



## Extension Education in Maverick County

# Making a Difference

The Texas A&M AgriLife Extension Service and its partners have long been dedicated to educating Texans. Extension education evolved nationwide under the 1914 federal Smith-Lever Act, which sought to extend university knowledge and agricultural research findings directly to the people. Ever since, Extension programs have addressed the emerging issues of the day, reaching diverse rural and urban populations.

In Texas, all 254 counties are served by a well-organized network of professional Extension educators and some 100,000 trained volunteers. Extension expertise and educational outreach pertain to the food and fiber industry, natural resources, family and consumer sciences, nutrition and health, and community economic development. Among

## **EXTENDING KNOWLEDGE** *Providing Solutions*

those served are hundreds of thousands of young people who benefit annually from Extension's 4-H and youth development programs.

Texans turn to Extension education for solutions. Extension agents and specialists respond not only with answers, but also with resources and services that result in significant returns on the public's investment. Extension programs are custom-designed for each region of the state, with residents providing input and help with program delivery. Here are just a few highlights of Extension impacts on this county and its people.

### **Maverick County – Summary of 2014 Educational Contacts**

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**4-H Clubs – 6**

**4-H Club Members – 297**

**4-H Volunteers – 12**

**LAB and Youth Board Meetings – 4**

**Adjunct Faculty Agreements Eagle Pass ISD – 1**

**Pesticide Applicators Trainings – 5**

**Pesticide Applicators CEU's – 5**

**4-H Newsletters posted on [maverick.agrlife.org](http://maverick.agrlife.org) – 12**

**4-H E mail through 4-H Connect Broadcast – 4455**

**Agricultural Demonstration plots – 3**

**AgNR LBB Report Total Contacts – 29,530.00**

**FCS LBB Report Total Contacts – 27,849.00**

**TV Interviews and Newspaper releases – 20**

**4-H Trainings, Clinics, and Workshops – 22**

## Agriculture and Natural Resources

# 2014 Maverick Youth ANR and Livestock

## Oscar Galindo CEA AgNR

### Relevance

The Maverick County Extension Agent in coordination with the Adult Leaders, the agriculture teachers, the Maverick County Junior Livestock Association, and other local entities work together to improve character, knowledge, and skills of our youth. One of the most important activities of the 4-H is the local livestock show, which demands a great effort and education in order to be a successful activity. After the county livestock show, some 4-H exhibitors participate at the major livestock shows like San Antonio and Houston. The County Extension Agent also promotes and attends the needs of some other activities for the kids in the community, sometimes by personal initiative and other times by attending the calls of our clientele.

### Response

The 2014 Maverick County Junior Livestock Show was the last week of January, with the participation of the FFA students and the Maverick County 4-H. It was an all species show that included steers, lambs, goats, hogs, and rabbits. Before the livestock show the required validations were conducted starting with the steers in June, then lambs and goats, followed by swine and rabbits. During the feeding process of the animal projects the adult leaders, agriculture teachers, and the extension agent programmed different clinics to educate the young FFA and 4-H exhibitors. The 4-H livestock project program is a very intensive activity, and the County Extension Agent attends different calls of the kids, most of them bring their animals to the show barn to practice, weight, and groom their animals. The County Extension Agent attended the request of some 4-Hers that wanted to participate at the District 12 Entomology contest, and developed an educational program to be a part of this activity. During the summer the Eagle Pass ISD Science Week faculty in charge of the summer programs requested a series of presentations related to agriculture sciences. Also, and as usual the South West Texas Junior College Professor of Biology contacted the Extension Agent to provide some presentations to the students, on Zoonosis diseases and the tissue damage, also in animal science.

## Agriculture and Natural Resources

### Results

The 2014 Maverick County Junior Livestock Show was a great event, with higher donations than the previous year and more participation of our youth. The MCJLS was able to collect almost \$ 280,000.00 in donations, and most of this sum is dedicated to pay the animals of the kids. We validated about 13 steers, 87 goats, 71 lambs, 85 hogs, and 35 rabbits of the 4-H kids. The adult leaders, County Extension Agent, and the agriculture teachers provided a Steer Clinic conducted by Rogelio Mercado CEA of Jim Wells County. The Lamb and Goat Clinic were provided by Mr. Carcasi and Mr. Molina a couple of experts in this subject. Many of the 4-H kids were able to bring their animals to the show barn to weigh them, also to practice and groom them. The Maverick County 4-H participated at the 2014 District 12 Entomology Contest at District 12 Round up and we were able to bring back home two first places. It was a very exciting moment for the local 4-H, and hopefully we will get more kids involved next year. The County Extension Agent provided a Series of Entomology Presentations during the summer, at the Eagle Pass Multipurpose Center to young students of the Eagle Pass ISD during the Science Week Summer Camp. Also the County Extension Agent provided some presentations to biology students of the South West Texas Junior College on Animal Science, and Zoonosis Diseases. In some of the meetings of the Eagle Pass 4-H Clubs representatives of the USDA Farm Service Agency, Texas Mexico Border Coalition provided presentation on how to obtain loans, grants and other services through the USDA.

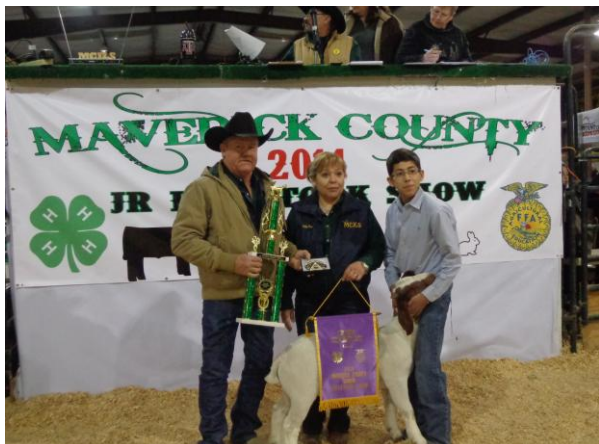
### Future Plans

The Maverick County Extension Agent will continue working with the Adult Leaders, the Agriculture Teachers, the MCJLS Association, to improve the knowledge and skill of our youth. Also to attend the needs of other sectors of the local community, concerning educational presentations related to agriculture and natural resources.



