged to increase their physical activity upon completion of the program.

"A Matter of Balance" classes were a series of eight weekly classes held at the Haskell County Experienced Citizens Center 1404 S. 1st in Haskell, Texas. Steve King, Administrator at Haskell Healthcare Center was one of the volunteer coaches as well as Darlene Hopkins, Family and Community Health County Extension Agent for Haskell County. Graduates from this series of classes were: Pete Bowen, Evelyn Cobb, Donna Davis, Pat Henry, Betty Hook, Jennabeth Kimbrough, R. C. Langford, Gerald McCoy, Mary Nell McCoy, Bill Middlebrook, Peggy Middlebrook, Billie Parsons, Jimmie Shaake, Lena Tidwell and Gwen Williams.



# District Three

Hendrick Medical Center Diabetes- Self Management Education and Texas A&M AgriLife Extension Service- Taylor, Jones and Haskell Counties partnered together in the 2017 Diabetes Texas Style Workshop at Hendrick Medical Center that was held on Saturday, November 4th. Topics covered included Taking Care of Your Feet, Feeling Good As You Move, and Diabetes and Kidney Disease. This event also included educational exhibits.



Lorrie Coop, Monica Walker and Alinda Cox, Jack County FCS agent, recently provided agents attending the Texas 4-H Summit with an overview to the Youth Mental Health First Aid program during one of the sessions. They began conducting the classes three years ago through a grant for teachers and have expanded it to include county Extension agents and adult leaders due to their work with youth. The course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents, including anxiety, depression, psychosis, eating disorders, AD/HD, disruptive behavior disorders, and substance use disorder.



## *Knox County*

Lorrie Coop, Knox County FCS agent, recently kicked off the Knox-Haskell Texas Rural Leadership program, a partnership between Texas A&M AgriLife Extension and the Development Corporation of Haskell. Participants meet monthly for eight months and each class consists of classroom time in the morning and tours of the community showcasing local assets and resources in the afternoon. The kickoff event including team building exercises and leadership through personality styles.

Lorrie Coop, and Monica Walker, Baylor County FCH agent, recently partnered with Texas Department of Transportation, Texas Department of Family and Protective Services and Department of State Health Services to conduct the first annual childcare conference in Knox County. Participants received 5 clock hours and received training in infant brain development/SIDS, abuse/neglect prevention, food safety in childcare settings and transporting children safely. Participants responded the conference was very helpful, especially since they could receive their training close to home.



# District Four

The EarthKind® Environmental Education Team, including FCH agents Johanna Hicks, Denita Young, Laura Graves, Jheri-Lynn McSwain, and Mandy Patrick was honored at the NEAFCS conference in Omaha, Nebraska. They also recently were notified of being the 2017 Finalist for the Texas Environmental Excellence Award, the highest environmental honor given by the State of Texas. The official document formalizing this recognition was signed by Greg Abbott, Governor of the State of Texas.

## *Hopkins County*

Head Start parents in Sulphur Springs recently wrapped up the 8-week Walk & Talk series. Johanna Hicks reports that 15 individuals participated in the series, and feedback showed improvement in consumption of fruits & vegetables, as well as increase in physical activity. The group logged a total of 2,287 miles, and each participant was presented with a certificate showing the number of miles she walked. Some of the comments on the wrap up form included: “When I am active, my kids are more active – when I eat well, my family eats healthy, too!” “I shared all the handouts/resources with my family. My husband and I have been very active the last 9 weeks and we have both lost weight.” “It has helped me think about being active more often.” Fresh veggie and fruit sampling provided a colorful end to the celebration. Hicks has scheduled “Fresh Start to a Healthier You” in February and has already received feedback from individuals interested in attending.



Over 75 4-H members in Hopkins County participated in a county-wide 4-H Christmas party and many brought toys for the Blue Santa project. Games, food, music, and a piñata were all part of the fun. Blue Santa is sponsored by the local police department to provide toys for children who are less fortunate. The toys collected during the party were delivered to the Blue Santa headquarters for distribution later in December.

