

Summer 2025 Edition

TEXAS EXTRA



In This Edition

- President Note
- District Happenings
- Dates to Remember

Texas Extension Association of Family
and Consumer Sciences

President's Note

DEAR TEAFCS MEMBERS,
I HOPE THIS MESSAGE FINDS YOU ALL ENJOYING THE SUNSHINE AND SPIRIT OF THE SEASON. SUMMER IS TRULY MY FAVORITE TIME OF YEAR—FILLED WITH FIREWORKS, BARBECUES, CAMPING ADVENTURES, LONGER DAYS, AND CHERISHED VACATIONS. IT'S A SEASON MADE FOR BOTH FUN AND REFLECTION.

AS WE SOAK UP THE SUMMER JOY, IT'S ALSO A PERFECT TIME TO PAUSE AND LOOK BACK ON THE PAST YEAR, AND MAYBE START ENVISIONING THE NEXT. SERVING AS YOUR TEAFCS PRESIDENT HAS BEEN A DEEPLY REWARDING EXPERIENCE. I'VE LOVED MEETING SO MANY OF YOU, LEARNING ALONGSIDE YOU, AND CONTRIBUTING TO A TRULY OUTSTANDING ORGANIZATION. IT HAS BEEN AN HONOR, AND I'M SINCERELY GRATEFUL FOR THE OPPORTUNITY.

WE HAVE AN INCREDIBLE GROUP OF MEMBERS AND AGENTS, AND I CONSIDER IT A PRIVILEGE TO BE PART OF THIS COMMUNITY. I HOPE YOU ALL FIND TIME TO REST, RECHARGE, AND ENJOY THIS BEAUTIFUL SEASON.

LOOKING FORWARD TO SEEING YOU IN JUST A COUPLE OF WEEKS!

WARM REGARDS,

LAURA GRAVES

PRESIDENT, TEAFCS

TEXAS A&M
AGRI LIFE
EXTENSION



Texas Affiliate



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

Cooperative Extension Program

"Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity."

District 1 Happenings....

Briscoe County

Stephanie Otis of Briscoe County led the Quitaque Reading Program on Wednesday, June 18th. She read *The Scrap Book* by Lois Elhert and the kids learned about how Lois came up with her art! After the book, the children used their creativity to make their own art out of paper scraps! The kids also made their own food art out of healthy snack options.

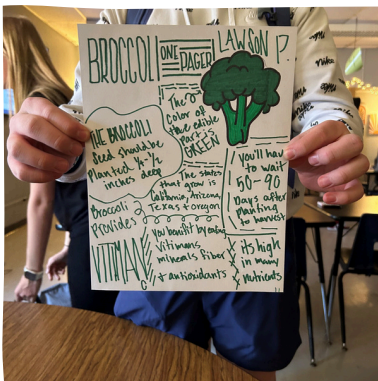


District 2 Happenings....

Path to the Plate!

Lubbock County

We were excited to bring a "Path to Plate" program, Ag in the Bag, to 214 pre-kindergarten and kindergarten students in partnership with Slaton ISD, April 15 and 16. Through this hands-on learning experience, students explored the role of poultry in agriculture and the various products they provide. The program included fun, interactive lessons, including a read-aloud story about poetry to help children connect with the animals and their importance.



Learn, Grow, Eat & Go!

Lubbock County

Brooke Walser, EA-BLT, hosted Learn, Grow, Eat, and Go! at Evans Middle School, where they revamped their raised garden beds by adding fresh soil and planting radishes, broccoli, spinach, lettuce, and carrots. The students also learned how to make delicious and nutritious snacks like spinach quesadillas. There were 150 graduates from this program!



District 2 Happenings....

Hale County

Plainview Classical Academy Named a Healthy Recognized School Campus



Plainview Classical Academy has earned the title of Healthy Recognized School Campus after completing a challenging year of wellness programming led by Dr. Shawnte Clawson. The school implemented three evidence-based Extension programs, engaging both students and staff. What set this effort apart was the expectation that staff not only promote wellness but also actively participate. From physical fitness tracking to nutrition challenges, the programs required full-school involvement. Pre- and post-testing, along with surveys, measured meaningful progress.

In recognition of their hard work, PCA received a banner and a financial award to continue building a healthy campus culture.



District 3 Happenings....

Parker County

Kathy Smith has not just been delivering programs; the agents in Parker County are transforming lives. Their continuing work is a model for how we equip, educate, and elevate our communities.



