

Volume 4, Issue 20: July - August - September



FAMILY & COMMUNITY HEALTH
STRONG PEOPLE, STRONG
BODIES COMING SOON!

BETTER LIVING FOR TEXANS

WALK ACROSS TEXAS
GET THE FACTS



PRAIRIE VIEW - COOPERATIVE EXTENSION

BALANCED LIVING
YOUTH NUTRITION



AGRICULTURE & NAT. RESOURCES
BEEF CATTLE SHORT COURSE
SOUTHWEST CATTLE RAISERS

4-H & YOUTH DEVELOPMENT

NEW 4-H YEAR
STARTS NOW!

BLT - COMMUNITY GARDENS
GROWING & NOURISHING
HEALTHY COMMUNITIES



Table of Contents

FAMILY & COMMUNITY HEALTHANGIE SIFUENTESCORINA GARCIA
BETTER LIVING FOR TEXANSGENESIS HERNANDEZVALERIA ARREDONDOJAVIER ALONSO
AGRICULTURE & NATURAL RESOURCESAMANDA SALINAS
4-H & YOUTH DEVELOPMENTALL STAFF AND AGENTS
COOPERATIVE EXTENSION PROGRAMASHLEY GASTINEAU
CONTACT USALL



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Family & Community Health

July - Aug. - Sept.

Hello Webb County,

We started the fall with plenty of professional development to get us ready for a multitude of new Family & Community Health programs to offer.

Our biggest change will be new programs from our Healthy Texas initiative in collaboration with the Texas A&M School of Public Health. Our programs will now have more focus on biometrics, guided strength training, and detailed cooking demonstrations for specific diets like those with diabetic or hypertension modifications. I am very excited to bring these programs to Webb County and hope you will enjoy them too!

Our school programs also began this fall with Learn, Grow, Eat & Go and the new addition, Early Childhood Learn, Grow, Eat & Go! Continuing our collaboration with United I.S.D. and now excited to add Laredo I.S.D. to our program partners. This means we will expand our efforts to create community gardens across our county! Currently, we have a mix of school garden beds and giving our students the option to take container gardens home for care - which has worked great to include family members in the process of growing their very own vegetables!

Overall, this is looking like a great, new year!

At your service,

Angie Silvestre

County Extension Agent
Family & Community Health



Active Programs:

- Learn, Grow, Eat & Go
- Walk Across Texas
- Dinner Tonight: Healthy Cooking School
- Step Up, Scale Down
- Cooking Well with Diabetes
- Strong People, Strong Bodies



Family & Community Health

STRONG *People*



- Strength Training Sessions
- Nutrition Classes
- Biometric Exams
- Cooking Demonstrations



Registration will be available:

December 1, 2021 via webb.agrilife.org

Classes will be hosted every Tuesday and Thursday
10:00 a.m. - 12:00 p.m.



Coming to Webb County: February 2021

<https://strongpeopleprogram.org/>





Family & Community Health

Upcoming Programs:



Begins: October 2021 - December 2021
Every Friday at 10:00 a.m.
United I.S.D.: San Isidro Elementary School



Begins: February 8th, 2021
Every Tuesday and Thursday at 10:00 a.m.
Texas A&M Extension Office



Begins: February 10th, 2021
Every: Thursday at 11:00 a.m.
Texas A&M Extension Office



Begins: February 8th, 2021
Every: Tuesday at 11:00 a.m.
Texas A&M Extension Office



Begins: March 8th, 2021
Every: Tuesday at 11:00 a.m.
Texas A&M Extension Office

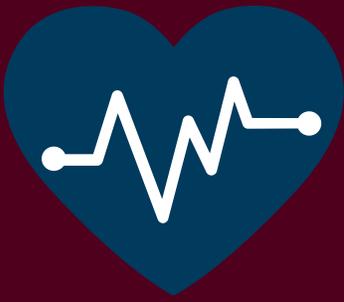


Begins: May 10th, 2021
Every: Tuesday at 11:00 a.m.
Texas A&M Extension Office



Event Hosted: May 27th, 2021
Friday from 6:00 - 8:00 p.m.
Laredo International Fair & Expo Grounds