## *Kaufman County*

Katie Sotzing, Kaufman County FCH Health Educator, visited with each of the eight Terrell Head Start classrooms in Terrell, Texas. The 149 children enjoyed learning about Choose my Plate and the 5 food groups with Mr. Broccoli. Each child was given a cup of vegetables that included Broccoli, Cauliflower, Carrots, Yellow Squash and Cherry Tomatoes. After talking about the texture and color of each vegetable, they were encouraged to taste each one. Then the students were given a cup of fruit that included Grapes, Strawberries, Blueberries, Honey Dew Melon and Cantaloupe to taste. They all loved the fruit and asked for more!





# District Five

## Angelina County

The past few months have been busy and exciting for Family and Community Health programs in Angelina County, one of only ten counties in the state to be part of an expansion of the Healthy Texas initiative. Starting in September, 6 Food Handlers classes certified 76 people. As part of the Learn, Grow, Eat, & Go! program, this fall a total of 12 garden beds with students at three campuses, including seven 2nd classes at Dunbar Primary, two 3rd grade classes at Bonner Elementary, and one 1st grade class at Peavy Primary were planted. FCH Agent Joel Redus and Master Wellness Volunteer Jennifer Slatter have performed a total of 19 vegetable cooking demos and tastings for these classes. It's been awesome to see kids' opinions change from "I don't eat that nasty stuff" to "this is super-duper mega delicious. I want more!" In partnership with the Angelina County and Cities Health District, a Do Well, Be Well with Diabetes program series was completed in October. The Fresh Start to a Healthier You program series has been completed at the Impact Lufkin office, Diboll Family Education Center, and Ministries in Action Apartments. Each class features a cooking demo and tasting, as well as practical tips for feeding a family well and being healthy on a budget.

Over 300 students, parents, teachers, volunteers, and Extension personnel celebrated the expansion of the Healthy Texas initiative into East Texas and the ongoing Learn, Grow, Eat, & Go program at Bonner Elementary in Lubbock. Agents from Angelina and surrounding counties, with support from the Healthy Texas office and RPL Paula Butler, worked closely with Hudson ISD to provide a variety of educational experiences. Dr. Susan Ballabina, Chancellor John Sharp, and State Representative Trent Ashby first spoke to the crowd on the success of Healthy South Texas, strong support for the expansion into East Texas, and an uplifting call of action to take charge of our health. Following the initial address, 243 fifth grade students rotated through hands-on activity stations. Claudann Jones, Nacogdoches County FCH Agent, MWV Jennifer Slatter, and Hudson High School Health Science students led the students in fitness activities and measurement of vital signs. Students (and the Chancellor) took turns cranking out smoothies at the blender bike stations, led by FCH agents Sandy Jenkins of San Augustine County and Mandy Patrick of Houston County, Nacogdoches BLT Assistant Shannon Morrison, and volunteers.

Hudson High School Culinary Arts students provided cooking demos and tastings of spinach quesadillas from the LGEG curriculum. Lisa Whittlesey provided information on LGEG including plants, books, and a demonstration garden bed. Jheri-Lynn McSwain, Shelby County FCH Agent, presented "Parts of the Plant We Eat," followed by vegetable tastings and viewing of a 3-D video on plant science provided by the Hudson ISD Career and Technology director. Hudson Middle School Students and Master Gardeners highlighted the Hydroponics Program with demonstrations and tastings of fresh lettuce. Chancellor Sharp and Representative Ashby joined two third grade classes in a ceremonial declaration of their gardens as the first Healthy Texas school gardens in East Texas. Thanks to the hard work and collaboration of those listed above and many others, the Healthy Texas Kick-Off event at Bonner Elementary was a huge success and we are excited about much more to come in District 5!





# District Five

## Anderson County

Anderson County FCH Agent, Holly Black, held an interactive Booster Seat Workshop during a training day for Elkhart and Palestine Headstart parents. Forty-four families participated in the program.