**Jams and Jellies
Workshop**



Grilling 101



**Food
Preservation
Class**



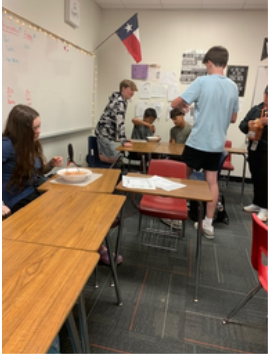
**A Matter
of Balance**



District 3 Happenings....

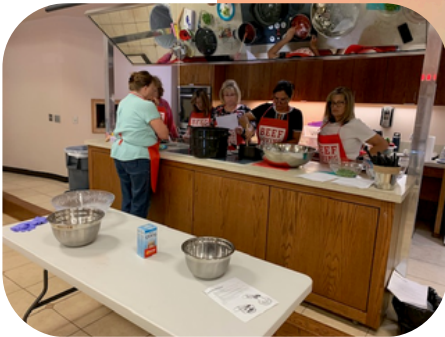
Parker County

130 Springtown Middle School Students participated in Choose Healthy curriculum enrichment series.



Cooking Camp

Fruit Pizza
Homemade Pizza
Vegetable Pizza
Ice Cream in a Bag



District 4 Happenings....

Tarrant County SANCI HALL-BLT EXTENSION AGENT

THE 2025 HEALTHY CARBOHYDRATES (HC) SERIES POSITIVELY INFLUENCED PARTICIPANTS' HEALTH HABITS ACROSS TARRANT COUNTY. OF THE 93 TOTAL PARTICIPANTS FOR THE 2025 PROGRAMING YEAR, 34 (37%) COMPLETED BOTH PRE- AND POST-SURVEYS, AND 57 GRADUATED FROM THE PROGRAM. (BLT GRADUATE STATUS REQUIRES ATTENDING ALL 4 CLASSES IN A SERIES OR 75% IF MORE THAN 4.)

SURVEY RESULTS SHOWED ENCOURAGING BEHAVIOR CHANGES. NOTABLY, THERE WAS A 16-POINT INCREASE IN PARTICIPANTS WHO REPORTED THEY "OFTEN OR ALWAYS" DRINK LOW-FAT MILK (SKIM OR 1%), RISING FROM 41% TO 57%. THERE WAS ALSO A 4-POINT DECREASE IN THOSE WHO FREQUENTLY CONSUMED SUGARY DRINKS LIKE SODA, SPORTS DRINKS, OR SWEET TEA—DROPPING FROM 13% TO 9%.

PARTICIPANTS PRAISED THE PROGRAM'S CLARITY AND PRACTICALITY. ONE SHARED, "READING LABELS AND PLANNING FOOD ACCORDINGLY, VERY INFORMATIVE, EASY TO FOLLOW INSTRUCTION." ANOTHER SAID, "CHECK PORTION SIZES. THE PROGRAM WAS GREAT."

SPECIAL THANKS TO VOLUNTEER KATHY B., WHO TAUGHT THREE OF THE FIVE CLASSES ACROSS THE COUNTY. HER DEDICATION HELPED BRING THE PROGRAM'S MESSAGE TO LIFE AND INSPIRED HEALTHIER CHOICES.

THE HC SERIES CONTINUES TO SHOW HOW EDUCATION AND COMMUNITY SUPPORT CAN DRIVE LASTING LIFESTYLE CHANGES



District 5 Happenings....

Make it Mediterranean



At the May D5 TEAFCS meeting, Mandy Patrick, Gregg County FCH Agent, shared tips and resources obtained through her recent training to become a Certified Culinary Medicine Professional. Mandy explained key principles of a Mediterranean Diet and lifestyle, including 9 nutritious food groups to include throughout the week. Agents prepared a delicious and healthy meal featuring regional foods in the Mediterranean style.



District 5 Happenings....

The menu included Tomato and (Homemade!) Mozzarella Cheese Costini w/ Olives, Bourbon Street Chicken, Dirty Rice, and Cajun Roasted Green Beans, with Chocolate Avocado Pudding for dessert..



District 7 Happenings....

HEALTHY SCHOOL/HEALTHY COUNTY MENARD COUNTY

River Rat 5K Run/Walk

What requires no equipment and can be done anywhere? It's being active and 42 participants chose their health and took part in the River Rat 5K Run/Walk at Stockpen Crossing Park in June in Menard. This is an event that kicks off the Jim Bowie Days/River Rat Fest.

