

Oscar Galindo – County Extension Agent Agriculture and Natural Resources also 4-H Coordinator

Maverick Youth ANR and Livestock In Depth Plan: The program covers all the activities of our youth with livestock projects, and the main group is the Maverick County 4-H. This past year we had 292 4-H kids registered in 4-H Connect, and 12 registered 4-H Adult volunteers. The County Extension Agent offered activities to FFA students and 4-H kids combined, like the Lamb and Goat Clinic. Also in cooperation with the MCJLS Association volunteers, and the agriculture teachers we conduct the validations of lambs, goats, steers, hogs, rabbits, and poultry. The 2017 Maverick County Junior Livestock Show was a great event with auction sales exceeding the \$ 350,000 for the kids. We also conducted the 2017 Muy Grande Lamb and Goat Prospect Show, with 83 entries of local and other counties exhibitors. The Maverick County 4-H participated at the San Antonio Livestock Show with 38 kids, at the Houston Livestock Show with 5 kids, and the San Angelo Livestock Show with 4 kids.



Agricultural Field Day in Depth Plan: This year the field day was focused in agricultural irrigation, due to the fact that Maverick County has an irrigation canal system that runs out of the Rio Grande from Quemado to El Indio. A proposition was offered by Dr. Lucas Gregory from the Texas Water Resources Institute to conduct a field day in Maverick County, and after consulting with my agricultural committee we organized the event. At the event we had 6 PhD's presenting; Dr Askar Karimov, Dr. Juan Enciso, Dr. Samuel Zapata, Dr. Dana Porter, and Dr. Larry Stein. It was a great agricultural irrigation program for the local ranchers, pecan orchard producers, and some FFA students that attended the event. We are already making plans for a similar event this year.

Maverick 4-H Grows: Concerns about the activities of the Maverick County 4-H Clubs, the Eagle Pass 4-H Club, the Riverside 4-H Club, the Quemado 4-H Club, The Southside 4-H Club, and the Maverick 4-H Council. The clubs conduct monthly meetings during the school year; in some cases they add educational guest speakers. We also provide the 4-H Awards Recognition Banquet, during the summer we promote the 4-H at the Back to School Fair, and the 4-H also provides scholarships to the senior 4-H graduates.



Maverick 4-H Education: Includes all the 4-H programs we have in Maverick County starting with the Maverick County 4-H Shooting Sports Archery and Rifle, the 4-H Food Show, the 4-H Fashion Show, the 4-H Photo Show, 4-H Plant and Grass ID, and the 4-H Record Book. For all the programs we conduct planning meetings, workshops, local competitions, and the finalist advance to District or even State. The shooting sports is the most active and we offer Maverick County 4-H Shooting Sports Safety Training at the beginning of the program, and we also participate at the District 12 Archery and Rifle Postal League. In all of the 4-H competitions we all the time obtain good results at District 12, and also at State 4-H this year with the Plant and Grass ID team.



Monica A Aguirre FCH - Family and Consumer Sciences Prairie View A & M University Cooperative Extension Program

Childhood obesity prevention, Heroes for Health program: Sessions were conducted at school campuses in the Eagle Pass Independent School District, to include Eagle Pass High School, CC Winn High school and Frank Chisum Center. In addition, the Lets Get Fit Summer Program was conducted at the City of Eagle Pass Multipurpose Center. The evidenced based curriculums included, *Live It! Real Live Nutrition for Teens* and *Choose Health: Food, Fun and Fitness*. Approximately **667 youth participated** in the Heroes for Health program, yielding **3135 contacts** and **5760 educational hours**. Fifteen **youth ambassadors** were trained in the curriculum and taught the lessons to the participants who ranged from ages 8 to 12 years of age. Youth volunteers gained leadership skills, organizational skills all while increasing their knowledge about nutrition and fitness. Participants learned about the five food groups and the nutritional value of each group; they learned appropriate portion sizes for their age and level of activity. In addition, they learned about the value of whole grain products, the risks associated with foods high in fat, sodium and sugars. Finally, they learned about the importance of eating a well-balanced breakfast and the value of exercise as part of their daily routine.



Financial Literacy program, *The Real World Program* was conducted in collaboration with Eagle Pass ISD where 261 contacts were made and 459 educational hours were conducted. It was offered at the Eagle Pass ISD, PEP Daycare to teen parents and students enrolled in the CATE courses at the high school level from both CC Winn High School and Eagle Pass High School. The Money Management program is a six lecture series offered to youth in a classroom setting. Series Modules include: 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. Sixty-three students completed the program. With a school district goal of reducing dropout rates in Maverick, County, it was encouraging to see the student's recognition of the correlation between education and career goals.

USDA - Cancer Prevention: Empowering Communities in the Rural South: Program is a study by the University of Georgia, College of Family and Consumer Sciences. Participants take part in a 2-3 hour workshop focused on cancer prevention and screening of Breast, Cervical and Colorectal. The curriculum also emphasizes prevention measures associated with healthy diet and exercise and the correlation they have with cancer prevention. Each workshop has a food demonstration and participants are given a recipe book. In addition, each workshop has a follow up event 10 – 12 weeks after the each workshop. Approximately 150 men and women participated in the workshops and follow up events in 2017.



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