Participants learned about child safety seat laws, proper weights and heights for children in car seats, proper harness fit, installation in the vehicle, and other passenger safety tips. Parents participated in hands-on activities regarding installation. Children learned about the importance of riding safe and staying buckled. At the conclusion of the workshop, individual appointments were made with parents to have their child's car seat checked in support of the Booster Seat Distribution program.



## Smith County

A Yeast Bread Workshop was sponsored by the Smith County FCS Committee. Attendants made two loaves of wheat bread from scratch. Everyone enjoyed the workshop and were excited about making more yeast breads at home. There were 17 people in attendance, including 2 men.



Smith County 4-H held a Food and Nutrition Open House. A 4-H Food and Nutrition Project Leader spoke to the 4-H'ers about the food project and all the food contests. She answered all their questions and encouraged each one to enter one or more food contests. Agent Dunagin had four stations set up for everyone to try the 4-H Food Challenge. The 4-H'ers did their best and came up with some great dishes. They learned a lot about working together as a team, how to manage their time, and had a great time in the process. Total attendance was 42.



# District Five

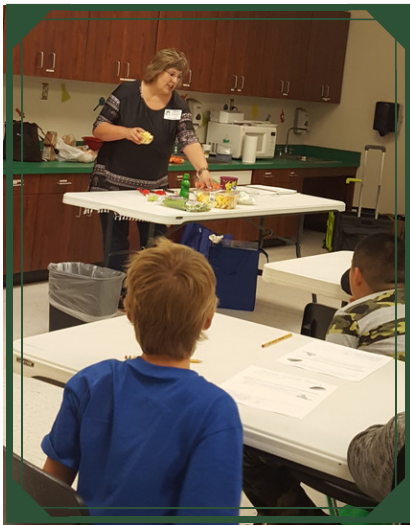
## Cherokee County

Learn, Grow, Eat and Go (LGEG) has been a fun endeavor for the third graders at both Alto and Wells Elementary Schools. The Cherokee Master Gardeners, Craig Caldwell and David Brock and the AgriLife Extension Horticulture agent, Kim Benton, the students learned what plants need to grow and survive.

They planted a variety of vegetables such as carrots, sugar snap peas, and cabbage in containers and raised beds. The students enjoyed the literature component of LGEG by listening to the Master Gardeners read *Tops and Bottoms* and *A Place to Grow*.

Jennifer Pearman, the AgriLife Extension Family and Community Health agent conducted the taste testing, recipe demonstrations, and got the students moving with some of the Go Strong Activities. The students were a little hesitant at first to sample some of the vegetables and recipes. By the end of the program, that hesitation was gone. The students were very eager and open to trying new vegetables. Bok Choy turned out to be a favorite! The students now have a better understanding of what it means to eat and live healthy—MyPlate, Go Slow and Whoa Foods, reading food labels, correct portion size and the benefits of daily physical activity.

With a team from Alto and Wells Elementary Schools consisting of school administrators, teachers, Master Gardeners, AgriLife Extension agents, parents and students, success with LGEG was the only option. We all learned things along the way, but most importantly we all had fun learning together.



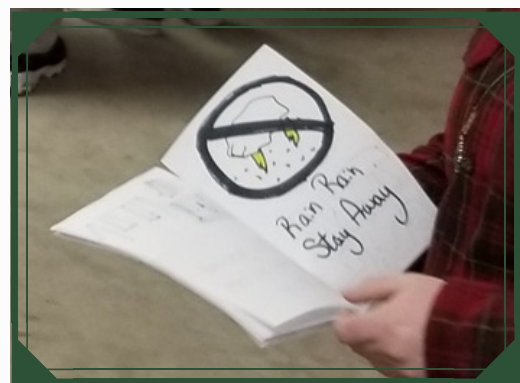
# District Nine

Amy Ressler, FCH Montgomery County and Alexis Cordova, Liberty County FCH were presented the 2017 District 9 Epsilon Sigma Phi Meritorious Awards by Dr. Dale Fritz on December 14 during the District meeting. The award is given to agents who have conducted exemplary programs in their county and have contributed greatly to the state Extension program.



