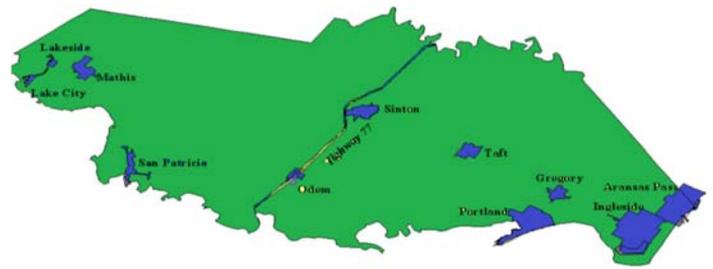


MAKING A DIFFERENCE IN SAN PATRICIO COUNTY

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December 2018 - February 2019

4-H and Youth Development: The San Patricio County 4-H Ambassadors hosted their 8th Annual Extra Special Livestock Show. We had three hundred fifty-one students along with 67 teachers from Gregory-Portland, Ingleside, Aransas Pass, Mathis, Odem-Edroy, Sinton, Taft, Rockport, Aransas Pass and George West School Districts. Also, participating this year was Beeville ISD. Participants received trophies, T-shirts, sunglasses, backpacks and free Whataburger meals.



The San Patricio & Aransas County Agricultural & Homemakers Show kicked off the year with great excitement. We had 1930 entries in this year's show, with entries including Livestock, Homemaking, Ag Mechanics and Horse. Of the 726 Livestock entries, 201 made the Show Auction. Our members exhibited their projects and shared their learning experiences with others. The Auction was a huge success, as it brought \$900,920.00 to the youth of San Patricio and Aransas Counties.

Family and Community Health: Sweet Heart Workshop - Fifty-eight women participated in the 5th Annual Sweet Heart workshop to celebrate February as National Heart month. Activities included free health screenings, a healthy breakfast, stress management and two healthy food demonstrations. This event is a joint effort by the Sinton Wesley Nurse and AgriLife Extension. Feedback indicated that all participants planned to adopt a more healthy heart lifestyle.



Promoting Healthy Weight in Children - Chronic diseases are consistently linked with overweight and lack of physical activity. An estimated one in three children is overweight or at risk of becoming overweight. The development of chronic disease, particularly diabetes is a problem in San Patricio County. Educating school faculty, children and parents about current research and practices related to proper nutrition and physical activity will improve children's health status as well as length of life with reduced financial burden on the health system. 4466 **Healthy Foods newsletters** are distributed monthly to local school districts and Head Start. Excellent feedback has been received from teachers, parents, and students concerning the adoption of a more healthy lifestyle since reading the newsletters. Parents and teachers have also reported that they have made the recipes that are included in the newsletter. Parents and students have also participated in school health fairs and nutrition workshops

Agriculture and Natural Resources: South Texas Risk Management Workshop was held on December 11, 2018 at Smolik's in Mathis. This event was hosted by Nueces & San Patricio Counties AgriLife Extension and 12 participants attended. Attendees were presented information related to Marketing Strategies, and Grain and Cotton Market Outlooks, as well as, exploring current situations and timely scenarios for 2019 crop year.



The annual Field Crop Symposium was held on January 11, 2019 at the Texas A&M AgriLife Research & Extension Center in Corpus Christi. This event was hosted by Nueces & San Patricio County AgriLife Extension and was attended by 43 area producers.

Two Auxin Specific Trainings and Worker Protection Standards Trainings were held on February 13 & 27, 2019. Fifty-seven participants attended the Auxin trainings and thirty-two attended the WPS trainings.

Extension Staff

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