

TEXAS A&M AGRI LIFE EXTENSION

WEBB COUNTY

2023 Annual Report



Webb County Agents



Angelica Sifuentes
County Extension Agent
Family & Community
Health



Hector Soto
County Extension Agent
4-H & Youth Development



Jeffrey Hester
County Extension Agent
Agriculture & Natural
Resources



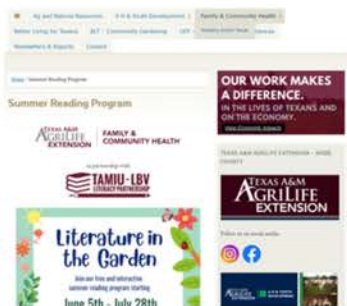
Aileen Sifuentes
Extension Agent
Better Living for Texans



Valeria Arredondo
Extension Agent
Better Living for Texans



Cynthia Covarrubias
Extension Agent
Better Living for Texans



Reading in the Garden
A virtual program for youth in partnership with Texas A&M International University was implemented. Local elementary schools implemented this program over the summer for literacy retention improvement.



Featured in Borderlandia
Through partnerships with Laredo Main Street, CEA-FCH Agent Angie Sifuentes was interviewed for the local Laredo podcast about the importance of fruits and vegetables.



DINNER TONIGHT EMERGENCY PREPAREDNESS

EMERGENCY PREPAREDNESS MEALS FOR YOU AND YOUR FAMILY. JOIN US FOR RECIPE & PREPAREDNESS DEMONSTRATIONS FOR EMERGENCY SITUATIONS

La Press Community Center September 20th 2022 11:00 a.m. - 1:00 p.m. 1983 Mangau-Huie Rd. Laredo, TX 78046	Rio Bravo Community Center September 27th 2022 10:00 a.m. - 12:00 p.m. 1600 Orquidia Lane Laredo, TX 78046
El Salinas Community Center September 28th 2022 10:00 a.m. - 12:00 p.m. 917 N. Main St. Meranda City, TX 78069	El Cenizo Community Center September 29th 2022 10:00 a.m. - 12:00 p.m. 3519 Cecilia Ln. El Cenizo, TX 78045

For program information contact:
Angelica Sifuentes
Phone: 956-523-5290
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Dinner Tonight: Emergency Preparedness
In September, for National Emergency Preparedness month, Dinner Tonight: Healthy Cooking Schools were implemented for senior adults in all Precinct 1 community centers in collaboration with Commissioner Gonzalez.



Learn, Grow, Eat, & Go and Early Childhood Learn, Grow, Eat & Go!
Laredo I.S.D.'s Honore Ligarde Elementary School became the first school in the district to become a Healthy South Texas Recognized Campus by implementing interdisciplinary gardening programs, along with nutrition and active living programs for youth and adults.



Chef Demos at Laredo's Farmer's Market
Chef Demos led by CEA-FCH Angie Sifuentes, were conducted for the general public. Cooking demonstrations were part of monthly Dinner Tonight promotions.



Cooking Well with Diabetes
29 senior adults at Ladrillera Senior Recreation Center graduated from the 4-session series, then participated in **Moves to Fit You** and **Maintain No Gain** during the holidays.



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Kendra Scott

Webb County 4-H was part of the Kendra Scott Fundraiser. Kendra Scott donated a portion of their earnings to Webb County 4-H.



A Day at the Water Museum

Webb County 4-H had a day at the water museum trip. Here members received a tour of the facility. They also learned on the importance of water conservation. Members were also able to tour their outdoor area. We then provided some community service to the facility outside



Career Days

Webb County 4-H has been part of several career days in the community. We go and explain what we do in Webb County and promote our fishing program. We also use these events to recruit members and enroll them in clubs.



Clover Campaign

Webb County has attended Clover Campaigns at Tractor Supply. Here we have members set up and promote our program. We also have clubs do recruitment. Clubs come to set up and they show the public what they have to offer.



Basic Angler Certification

Webb County 4-H was able to give out 12 Basic Angler Certification through our 4-H Fishing Sport Certified Coach and TPDW. Webb County 4-H also provided certifications to people in surrounding counties



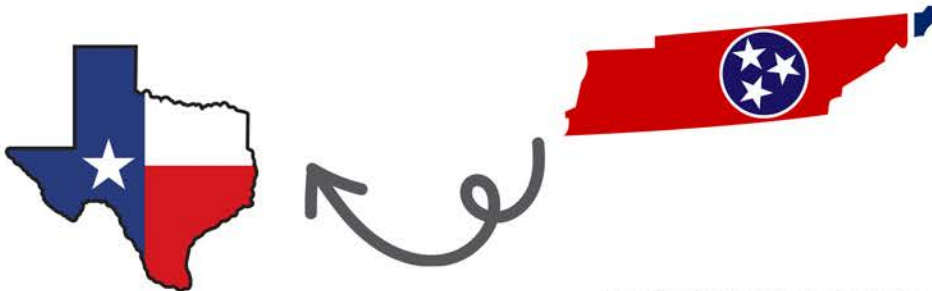
Youth Council Kickoff Meeting

Our Youth Council officers have been hosting Kickoff meetings after they have completed their Officer Elections. Here they have activities that server as professional development for the members. Officers are able to meet and interact with all the members in Webb County 4-H.