## Agriculture and Natural Resources

Goat Grand Champion a 4-H Kid



Lamb Grand Champion a 4-H Kid



Hog Grand Champion a 4-H Kid



Steer Grand Champion a 4-H Kid



## Agriculture and Natural Resources

Steer Clinic by Rogelio Mercado CEA



Lamb and Goat Clinic



District 12 4-H Entomology two 1<sup>st</sup> Places



USDA FSA Presentation





## Agriculture and Natural Resources

# 2014 General ANR of Maverick County

## Oscar Galindo CEA AgNR

### Relevance

The Maverick County Extension Agent is aware of the most important needs of the ranching business of the area, we don't have much agriculture and most of the county is brush rangeland. In areas like Quemado and El Indio pecan orchards prevail in excellent conditions with very old trees, but sometimes there are issues that might affect the production and expert assistance might be required. One concern of the ranchers is to improve the grassing areas in their properties, either for wildlife game or for cattle. The best method to control undesirable weed and brushes would be the use of different chemicals some of them with restrictions. A positive method to educate the ranchers about the effect of different chemical options, to control weed and brushes, fungal out breaks, or any insect pest is with agricultural demonstration plots.

### Response

The County Extension Agent programmed a series of Pesticide Applicators Trainings at the beginning of the year, which is the most important part of the year to plan their use of chemicals. Also, at the same time CEU's were provided to the ranchers that already have their licenses, and need to keep them current. The County Extension Agent periodically travels around the county to observe the crops, orchards, and rangeland and attends calls of ranchers. One example was a call from a pecan orchard farmer that had some black aphid pest in the trees, on his property and other farms around. An Extension specialist was contacted to provide information, and different methods of treatment. The County Extension Agent developed an Agricultural Demonstration Site to demonstrate the effect of the new herbicide Sendero. First in different dosages to observe the effect under the recommended label amount of chemical, and a lower concentration applied in the foliage of the mesquites. The other experiment was applying the chemical on a cut stump of the mesquites, to observe the effect of the chemical under this method.

## **Agriculture and Natural Resources**

### **Results**

The series of Pesticide Applicators Trainings was very useful to the local ranchers, and many took advantage of this opportunity. Also some other was able to obtain CEU's to keep their licenses current. An especial program was conducted to provide the Pesticide Applicators Training to FFA students of the Eagle Pass ISD, the agriculture teachers' intention is to provide some extra skills by adding this license to their records. The examination was provided at the end of the training by a TDA Official, and most of the students passed the exam and obtained their Pesticide Private Applicators License.

### **Future Plans**

The County Extension Agent will continue offering Pesticide Applicators Trainings, as well as CEU's to the local ranching community. An Agricultural Field Day is planned for next year to demonstrate the results of the Sendero herbicide, at the agricultural experimentation plots in Quemado, Texas. Also to provide the attendees with a presentation from an Extension Agricultural Specialist, concerning different issues of the use of chemicals, like drift minimization, nozzle adjustment, and chemical concentration uses,



## Agriculture and Natural Resources

# 2014 Rangeland Management

## Oscar Galindo CEA AgNR

### Relevance

Most of the ranchers use different chemicals to control weeds and brushes along fence lines, and to improve their pasture potential. The chemical industry is changing to a new set of chemicals, with more potential and some of them even without restrictions. In some cases the companies are even replacing some old products with new labels. The Sendero herbicide is a new product, highly efficient in the control of mesquite and huisache. It is not restricted, and is more efficient than the good old ones like the remedy. This is the third year working with the product, when we use the product the first time was not even accessible to the public.

### Response

This year a producer from Quemado, Texas provided me the opportunity to use the Sendero herbicide in his ranch on mesquites. The chemical was applied with pump sprayer on the foliage of mesquites only, during the summer and under dry and hot conditions in two different plots. Two different concentrations of the chemical were used in water, the first was 1% and is the recommended amount by the product, the second was .5% half of the recommended in the instructions. A third plot using Sendero was treated with 15% Sendero and 85% diesel on a cut stump of mesquites. This procedure was conducted during the fall, and under normal conditions.

### Results

The final results will be evaluated on 2015 at least 8 to 12 months after the different applications were conducted. Right now you can observe the initial effects of the chemical, but we need to allow at least 12 months to determine the final results.

### Future Plans

The County Extension Agent will continue investigating different options to experiment with chemicals that can help the ranchers to control pests or undesirable brushes and weeds. Probably next year we will start working with new products, even if they are not

## Agriculture and Natural Resources

in the market yet. We can also obtain assistance from companies of chemical product representatives, to start a new set of experiments.

Chemicals used



Mr. Dena Ranch entrance



Chemicals used



Chemicals used



## Family and Consumer Sciences

### 014 Maverick County

#### Monica Aguirre, Maverick County FCS-CEP Agent

#### **Bullying: Stop Bullying Now!**

*Meeting Needs, Changing Lives*

**Plan:** OUTPUT/Stop Bullying Now!

#### **Relevance**

Conflicts among youth and bullying have been increasing. School districts have been mandated by the Texas Legislature through two bills (House Bill 212 and 283) to adopt and implement a dating violence policy and a discipline management policy. Both bills require training for teachers/staff as well as training/curriculum for youth to address these issues. Currently, there is no standard curriculum being utilized by school districts. Stop Bullying Now is a program that addresses bullying issues for youth, educators and school administrators.

**Response:** Stop Bullying Now Program was conducted by Monica Aguirre, Maverick County FCS-CEP Agent. Hosting agencies and volunteers assisted with logistics by securing location and announcing the series via the Maverick County AgriLife Extension website, flyers, e mails and phone calls. The bullying program was conducted in four schools within the Eagle Pass Independent School District with grades ranging from third grade to eighth grade. It was also conducted Our Lady or Refuge Church Youth Group, at five sites with the Eagle Pass Housing Authority with youth and adults participants and with three 4H clubs that included youth and adults participants. Program addressed school bullying, cyber bullying and conflict resolution for adults and youth.

**Results:** Two hundred and sixty individuals participated in the Stop Bullying Now Program in Maverick County. Individuals learned to identify bullying behaviors, consequences for bullying to the victim, bully and bystander, forms of cyber bullying, peaceful conflict resolution strategies and ways to address and report bullying at school and in their community.



