

Spring 2023 Edition

# TEXAS EXTRA

Texas Extension Association of Family  
and Consumer Sciences

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## President's Note

Happy Spring everyone! Along with the days getting longer, the weather warming up and the flowers beginning to bloom springtime usually triggers spring cleaning for most of us. What does that look like for you? Is it cleaning closets, rooms top to bottom, garden beds, garages, storage sheds? Chances are it's one or all of these, we all have goals for springtime cleaning. BUT, how about your office? As we prepare and plan for the warmer weather let's think about spring cleaning for our work setting. Just like at home this is the time to clean our office space and spruce it up as needed. We spend so many hours in our office it does become our home away from home. It's important to have an environment that is not only comfortable, efficient and workable for you, but for those that visit you. Think about these tips as you begin to clean.

**Desk or Workstation:** Begin by cleaning out files and papers on your desk. It's easy in our work world to place papers in a folder or stack them and move on to your next program or task, but do we go back to make sure we aren't holding on to unnecessary paper? Do you need a new way of organizing files in drawers or on your desk? This is the time to consider what works for you and get it done!

**Desk Drawers:** What do your desk drawers look like? Is it time to reorganize those, take everything out and dust them? This is a great way to make sure you have the supplies you need and do away with those items you aren't using or aren't working. Check out ways to organize your supplies in drawers or on your desk with a quick Google search.

**Under desk or other storage areas:** Most of us do not have enough storage space so we tend to store items under desks, credenza's, etc. Have you checked under there lately to see what needs to be cleared out? This is a great time to take stock of what you have in inventory to use or what you may need to order for upcoming programs/events. Do you need to find a way to store those items so you can always know what you have on hand? Use clear storage containers or drawers. They come in many sizes, and most would fit nicely under desks.

**Wall Boards:** Do you use a cork board or a dry erase board for notes and reminders? If you do, do you tidy it up as you go along, or do you have stickies, written notes that can be thrown away? Clearing them and reorganizing your wall boards helps to keep it fresh and only containing current information, to-do lists, etc. Also, if you use a dry erase board when was the last time you gave it a good cleaning? This helps keep the board bright white and you focused on the writing.

**Office equipment:** Keeping our laptops, keyboards, monitors, phones and printers' dust free helps us many ways. Use appropriate microfiber cloths for monitors, compressed air dusters for keyboards and gentle disinfecting wipes on phones, printers to keep germ-free, clean and looking nice.

I hope these tips have helped to inspire or remind you of some springtime cleaning tasks. Remember cleaning does not have to happen all at once, tackle one area a day or week, whatever works with your schedule. Now I'm off to spring clean my office.

Wishing you a great springtime with family and friends!

Sincerely,  
*Norma Munoz*

TEXAS A&M  
AGRI LIFE  
EXTENSION



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

Cooperative Extension Program

# District 1 Happenings....



District 1 agents took an essential Professional Development Retreat February 28, 2023. Included in that experience was a presentation by Gretchen Sanders, Blanco County FCH, about Unusual Foods and how to incorporate healthy foods into things you want to eat. Also included in the experience was a walking tour of Wildseed Farms, economic development experience at Der Kuchen Laden, and area food tasting in Fredericksburg, TX in order to get ready for the State FCH conference in July.



Dumas ISD Fashion Design class, eight 4-H seniors finished their 4-H Jelly Roll Race Quilt Projects just before Christmas vacation and have gone on a field Trip to Amarillo to study fabrics and to experience a thrifting scavenger hunt. For the community service part of their 4-H project, 9 girls spent the day cleaning out a storage unit of a closed quilt shop and received a donation of 96 bolts of material for their group amounting to a \$3,690 valuation. Material collected will be used to make pillow cases and lap quilts donated to elderly shut in individuals.



Food Handlers and Food Managers students giving back to teachers. As part of a teacher appreciation day, the advanced foods class at Dumas High school prepared a full meal including appetizers with 12 different vegetarian and meat chilis, homemade tortillas and dessert.