The River Rat 5K Run/Walk was the finally to the Menard Healthy School/Healthy County plan for CEA-FCH Milissa Wright. Also, this event provided as a fund raiser for Menard 4-H and Menard AgriLife Extension.

The 42 Participants were not only county residents, but several were from all over the state. A big shout out to all who chose to be a part of this event!

Age Categories represented were youth, high school, adult, small family, medium family and large families.

Youth

High School

Adult

Small Family (2-4)

Medium Family (5-7)

Large Family (8-10)



District 8 Happenings....

CULTIVATE ACADEMY-CTX COMPLETED THE HEALTHY SCHOOL RECOGNIZED CAMPUS CERTIFICATION WITH SHERYL AUSTIN

WALK ACROSS TEXAS WAS ONE OF THE PROGRAMS THEY DID. STUDENTS AND PARENTS ENGAGED IN DAILY WALKING ACTIVITIES AROUND THE GARDEN PATHWAYS AND OPEN AREAS.

TO ADD VARIETY AND COMMUNITY ENGAGEMENT, THEY ALSO WALKED DAILY AT THE LOCAL PARK, ENCOURAGING BOTH PHYSICAL ACTIVITY AND COMMUNITY CONNECTION. THEY WALKED A TOTAL 360 MILES.

GROWING AND COOKING WITH MICROGREENS WAS ALSO ONE OF THE PROGRAMS. THE COOKING CLASSES TOOK PLACE AT CULTIVATE ACADEMY-CTX

WHERE STUDENTS AND YOUTH LEADERS LEARNED TO PREPARE HEALTHY, FARM-TO-TABLE MEALS USING FRESH PRODUCE FROM THE URBAN FARM. A LOCAL FAVORITE AND DAILY STAPLE WAS THE SUNFLOWER MICROGREEN. STUDENTS NOT ONLY GREW THESE NUTRIENT DENSE MICROGREENS, BUT ALSO INCORPORATED THEM INTO MEALS, LEARNING FIRST-HAND ABOUT THEIR HEALTH BENEFITS AND CULINARY VERSATILITY.

IN MAY, THE SCHOOL WAS PRESENTED WITH THEIR BANNER FOR COMPLETING THE PROCESS. THIS PROGRAM BEGAN IN OCTOBER 2024 AND ENDED IN APRIL 2025.



ENNIS REGIONAL MEDICAL CENTER HOSTS CAR SEAT INSPECTION EVENT

THE ENNIS REGIONAL MEDICAL CENTER HOSTED A CAR SEAT INSPECTION EVENT SPONSORED BY PEGASUS CHEVROLET FOR LOCAL RESIDENTS. THE EVENT BOASTED 6 CAR SEAT TECHNICIANS WHO HAPPILY HELPED EXPECTING PARENTS AND PARENTS WITH CHILDREN OF ALL AGES FEEL MORE CONFIDENT AND COMFORTABLE WITH INSTALLING THEIR CHILD'S CAR SEATS AND MAKING SURE THAT THE CAR SEAT FITS THEIR GROWING CHILD.

BETWEEN PARENTS, TECHNICIANS WERE ABLE TO SPEND TIME WITH A PROXY AND INSTRUCTOR AND GAIN VALUABLE MENTOR TIME TO ANSWER QUESTIONS AND HELP TROUBLESHOOT DIFFICULT CAR SEAT SITUATIONS.

District 8 Happenings....

ERATH COUNTY EARLY CHILDHOOD LEARN, GROW, EAT, GO!



THIS SPRING, ANDREA BROOKS (CEA-FCH) AND THOMAS BOYLE (CEA-4-H/YOUTH DEVELOPMENT), HAD THE CHANCE TO WORK WITH BLUFF DALE ISD STUDENTS IN PRE-K, KINDERGARTEN, AND FIRST GRADE, TEACHING THEM MORE ABOUT PLANT NEEDS, PLANT PARTS, AND NUTRITION, USING THE EARLY CHILDHOOD LEARN, GROW, EAT, GO CURRICULUM.

OVER THE COURSE OF 4 WEEKS, 32 STUDENTS LEARNED MORE ABOUT THE PARTS OF THE PLANT THROUGH HANDS-ON INVESTIGATION ACTIVITIES (INCLUDING THE UNDERGROUND ROOT TABLE, SEED DISSECTION, COLORING STEMS, AND FRUIT INVESTIGATION). THEY ALSO HAD THE CHANCE TO PLANT A GARDEN, LEARNED SONGS AND DANCES TO REINFORCE THEIR LEARNING OBJECTIVES EACH WEEK, AND PARTICIPATED IN FOOD PREPARATION AND TASTING ACTIVITIES THAT REPRESENTED THE PART OF THE PLANT PRESENTED THAT WEEK. STUDENT INTERNS FROM TARLETON STATE UNIVERSITY ASSISTED IN PREPARING FOR AND LEADING THE ACTIVITIES.