## Liberty County

On October 28th, 2017, Texas A&M Agrilife Extension Liberty County Agent, Alexis Cordova, conducted a child care provider training conference in Liberty for 39 child care providers and directors who care for 712 children total. A total of 273 clock hours of training were awarded to the professionals seeking to meet state mandated training requirements established by the state of Texas. The conference focused on providing child care professionals hands on and useful resources to assist children with emotional and social recovery needs as a result of Hurricane Harvey and the mass flooding in our communities. Participants learned about using literacy to discuss situations that are bothering them. The participants created children's books related to "After the Storm" and had the opportunity to share with other providers in attendance. Another topic presented by Alexis Cordova was "Screamfree Caregiving" to provide tips to pause ourselves and manage our own behavior to gain control of any situation to model proper self-regulation behaviors for our children in care. 100% of the providers present reported being very satisfied with the content presented and how it was presented. 60% of the participants were returning participants of Extension programs. Participants left the training with a children's book they created, relaxation techniques to use in the classroom, and a better understanding of how to manage difficult behaviors. This conference was 1 of 3 conducted in Liberty County in 2017.





# District Nine

## Harris County

The holiday season is full of dishes, deserts and beverages that may compromise a diabetic's meal plan. Agent Sonja Davis partnered with the Diabetes Awareness Wellness Network Center, UTHealth McGovern Medical School, UTHealth Dietetic Interns, American Diabetes Association, and City of Houston to host a Healthy Holiday Cooking Events. Approximately 70 individuals attended the event. A certified diabetes educator with UT Health conducted sessions on Holiday Traditions & Managing Diabetes. Participants were taught how to manage their carbohydrate intake during the holidays, how to use their hands to estimate serving size, and how to modify traditional recipes to make them healthier. They were also provided with tips for dining out, surviving holiday parties, and enlightened on risks associated with beverages and spirits. A City of Houston employee engaged participants in Yoga to demonstrate breathing and stretching exercises as a method for overcoming holiday stressors. In addition to planning holiday menus, everyone was encouraged to plan family physical activities for burning calories and a Master Wellness Volunteer instructed a line dancing session as an example of a family activity. Harris County EFNEP staff, Master Wellness Volunteers and UT Health Dietetic interns conducted 4 recipe demos; Mississippi Pot Roast, Cauliflower Mashed Potatoes, Green Bean Casserole, Pumpkin Cheesecake Mousse and water infused with strawberries, cucumber and mint. All were healthy, carb friendly dishes. Participants received Dinner Tonight bags filled with goodies from the Texas Beef Council, a Harris County Holiday cookbook, and Healthy Holiday Eating Contract from the American Association of Diabetes Educators.



According to the Bureau of Labor Statistics, there are now more single people in America than there are married ones, thus creating a challenge for that population to prepare and eat nutritious meals. Many individuals living alone are seniors. On November 8th Harris County agents and a UT Dietetic intern conducted a Dinner Tonight Event for Seniors at the Wesley Community Center located at 1410 Lee Street, Houston, TX. The Amerigroup Insurance group sponsored the event.

Participants learned creative, easy recipes that they could prepare at home. Seniors were encouraged to prepare multiple meals to freeze so that they will always have meals on hand. Presenters encouraged seniors to use MyPlate when planning and preparing meals to ensure that they are eating a well-balanced diet. Other information shared included the importance of using grocery list, storing left overs properly and cooking foods safely. Finally, the audience of 69 seniors sampled a collection of healthy and delicious recipes.