My name is Jeffrey Hester and I am serving as your agriculture and natural resources for Webb County. I am from Pleasant View, Tennessee where I grew up on our family farm and participated in the Tennessee 4-H program, showing horses, raising tobacco and participating in leadership and citizenship events. I earned my bachelor's in agricultural sciences at Austin Peay State University and master's in agricultural leadership, education, and communications at the University of Tennessee at Knoxville. My wife and I

moved to Laredo in the summer of 2021. I worked for a couple of school years for United Independent School District. Prior to moving to Laredo, I served as the agriculture and natural resources agent for the University of Tennessee Extension in Sumner County. I pray that I can always be a valued educator in AgriLife Extension, where people see me as a servant to their community. I will strive to teach and guide those in my community to emulate their experience in order to continue cultivating change within their own community. I am excited to have my family here growing with this family-centered community.



Upcoming Agriculture & Natural Resources Programs

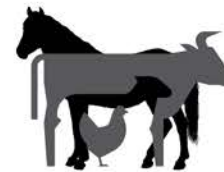


The Texas Master Gardener Program will begin in October 2023. We are excited to integrate this great program into the communities of Webb County. The Master Gardener Program trains community members in many areas such as soil health, water conservation, vegetable gardening, and so much more! After training, these volunteers then take this information back to their own communities to make a difference right in their own backyards! If you would like to find out more about this program, contact our team or call our office!



Ranch Management

From bird watching to hunting, managing the land is of great importance in our county when it comes to the conservation of our land to attract wildlife. Along with other wildlife agencies, we will work with land owners to help them reach their goals for their land!



Youth Horse & Livestock Programs

In partnership with the Webb County 4-H clubs and our 4-H Agent, we will implement programs to bring awareness of current agriculture issues facing our country.

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Extension Agent, Aileen Sifuentes, conducted a total of **11 youth programs** in Webb County which amounted to a total of **354 graduates**. Elementary schools such as Centeno Elementary, Prada Elementary, Roosevelt Elementary, and Ligarde Elementary participated in **Balancing Food & Play, Choose Healthy, Learn, Grow, Eat, & Go!, and Early Childhood Learn, Grow, Eat, & Go!** to learn about the importance of nutrition and physical activity as well as introductions to gardening and plant science. A community support agency, Las Promesas de Laredo-part of Southwest Key Programs, participated in **Balancing Food & Play and Walk N Talk Youth** during their summer school break.



Extension Agent, Aileen Sifuentes, conducted a total of **11 adult programs** for year 2022-2023. There was three Fresh Start to a Healthier You! programs with a total of **25 graduates**. A Be Well, Live Well program had a total of **7 graduates**. A Get the Facts program had a total of **8 graduates**. There were two Healthy Carbohydrates programs with **13 graduates** and finally, three Walk N Talk programs with **10 graduates**.

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Healthy Carbohydrates

This program was implemented at Honore Ligarde Elementary; 6 participants that attended 3 were graduates.



Be Well Live Well

This program was implemented in Ladrillera Community Center. From 18 participants that attended 12 were graduates.



Fresh Start to a Healthier You

This program was implemented in Fred and Anita Community Center. From 10 participants that attended 5 were graduates.



Fresh Start to a Healthier You

This program was implemented in the Webb County Agricultural office partnering with the Webb County Maintenance. From 20 participants that attended 10 were graduates.



Be Well Live Well

This program was implemented in Fasken Senior Center. From 15 participants that attended 8 were graduates.

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Early Childhood Learn, Grow, Eat, & Go!

Early Childhood LGEG is a 4 session series that exposes kindergarten aged children to new vegetables and physical activities through gardening. This year, Ms. Cynthia Covarrubias obtained 97 graduates from Ligarde Elementary (Laredo ISD) and Prada Elementary (United ISD).



Learn, Grow, Eat, & Go!

Learn, Grow, Eat, & Go! Is 10 session series that promotes nutrition and active living through gardening. Elementary aged youth were able to build garden beds, maintain their vegetable plants, and taste healthy recipes that include the vegetables growing in the garden.

Ms. Cynthia Covarrubias obtained 234 graduate through the collaboration with Laredo ISD (Ligarde Elementary) and United ISD Federal and State Programs (Fasken, Borchers, Arndt, Kennedy-Zapata, Centeno, and Perez elementary schools).



Growing and Nourishing Healthy Communities

Growing and Nourishing Healthy Communities (GNHC) is a 6 session series for adults that teaches the basics of constructing a vegetable garden to increase vegetable accessibility and increase physical activity through gardening. Ms. Cynthia Covarrubias implemented GNHC at different locations with the collaboration of the Webb County Community Centers, City of Laredo Recreation Centers, and United ISD Family Matters Resource Center. Ms. Covarrubias was able to receive 70 graduates from this program.

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