HAMILTON COUNTY COOKING CAMP GREAT SUCCESS!

IT IS AN EVENT THAT OUR COMMUNITY YOUTH AND PARENTS LOOK FORWARD TO EACH YEAR. WE TEACH THE CHILDREN IMPORTANT KITCHEN SKILLS, AND IT IS A GREAT WAY TO INTRODUCE OUR 4-H PROGRAMS, SUCH AS FOOD CHALLENGE. THIS CAMP IS HELD IN JUNE AND JULY. SOME LEARNING OBJECTIVES ARE SAFE FOOD HANDLING PRACTICES/ HYGIENE, KNIFE SKILLS/ SAFETY, AND ETIQUETTE.

EACH DAY, PARTICIPANTS MAKE A MEAL OR DESSERT THAT THEY CAN TAKE HOME AND SHARE WITH THEIR FAMILY. THE MEALS ARE TAILORED TO A CULTURE, FOR EXAMPLE, ITALIAN, HISPANIC, GERMAN, ETC., TO INTRODUCE THEM TO FLAVORS THEY MIGHT HAVE NEVER TRIED BEFORE.



THIS PROGRAM IS DESIGNED TO GET THE YOUTH/FAMILIES OF OUR COMMUNITY INTRODUCED TO HAMILTON COUNTY 4-H AND ENCOURAGES THEM TO DEVELOP AND GROW THE SKILLS WE INTRODUCED IN OUR CAMP. WE LOOK FORWARD TO A NEW SET OF KIDS IN JULY!



District 9 Happenings....

At the 2025 Montgomery County Fair, Prairie View A&M University's Cooperative Extension team inspired children and families to learn about healthy eating. Through games, displays, and interactive tools, the event successfully promoted nutrition awareness. This initiative empowered students with practical knowledge and excitement about health. By reaching youth in a fun, public space, we planted seeds for lasting lifestyle habits and contributed to the overall wellness of the Montgomery County community.

Montgomery County Fair Levicia Watts, EA- Montgomery County



Harris County Disaster Preparedness Summit

Submitted by Dr. Sonja Davis, Harris County Family & Community Health Agent and Te'Anna Donaldson, Extension Agent, Family & Community Health

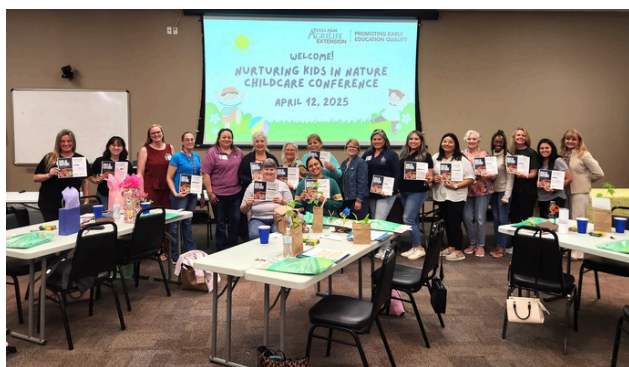
The Harris County Extension office held its first Disaster Preparedness Summit at the Steve Radack Community Center. Rodney Reed, Executive Assistant Chief Harris County Fire Marshal, opened with What to Do in Life-Threatening Situations, and provided practical information to help families stay safe.

Concurrent sessions offered during the summit were home and food preparation and safety, trees and landscape care, generator use and safety, outdoor cooking, and understanding your homeowner's insurance policy and what is covered during a disaster. The day concluded with projections for the 2025 Hurricane Season by Dan Riley, Meteorologist, Texas A&M Engineering Extension Service (TEEX), and door prizes. Special thanks to the Texas A&M AgriLife Extension Disaster Assessment and Recovery Unit and the Steve Radack Community Center.