4-H & Family Community Health

TEXAS A&M
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With all of the worries a global pandemic has brought, we saw a need for mental health relief. In July, we started up our **Stress Less with Mindfulness** series at the Bruni Community Center in Bruni, TX. Participants learned about mindful breathing, mindful eating, thought surfing, personal stress barometers, and much more! We had over 38 contacts throughout the series, and we are excited to bring more to the community!



Better Living for Texans



A word from Genesis

Howdy, Webb County!

Happy Fall! I hope you have been staying fresh throughout these hot summer months and that you had a restful summer as you geared up for the school year to begin! I know that the Extension office is ready to hit the ground running, especially here in the BLT department. October is our start of the year and I'm ready to schedule classes and presentations in the community. I'm currently offering programs for adults and youth, in person or virtually. Do not hesitate to send me an email at genesis.hernandez@ag.tamu.edu for more information, I'd love to connect!

Now to the burning question: what have been I up to this summer? Well I've provided several presentations to the community as well as two nutrition programs to E.J Salinas Community Center and First United Methodist Church. Both programs focused on learning the nutrition label and the program was well received by the participants. I've also attended 2 conferences for professional development: Cooking on the Coast hosted by our district TEAFCS and the annual Better Living for Texans Conference. I learned so much valuable information and can't wait to implement all that I've learned to my classes in Webb County. As always, stay tuned to what's happening in Webb by following us on social media and stay safe!



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BETTER LIVING FOR TEXANS



Better Living for Texans

A word from Valeria

Howdy, Webb County!

Stay warm! Summer classes are finally over and now we're transitioning to new groups and new connections in our community. Some sites taught during the summer were: Holding Insitute, Nuestra Gente Adult daycare center, and Ladrillito Activity Center. All of these programs were delivered face-to-face. I've noticed that all these community centers are more excited about the Walk and Talk program. The Better Living for Texans team attended a statewide training where they delivered new information for us to teach and new techniques to keep all of our participants engaged and wanting more programs like these.

For this Fall season, I have already reached out to various community centers and have been contacted by elementary schools to start sometime before the holidays.

Moderation is key, this time of year. Something to remember is that half your plate should be filled with fruits and vegetables and make the protein the size of your fist.



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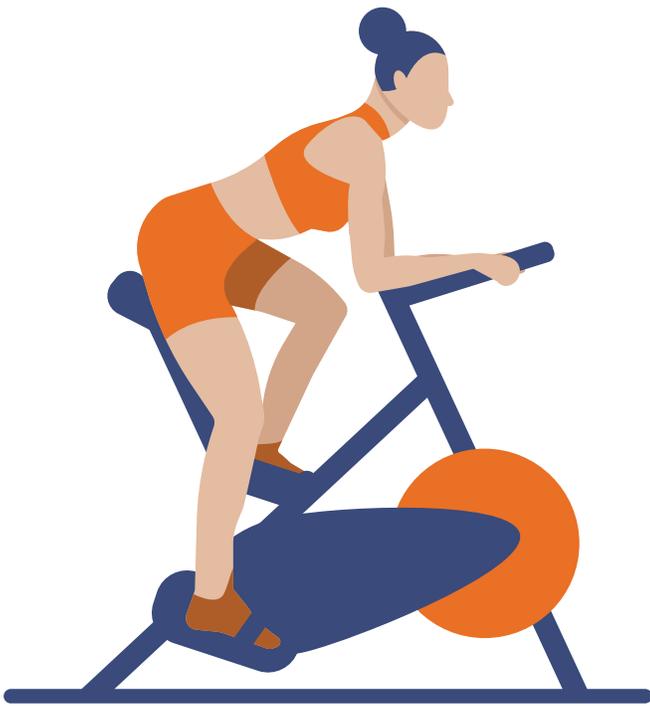
BLTWEBBCOUNTY





Better Living for Texans

Move more, sit less



Cardio or aerobic activity

- Moderate or vigorous intensity, every minute counts
 - Gets you breathing harder and your heart beating faster
- Examples: brisk walking, biking, dancing, yard work

Everyone can benefit from physical activity - no matter your age

How much physical activity do you need?