# District 2 Happenings....



Shawnte Clawson, CEA-FCH, Hale County, partnered with the Hale County Farm Bureau team to promote child passenger safety. Farm Bureau hosts a virtual educational spot entitled "Teach Me Tuesday." Their goal is to educate their members weekly about their insurance company and membership benefits.

One benefit Farm Bureau provides is child safety seats for a reduced price. This session aimed to remind members of this benefit and impart child safety seat tips. Clawson assisted with the video education, reviewing the importance of child passenger safety and tips for properly installing combination and booster seats. One of the insurance agents' children assisted with the combo seat presentation, which gave Clawson a "live" model to help parents visualize the importance of snug harness straps, properly placed retainer clips, and tether strap usage. Clawson was also able to promote the service of checking the child safety seats of Hale County families as a certified Child Passenger Safety Technician. Over 400 people viewed the video. Clawson and the Farm Bureau team felt the innovative teaching on social media was a big success!





# District 3 Happenings....



Texas A&M AgriLife Extension Service, Wilbarger County and Hardeman County Family and Community Health County Extension Agents recently and taught a Kitchen 101/Laundry 101 session at the annual Adulting 101 Day held in Vernon, TX. Lorrie Coop, District 3 Extension Administrator, also taught a session about mental health. Approximately 140 area high school seniors from Wilbarger, Hardeman, and Foard Counties attended this event. The event featured sessions on a variety of topics including College 101, Banking 101, customer service, Financial Aide 101, and other life skills as well as a keynote speaker and a career expo. The event was planned by Texas A&M AgriLife Extension Service, Wilbarger and Hardeman counties, the local Boys and Girls Club, and local community college.



# District 4 Happenings....



District 4 celebrated the well- deserved retirement of Hopkins County Family and Community Health Agent, Johanna Hicks. Johanna served as County Extension Agent in Hopkins County for 27 years and along the way earned numerous awards through TEAFCS and NEAFCS for her creative programs and dedication to her clientel and community. Johanna will be missed, especially in Hopkins County and District 4. Johanna was a dedicated member of TEAFCS and NEAFCS and will continue as a Lifetime Member in her retirement. Johanna is looking forward to spending more time with her family. Congratulations Johanna, on a distinguished career!



Fannin County FCH Agent, Bethany Arie, implemented financial literacy programs at two local school districts which included three lessons on basic financial literacy and culminated with the "Welcome to the Real World" simulation activity. Students learned basic principals of money management, explored careers, and tested their new skills in the real world!

Community volunteers from local insurance agencies, banks, and car dealerships, along with FCH Committee members and Master Wellness volunteers assisted by working stations for the simulation activity.



Wendi Lindsey, community volunteer and lender for a local bank said "I cannot say enough good things about this program! Each time I volunteer, I leave feeling like I have been part of something so meaningful! Financial education programs like this are so very important for teens today. A high school student I met through this program recently visited my bank to inquire about how to prepare to get a loan for a vehicle and he was using principals learned in this program to achieve his goal of buying a car."

# District 4 Happenings....



## East Region Food Preservation Training

Family and Community Health agents and Master Wellness Volunteers in Districts 4 attended a Food Preservation workshop hosted by Paula Butler, Regional Program Leader, and led by Extension Specialist Jenna Anding at the West Dallas Multipurpose Center.



Participants learned about canning and created their own jam. They also learned about the two other types of food preservation: drying and freezing. In addition, participants were introduced to AgriLife's food preservation curriculum "Preserving the Harvest." Preserving the Harvest is a program series that teaches ways to preserve foods with tested recipes and research-based methods, using "hands-on" activities to practice preservation skills. Master Wellness Volunteers and agents in the East Region are ready to go forth and teach food preservation principles, including technical aspects but also food safety, nutrition, and the science of canning.