Nurturing Kids in Nature Childcare Conference

Ginger Benson, EA-FCH, Galveston County



On April 12, 2025, the Nurturing Kids in Nature Childcare Conference brought together early childhood educators for a full day of engaging, hands-on professional development at the Tom LeRoy Education Center in Conroe. Participants earned clock hours while exploring innovative ways to connect children with the natural world. Sessions included outdoor play and learning strategies, wildlife-themed learning centers, creative nutrition education linking food and nature, and kid-friendly yoga to promote movement and mindfulness. The energy was high and the ideas were flowing as educators shared insights and left with practical tools to inspire healthier, more active lifestyles in young children. It was a successful collaboration that highlighted the powerful connection between nature, learning, and overall child well-being.



District 9 Happenings....

Chambers County Employee Health Fair **Carrie Mitchell, FCH CEA- Chambers County**



The Chambers County Agrilife Extension FCH/4-H program was able to host an engaging and educational booth at the Chambers County Employee Health Fair, centered around the theme of Sun and Heat Safety. This initiative helped promote wellness, safe practices and provide valuable resources to county employees. We received an anonymous grant which directly enriched our health fair presence, allowed for meaningful engagement with participants, and highlighted our commitment to promoting health and safety within our community. We were able to purchase the following Agrilife branded items: stainless steel water bottles, cooling towels, rechargeable fans, sunscreen, lip balm, and customized cookies. We are sincerely grateful for the support that made this impactful experience possible.



Making Gardening More Accessible with Seed Libraries **Michelle Scaife,, BLT Agent- Montgomery County**

The Little Seed Library was created by AgriLife Extension and partners in response to community interest in gardening and concerns about rising seed costs. Since its launch, it has become a well-used resource, drawing over 30 visitors weekly. Patrons borrow seeds, seek gardening book recommendations, leave questions for Extension volunteers, and attend monthly Garden Booth Fairs to connect with staff and learn more.

Growing & Nourishing Healthy Communities **Sarah Matranga , BLT Agent- Harris County**

The AgriLife Extension Better Living for Texans (BLT) Program partnered with St. Joseph's Clubhouse, a rehabilitation center for individuals experiencing homelessness and mental illness, to deliver a 6-week gardening education series from May 22 to July 10. Each week features a 60-minute lesson. During Session 2 on May 29, participants learned about soil components and composting, followed by a hands-on activity where they revitalized unused raised beds by weeding, tilling, and adding manure. The beds are now ready for Session 3, which will focus on adding soil and planting summer vegetable transplants.



District 10 Happenings....

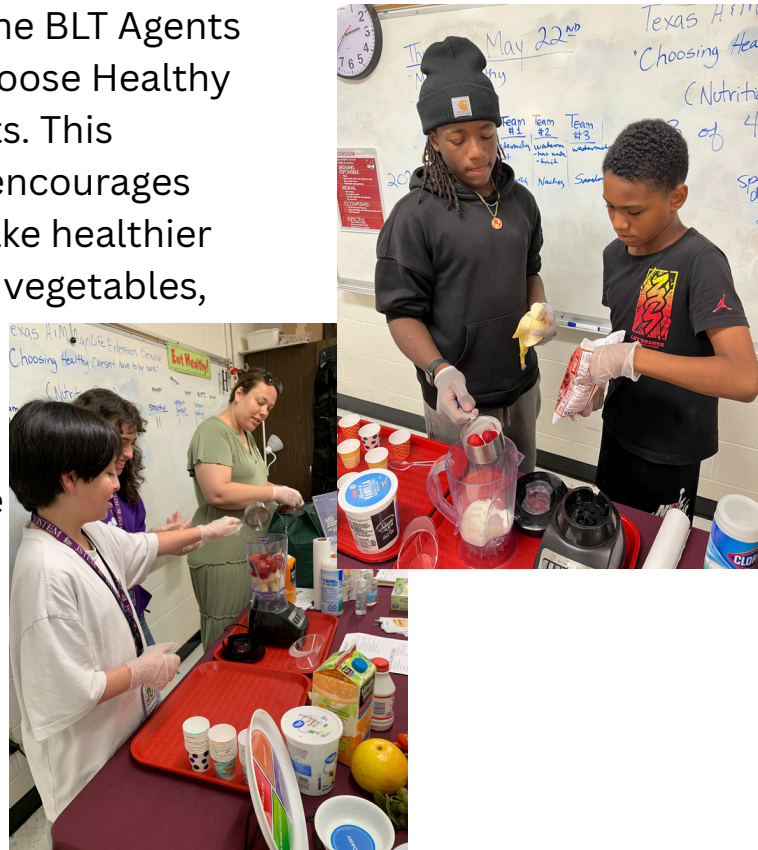
CHILD PASSENGER SAFETY TECHNICIAN CONFERENCE



A photo with the “Bear” is essential when you participate in the Child Passenger Safety Technician Conference. In June, county agents, along with our specialist, attended the conference.