## Family and Consumer Sciences

Sessions		By Ethnicity						By Gender		By Youth		
	Sessions	Duration (Hours)	White	Black	Hispanic	American Indian	Asian	N/A	Female	Male	Youth	Adult
Total All Contacts	3	6	0	0	260	0	0	0	150	110	260	0

When asked, "What is the most valuable information you learned from this presentation?"

Remarks included:

"It is important to recognize when bullying is happening."

"It is good to know what to do when you see someone being bullied"

"We need to know how bullying affects others"

### Future Plans

The Cooperative Extension Program will continue to offer bullying programs throughout Maverick County with the continued assistance of community partners and in the Eagle Pass Independent School District in efforts to increase bullying awareness and prevention amongst youth and adults.





## Family and Consumer Sciences

# Food Protection Management – Food Handler Program Maverick County 2014

*Meeting Needs, Changing Lives*

## Relevance

Each year, an estimated 1 in 6 people become ill from the food they eat. Common symptoms of food borne disease include nausea, vomiting, diarrhea, abdominal cramping, fever, and headache. While some people may view this as a mere case of “food poisoning” food borne illness has serious health and economic consequences. In fact, food borne illnesses from five pathogens alone (Campylobacter, Salmonella, Listeria monocytogenes, E. coli O157:H7, and E. coli non-O157:H7 STEC) cost more than \$6.9 billion in medical expenses, lost productivity, and even death. All of us are at risk for food borne illness, but older adults, pregnant women, young children, individuals with chronic disease, and those with a compromised immune system are at an increased risk. Because nearly half of our food dollars are spent on foods eaten away from home, it is imperative that employees who work in retail food service handle food safely.

## Response

To meet the need for quality food safety education in Texas retail food establishments, the Food Protection Management (FPM) program was developed. Our two-day certified food manager program prepares food service workers to sit for the state Certified Food Manager exam. Our 2-hour food handler program, which is accredited by the Department of State Health Services, trains front-line food service workers on the basic principles of food safety. Both programs are conducted at the county level by Extension agents.

## Results

During 2014, 46 people in Maverick County participated in the FPM program and completed the food handler program. Change in knowledge (pre vs. post) was used to evaluate the food handler program. In addition, client (customer) satisfaction surveys were collected from participants.

## Family and Consumer Sciences

### Food Handler Course – participant characteristics

More than 65% (n=30) of the participants were female and all were Hispanic. All age groups were represented and more than 45% (n=21) identified Spanish as their preferred language. More than 60% (n=28) of the participants had food service experience but only 30% (n=14) acknowledged they had received training over food safety in the past.

Mean score and % score were both rounded to the nearest whole number.

There was a statistically significant increase in test scores (comparing pre vs post) suggesting an increase in food safety knowledge.

Mean score pre: 68

Mean score post: 83

Percentage of respondents who answered survey questions correctly, pre and post.

Question	% correct pre*	% correct post
1. Which of the following statements about serving food is true?	67	83
2. Which of the following best describes proper hand and arm washing?	87	98
3. The removal of dirt, soil, food or grease is known as:	46	80
4. Which of the following statements about a hand washing sink is true?	87	91
5. Which of the following people is most likely to contract a food borne illness?	46	78
6. Which of the following foods would not be considered potentially hazardous?	70	83
7. Cross contamination happens when safe food comes into contact with:	74	67
8. Which of the following statements best describes the temperature danger zone?	57	80
9. Which of the following is an example of cross contamination?	91	94
10. All of the following are acceptable tools for handling ready-to-eat foods except:	72	87
11. Which of the following food service employees must wear a hair net/restraint?	83	87
12. Which of the following is the best example of maintaining personal hygiene?	50	85
13. A foodservice employee should immediately tell his/her supervisor if he/she has:	65	67
14. Generally speaking a foodborne outbreak involves how many people?	50	91
15. Food can be contaminated by:	70	80

## Family and Consumer Sciences

### Client satisfaction with Food Handler course instruction

		Average Score (n=46)**
Client satisfaction with instructor's knowledge of the subject.		1.0 $\pm$ .21
Client satisfaction with instructor's presentation of course material.		1.0 $\pm$ .21
Client satisfaction with instructor's response to questions.		1.1 $\pm$ .25
Client satisfaction with instructor's involvement in discussion and questions regarding course material.		1.0 $\pm$ .21
Overall client satisfaction with instructor performance.		1.0 $\pm$ .21
Overall client satisfaction with the program.		1.1 $\pm$ .25

\*\* Based on participant surveys received and entered as of 10/1/2014. The client satisfaction survey was given at the end of the training while the survey that assessed client characteristics was given separately (at the beginning).

Instructor satisfaction scores are based on a 5-point Likert Scale (1 = very satisfied to 5 = very dissatisfied). **In other words the lower the number, the more satisfied the participant.** Scores of 0 (not applicable) or 6 (no response) were not included in the analysis.

Summary: The food handlers program was successful in helping participants (foodservice employees) increase their knowledge about food safety as it pertains to the retail setting.

## Family and Consumer Sciences

### 2014 Maverick County

#### Monica Aguirre, Maverick County FCS-CEP Agent

### Money Management – Welcome to the Real World

*Meeting Needs, Changing Lives*

**Plan:** OUTPUT/Money Management – Welcome to the Real World

#### Relevance

Welcome to the Real World is a curriculum developed to help youth make smart financial decisions and maintain financial stability. Welcome to the Real World is an experiential learning program that allows young people the opportunity to learn about personal finance through real-life learning experiences without the real-world consequences. The interactive, hands-on, real-life simulation gives youth the opportunity to explore career opportunities and make lifestyle and budget choices similar to those adults face on a daily basis. According to a 2008 nationwide survey conducted by the Jump\$tart Coalition for Personal Financial Literacy, high school seniors, on average, correctly answered only 48.3 percent of questions about personal finance and economics. That was even lower than the 52.4 percent in the previous survey in 2006 and marked the worst score out of the six surveys conducted so far. According to a 2011 Teens and Money Survey, 86 percent of teens say that they would rather learn about money management in a class before making mistakes in the real world. Basic money-management skills are crucial building blocks for future economic self-sufficiency, yet research shows that many students are unable to effectively manage their finances when they graduate from high school.

