

# EXTENSION CONNECTION

JANUARY-MARCH 2020

HIDALGO COUNTY

TEXAS A&M  
AGRI LIFE  
EXTENSION

Helping Texans  
Better Their Lives



## What We Do

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

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## Extension Staff

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*County Extension Agent- Family & Community Health  
Extension County Administrator*

**Vidal Saenz**

*County Extension Agent- Agriculture & Natural Resources*

**Joanne Ureste-Armijo**

*County Extension Agent- Family & Community Health*

**Ashley Gregory**

*County Extension Agent- Horticulture*

**Romeo Ozuna**

*County Extension Agent- 4-H & Youth Development*

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*Extension Agent  
Expanded Food and Nutrition Education Program*

**Stephanie Bowman**

*Cooperative Extension Agent-Prairie View A&M  
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 @HidalgoAgrilifeExtension

 Texas A&M Agrilife Extension Hidalgo County

# A Note from the Extension Team:

Texas A&M AgriLife Extension Office Hidalgo County kicked off 2020 with great partnerships with a Dinner Tonight Healthy Cooking School and a very well attended Cotton & Grain Pre-Plant Conference. Despite the current COVID-19 pandemic, we continue to adapt to changing times by taking all our programs online! Please follow us on Facebook and YouTube for programs on parenting, sewing, food safety, healthy recipes, and helpful new 4-H project tips! We would like to extend all our thoughts, prayers and thanks to all our essential workers and members of our community affected by the COVID-19 pandemic. Please stay safe and well!

TEXAS A&M  
**AGRI LIFE**  
EXTENSION

Visit  
<http://hidalgo.agrilife.org>  
for more events!

**Subscribe to our  
YouTube channel  
"Texas A&M Agrilife  
Extension Hidalgo  
County" for educational  
videos**



## AgriLife Extension Introduces new Extension Agent for Disaster Assessment & Recovery (DAR) **Linda M. Wasserman**

DAR agents are a resource for County Extension staff in providing community disaster-preparedness education, animal-related disaster response, and projects related to short- and long-term recovery. DAR Teams may also be deployed to support response efforts across the state when requested. After a disaster event, DAR agents may help local jurisdictions in completing disaster summary outlines and preliminary damage assessments. With training, DAR agents will be available to support communities in navigating the state and federal recovery process. The DAR unit will also work with the Texas Department of Emergency Management (TDEM) to strengthen Texas' state response to hazardous events, support faster local government recovery, and the return of individuals, families and communities to a new norm after disaster. Linda's assigned counties consist of Brooks, Cameron, Hidalgo, Jim Hogg, Kenedy/Kleberg, Starr, Willacy and Zapata.





# Family & Community Health

Andrea Valdez, M.P.H.

@TexasA&MAgrilifeExtensionHidalgoCountyFamily&CommunityHealth



## Dinner Tonight with Hidalgo County Employee Wellness Program

Sponsored by DHR Health

# 136

COUNTY  
EMPLOYEES  
AND GUESTS



The Dinner Tonight event with the Hidalgo County Employee Wellness Program and DHR Health was a huge success. Judge Richard Cortez and County Commissioner Precinct 2, Eddie Cantu, starred as Guest chefs to show county employees easy, healthy recipes. County Commissioner Precinct 4, Ellie Torres, served as host. DHR Health's Dr. Melanie Castillo educated employees and guests on the dangers of diabetes and how to use substitutions for healthy food options.

"Insightful...Engaging...and 'Deliciously' Informative"  
"Healthy and Fantastic Recipes to Take Home"



# Family & Community Health

Joanne Ureste-Armijo, M.S.

@AgrilifeExtensionFamilyResourcesHidalgo County



## Maintain No Gain

Sustaining a  
Healthy Lifestyle

# 10

Graduates  
Orange Grove  
RV Park

# 20

Graduates  
Pharr PD

Motivational Tools  
Healthy Recipes  
MyPlate  
Physical Activity  
Personal Goals

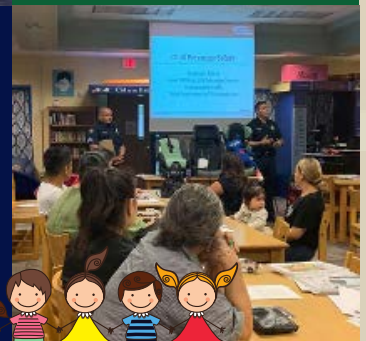


## Booster Seat Campaign

Alton, Texas

# 21

Booster Seats  
Provided and  
Fitted







# Agriculture & Natural Resources

Vidal Saenz, M.S.

