

Agriculture and Natural Resources

This past year we were able to offer a program provided by Dr. Noel Troxclair for local residents the 2022 Turf Grass Management Multicounty Workshop for Homeowners, and we also provided three CEU's for the attendees with pesticide applicators license. In coordination with Dr. Robert Lyons we worked in one Applied Agricultural Research Project using different herbicides to control native brush and prickly pear. We also programed an educational event for our local ranchers, the 2022 Brush Busters Workshop provided by Dr. Megan Clayton. It was a practical hands-on class focused on the proper use of machinery to spray herbicides, and she also provided information concerning the different herbicides in the market.



4-H Program

The 4-H educational projects are another strong part of Extension. One of the programs that have been growing in the past years is the Maverick County 4-H Shooting Sports for Archery Rifle and Shotgun Disciplines. Our 4-H shooting sports kids participated in the 2022 District 12 4-H Archery Rifle and Shotgun Shooting Sports Postal League conducted in local shooting ranges and the targets mailed to the district 4-H Office. The also participated in the District 12 4-H Archery and Rifle in Benavides, Texas and Shotgun in Laredo, Texas. Some of our 4-H kids also participated at the local and District 12 4-H Photo Show. The 4-H Food Show was another event in which our kids participated at the local and District 12 level events. This year we had four State Shooting Sports 4-H Ambassadors, and one went up to National Shooting Sports 4-H Ambassador. We also have one State 4-H Livestock Ambassador this year. One of our 4-Hers is with the District 12 4-H Council Board.



4-H Livestock Projects

Parents and kids working together

This past year even though we were recovering from the COVID – 19 Pandemic the 4-H Livestock Program was able to maintain the usual number of exhibitors in the different species of steers hogs' lambs goats' chickens and rabbits. The CEA was able to offer the Lamb and Goat Clinic and the Hog Clinic. In coordination with other 4-H Clubs the Steer and Heifer Clinic also the Rabbit Clinic.

2022 MCJLS Auction
\$ 400,000.00

The MCJLS Auction Sale benefited many FFA and 4-H families of the community

4-H

The Maverick County 4-H also participated at

San Antonio Livestock Show
San Angelo Livestock Show
Houston Livestock Show
Austin Livestock Show



Healthy Living

CHFFF: Choose Health Food Fun & Fitness

Nutrition programs were delivered throughout Maverick County.

This curriculum is a comprehensive nutrition and fitness composed of six hands-on lessons. Each presentation objective is to enable the audience to become more knowledgeable and eat healthier. Youth nutrition education is one of many strategies to help reduce the high rates of childhood obesity.



Students enjoyed a quick and tasty recipe: “Water with a Twist”



All programs are modified to reach students/participants second English language.



Childhood Obesity

Childhood Obesity prevention presentations informed students how to read food & beverage labels. It allows the participant to learn how food labels can help limit the amount of fat, sugar and have a healthier nutrition diet.



76 Programs / 1,275 Contacts

Educate and inspire to make well-balanced nutritious food decision for a more effective healthy lifestyle

Covid-19 pandemic has underscored the need to better understand the relationship between nutrition and stress so that we can better help people maintain their health during these highly stressful times.

Health & Wellness

Nutrition and stress management presentation objective is to enable the audience to become more knowledgeable in different areas in preventing and planning a more effective healthy lifestyle. *In the Moment Breathing Technique* (Mind Matters) was also implemented to reach how to clear their minds through breathing meditation and improve their perception, allowing them to focus.

Benefits: Helped manage the effects of any stress response (fight or flight) on your body by increasing the oxygen level in your brain and blood system.



42 Programs / 1,348 Contacts

Stress Management: Nutrition and Fitness for your Heart, Mind & Soul

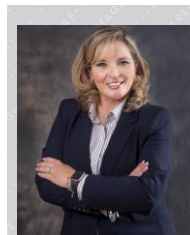


PRAIRIE VIEW
A&M UNIVERSITY
COLLEGE OF AGRICULTURE
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Cooperative Extension Program



FAMILY &
CONSUMER
SCIENCES



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