- Adults
 - 150 minutes each week
 - Try walking 30 minutes a day, 5 days a week
- Kids (6-17 years)
 - 60 minutes or more of physical activity each day
- Preschool-aged children (3-5 years)
 - should be physically active throughout the day with plenty of opportunities for active play

Muscle strengthening

- Works best when you work all your body's major muscle groups
 - include legs, hips, back, chest, abs, shoulder, and arms
- Examples: free weights, crunches, elastic bands, squats



Better Living for Texans

Spinach Pasta Toss

Ingredients

- 1 15 ounce Italian Style tomatoes unsalted
- 2 cups whole wheat penne pasta dry
- 1 cup water
- 3 cups baby spinach leaves
- 1 cup mozzarella cheese shredded, reduced fat



Nutrition Facts

6 servings per container	
Serving size	(176g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 150mg	7%
Total Carbohydrate 29g	11%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 314mg	25%
Iron 2mg	10%
Potassium 319mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Instructions

1. Wash your hands and clean your preparation area.
2. Cover; simmer of medium-low heat for 10 minutes or just until pasta is tender.
3. Add 1/2 of spinach; simmer, covered 2 minutes or until wilted. Stir.
4. Repeat until remaining spinach is added.
5. Serve topped with cheese.
6. For a spicier dish, add 1/4 teaspoon crushed red pepper flakes with the tomatoes.





Better Living for Texans Community Gardens

BLT AGENT JAVIER ALONSO

Javier Alonso recently joined the Texas A&M AgriLife extension program to bring onboard community garden projects in both Zapata and Webb county. A native from Laredo, Javier has been working with different volunteer organizations since he was in high-school, and he has seen the importance of community engagement. Aside from being a Texas A&M Extension Agent, Javier is also involved with several organizations such as the Webb County LULAC and the Lake Casa Blanca state volunteers. Through his past work on international and local community service projects, Javier has seen the strong, positive impact community involvement has on our education, and health. His goals as an agent are to bring our communities together and work toward achieving healthier lifestyles and increasing community health and knowledge through gardening. He also hopes that these initiatives better address food desserts in our region, and increase a sense of food security within our community. One of his most recent projects was the San Ygnacio community garden. This initiative was successful, thanks to participants who were actively engaged with the garden, and through the participation of community representatives, such as Ms. Olga Elizondo, commissioner of Zapata, precinct 2. AgriliLife Extension hopes to expand these sort of projects throughout other areas within the county .

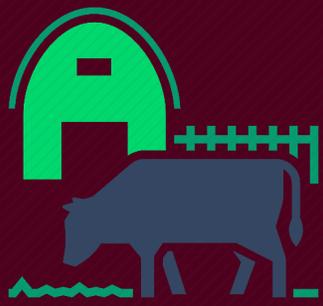


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Webb County





Agriculture & Natural Resources

Happy Fall everyone!

The summer has officially come to an end and the kiddos have gotten ready to hit the books once again. I want to reassure everyone that even in these uncertain times, the Extension Office has been hard at work. September marks the start of a brand new 4-H year with the other disciplines starting in October. We're hoping to have a fresh start and new year full of opportunities. The summer months brought on several Professional development opportunities in Agriculture & Natural Resources. Starting with our annual Texas County Agricultural Agents Association meeting in July. It was a great opportunity to meet agents from all over the state and be introduced to new and upcoming programs. Texas Cattle Raisers Convention followed, with more professional relationships built and exposure to new tools that can be incorporated into programs. I even got to sit in and listen to former Arkansas Governor Mike Huckabee Speak. Lastly, I attended the Beef Cattle Short Course in College Station, TX. That event was filled with extension specialists that provided so much insight and information for agricultural & natural resource issues around the state. Truly all incredibly beneficial experiences!