2014 Maverick County Data:

- Unemployment rate in Maverick County is 12.6%
- 39% of households in Maverick County are living below the poverty line.
- 40% of children in Maverick County are living in poverty



## Family and Consumer Sciences

**Response:** Program series is being conducted by Monica Aguirre, Maverick County FCS-CEP Agent. Hosting agencies and volunteers are assisting with logistics by securing location and announcing the series via newspaper, flyers and phone calls. The Money Management program is a six lecture series offered to youth in a classroom setting. In 2014, the lessons were offered at Memorial Junior High and at the Parent Education Program with teen parents and Career and Technology Education students.

Demographic information on educational contacts for lecture series participants:

### Group Method Contacts: Ethnicity, Gender & Youth by All Lead Data

	Sessions		By Ethnicity						By Gender		By Youth	
	Sessions	Duration (Hours)	White	Black	Hispanic	American Indian	Asian	N/A	Female	Male	Youth	Adult
Total All Contacts	61	21	0	0	649	0	0	0	529	120	649	0

### Series Modules:

- Explore careers
- Investigate how career choices can be influenced by education and other factors.
- Make consumer choices related to future independent living.
- Learn skills needed to manage their finances.
- Evaluate their success in managing their monthly income and expenses.
- Explore alternatives to balance a budget.

**Results:** Six hundred and forty-nine youth participated in Welcome to the Real World series in 2014. Statistical data on the series is pending.

### Future Plans

The Cooperative Extension Program will continue to offer money management education programs throughout Maverick County with the continued assistance of community partners and in the Eagle Pass Independent School District in efforts to increase knowledge about personal finance and career exploration opportunities.

## Family and Consumer Sciences

### 2014 Maverick County

### Step Up and Scale Down Nutrition Program - Outcome

### Monica Aguirre, Maverick County FCS-CEP Agent

*Meeting Needs, Changing Lives*

#### Relevance

The Maverick County Family & Consumer Sciences (FCS) committee has identified obesity and diet related diseases as a top priority for programming in this county. Overweight and obesity rates among Texas adults, age 18 and over, follow: (1) 65.9% of adults were overweight, with a Body Mass Index of 25 or greater, and 31.0% of adults were obese, with a Body Mass Index of 30 or greater. Diet related diseases include coronary heart disease, hypertension and stroke, type 2 diabetes, and certain types of cancer (4, 5). Poor health and diet related illness have a devastating impact on households due to lost income and medical cost. The annual cost associated with excess weight in Texas is approximately \$15.6 billion in 2010 and could increase to \$39 billion by the year 2040.(6)

Among Hispanic adults, the age-adjusted rate of diagnosed diabetes was 8.5% for Central and South Americans, 9.3% for Cubans, 13.9% for Mexican Americans, and 14.8% for Puerto Ricans.

## Family and Consumer Sciences

Maverick County Demographic data:

Maverick County 2014 snapshot	
Maverick County 2013 Hispanic population	95.1%
Maverick County persons below poverty level 2009-2013	30.5%
Maverick County 2014 premature deaths	5762
Maverick County 2014 children living in poverty	40.0%%
Maverick County 2014 children in single parent households	34.0%
Maverick County 2014 Adult Obesity rate	30.0%
Maverick County 2014 rate of physical inactivity	29.0%
Maverick County 2014 unemployment rate	12.6%

## Response

Step up & Scale Down is a 12-week program designed to support people who want to live a healthier life. It is based on the USDA 2010 Dietary Guidelines. The Dietary Guidelines provide sound scientific information about how proper dietary habits can promote health and reduce risk for major chronic diseases. This program provides weekly motivation, support, and accountability to assist participants in reaching their goal.

### Group Method Contacts: Ethnicity, Gender & Youth by All Lead Data

Sessions		By Ethnicity					By Gender		By Youth		
Sessions	Duration (Hours)	White	Black	Hispanic	American Indian	Asian	N/A	Female	Male	Youth	Adult
Total All Contacts 31	10	0	0	194	0	0	0	169	25	0	194

## Results

194 educational hours were provided.

Anticipated changes and economic impact:

- 90% of respondents reported that they increased their exercise/activity level as a result of this program.
- 65% of respondents reported that they increased their fruit and vegetable consumption as a result of this program.

## Family and Consumer Sciences

- 50% of respondents think what they learned from this Extension activity will help them make more money or reduce their expenses in the future.
- 40% of respondents reported weight loss at the end of the series.

Interpretation efforts include compiling a commissioner's report on a monthly basis and reporting participation and results to stakeholders in the community, to include County Judge, County Commissioners, State Representative Poncho Nevares, Congressman Pete Gallego's local case manager, Melina Castro and Senator Carlos Uresti's staffer Helen Martinez. In addition, reports will be provided to FCS Committee and local partners such as Eagle Pass Independent School District, Wesly Nurses, Methodist Ministries and South Texas Rural Health Services.

## Future Plans

Nutrition programs will continue to be offered throughout Maverick County to impact the adult population and reduce the incidence of diet related diseases.

## Public Value

According to the Centers for Disease Control (CDC), obesity is associated with increased health-care costs, reduced quality of life, and increased risk for premature death. Obesity and diet related diseases are of major concern, especially since they occur at high rates among Hispanic populations, which coincidentally make up 95.2% of the population in Maverick County.(7) Nutrition and fitness programs offer our community knowledge and the opportunity to participate in physical fitness activities, which in turn empower them to improve their quality of life and may also positively impact household budgets through lower healthcare costs.





## Family and Consumer Sciences

### 2014 Maverick County

### Monica Aguirre, Maverick County FCS-CEP Agent

### Parenting Education – Strengthening Families

*Meeting Needs, Changing Lives*

**Plan:** OUTPUT/Parenting-Strengthening Families

#### Relevance

The Strengthening Families Program is a six module parenting education series designed for parents of school-aged children. This research-based educational program was developed to help parents strengthen their relationship and equip them with the skills needed to effectively raise their children. Researchers have identified several factors that are common to strong families, including effective parent and child communication, problem-solving skills, and a sense of purpose. Successful families frequently consider their strengths and weaknesses and take steps to improve their home and family environment.