*Thank  
You*

## The Contributing Editors:

Felice Acker  
Jennifer Trufan  
Bethany Arie  
Cathy Pearson  
Haley LaCaze  
Milissa Wright  
Emily Fisher  
Amanda Krippel  
Elyse Hernandez  
Meagen Dennison  
Ashley Gregory



# District 5 Happenings....



Dedication and Perseverance are the words that describe the Harrison Extension Education Association. This determined group of seven Senior ladies implemented their Annual Cornbread & Bean Luncheon on a cold, rainy day in February. Yes, all members are over the age of seventy. Not sure how they fed over 200 people and made a profit of over \$2000 with just a few workers. For over forty years, they have held this fundraiser at the Harrison County Extension Office. The luncheon meal consists of homemade beans, cornbread, coleslaw, relish, and cake. They only ask for a \$10.00 donation. All funds collected, assist them with their annual donations to the Harrison 4-H program, local food pantry, and toy drive.



The Harrison FCH agent, Louraiseal McDonald, partnered with Harrison Master Gardeners, Master Wellness Volunteers, and Leadership Advisory Board to implement the Growing and Nourishing Healthy Communities adult garden at a local church. Participants will have the opportunity to learn:

- garden site selection
- how to conduct soil samples and read the results
- select the best vegetables to grow in Harrison County
- identify garden pests and diseases
- harvest and store produce and much more.



On January 28th FCH agents Cindy VanDevender - Jasper County, Shannon Benton - Tyler County, and Cathy Pearson - Newton County hosted the 12th Annual East Texas Child Care Conference. There were 42 participants and one volunteer, who was a great help. Some of the topics included EC-LGEG, Color Me Healthy, and Healthy Snacks. Dr. Jodi Nerren led a session on updates. Participants enjoyed participating in the hands-on activities from the various curriculum.

# District 5 Happenings....



Ten (10) Upshur County residents recently completed the "Matter of Balance" educational series conducted by Julie York, Family & Community Health Extension Agent in Upshur County.

The Matter of Balance educational series is one part of the Healthy Aging program in Upshur County. It's vitally important to be proactive with one's health to maintain independence. Being assertive and building strength can reduce the chances of falling, which keeps folks living in their homes longer.

This program is eight two-hour lessons conducted with two trainers at each lesson who complete instructor training approved by Andy Crocker.



FCH agent Amy Walley in Cherokee County has been busy at Westside Elementary School in Jacksonville, implementing the EC-LGEG program. Assisting with the program are Master Gardeners Susie Blackmon and Paul Davidson.



Another program in Cherokee County is the Junior Master Gardener program in New Summerfield.



# District 6 Happenings....



Welcome to the Real-World Financial Simulation & Career Fair. Ward County FCH Agent, Haley LaCaze, implemented the Financial Literacy program known as "Welcome to the Real World". This allows the students to assume they have graduated college with the basic requirement for their occupation. Participants are independent with no help from their parents or anyone else. As always we partnered with our Chamber of Commerce and our Local High School, however this year we also worked along side school CTE Director it providing the whole student body the opportunity to participate in the simulation along getting the chance to network with of 60 possible career and job booths.



Spring has sprung in Ward County as County Extension for Family & Community Health Agent Haley LaCaze, began an Early Childhood Learn, Grow, Eat & Go! Series with her local Library during their toddler time. The series kicked off on March 1, 2023, with the youth planting Bush Green Beans while learning the parts of the plant. As of March 15, 2023, participants have been learning about Seeds and Roots while preparing to transplant into the community garden once the garden is ready.



# District 6 Happenings....



During the month of March, Health agents, Amber Lambricht and Krista Chin, have been implementing the A Matter of Balance program at the Martin County Hospital in Stanton. The program is intended to increase strength, mobility, and confidence while decreasing social isolation among older adults. They have had a great turnout with actively engaged participants. The group has addressed the realistic fear of falling as well as problem areas in their homes and in their community. The multi-county agents have plans to implement the A Matter Of Balance program in Upton County in April and May of this year.