CHOOSE HEALTHY - BEXAR CO. - BLT AGENT DOROTHY HERBST

Dorothy Herbst and Mary Masterson, the BLT Agents in Bexar County, teamed up to offer Choose Healthy at Judson Middle School for 75 students. This program is a fun, hands-on series that encourages our middle school-aged students to make healthier choices, such as eating more fruits and vegetables, staying active, decreasing screen time, and staying hydrated. This program is always a hit, and the students love all the healthy recipes that we get to make and enjoy during the program, especially the Rainbow Fruit Kebabs and Lemon Lime Soda.



District 10 Happenings....

DISTRICT 10 TEAFCS MEETING - FCH AGENTS

District 10 Family & Community Health agents understand the importance of recognizing stress in their everyday life and especially in the work environment. In doing so they can manage how it impacts their physical and mental well-being and prevent potential long-term health problems. So, the agents reached out to Ms. Flores Molina and her students at Burbank High School Cosmetology department and focus on self-care. Ms. Molina provided some tips on how to manage stress and to remember the importance of taking time to focus on our own well-being. This included physical, emotional, social, and financial health. So, since the students needed to practice their skills, we gladly volunteer to be their willing participants.



A FRESH START TO A HEALTHIER YOU - BEXAR CO. - BLT AGENT MARY MASTERSON

Better Living for Texans agent, Mary Masterson was invited by St. Timothy's Catholic Church to teach nutrition to their 30-40 super interested seniors. They

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District 11 Happenings....

SOUTH TEXAS JUDGES AND COMMISSIONERS CONFERENCE – NUECES COUNTY

NUECES COUNTY HOSTED A JUDGES AND COMMISSIONERS CONFERENCE AT THE OMNI HOTEL IN CORPUS CHRISTIE IN JUNE. AS PART OF THE CONFERENCE, SEVERAL SPECIALISTS ALONG WITH SEVERAL DISTRICT 11 AGENTS PUT ON A PROGRAM FOR THE SPOUSES AND GUESTS OF THE JUDGES AND COMMISSIONERS WHO ATTENDED THE CONFERENCE.

KAREN LYSSY, LYNN BRADSHAW AND MEGAN GLIDDEN PRESENTED COCKTAILS AND MOCKTAILS. NORMA MUNOZ, KATHY FARROW AND WINE SPECIALIST DANIEL HILLIN PRESENTED WINE PAIRINGS WITH DINNER TONIGHT RECIPES. KRISTI GANN, MARCIE KUCERA AND KIM DAVIS PRESENTED HEALTHIER HAPPY HOUR CHARCUTERIE. LORI GARCIA, STEPHANIE RUDOLPH, AND SPECIALIST DAVID LEAL PRESENTED SPICE BLENDS. THIS PROGRAM WAS VERY HANDS-ON AND ALLOWED PARTICIPANTS NOT ONLY TO BE CREATIVE, BUT TO TASTE THEIR CREATIONS AS WELL. EACH PARTICIPANT WENT HOME WITH PROGRAM MATERIALS AND SPICE MIXES THEY CREATED.



HEALTHY TEXAS RECOGNIZED SCHOOL CAMPUS
YORKTOWN ELEMENTARY SCHOOL IN DEWITT COUNTY WAS RECOGNIZED AS A 2025 HEALTHY TEXAS RECOGNIZED CAMPUS FOR PARTICIPATING IN THE YOUTH AND ADULT WALK ACROSS TEXAS PROGRAM, LGEG PROGRAM, AND COOKING WELL FOR HEALTHY BLOOD PRESSURE SERIES.



District 11 Happenings....