Between 2006 and 2010, 33% of households in Maverick County were comprised of single parent families. That percentage accounts for 5,888 families in Maverick County.(1) The poverty rate of children under 18 has been estimated at 53.2%. (2)

By: Program series conducted by Monica Aguirre, Maverick County FCS-CEP Agent. Hosting agencies and volunteers assisted with logistics by securing location and announcing the series via Maverick County AgriLife website, flyers, letters and phone calls.

#### Response

The Parenting-Strengthening Families program is a lecture series offered to parents referred by Child Protective Services.

- Parenting-Strengthening Families is a parenting curriculum that uses interactive methodologies to reach parents, via PowerPoint presentations and discussions.

## Family and Consumer Sciences

- Parents being serviced by Child Protective Services were presented with materials including handouts to help facilitate successful parenting programs that will prove to be effective for parenting.

Demographic information on educational contact hours of lecture series participants:

Sessions	By Ethnicity						By Gender		By Youth			
	Sessions	Duration (Hours)	White	Black	Hispanic	American Indian	Asian	N/A	Female	Male	Youth	Adult
Total All Contacts	6	12	2	0	23	0	0	0	20	3	0	25

Series Module:

- Developmental Expectations and Stress Management
- Goals, Objectives, and Rewards
- High Risk Kids and Communication
- Communication II, Problem Solving, and Giving Directions
- Limit Setting
- Implementing the Behavior Plan and Maintaining Good Behavior

## Results

Twenty-five families participated in the Parenting-Strengthening Families. The series will be repeated with parents working with Child Protective Services and will also be offered to parents with children in the juvenile justice system. Parenting programs increase participants' knowledge, skills and abilities, which are essential to a child's development.

Parents who are consistent, respectful, involved and serve as positive role models increase their children's potential for success and help prevent delinquent behavior during the adolescent and teen years. The fines for students at the Discipline Alternative Education Center (DAEP) range from \$250.00 to \$2000.00, depending on the offense they committed. There are approximately 45 students enrolled at the center at any one time. Reducing or eliminating delinquent behavior can have a significant impact on the families and legal system. Parents working with Child Protective Services have had their children removed from their custody and active participation in

## Family and Consumer Sciences

parenting education is one of many recommendations they must fulfill before regaining custody of their children.

Parent testimonials include:

- “This information is important to help me connect with my child.”
- “ This information will help me understand my children better”

## Future Plans

The Cooperative Extension Program will continue to offer parent education programs throughout Maverick County with the continued assistance of community partners and in the Eagle Pass Independent School District in efforts to increase parental knowledge, strengthen parent/child relationships and equip parents with the skills needed to effectively raise their children.

## Family and Consumer Sciences

### 2014 Maverick County

### Monica Aguirre, Maverick County FCS-CEP Agent

### 4-H Maverick County Management Plan-output plan

*Meeting Needs, Changing Lives*

#### Relevance

4-H is a community of young people across America who is learning leadership, citizenship and life skills. 4-H includes fun, learning, exploring and discovering. Participants develop friendships, new skills, become leaders and help shape their communities. Maverick County has four 4 H clubs with approximately 300 members combined.

#### Response

4 H youth in Maverick County participated in Photo Contests, Entomology contests, Food Show, Fashion Show, and animal projects. In addition, youth participate in shooting sports such as archery and shot gun matches. Curriculum enrichment programs were also conducted at school setting and after school programs, to include food and nutrition and financial literacy.

#### Results

- 8 youth participated in County Fashion Show
- 8 youth participated in County Food Show
- 5 youth participated in County Photography contest
- Curriculum enrichment program: food and nutrition 2560 educational hours
- Curriculum enrichment program: financial literacy 649 educational hours



## Family and Consumer Sciences

### Future Plans

- Continue and grow curriculum enrichment programs
- Increase participation in community in 4H program
- Increase membership participation in 4H events

## **2014 Maverick County**

### **Live It! Real Life Nutrition for Teens Nutrition Program**

#### **Monica Aguirre, Maverick County FCS-CEP Agent**

*Meeting Needs, Changing Lives*

#### **Relevance**

The Maverick County Family & Consumer Sciences (FCS) committee has identified obesity and diet related diseases as a top priority for programming in this county. Overweight and obesity rates among Texas adults, age 18 and over, follow: (1) 65.9% of adults were overweight, with a Body Mass Index of 25 or greater, and 31.0% of adults were obese, with a Body Mass Index of 30 or greater. Adolescent overweight and obesity rates for Texans in grades 9 through 12 follow : (2) 15.6% were overweight, ( $\geq$  85th and  $<$  95th percentiles for BMI by age and sex) and 13.6% were obese ( $\geq$  95th percentile for BMI by age and sex). Finally, overweight and obesity rates among Texas children, age two to less than five (3) follow: 16.8% were overweight, (85th to  $<$ 95th percentile BMI-for-Age) and 15.3% were obese ( $\geq$ 95th percentile BMI-for-Age). Diet related diseases include coronary heart disease, hypertension and stroke, type 2 diabetes, and certain types of cancer (4, 5). Poor health and diet related illness have a devastating impact on households due to lost income and medical cost. The annual cost associated with excess weight in Texas is approximately \$15.6 billion in 2010 and could increase to \$39 billion by the year 2040.(6) Families in Maverick County experience economic limitations, as noted in the US Census Bureau.(7) and health issues as noted in [countyhealthrankings.org](http://countyhealthrankings.org).

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Maverick County 2014 snapshot	
Maverick County 2014 premature deaths	5762
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Maverick County 2014 rate of physical inactivity	29.0%
Maverick County 2014 unemployment rate	12.6%

## Response

- *Live it! Real Live Nutrition for Teens* is a nine lesson program that provides technical and educational information to limited resources families and individuals to help them understand the importance of nutrition and diet. The program was conducted in 2014 in school campuses, community centers and summer programs.
- The lessons heighten awareness of the relationship between high calorie food consumption and lack of exercise to health status.
- Marketing efforts included newsletters, Maverick County AgriLife Extension website, flyers, and outreach to community partners.
- Program was planned and coordinated with the Eagle Pass Independent School District, South Texas Rural Health Services and the Texas Department of State Health Services. Retrospective post evaluations were completed for the nutrition classes.