Walk Across Texas is in full swing in Val Verde County. County Agent, Leslie King, kicked off a new Walk N Talk series in February, at Garfield Elementary. This series will span 8-weeks, and will teach students how to "Rethink Your Drink". A total of 140 participants will benefit from this Better Living for Texas curriculum, and will add to the movement of more walking and making healthier choices in Val Verde.



# District 7 Happenings....

ly, our younger students worked on running laps! We have quite the talented bunch of  
ers!  
im 30 laps, 1st grade  
rson 25 laps 1st grade  
ert 21 laps 1st grade.



## . Coggin Elementary became a Healthy School Recognized Campus

FCH Agent Courtney Parrott, BLT Agent Wendy Hamilton, and Healthy Texas Youth Ambassador Emalee Parrott spent the fall semester at Coggin Elementary working with PreK – 2nd graders.

Two hundred fifty-five youth participated in Walk Across Texas! and Healthier Me! Parents and staff could join A Fresh Start to a Healthier You! at the Brown County Boys and Girls Club or through the online program.

Walk Across Texas! - We extended WAT! from 8 weeks to 13 weeks because the kids only went to PE twice a week and relied on parents and PE teachers to track their miles. Collectively they walked almost 4,000 miles and walked across Texas almost five times. They also turned in 710 bonus miles.

Healthier Me! - is a fun and innovative 8-lesson series that teaches youth the value of healthy living through interactive lessons and games. Courtney created Healthier Me! for children aged 3 to 7. Each class consists of 3 parts: a health lesson, an incentive item to reinforce the lesson, and a parent newsletter to educate and encourage parent engagement by having the child show/teach the parent. The agent taught on day one, and the coaches repeated the lesson for the remaining classes on day two.

We administered a test after lessons 4 and 8 to the first and second graders. We followed up two months later and administered the same questions again. We were amazed at the results! Next year, we plan to expand this program to new schools and add a pre-test to show the knowledge learned.

Fresh Start to a Healthier You! - a 4-week nutrition series was led by Wendy Hamilton, BLT agent. It was available in person at the Boys and Girls Club of Brown County and online (open to all Coggin Elementary staff, club staff, and parents at both locations). At each session, in-person participants tried one of the recipes and received nutrition education reinforcement items (NERI) for practicing at home. The in-person lessons included a pocket guide, handouts, and three recipe cards. The virtual participants' NERI had to be arranged. In-person and online, participants shared how planning healthy meals improves their families' health and financial well-being.

Because of the collaboration, in-kind donations, and fantastic partnerships in Brown County, this program was a huge success. A special thanks to:

Coach Stefania Phipps and Coach Dianna McDonald with Brownwood ISD and Coggin Elementary

Emalee Parrott, Healthy Texas Youth Ambassador Kristi Karwell with TX DOT

Kendra Bryan, Jennifer Goodwin, and Dr. Robert Goodwin with Goodwin DDS Office

River Crest Hospital

Center for Life Resources (Mental Health Authority)

Boys and Girls Club of Brown County





# District 7 Happenings....



District 7 Health Agent-Milissa Wright for Coke, Concho, Menard and Sterling Counties has been burning the miles in her four counties this 2023 year.

Programs such as Youth, Adult and Walk Across Texas, Mindful Self, Elementary, Adult Mindful Wellness, After School Cooking Clubs and Monthly Adult programming have all been successful.

With special thanks to the Wellness Committees in Coke, Concho, Menard and Sterling Counties programming has been successful, visible and most of all-educational.



The Walk Across Texas program for Youth, Families and Adults has covered many miles totaling-35,000+. in Coke, Concho, Menard and Sterling.

Mindful Self programming in Menard and Sterling has been very informative and providing useful tools for 120 youth.

Youth and Adult Mindful Wellness has provided the importance of understanding on the 8 Dimensions of Wellness and true understanding of why each person needs to understand why this topic is so important reaching 120+ youth and 50 adults.