We are still in the process of planning our ranch tour. Due to COVID-19 there is still a lot of resistance from volunteers who are, understandably, concerned about the health and safety of others. We have had several pesticide applicators come through and take online courses to obtain their CEU's and are planning an in person training in the coming months.

We had a wonderful 2020-2021 4-H year and hit the ground running with the start of the 2021-2022 year this September! We've had state validations for steers in June and have sheep and goat validations coming up in October. The major shows are back to running normally and we're excited to see how well our kiddos compete at that level! Our enrollment is starting to pick up and we're looking forward to having another safe and enjoyable year. As always, we're here to lend a helping hand, so give us a shout.



Webb County Issues

Soil Health

Water Quantity & Quality

Grazing & Brush Management

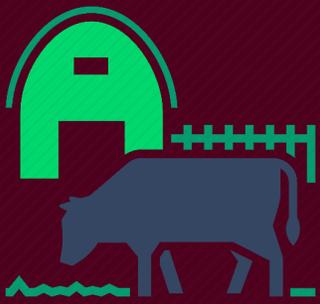
Awareness & Education of Eminent Domain

Awareness & Education of Federal Funding

Youth Education and Awareness of Agriculture & Agriculture Issues



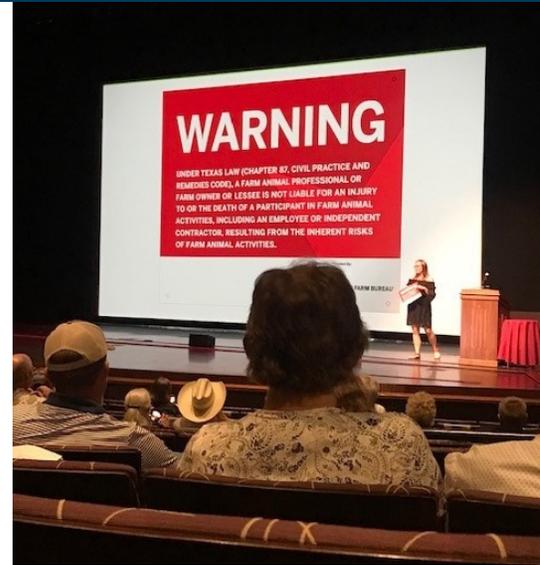
Amanda J. Salinas
**Ag. & Nat. Resources
 County Extension Agent**



Agriculture & Natural Resources

TEXAS A&M
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EXTENSION

Professional Development Events



Texas Communities Future Forum
Webb County Identified Issues

Ag. & Natural Resources

Soil Health

Water Quantity & Quality

Grazing & Brush Management

Awareness & Education of Eminent
 Domain

Awareness & Education of Federal
 Funding

Youth Education and Awareness of
 Agirculture & Agriculture Issues

Youth Development

Youth Leadership & Public Speaking

Community Involvement & Service

Education of Social Media

Access to Education & Opportunity

What does Extension do?

The Webb County Extension office offers research-based educational programming within the scope of the below subject areas, identified in 2020.

Family & Community Health

Mental Health & Wellness

Education on Food Quality

Education on Youth Obesity

Nutrition & Smart Shopping

Money Management & Budgeting

Awareness & Education on Family
 Time

Awareness & Education on Family
 Dynamics

Education of Your Financial Literacy

Parenting Education

General Sex Education

TEXAS A&M AGRI LIFE EXTENSION

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HEALTHY SOUTH TEXAS



**BETTER LIVING
FOR TEXANS**



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COLLEGE OF AGRICULTURE
AND HUMAN SCIENCES

Cooperative Extension Program

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