Texas A&M AgriLife Extension

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Prairie View A&M University
College of Agriculture and Human Sciences
Cooperative Extension Program

Webb Wellness

January - March

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Family & Community Health

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WALK ACROSS TEXAS!
School Rally

January was kicked off right with Nye Elementary starting their Walk Across Texas (W.A.T.) program with a physical activity rally. All students, grades kinder-5th were invited over to the gym where their stage was set up with interactive smoothie bike stations and incentives for those that participated.

A total of 818 students participated and started Walk Across Texas, making it the largest number of participants in one school this year. They are finishing these programs with the kick-off in order to receive their Healthy South Texas School designation later this year. Nye Elementary has already completed Learn, Grow, Eat & Go and will host a Dinner Tonight and Dinner Tonight Jr. for their students and parents.

Nye Elementary is one of eight campuses that has integrated Walk Across Texas into their campus through the P.E. classes and extra-curricular activities, like tending the gardens. The other U.I.S.D. schools that implemented W.A.T. are: Bonnie Garcia Elementary, Col. Santos Benavides Elementary, San Isidro Elementary, J.W. Arndt Elementary, Charles Borchers Elementary, Los Obispos Middle School, and Washington Middle School.

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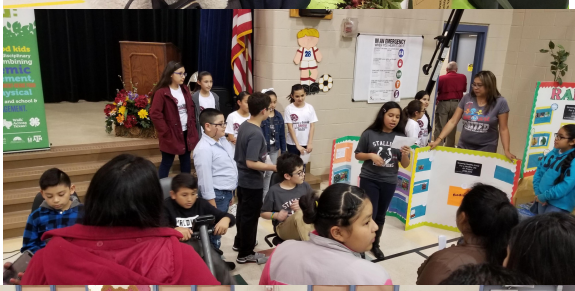
Dinner Tonight Jr.

Bonnie Garcia Elementary School hosted their Dinner Tonight Jr. program on January 31st, 2019 for their students and parents and showcased nine different stations with nutrition and physical activity topics. Each station was led by the G.T. class for grades 1st through 5th.

The students were responsible for their own Veggie tri-fold, which included information on a vegetable their grew out in their school garden. Some of the harvest was showcased at the event where parents got to hear a little bit of what the students had learned along the way.

Over 100 parents and 80 students participated in this event, as part of their Healthy South Texas School designation criteria. Stations included physical activity, food safety, healthy snacks, and showcased vegetables like swiss chard, carrots, beets, leaf lettuce and radishes.

All GT teachers and Ms. Lañas, the school principal participated as well in guiding the students through their presentations!



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DINNER TONIGHT Jr.

On February 7, 2019, Nye Elementary School hosted their Dinner Tonight and Dinner Tonight Jr. program to complete their HST School designation for 2018-19.

Dinner Tonight Jr. was hosted from 8:00 a.m. to 12:00 p.m. for all students present that day, and broken down into hour-sessions for grade levels starting with kinder and 1st grade. All 157 G.T. students led the nine interactive sessions and included games, trivia, and recipe samples. A total of 797 students attended the stations and received prizes and yummy treats.

Dinner Tonight was hosted for all G.T. parents and family that same evening where a total of 267 family members participated in the same sessions led by their students. Parents got to see what their kids were learning by participating in the same sessions, activities, and games. All G.T. lead teachers and Ms. Caballero, school principal, were present and helping guide the sessions.

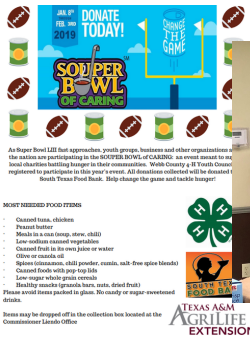
4-H & Youth Development

TEXAS A&M AGRILIFE EXTENSION

January

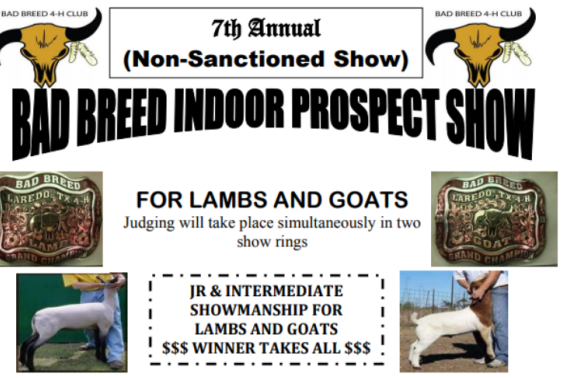
Webb County 4-H Showman Ship Clinic

The Annual Webb County Showmanship Clinic was held at the LIFE Pavilion. A total of forty 4-H members participated in the clinic. Our Guest speaker and judge was Mr. Warren Kopplin from CEA from Live Oak County. Our Volunteer Chairman was Mr. Luis Ayala.



Webb County Youth Council Souper Bowl of Caring Can Food Drive

The Webb County 4-H participated in the Nation Wide event called The Souper Bowl of Caring to Tackle Hunger. All donations were organized at the local level to benefit The South Texas Food Bank. The total amount of donations collected was reported to the Souper Bowl of caring organization. Mrs. Cythia Garcia and Mr. Bobby Flores were our chairmen volunteers.