### Group Method Contacts: Ethnicity, Gender & Youth by All Lead Data

	Sessions		By Ethnicity					By Gender		By Youth		
	Sessions	Duration (Hours)	White	Black	Hispanic	American Indian	Asian	N/A	Female	Male	Youth	Adult
Total All Contacts	125	25	27	5	2,926	346	0	0	1,975	1,329	2,930	374

## Family and Consumer Sciences

### Results

Number of Participants: 480; Percentages based on 83% responded to the survey.

Anticipated changes and economic impact:

- 82% of respondents were mostly or completely satisfied with the activity.
- 65% of respondents plan to take actions or make changes based on the information from this activity.
- 62% of respondents think what they learned from this Extension activity will help them make more money or reduce their expenses in the future.
- 92% of respondents would recommend this activity to others.

Interpretation efforts include compiling a commissioner's report on a monthly basis and reporting participation and results to stakeholders in the community, to include County Judge, County Commissioners, and State Representative Poncho Nevares, Congressman Pete Gallego's local case manager, Melina Castro and Senator Carlos Uresti's staffer Helen Martinez. In addition, reports will be provided to FCS Committee and local partners such as Eagle Pass Independent School District, Wesly Nurses, Methodist Ministries and South Texas Rural Health Services.

### Future Plans

Nutrition programs will continue to be offered in Maverick County throughout schools in the Eagle Pass Independent School District, community centers and agencies that serve limited resource audience.

### Public Value

According to the Centers for Disease Control (CDC), obesity is associated with increased health-care costs, reduced quality of life, and increased risk for premature death. Obesity and diet related diseases are of major concern, especially since they occur at high rates among Hispanic populations, which coincidentally make up 95.2% of the population in Maverick County.(7) Nutrition and fitness programs offer our community knowledge and the opportunity to participate in physical fitness activities, which in turn empower them to improve their quality of life and may also positively impact household budgets through lower healthcare costs.



## Family and Consumer Sciences

Colors 5K run at Kickapoo Reservation



Nutrition Lesson at San Luis Colonias Center



Let's Get Fit summer program Zumba



Adult nutrition and exercise program at  
Loma Bonita Colonia Center



## Family and Consumer Sciences

“Let’s Get Fit “participants



## 4-H and Youth Development

# 2014 Maverick County 4-H Program Administrator

## Oscar Galindo CEA AgNR

### Relevance

The Maverick County 4-H Program is an important resource for our youth to develop new educational opportunities in animal projects, archery, rifle, food and nutrition, fashion show, photography, summer camps, and many more activities. The 4-H year runs from August to August. In 2013, the Maverick County 4-H had 262 youth members with an increase this year of 2014 to 289 youth members. Adult Leaders are an important factor that supports the 4-H program. In 2014 Maverick County we had 11 registered Adult Leaders. The Maverick County 4-H has 6 4-H Clubs. These include; the Eagle Pass 4-H Club, the Quemado 4-H Club, the Riverside 4-H Club, the South Side Exhibitors 4-H Club, the 4-H Council of Maverick County, and the 4-H Club Managers Club. Each 4-H Club conducts a monthly meeting, and the Adult Leaders offer different activities and programs for the kids. The 4-H Council of Maverick County is an important structure of the 4-H, because they decide on the most important 4-H issues County wide. The 4-H Club Managers, the Adult Leaders, and the County Extension Agent supervise the actions of the 4-H Council of Maverick County. The 4-H Club Managers and the 4-H Council of Maverick County meetings are all the time the same day, to supervise and advice over the decisions of the council. The Maverick County Extension Office publishes the 4-H Newsletter on a monthly basis and it is posted on the Maverick County website [maverick.agrilife.org](http://maverick.agrilife.org) for access to the 4-Hers and the community. It contains important information such as 4-H Club meeting dates and events, also photos of different events, activities, or other related issues to the 4-H. The Maverick County Extension Office in coordination with the 4-H Adult Leaders offered the 4-H the 4-H Awards Recognition Banquet, with about 500 attendees including youth and adults. The event was at the Eagle Pass High School, and the guest speakers were; Poncho Nevares State Representative, Judith Canales State Director of USDA FSA, and Sara Webb regional USDA FSA.

## 4-H and Youth Development

### Response

The response of the community to 4-H in Maverick County has been positive. Membership in 4-H youth and Adult Leaders increased in 2014. The 4-H promotion of the Extension Office during the summer was very intensive this year; with 4-H banners throughout town, the participation of the 4-H in the 4th of July parade, the participation in the Back to School Fair of the Eagle Pass ISD, also advertisement in the local newspaper and radio stations. More Adult Leaders and 4-H youth members expressed interest in other new 4-H activities like archery, rifle and entomology.

### Results

The results were highly optimistic; in the 2014 Maverick County Junior Livestock Show, the 4-H obtained Steer Grand Champion, Lamb Grand Champion, Goat Grand Champion, Hog Grand Champion, and Rabbit Grand Champion. Most of the 4-H animal projects were able to make the sale at the MCJLS, obtaining good earnings for the 4-H families. In March the Maverick County Extension Office conducted the 2014 Shooting Sports Safety Training Certification for Archery and Rifle. The 2014 Archery Project was a great success, even though it was the second year. Approximately 15 youth participated in the project. At the 2014 Archery Competition in Benavides, Texas we were able to obtain on first place at the 3D Archery Match. Our 4-H youth also participated in the 2014 Rifle Match, in Benavidez, Texas with 2 competitors. The 2014 Food Show was also an excellent project, and the Maverick County 4-H was able to participate at the District 12 level, obtaining 2 second places. The Maverick County Extension Office also conducted the 2014 Maverick County 4-H Photography Project, and we participated at District 12 and the Stale 4-H Photo Show. The 4-H Fashion Show was another 4-H activity in which the Maverick County 4-H participated locally and at the District 12 Fashion Show, and we obtained two first places, at the Trashion Show, and Constructing Category.