# District Nine

## Harris County

To help ensure that our leaders of tomorrow have the confidence and skills to make healthy decisions and lead healthy lifestyles, National 4-H Council has been awarded a grant from Target Corporation (NYSE: TGT) for \$500,000. Harris County 4-H and Family & Community Health agents were awarded \$50,000 as part of the grant. Driven by 4-H teen leaders, the 4-H Wellness 360° program leverages the proven influence of young people by engaging teens to lead and empower their peers and families to establish life-long healthy habits today. From nutrition education and cooking classes, to yoga and lessons on avoiding risky behaviors, 4-H Wellness 360° provides the framework to make sure today's youth have the knowledge and confidence to not only live a healthy life themselves, but to also help share their knowledge with their peers and families. Harris County agents are partnering with 4 local high and middle schools to train Health Ambassadors to deliver the health message to their peers, families and communities. On December 8-10, 50 students and 7 teachers/volunteers from CyLakes High School, DeKaney High School, Eisenhower High School and KIPP Connect Middle School attended a training camp at Forest Glen Camp in Huntsville, Texas. During the camp students attended sessions on team building, foods and nutrition, social emotional well-being and civic engagement. Students were assigned to groups and were provided topics and resources to develop presentations that they can deliver at local elementary schools. Group topics were bullying, MyPlate groups, social emotional health and physical activity. It was not all work and no play, youth participated in some camp recreational activities such as a campfire where the roasted hot dogs and made smores, Zip Line, canoeing, archery/BB guns, basketball, fishing. The students were excited for the opportunity and look forward to serving as Health Ambassadors in 2018.



## Brazoria County

In the spring of 2017 Brazoria county AgriLife implemented the Master Wellness Volunteer program. Volunteers first learned the programs that Texas A&M AgriLife Extension does in Brazoria county so then they can extend their knowledge and education related to health, nutrition, food safety and family wellbeing in the communities where they live and work. This fall Brazoria county had 10 volunteers go through and complete the program. Bringing Brazoria County's total to 14 Master Wellness Volunteers to help educate the county in health and wellness.



# *District Nine*

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## *Fort Bend County*

The Texas A&M AgriLife Extension Service of Fort Bend County works with a variety of partners, individuals, businesses, private-sector clubs and organizations, and other government agencies to bring educational opportunities to the people of Fort Bend County. On Wednesday, May 3, 2017 the Texas A&M AgriLife Extension Service of Fort Bend County held the Fort Bend County Senior Health & Safety Day Event. The event was held at the Fort Bend County Fair Grounds. The health fair was specially designed to promote the health and well-being of Fort Bend County Senior Citizens. The Fort Bend County Family and Consumer Sciences Extension Agent, Leticia Hardy, invited senior citizens across the county to come out for a day of education to improve their health and wellbeing and enjoy the festivities. Approximately 125 seniors were able to receive health screenings and blood pressure checks along with many other services. The participants were engaged in educational presentations that would help improve their quality of life. The Presentations offered were: Controlling Your Blood Pressure presented by Dianne Gertson, Family and Consumer Sciences Extension Agent for the Texas A&M AgriLife Extension Service of Fort Bend County. The second presentation was delivered by Amber Foster, 4-H & Youth Development Agent for the Cooperative Extension Program through Prairie View A&M University. The final presentation conducted was Breakfast on The Go, presented by Krystal Wilcox Expanded Food and Nutrition Education Program Aid for the Cooperative Extension Program through Prairie View A&M University. There were more than 30 vendors present to offer information and services such as, medication reviews, foot exams, nutritional information, bone density scans, cholesterol testing, vision analysis, general health screenings, mobility, safety, and immunizations among other things. The event completed with several games of BINGO and prizes for the seniors.



# District Ten

District 10 hosted the event, Kids & Kows & More Expo that is sponsored by Southwest Dairy Farmers and Terracon. This is a fun learning experience for elementary students. It allowed students to learn about agriculture. Our goal was to help students and adults learn, understand, and appreciate where our food and fiber products come from before we purchase them at the grocery store. This was a great success thanks to AgriLife agents, educators and volunteers.



## Travis County

The Dinner Tonight! program was developed by AgriLife Extension agents statewide with the knowledge and expertise to provide resources and recipes to help encourage at-home family mealtime. The goal is to disseminate and teach quick, nutritious, cost-effective recipes to consumers through healthy cooking schools and video webcasts and other web-based methods, including blogs and Facebook.

A Healthy Cooking School was provided by the Travis Extension office on September 12 with our program partner Central Health in its Southeast Health & Wellness Center located in 2901 Montopolis Dr. The theme chosen was Mexican Independence Day. 107 people (87 adults and 20 youth) participated in a bilingual English/Spanish Healthy Cooking School and Wellness event. The event featured demonstrations of an easy and nutritious menu by chefs Liz Pearson, followed by a Zumba demonstration, and presented by Alejandra Frias, Host and Producer of "A Las Nueve Program", Radio Mujer.