Bad Breed 4-H Prospect Show

Bad Breed 4-H Club Manager Mr. Leo Perez Ass. Club Manager Mr. Benny Villarreal had their annual Lamb and Goat prospect show at the LIFE pavilion Saturday, January 12th. Judges Mr. Rogelio Mercado and Mr. Adrian Arredondo.

4-H & Youth Development

Texas A&M AgriLife Extension

February

Webb County Livestock Judging Practice

The Webb County Livestock Judging team has been practicing since the start of the new year for the upcoming District 12 Livestock Judging Contest. Mr. David Garcia has been assisting CEaALanden Gulick with team practices.

L.I.F.E. 2019

A total of ___ 4-H entries were registered in the 2019 Laredo Internation Fair and Exposition.

Laredo International Fair & Exposition

2019 Webb County Senior Scholarship Raffle.

Adult Leaders & Parents Association Senior Scholarship Raffle

Mrs. Brisa Alavarodo and Mrs. Bibi Flores are leading the senior scholarship raffle. They have teamed up with participating 4-H clubs to help sell raffle tickets to raise money for our Webb Co. 4-H seniors

Major Livestock Shows.

Webb County 4-H was well represented at all Four Major Texas spring Stock shows with a total of 16 4-H members exhibiting.

San Antonio Stock Show & Rodeo

Houston Livestock Show and Rodeo

Fort Worth Stock Show & Rodeo

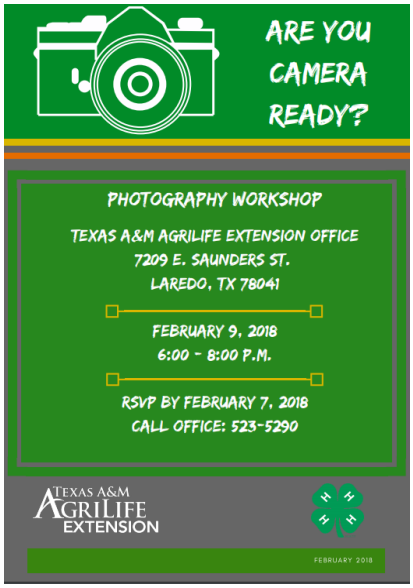
Rodeo Austin

4-H & Youth Development

March

South Texas Food bank Visit

Members from the Webb County 4-H program dropped of food donation to the South Texas food bank and was given a tour of their new faculty by members of their staff.



Webb County 4-H Photography Contest

A total of 40 entries in 12 different categories were entered into the Webb 4-H County photography contest. All first place photos advanced to the District 12 with a toat of 17 phots advancing.

District 12 Postal League

The District 12 Postal league allows 4-H members to shoot their targets and mail them back to the district office for scoring. It's a great way for them to compete without them leaving the county. Twelve 4-H members from cactus country 4-H will be competing in the postal league this spring. Their Coach and Club Manager Mr. Alfonso Blanco has been practicing with the Kids since the beginning March.

Better Living for Texans

TEXAS A&M AGRILIFE EXTENSION

BETTER LIVING FOR TEXANS

January-March

The start of the new year brings in the motivation and renewed energy to implement a more healthy, balanced and mindful lifestyle. Better Living for Texans is here to provide the education, support and encouragement to facilitate those changes.

We continued on with the 3 programs we are well known for: Fresh Start, Walk and Talk and Be Well Live Well. Fresh Start was offered at various elementary schools: Cigarroa High School,
and we also visited with the City of Laredo Health Department, Hamilton Hotel as well as Tatangelo Housing Authority.

Walk and Talk was quite in demand for members in the community. We began the 8 week program at D.D Hachar, Laredo Manor, Tanis Valdez Village and Tatangelo Housing Authority. The program was met with excitement and vigor as participants eagerly adopted the at home exercises and quick, easy and healthy recipes that were provided for them.

Our fairly new program, Be Well Live Well as offered at Ladrillera Senior Center, Catholic Social Services and
The Be Well Live Well programs runs for 5 sessions and each session focuses on different topics such as knowing how to read a food label, knowing how to practice food safety, how balanced nutrition can empower your independence as well as senior friendly exercises and meal planning.

Better Living for Texans

Texas A&M AgriLife Extension

BLT, where are you?

Graduating class - Fresh Start to a Healthier You - Veteran Memorial Elementary

Fresh Start to a Healthier You at Cigarroa High School

Walk and Talk at Esmeralda's Day Care

Walk and Talk at Farias Elementary School

Recipe of the Month

This tangy salad is delicious as a side dish or as a topping for tacos, chicken, or fish. Mangoes are a tropical stone fruit. In the United States, Florida is the largest producer of mangoes.

Ingredients:

- 3 1/2 cup Black beans, low-sodium
- 1 1/2 cup Mango, canned, drained
- 3/4 cup Tomato, diced
- 1 tablespoon Canola oil
- 2 tablespoons Apple cider Vinegar
- 1/2 teaspoon Oregano, dried
- 1/4 teaspoon Black pepper, ground
- 3 cups Romaine lettuce, raw, chopped

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BETTER LIVING FOR TEXANS
TEXAS A&M AGRILIFE EXTENSION

HEALTHY SOUTH TEXAS

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