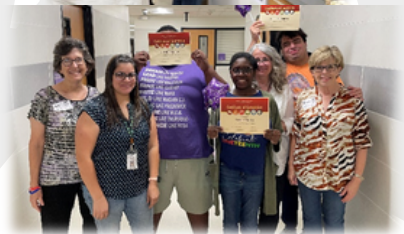
6TH ANNUAL HOMETOWN HARVEST DINNER TONIGHT EVENT

DEWITT COUNTY FCH COALITION – HOMETOWN HARVEST COMMITTEE CELEBRATED THEIR 6TH ANNUAL HOMETOWN HARVEST DINNER TONIGHT EVENT IN APRIL WITH OVER ONE HUNDRED COMMUNITY MEMBERS JOINING IN THE RECIPE DEMOS AND ENJOYING THE DINNER TONIGHT RECIPES SERVED AT ONE LONG FAMILY TABLE DOWN THE MAIN STREET OF CUERO. THE MENU CONSISTED OF RIBEYE STEAKS AND DINNER TONIGHT RECIPES, CREAMY SPINACH “TURKEY” BREASTS ALONG WITH THE MARINATED TOMATO SALAD AND PARMESAN ZUCCHINI AND CORN, AND A SALAD MADE WITH FRESH LOCALLY GROWN STRAWBERRIES AND SPINACH. 4-H YOUTH SERVED THE ATTENDEES AND DEWITT GO-TEXAN MEMBERS AND 4-H BOOSTER MEMBERS HELPED TO CUT THE MEAT AND PLATE THE FOOD FOR OUR GUESTS. THE PROCEEDS WENT TO DEWITT 4-H AND THE DEWITT GO-TEXAN SCHOLARSHIP FUNDS AND TO THE FRIENDS OF DEWITT COUNTY CHILDREN NON-PROFIT ORGANIZATION.



MY WELLBEING PROGRAM - FAYETTE COUNTY
THE MY WELLBEING PROGRAM IS A CURRICULUM DESIGNED FOR PEOPLE WITH INTELLECTUAL AND DEVELOPMENTAL DISABILITIES. IT ADDRESSES WAYS TO IMPROVE WELLBEING AND QUALITY OF LIFE. THIS SIX-PART SERIES WAS PILOTED IN FAYETTE COUNTY THROUGH A PARTNERSHIP WITH THE LA GRANGE INDEPENDENT SCHOOL'S BRIDGE 18 PROGRAM. EACH SESSION FOCUSED ON CREATING AWARENESS AND KNOWLEDGE IN VARIOUS AREAS OF WELLBEING INCLUDING ACTIONS STEPS AND POSITIVE CHOICES RELATED TO WELLBEING. AT THE FINAL SESSION A CELEBRATION COMBINED A REVIEW OF THE STEPS AND CHOICES THE PARTICIPANTS HAD MADE WITH HEALTHY SNACKS.

PHOTOS SHOW PARTICIPANTS MAKING SNACK BAGS TO SHARE WITH INDIVIDUALS WITH WHOM THEY HAVE A SPECIAL RELATIONSHIP. THIS WAS AN ACTIVITY COMPLETED DURING THE “SOCIAL/EMOTIONAL WELL-BEING” SESSION, THE CELEBRATION SESSION INCLUDED CERTIFICATES OF COMPLETION AND HEALTHY SNACKS! A GREAT WAY TO END THE FUN SERIES,



District 12 Happenings....



**JENNIFER HERRERA - CEA HORTICULTURE
CAMERON COUNTY**



THE CAMERON COUNTY MASTER GARDENER SPRING PLANT SALE IS A SIGNATURE COMMUNITY OUTREACH EVENT HELD ANNUALLY AT THE CAMERON COUNTY MASTER GARDENER EDUCATION GARDEN IN SAN BENITO, TEXAS. DESIGNED TO PROMOTE SUSTAINABLE GARDENING AND ENVIRONMENTAL STEWARDSHIP, THE EVENT BRINGS TOGETHER MASTER GARDENERS, PARTNER ORGANIZATIONS, AND COMMUNITY MEMBERS FOR A FULL DAY OF EDUCATION AND ENGAGEMENT. THE EVENT RAISED \$5,972.72 TO SUPPORT ONGOING MASTER GARDENER PROGRAMS AND GARDEN MAINTENANCE. MANY ATTENDEES REPORTED SUCCESS STORIES OF THRIVING NATIVE GARDENS AND POLLINATOR HABITATS INSPIRED BY THE SALE, UNDERSCORING THE PROGRAM'S LASTING IMPACT ON LOCAL GARDENING PRACTICES.