Afterschool Cooking Clubs in Concho, Coke, Menard and Sterling have been a highlight for many youth participants A special Thank You to Health Texas Youth Ambassador, Ofilia Gonzalez- she has led many programs, provided skills for each participant to fully understand how much fun it is to be creative in the kitchen along with the importance of Wellness and Nutrition with 40+ participants thus far.

Jr. Dinner Tonight programs have been a success in Coke County with Healthy Texas Youth Ambassador educating youth on the MyPlate, Fight BAC, Healthy Snacks, What's in Your Drink and Healthy Jeopardy reaching 144 youth and families in one night.



Monthly Lunch and Learn Series in each county has also provided useful and educational programming to county residents reaching 120 participants just this year!

To top everything off-Health Agent will also have four Healthy Recognized Schools ending this school year!

# District 8 Happenings....



When you get a email from a 4-H Food Challenge Member on a Sunday afternoon and see the healthy brunch menu they made their family, you know it's all worth it.

... Harper asked me to share her cooking with you. Happy Sunday and thank you for all you do for our kids! Menu: Sourdough avocado toast with soft boiled eggs from our chickens, Chia pudding with fresh berries and juice jello squares (cherry and strawberry lemonade). The garnishes are viola and sour grass, which grow in our pasture.

Incorporating an egg full of healthy protein, good fats of an avocado, antioxidants of berries, and seeds loaded with omega 3 fatty acids, and plating it all with colors of the field and farm.

"Learn by Doing" is in full force in Eastland County in 2023.

Submitted by Amy O'Brien-Glenn  
CEA- FCH – Eastland County



Limestone County held their annual County Fair - FCH Day on March 24th with over 170 entries. Our FCH Silent Auction brought in almost \$7,000 that will all go back to the kids. We are very proud of the growth in FCH projects as well as the community support that shows up each and every year.

Submitted by Emily Fisher  
CEA- FCH – Limestone County

# District 9 Happenings....

District 9 has long been known for its innovation and creative approach to delivering programming, and this past January in Montgomery County was no exception. FCH Agent John Tindall had the idea to see what effect our program "Stress Less with Mindfulness" would have on the workforce of a small business in Montgomery County. If the results were significant, the course could subsequently be marketed to small businesses across the county via networking events like Lions Club meetings, Junior League etc. The first location to accept the offer to "pilot" was Inspiration Ranch in Magnolia, TX, a 501c3 focused on delivering equine assisted therapy to special needs kids and adults. Their management blocked off 1.5 hours for 5 weeks in a row for delivery of the program, and elicited participation from all 17 staff members, from CEO to stall-muckers. In one of the lessons, "Mindful Walking", we were able to incorporate some of Inspiration Ranch's horses into the teaching of mindfulness. It was a memorable session that evoked some intense emotional reactions from the participants. Applying our lessons to the operations of the facility was a great way to demonstrate the relevance of what we teach to their real-world daily practice.



Harris County delivers Early Childhood Learn Grow Eat & Go! Training to 21 adults providing services to early childhood children. This was a train-the-trainer event for early childhood leaders to implement the EC-LGEG youth gardening curriculum. This curriculum introduces youth to gardening concepts to grow vegetables and also includes vegetable tasting experiences. The partners involved contributed to planning and delivery of a 4-hour training that included presentations, hands-on craft activities, preparing recipes, and container garden activities. Harris County AgriLife Extension Better Living for Texans (BLT) Agents Jasmine Carey and Lora Jorgensen, Family and Community Health Agent Dr. Sonja Davis, volunteer Kristina Brown, Horticulture Agent Brandi Keller, three Master Gardeners from the Growing with Plants and Nature Committee, and Brazos County BLT Agent Katie Zender partnered with Wabash Feed and Garden to deliver the Early Childhood Learn, Grow, Eat & Go! (EC-LGEG) curriculum training.