A meal for 107 people was served featuring Healthy Tostadas, Bean and Corn Salad and watermelon. Honoring the event theme, Councilman Sabino Renteria presented "el Grito Viva Mexico". A bilingual cookbook with kid friendly recipes and colorful illustrations was provided to all participants, and a tote bag with goodies such as kitchen utensils, herbs, veggie peelers, nutrition info on beef, all provided by our partners such as The Texas Beef Council, Better Living for Texans, Savory Spices Shop, etc. In addition, twenty door prizes were provided including cookbooks and kitchen supplies donated by Master Wellness Volunteers. The program was delivered thanks to the dedicated work of the Cooking School Task Force represented by Master Wellness Volunteers and Central Health staff.





# District Ten

## Bexar County

County Extension Agent, Angie Gutierrez secured funding for Schulze Elementary from Harlandale ISD to continue the Learn Grow Eat Go Program. Commissioner “Chico Rodriguez” from Precinct 1 in Bexar County sponsored the school by donating \$1000. Check was presented to school principal and students.



Texas A&M AgriLife concluded The Learn Grow Eat GO Program and two school sites for fall 2017. Teachers, students and AgriLife staff organized a harvesting event at Heritage Elementary of South San ISD and Perales Elementary of Edgewood ISD. A total of 130 3rd graders picked all vegetables from the gardens to take home and share with their families. When done harvesting they then cleaned out the beds and covered them for the winter holidays to keep them free from weeds.



Extension Assistant Natalie Ramos of Better Living for Texans celebrated the completion of A Fresh Start to A Healthier You class. 21 participants graduated from the Mays Family YMCA at Potranco. Thanks to the kitchen size, the group was able to take part in preparing and cooking the recipes in each of the 4 sessions. They enjoyed the hands-on learning experience, and took away valuable information in regards to living a healthy lifestyle.





## Food Challenge and friendship

### 4-H'ers honor memory of Sutherland Springs member

By Gracie Cassias  
Wilson County News

Members of Lavaca County 4-H traveled to Floresville Dec. 3 to make a very special delivery to the Tower Lake 4-H Club of Wilson County.

Although their hearts may have been heavy, the Lavaca County Food Challenge team "Texas Strong" — Abbie Bludau, Kingsley Kahane, Hannah Bludau, and Allison Etzler — conveyed strength, sincerity, and compassion. You see, the girls were delivering a Food Challenge kit to the "Fab 5," the Wilson County 4-H Food Challenge team that included Emily Hill, one of the young victims of the Sutherland Springs tragedy.

"Fab 5" members Karen Aparicio, Nadia Cassias, Sabrina Myers, and Jamie Tuttlebee met with the "Texas Strong" team to receive the kit, which includes more than \$200 worth of equipment — everything a Food Challenge team needs to practice and compete. The Lavaca County girls went the extra mile and included a sturdy wagon for easy transport. They also contributed a small chalkboard featuring Emily's name, as well as that of her sister, Megan, who also lost her life in the shooting.

The "Fab 5" members were quiet and grateful on behalf of their friend; they couldn't quite find the words to say, except "thank you." The older "Texas Strong" group responded from their hearts, eventually coaxing the younger girls to speak a bit more about school and their interests. After a bit of conver-

sation, the girls from Lavaca County presented each of the Wilson County girls with a beautiful friendship angel ornament, a keepsake to remind them Emily is still with us.

This wonderful act of kindness was thought up by Abbie, Kingsley, Hannah, and Allison, and is a testimony to their outstanding character. No one had to tell them or ask them to "do something for Wilson County." Having been through the challenge of Hurricane Harvey in late August, they took it upon themselves to reach out to their fellow Food Challenge 4-H'ers and donate a gift in Emily's memory that will be utilized by many for years to come.