JOANNE URESTE - ARMIJO - CEP FCH HIDALGO COUNTY

A TASTE OF AFRICAN HERITAGE: WE BROUGHT "A TASTE OF AFRICAN HERITAGE" TO LIFE THIS QUARTER THROUGH A STRONG COLLABORATION WITH OUR COMMUNITY PARTNERS FROM JUNETEENTH AND EXTENSION. I ACTIVELY PROMOTED THE PROGRAM, SECURING AN INTERVIEW WITH OUR LOCAL STATION, KNVEO CHANNEL 23, TO DISCUSS THE PROGRAM OVERVIEW AND INVITE PUBLIC PARTICIPATION. WE ALSO MARKETING THE PROGRAM AT THE JUNETEENTH HOLIDAY RECEPTION AT THE EDINBURG MUSEUM AND DURING THE RESTLAWN CEREMONY FOR JUNETEENTH. THE JUNETEENTH COMMITTEE PLAYED A VITAL ROLE, OPENING EACH SESSION WITH AN EDUCATIONAL SEGMENT ON AFRICAN CULTURE. THIS SET THE STAGE FOR THE "A TASTE OF AFRICAN HERITAGE" CURRICULUM, WHERE PARTICIPANTS EXPLORED DIVERSE AFRICAN REGIONS AND THEIR UNIQUE CUISINES, EVEN TRYING DIFFERENT RECIPES.



District 12 Happenings....



NEIDA MARTINEZ - FCH STARR COUNTY



IN MAY, NEIDA HOSTED A VIBRANT FIESTA-THEMED DINNER TONIGHT EVENT FOR THE ROMA ISD SCHOOL BOARD, ADMINISTRATION, AND STAFF. THE EVENING WAS A FLAVORFUL SUCCESS, BRINGING TOGETHER COMMUNITY LEADERS TO CELEBRATE HEALTH AND WELLNESS THROUGH DELICIOUS, NUTRITIOUS MEALS.

JUNE BROUGHT EVEN MORE EXCITEMENT AS 14 HEALTHY TEXAS YOUTH AMBASSADORS FROM STARR COUNTY ATTENDED THE HTYA SUPER SUMMIT IN COLLEGE STATION, GAINING LEADERSHIP SKILLS AND INSPIRATION TO BRING BACK TO THEIR COMMUNITIES.

THE MOMENTUM CONTINUED AT TEXAS 4-H ROUNDUP, WHERE STARR COUNTY SHINED! ONE FOOD CHALLENGE TEAM AND FOUR FOOD SHOW PARTICIPANTS REPRESENTED THE COUNTY WITH EXCELLENCE, CULMINATING IN A 1ST PLACE OVERALL WIN IN FOOD SHOW FOR STARR COUNTY!

SAMMY LUERA - HEALTH ZAPATA COUNTY

AS PART OF THE DISTRICT'S FOCUS ON HEALTH, 195 KINDERGARTEN STUDENTS ACTIVELY PARTICIPATED IN THE LEARN, GROW, EAT & GO! GARDEN-BASED CURRICULUM, PROMOTING HANDS-ON LEARNING ABOUT NUTRITION AND AGRICULTURE. ADDITIONALLY, OVER 1,400 STUDENTS ACROSS THE DISTRICT JOINED THE WALK ACROSS TEXAS PROGRAM, ENCOURAGING PHYSICAL ACTIVITY AND HEALTHY LIFESTYLES. FACULTY AND STAFF ALSO EMBRACED WELLNESS, WITH 69 EMPLOYEES COMPLETING THE ADULT WALK ACROSS TEXAS CHALLENGE. COMMUNITY ENGAGEMENT EXTENDED BEYOND THE CLASSROOM, WITH MORE THAN 20 INDIVIDUALS TAKING PART IN THE COOKING WELL WITH HEALTHY BLOOD PRESSURE PROGRAM, EMPHASIZING THE IMPORTANCE OF HEART-HEALTHY MEALS.



Dates to Remember...

Editor's Note

Summer has always been my favorite time of year, a season that invites us to slow down and savor the moments that often slip through our fingers in our busy lives. The warmth of the sun and the longer days remind us to embrace a simple life. I encourage you to spend quality time with your family, to share laughter, create lasting memories, and soak up the sun (with sunblock, of course). Let this season inspire you to find joy in the present, to recharge your spirit, and to appreciate the beauty of each day. **Happiness is often found in the little moments; let summer be a time to cherish them.**



Nicole Demmer

The District Editors:

Thank You

Wendy Hazzard

Felice Acker

Joy J. Self

Liz Espie

Joel Redus

Rebecca Taylor

Milissa Wright

Danae Hicks

TeAnna Reed

Amanda Mollna

Lori Garcia

Cynthia Covarrubias

Texas Extra Dates

Submission Due Date

September 19, 2025 October 2025
December 19, 2025 January 2026
March 15, 2026 April 2026
June 15, 2026 July 2026

Edition Release Date