# District 9 Happenings....



Brazos County 4-H members have been putting in the work in FCH projects led by the Brazos County Fashion and Interior Design Ambassador and Food and Nutrition Ambassador groups during the winter months. Food show, fashion show/storyboards, FCH quiz bowl, fashion day camp have all wrapped up. Fashion day camp was fast paced and attracted 16 campers who spent seven hours learning or improving their skills. Instruction was provided on fashion hacks, deco podge clipboards, exploration of color, blanket making, koozie bowl making, re-constructing furniture, and a cotton presentation from Texas Farm Bureau. Grant donated funds of \$750 helped to defray the cost of county fashion show and fashion project activities from Kendra Scott funds and Joann's Fabric mini grant.



Better Living for Texans, Agent Michele Scaife, Montgomery County, has been partnering with the East Montgomery County Senior Center to provide Growing and Nourishing Healthy Communities to local seniors receiving services at the Precinct 4 center. Newly elected Commissioner Matt Gray has taken interest in the senior center, upgrading services, improving transportation, and partnering with BLT to grow and improve the senior's community garden. New bus routes have increased participants leading to new and improved accessible garden adaptation plans, such as accessible pathways and raised beds. BLT and senior center staff are collaborating with local businesses to create sustainable partnerships for the senior community garden with continued support through BLT educational programs. Gardeners recently enjoyed their garden class in the shade as new benches and a shade-covered workspace were constructed.



Family & Community Health Agent, Amanda Krippel along with Ben Smith and Bobbi Brooks from the Wath UR BAC team held a full day of educational presentations on alcohol abuse, vaping, fentanyl awareness and distracted driving for the HOSA student led group from Kingwood Park High School in Humble ISD, HOSA is a future health care professional student led group. The juniors and seniors also participated in several hands-on activities where they drove the alcohol impaired simulators, played a few games of corn hole while wearing marijuana goggles and wore a drunk suit with drunk goggles and played a land mine game!

# District 10 Happenings....



Travis County agents assisted with The Science of Agriculture Day in February. The topic used was "Healthy Grains", a session of EFNEP curriculum. Six Title I schools were in attendance, impacting approximately 240 kids.

As part of the Chronic Disease Prevention Programs, Health & Wellness sessions in English and Spanish and the Healthy Carbohydrates Program were the focus for Travis County FCH Agent Sonia Coyle during January-March. The Healthy Carbohydrate Program was conducted in Spanish at two Title I Schools: Harris Elementary and Pecan Springs Elementary.



Bexar County Urban Agriculture Educator Dorothy Herbst started the program Growing and Nourishing Healthy Communities at Granados Adult & Senior Center in March. The group's first lesson was about choosing the right location for planting a garden. On one of their raised beds, they planted a variety of herbs like rosemary, basil, mint, sage and oregano. On another bed they planted vegetables like tomatoes, peppers, and cabbage. Can't wait for harvest time!





# District 10 Happenings....



Medina County FCH agent Elyse Hernandez, attended the Cooking Well training in Kingsville with fellow D12 agents. HST specialists provided agents with a great day of learning the in's and out's of implementing a Cooking Well with Diabetes and Cooking Well with High Blood Pressure program series.



In Bexar County District 10, Family & Community Health staff prepared garden beds for planting by adding new soil and fertilizer. Students at two elementary schools kick-off the Learn Grow Eat & GO ! Program by planting vegetables like, tomatoes, squash, zucchini, cucumbers and herbs. Looking forward to harvest time!

Participants learned new, healthy recipes at a Cooking Well With Diabetes class at First United Methodist Church Luling , co-taught by Wesley Nurse Rhonda Sue Hunnicutt and AgriLife agent Elsie Lacy.



FCH Agents, Shea Nebgen and Elsie Lacey presented at the District 10 EEA Spring Conference in Fredericksburg on March 21st.