## 159

Participants

26th Annual

Rio Grande Valley

Cotton & Grain

Pre-Plant Conference

Rio Farms, Monte Alto



## Small Acreage - Big Opportunity Program

Joint effort of Texas Wildlife Association and Texas A&M Agrilife Extension to teach landowners how to evaluate their property's habitat



## 22nd Annual Bull Gain Test & Heifer Development Program

## 78

Bulls

## 20

Heifers

Tested



## Pesticide License

Training

## 101

Participants



# 4-H & Youth Development

Romeo Ozuna, B.S.



@HidalgoCounty4H



## 68

HIDALGO COUNTY 4-HER'S ADVANCE TO DISTRICT COMPETITION



## 50+

New/Used Coats donated to Tim's Coat Drive

## 528

Active 4-H members

## 26

Hidalgo County 4-H clubs

## 180

Adult & Youth Volunteers

## Scholarships \$24,000

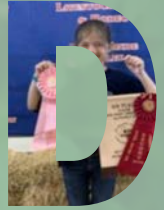
TO 17 GRADUATING 4-H SENIORS



## 40+



HIDALGO COUNTY 4-HER'S PARTICIPATED IN THE 2020 RIO GRANDE VALLEY LIVESTOCK SHOW



# PROUD





# Horticulture

Ashley Gregory, M.S.



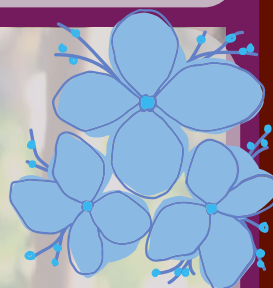
**8  
Events**



**240  
Participants**

**Master Gardeners  
presented "Natives in the  
Landscape" at the McAllen  
Public Library**

The RGV Small Acreage program hosted a two-part series, "Buzz on Bees" that was attended by over 60 perspective new beekeepers.



## More Extension Program Highlights



**A Fresh Start to a  
95 Healthier You!**  
**Graduates**

**Nutrition Educators:**  
Frances Flores  
Yoli Rios



**Growing & Nourishing  
Healthy Communities:**  
Ricardo Carranza  
Roy Custodio  
Andrea Torres-Barragan

**County Wide  
Gardens:**

**9** Community Gardens  
**9** School Gardens

**NEW Gardens:**

Casa de Amigos  
Senior Center V, Weslaco  
Iglesia Nuevo Nacimiento, Edinburg  
Iglesia Pueblo de Dios, Donna

**Bullying**

**Reduce  
Reuse  
Recycle**

**Sun  
Safety**

**Budgeting**

**Fall  
Prevention**

**4-H Community  
Outreach Programs  
Karen Cantu**

**Family & Community Health  
Outreach Programs  
Elzie Martinez  
Linda Ramirez**





# Family & Community Health

Stephanie Bowman, M.S.



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

Cooperative Extension Program

## Heroes 4-Health

Choose Health: Food, Fun & Fitness promotes fitness activities and healthy recipes

**499**

students at Woodrow  
Wilson Elementary -  
McAllen

**34**

students at Economedes  
High School-Edinburg



## Eating Healthy with Diabetes



**34**

senior citizens learned about the risk factors  
for diabetes, health tips for prevention and  
healthy eating with diabetes

## Food Safety & Handwashing

**497**

Pre-K-5th grade students at Valley View  
Elementary participated in a Global-germ activity  
to learn how germs spread and how to practice  
proper handwashing techniques



**14**



## Kids in the Kitchen

3rd grade students at Eisenhower  
Elementary School participated in  
hands-on/nutrition cooking lessons  
and learned about kitchen and food  
safety



# Expanded Food & Nutrition Program

Melissa De Leon, M.S.



Helping young families  
and youth with limited resources!

**638** Adult Enrollment

**248** Adult Graduates

**3,248** Youth Enrollment

**2,878** Youth Graduates



Nutrition! Food Prep! Food Budget Management! Food Safety!