### Future Plans

The Maverick County Extension Office will continue supporting the 4-H activities, and we are acquiring equipment for the different projects through donations and fund raisers. The Maverick County 4-H already has 2 Certified Shooting Sports Coaches for the 22 Caliber Rifle Project, and 2 Certified Coaches for Archery. We recently added a sewing project with the Eagle Pass 4-H, with the sewing machines included. The goal is to increase the participation of the 4-H in all the different activities.



## 4-H and Youth Development

The Eagle Pass 4-H Club



4-H Awards Recognition Banquet



Poncho Nevares State Representative  
Guest Speaker at the 4-H Banquet



Judith Canales State Director of FSA  
Guest Speaker at the 4-H Banquet



## 4-H and Youth Development

2014 Maverick County 4-H Council



Eagle Pass 4-H Club Sewing Clinic



Leadership LAB participants



The Quemado 4-H Club



## 4-H and Youth Development

# 2014 Maverick County 4-H Food Show and Food Challenge

## Relevance

The 2014 Maverick County 4-H Food Show and Food Challenge was part of the Food and Nutrition Program conducted between the FCS Agent and the AgNR Agent. Food and nutrition education is an important factor for our youth, not only to educate the kids about healthy eating, but also to teach them new skills concerning cooking and culinary traditional kitchens.

## Response

After announcing the 2014 Maverick County 4-H Food Show and Food Challenge, we had some 4-H families interested in the project. We programmed some initial meetings to organize the project, also a series of clinics to educate the kids in the different aspects of the project.

## Results

The 2014 Maverick County 4-H Food Show was conducted in October, with 8 4-H kids participating in the event, and the Judge was Lady Hearing. A previous set of 2 clinics were provided to educate the kids in nutrition, cooking, and the rules and guidelines of the competition, at the county level and the District 12 event. Fortunately we had 6 kids participating at the District 12 Food Show and Food Challenge, in Three Rivers, Texas.

## Future Plans

The Maverick County Extension Agent will continue with programs like food and nutrition, also supporting the participation at the county level, District 12 levels, and if it is possible at the State 4-H level.



## 4-H and Youth Development

2014 Maverick County 4-H Food Show participants



District 12 4-H Food Show participants





## 4-H and Youth Development

# 2014 Maverick County 4-H Fashion Show

## Relevance

The 4-H Fashion Show is another educative resource for the kids in Maverick County. The kids can learn about clothing, textiles, sewing, modeling, and designing their own projects that can help them understand their creativity.

## Response

The Maverick County Extension Agents programmed the 2014 Maverick County 4-H Fashion Show. It was promoted in the 4-H Newsletter of February, and the activities of the event were in March. The program started with meetings with the 4-H Adult Leaders interested in the project, afterward 2 clinics were provided to educate the participants concerning clothing, textiles, also the rules and guidelines at the county level, and District 12.

## Results

The 2014 Maverick County 4-H Fashion Show was on Saturday, March 22, 2014 with a good number of participation. The Maverick County 4-H youth participated at the District 12 4-H Fashion Show, in Falfurrias, Texas on April 5, 2014. Our kids were able to obtain the first place at the District 12 Fashion Show, Trashion Show Category which was a team work of 4-H kids. Also, we won the first place with the Constructing Category, in the intermediate age division.

## Future Plans

The Maverick County Extension Office will continue supporting the 4-H Fashion Show, and will develop strategies to increase the numbers of the program. This are the kind of programs that can attract new 4-H enrollment for the county 4-H.

## 4-H and Youth Development

### District 12 Fashion Show participants



### District 12 Fashion Show – Trashion Show First Place



## 4-H and Youth Development

# 2014 Maverick County 4-H Archery and Rifle

## Relevance

Eagle Pass, Texas located in Maverick County which is not a big city, and the community is constantly seeking activities for the kids, most of the time outdoor activities. Because much of the population either live in the outside the city, or have little ranches. The Shooting Sports Program was created focusing in this particular issue, and it all started with a small group of family and friends.

## Response

The response was very optimistic, and we have certified coaches for both disciplines archery and rifle. We currently use a shooting range for rifle that is owned by one of our rifle 4-H coaches, also the archery 4-H kids shoot outside of the MCJLS show barn. At the beginning of the season the Maverick County Extension Office provided the Shooting Sports 4-H Safety Training for both disciplines archery and rifle.

## Results

This year the Maverick County 4-H participated at the District 12 Rifle Match in Benavidez, Texas this was the first time Maverick County 4-H was part of an event like this. Also the Maverick County 4-H participated at the District 12 Archery Match, in Benavides, Texas and we were able to obtain one first place.

## Future Plans

The County Extension Agent will continue supporting the archery and rifle programs, and hopefully we can certify more coaches for both disciplines. We are aware that the program is growing, and we will find ways to obtain more resources and certified coaches.



## 4-H and Youth Development

District 12 4-H Rifle Match participants



4-H Shooting Sports Safety Training



District 12 4-H Archery 3D Match participants



District 12 Archery 3D Match 1<sup>st</sup> Place





## 4-H and Youth Development

# 2014 Maverick County 4-H Quality Counts

## Relevance

One important factor for our 4-H youth major show exhibitors, is to possess their Quality Counts number in order to show at any major livestock show. They must pass the exam, and familiarize with the information provided by the Quality Counts Program. The County Extension Agent provided a workshop for those major livestock show exhibitors, to prepare them with the necessary information to pass the exam. Also to educate them on the different illegal drugs prohibited in show animals, and how to conduct their projects properly.

## Response

The Quality Counts Program provides a list of the Maverick County 4-H major show exhibitors that changed age category, and had to retake the Quality Counts test. The County Extension Agent contacted these exhibitors as well as some other new major livestock show exhibitors, and a Quality Counts workshop was schedule for this individuals. The response was positive, due to the importance of the subject.

## Results

The results were positive, thanks to the parents and the participation of the 4-H kids. All of the 4-H major livestock show exhibitors that attended the workshop were able to pass the Quality Counts exam, and obtained their number to register in the different major livestock shows of Texas.

## Future Plans

The Maverick County Extension Office will continue providing workshops and training to the 4-H youth in order to comply with their projects as mandated by the 4-H. Quality Counts is an important aspect for our young 4-H major livestock show exhibitors, and the County Extension Agent will support the necessary education to fulfill this project.