# District 11 Happenings....



## Wharton County

In January, Wharton hosted a very successful Western Rice Belt Consumer's Conference in El Campo at the Civic Center. We had 89 participants this year and 5 Healthy Texas Youth Ambassadors who provided refreshments, and did cooking demonstrations. The participants loved seeing these amazing and talented youth. Wharton County held our Fashion show in March and we had 18 participants all advancing to District and we also had our Duds to Dazzle contest which consisted of 6 teams. Texas A&M AgriLife and Texas Department of Transportation presented the Watch UR BAC program to 90 Juniors and Seniors at Boling High School. The program was presented the day before their Prom and the start of their Spring Break. AgriLife Extension partnered with the Bay Area Council on Drugs and Alcohol and the Wharton County Library in Wharton to present a Fresh Start to a Healthier You. This was a very fun program which received great feedback from those that attended.



# District 11 Happenings....

Multi-County Child Care Conference : Austin, Fayette and Washington County FCH Agents held their annual event February 4th with 252 providers registering for the 7 hour workshop. Guest speakers included Region 13 Education Service Center Specialists, TDSHS nurses, Early Childhood Doctoral Candidate and Extension Agents. Topics included "Reportable Diseases: Keeping Your Classroom Safe", "Classroom Culture", Emergent Literacy Strategies in Early Childhood", Strategies for Successful Inclusion", "When the Partnership is Broken: Gaining Tools to Effectively Navigate Challenging Parent/Teacher Dynamics", "Spark Creativity in Your Children", & "Disaster Preparedness and Your Center". Breakout sessions were used during the conference to get the attendees moving during the daylong workshop.



Early Childhood Learn, Grow, Eat & Go (EC LGEG) : In February the EC LGEG curriculum was implemented at the La Grange Independent School's Head Start for 17 students. The multifaceted program combines plant and garden learning, food experiences, physical activities, and parent engagement around a plant part themes. Besides the curriculum resources, the Fayette County Agent provides classroom cooking demonstrations for youth and family members and parent updates with a "A Garden Family News" letter.



# District 12 Happenings....



HEART STRONG  
CONFERENCE

Joanne Uresti-Armijo, M.S., CEA II - FCH, Hidalgo County

February is Heart Month, a time when all people can focus on their cardiovascular health. The southern border counties led their first Annual Heart Conference in Weslaco, Texas with the goal of educating participants about healthy lifestyle habits to prevent heart disease and connecting them to community resources. The Heart Strong conference was organized to engage communities in making meaningful progress toward preventing high rates of heart disease.

There were 93 participants, 6 volunteers, and 3 agents that attended the conference. The heart conference consisted of a health fair that included community vendors to help promote resources to the public, table talk with a family practitioner, two presentations from two cardiologists, and a healthy food demonstration.



Genesis Hernandez, CEP FCH, Webb County

From September to November, the 4-H character building program Take a Stand, was implemented as part of the *After School Adventures* program at Colonel Santos Elementary. This 5-week program focuses on anti-bullying, teamwork and collaboration, mediation, embracing differences, and adopting kindness principles. The students enjoyed a wide array of activities including writing to their future self, interviewing their peers, as well as identifying when bullying and cyber bullying is happening. The student's favorite activity was role-playing, as they took their acting chops to the stage and put on their best improvisation skills to the test. These role-playing scenarios showcased an example of conflict and mediation. To say the students were committed to their role is an understatement. They were able to identify the six steps of resolving conflict in a way that was interactive and fun. This program had a total of 16 participants and the first cohort to receive the Take A Stand curriculum. Overall, this program is happily embraced by the students and teachers alike and will be delivered to other campuses in the school district. A special token of appreciation to the After School Adventures program and Mr. Juan Livas for making this partnership possible.



CLASS PIC - COLONEL  
SANTOS ELEMENTARY



STUDENT INTERVIEWS



# District 12 Happenings....



"BE HEART STONG"

## Health Summit College Station

D12 Agents Dr. Andrea Valdez, Lillian Mezquida and Angie Sifuentes, leading sessions and workshops.