It is my opinion, as one of Emily's Food Challenge coaches, that Emily would want her team to use this kit, continue to cook, and build on what they all learned together. Because *she* wanted to continue, and she was going to be great!

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Decked out in their aprons, Wilson County 4-H Food Challenge "Fab 5" team members (l-r) Jamie Tuttlebee, Karen Aparicio, Sabrina Myers, and Nadia Cassias accept a Food Challenge kit and ornaments in memory of their fellow member, Emily Hill, from Lavaca County 4-H members (l-r) Abbie Bludau, Kingsley Kahane, Hannah Bludau, and Allison Etzler Dec. 3 in Floresville. Emily was among the Sutherland Springs First Baptist Church members who lost their lives Nov. 5.

The original "Fab 5" Food Challenge team members (l-r) Emily Hill, Nadia Cassias, Sabrina Myers, Jamie Tuttlebee, and Karen Aparicio participate Nov. 4 in the 2017 Wilson County Food Challenge, held in the Church of Christ in Stockdale.

# District Eleven

A tri-county childcare workshop was conducted on November 30, 2017 by Hannah Krebs of Colorado County, Sally Garrett of Fayette County, and Gayle Bludau of Lavaca County. These agents collaborated with the TurtleWing Foundation to train childcare providers in the area. The program name was "Supportive Responses to Troubled Parent-Child Interactions". Sally Garrett led activity 1 where she encouraged participants to think about the interactions they have seen between parent and child and what their specific reactions have been. Gayle Bludau led activity 2 and focused on experiences with children. Gayle led a discussion on how providers have positively and negatively responded to troubling situations with children in their facilities. Hannah Krebs led activity 4 about different parenting practices. The activity encouraged providers to take a stance on a situation and describe their reasoning for that decision. This taught all participants that a parents' belief may not align with their belief due to cultural differences or other parenting techniques. This 2-hour workshop encouraged childcare providers to recognize and be respectful of different parenting techniques and to diffuse a situation in positive manner.

## *Aransas County*

Aransas County 4-H youth attended a cupcake decorating workshop, where they were taught by a professional cake decorator how to make unicorn cupcakes and rosette cupcakes. The youth learned these skills in preparation for the 2017 Aransas County 4-H Cupcake Wars. The winner of the Cupcake Wars will have their cupcake recipe featured at Gidget & Grace bakery in Downtown Rockport.



## *Fayette County*

A Matter of Balance (AMoB) series was recently offered in Schulenburg, Texas starting in October, 2017. Fayette County's population of seniors, who are 65+ years of age, is 22% which is twice the State of Texas percentage. The health of seniors in Fayette county was also identified as a critical issue at the 2015 Texas Community's Focus Forum.

The free 8-session series emphasizes practical strategies to reduce the fear of falling, helps participants to change their environment to reduce risk factors and exercise activities to increase strength and balance. A special guest speaker at the 7th session was Shon Horan, P.T., Schulenburg Fitness Center and he emphasized the importance of exercise and use of assistive devices as needed.

Participants indicated in the past survey that they had made changes in their home environment and understood the importance of continuing exercising. Many of the participants already noted a positive change in their strength and flexibility during the AMoB classes.



# District Eleven

## *Fayette County*

“Healthy Holiday Home Cooking” series was offered to 16 individuals in Fayette County in November, 2017.

Participants had hands-on activities which included label reading, understanding carbohydrates, and healthy substitutions. During each session the participants worked in team to prepare healthy recipes which were tasted at each class.

The series ended with a Celebrating Sensibly session and the participants prepared a holiday meal with a healthy appetizer for tasting. The class discussed methods that they could use to make their own family holiday favorites dishes a healthier version.



## *Victoria County*

Hurricane Harvey affected several of the District 11 counties. Healthy South Texas staff responded quickly by assembling Hurricane Relief Bags, which consisted of an insulated grocery bag, hand sanitizer, bug spray, and educational materials, to be distributed in the counties along the Gulf Coast. Victoria County agent Gracie Walling distributed 350 bags to residents in her county. One recipient told her that the insect repellent meant more to her than oxygen.