## 4-H and Youth Development

# 2014 Maverick County 4-H Photography

## Relevance

The Maverick County Extension Office offers the 4-H Photography Project on a yearly basis. In coordination with the Adult Leaders, this is a great opportunity for the 4-H youth to develop new skills and to upgrade their current abilities in photography. The Maverick County Extension Office promoted the event several months in advance in our monthly 4-H Newsletter and was also mentioned by the County Extension Agent during the 4-H Club meetings.

## Response

After the marketing of the 4-H Photography Project, the Adult Leaders and the County Extension Agent coordinated a meeting to plan for the event. Also workshops were conducted to educate and train the 4-H kids concerning the rules and datelines. The Maverick County Extension Agent encouraged the 4-H members involved in the project, to also participate at the District 12 level and at the State 4-H Photography contest.

## Results

The Maverick County Extension Office, along with the assistance of the Adult Leaders conducted workshops prior to the County 4-H Photography competition. The workshops provided photo techniques, rules, and guidelines of the local and District event. In addition, participants were provided with instructions on how to submit their photos via e mail to the County competition, as well as instructions to upload photos to District 12 Photo Show through 4-H Connect. The 2013 Maverick County Photography Project was a great success. The participants submitted their photos via e mail to the Extension Office, and an experienced photographer judged the photos. All of the participants were able to advance to District 12 Photo Show and one advanced to the State 4-H Photo Show.

## Future Plans

The Maverick County 4-H Photography Show Project is an event which the Adult Leaders and the County Extension Office organize on a yearly basis. We would like to increase the number of participants, besides the 4-H members that do it every year.

## 4-H and Youth Development

# 2013 Leaders for Life Outcome Plan - Maverick County

## Relevance

The 4-H Council of Maverick County is the most important structure of the local 4-H organization. They are the ones that decide how to use the moneys we receive from donations and fund raisers by the Adult Leaders. Some of these kids are natural born leaders, and they are willing to withstand all the challenges that might be related to their positions. They need to be guided and trained in Parliamentary Procedures, and how to manage different situations that might arise during their period as 4-H Council members. The 4-H Council operates under the supervision of the 4-H Club Managers, Adult Leaders, and the County Extension Agent. The County Extension Office is determined to provide all the necessary trainings and workshops to the members of the 4-H Council, and other 4-H members to properly conduct the 4-H Council meetings.

## Response

The 4-H Council members of the previous year conducted the last meeting in May 2014. They shared with other 4-H members the great experience they had as 4-H Council members. The members of the previous year 4-H Council were able to obtain valuable trainings in Parliamentary Procedures, and they had the opportunity to resolve important issues of the Maverick County 4-H. The current 4-H Council was elected in September and at the same time we provided the list of responsibilities and what is expected from them. In the October meeting the County Extension Agent provided the training on Parliamentary Procedures on how to conduct a meeting, and to cautiously decide in the items on the Agenda. The Agenda for the 4-H Council is previously prepared by the 4-H Council President under the supervision of the County Extension Agent, the 4-H Club Managers, and Adult Leaders. The items to be discussed in the Agenda are previously published in the monthly 4-H Newsletter, and only the items in the Agenda are subject for discussion. With the established 4-H rules, regulations, By Laws, and internal procedures; the 4-H Council of Maverick County was prepared with the necessary trainings to function properly.

## Results

The 2014 - 2015 year 4-H Council of Maverick County members at the present time is prepared to function as a cohesive group, and decide on County wide 4-H issues. The

## 4-H and Youth Development

training and guidance provided by the County Extension Agent and Adult Leaders prepared this group of kids to professionally run the 4-H Council.

## Future Plans

The Maverick County Extension Office will continue providing trainings in Parliamentary Procedures to the 4-H Council members, also to 4-H kids that seek leadership in the 4-H Council. Our plans for next year of 2015 are to attend the District 12 Leadership LAB, and Election Convention.

Maverick County 4-H kids delivering Christmas Toys to the Corner Stone Ranch





## 4-H and Youth Development

### Eagle Pass 4-H Club Officers



### Mark J. Hains at the South Side Exhibitors 4-H Club meeting



## Community Economic Development

# 2013 Community Resources and Economic Development of

## Oscar Galindo

### Relevance

The Maverick County Extension Agent is always committed to create programs that can benefit the 4-H Youth, and if possible other sectors of the community. Part of the leadership of an Extension Agent is to attract economic resources and activities to the community.

### Response

The Maverick County Junior Livestock Association, in coordination with the Agricultural Teachers, and with the support of the Maverick County Extension Office organized the 2014 Muy Grande Prospect Show for Lambs, and Goat exhibitors. The Maverick County Extension Agent submitted an invitation to all the Extension Offices in the State of Texas. The Maverick County Extension Agent was contacted by the USDA Rural Development at the beginning of the year, with an idea based on the necessity of the community to build a new facility to house more efficient offices and a new show barn for our youth.

### Results

The Muy Grande Prospect Show for Lambs, and Goat exhibitors was a great success. There were exhibitors from all over Texas. The concession stand made good profits that benefited both, the FFA and the 4-H. After the proposal presented by Joe de Ochoa to submit an application to the USDA Rural Development to build a new facility that will benefit not only the 4-H and FFA, but other sectors of the community. The County Extension Agent with the assistance of Joe de Ochoa representative of USDA Rural Development presented the idea to the Maverick County Judge which positively accepted the plan. After the meeting with the County Judge, the plan was presented in Commissioners Court and they unanimously approved the petition. The County Extension Agent acted as the point of contact and prepared the application with the assistance of different entities, and is currently under review in USDA Rural Development to determine the amount of grant that we will receive. Another positive acquisition of the Maverick County Junior Livestock Association was the new pens for the next livestock show; all the old pens were eliminated and replaced with about 150 brand new grey pens.

## Community Economic Development

### Future Plans

The County Extension Agent will continue supporting events that will benefit the 4-H, and other sectors of the Maverick County.

#### 2014 Muy Grande Lamb and Goat Prospect Show





## Community Economic Development

The new pens acquired by the Maverick County Junior Livestock Association



Property of Maverick County were the new buildings will be constructed





# Extension Education in Maverick County

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