Zelina Zavala, M.S., Extension Agent, Level II – Health, Kleberg-Kenedy County

According to the Center of Disease Control, heart disease is the number one cause of deaths in Texas. Because of this fact, the Healthy Living Committee in Kleberg-Kenedy County realized the need for heart health education. Texas A&M AgriLife Extension Services partnered with Weavers of Love, Community Action Corporation of South Texas, Christus Spohn Hospital Kleberg, Healthy South Texas, and Methodist Healthcare Ministries to host the first "Be Heart Strong" conference.

A total of 49 participants and 17 volunteers, including one Healthy Texas Youth Ambassador, attended the event. They heard presentations from six presenters on the importance of heart health, physical activity, nutrition and how to get the most out of your doctor visits.

Grace Marshall, CEA - FCH, Live Oak County

In January, Welcome to the Real-World was hosted at Three Rivers ISD with 40 students participating. Students were randomly assigned a folder with a pre-selected occupation, salary, and worksheet to assist them in calculating their budgets. They were asked go through different areas of expenses associated with adult-life (groceries, housing, insurance, etc.) and make selections based on how they want to live, while staying within a budget. At the end students review how much money they have left and what are necessities versus luxury items in adulthood.

Mindful Self was implemented in Three Rivers ISD art classes with 40 students participating in the 6-week program. After coming back to school, post COVID-19, many students were conflicted and stressed. This program provides participants with tools to combat stress and learn to identify their emotions. Students go through a weekly affirmation, self-care exercise, guided meditation and a journal prompt.

Four teams with a total of 32 participants joined Walk Across Texas, an 8-week virtual program with a goal of walking 832 miles as a team. These individuals walked a total of 5049.17 miles through the program. A donation of \$200.00 dollars allowed for a weekly raffle of \$20 gift cards for Live Oak Nutrition Shop.

Every Tuesday, from August to February I work with the Master Sewing Volunteers to host a youth workshop. The club was created to encourage students to practice their sewing skills and over the past few months, youth have completed pillows, ornaments, and hand towels. Now, they are working to enter the Live Oak County Fair with pieces of clothing. They have learned to use patterns, sewing kits, sewing machines, hemming, and much more. With the help of great volunteers and motivated 4-H'ers the workshops continue to be a success!

# State Conference Update....



## A sneak peak on what to expect at the TEAFCS 2023 Conference



This years conference will be held in the beautiful hill country Fredericksburg, Tx. Visit <https://www.visitfredericksburgtx.com/> to get familiar with the area and discover things for you and your family to do.



Hospitality event - Nimitz Museum

## On the Move Workshops and Tours!



Sauer Beckmann Farm



Quintessential Chocolates



# State Conference Update....

## On the Move Workshops and Tours!



Fischer & Wieser Cooking School



Wildseed Farms



Vineyards and Distillery Tour



One Quilt Place

## HOTEL INFORMATION

### **INN ON BARONS**

308 S. WASHINGTON STREET

FREDERICKSBURG, TX 78624

PHONE: 830-990-9202

BLOCK: TEXAS EXTENSION ASSN 2023

RATE: GOVERNMENT STATE RATE FOR TUESDAY (7/25- FRIDAY 7/26) (A FEW ROOMS ARE AVAILABLE FOR MONDAY NIGHT ALSO)

### **FAIRFIELD INN & SUITES MARRIOTT**

513 FRIENDSHIP LANE

FREDERICKSBURG, TX 78624

PHONE: 830-955-8070

BLOCK: TAMU

RATE: GOVERNMENT STATE RATE FOR MONDAY (7/24) – THURSDAY (7/25)



# Dates to Remember...



Save the Date  
July 25 -27  
We can't wait for the 2023  
TEAFCS Conference in  
Fredericksburg, TX



## Texas Extra Dates

### Submission Due Date

March 15, 2023 ..... April 2023  
June 15, 2023 ..... July 2023  
September 15, 2023 ..... October 2023  
December 15, 2023 ..... January 2023

### Edition Release Date

