



Extension Education in Maverick County

Making a Difference

*Improving Lives.
Improving Texas.*

The Texas A&M AgriLife Extension Service has been dedicated to educating Texans

for nearly a century. In 1915, the agency was established under the federal Smith-Lever Act to deliver university knowledge and agricultural research findings directly to the people. Ever since, AgriLife Extension programs have addressed the emerging issues of the day, serving diverse populations across the state.

Through a well-organized network of professional educators and some 100,000 trained volunteers, Extension delivers practical research-based knowledge to Texans in all 254 counties. Our expertise and educational

outreach pertain to the food and fiber industry, natural resources, family and consumer sciences, nutrition and health, and community economic development. Among those served are the hundreds of thousands of young people who benefit annually from Extension's 4-H and youth development programs.

Texans turn to Extension for solutions. Its agents and specialists respond not only with answers, but also with resources and services that result in significant returns on investment to boost the Texas economy. The agency custom-designs its programs to each region of the state, relying on residents for input and for help with program delivery. Here are just a few highlights of Extension's impacts on this county and its people:

Maverick County – Summary of 2012 Educational Contacts

- **4-H Clubs - 4**
- **4-H Youth Members - 256**
- **4-H County Council - 1**
- **4-H Adult Volunteers -160**
- **Total Youth Contacts - 2236**
- **Curriculum Enrichment Participants – 1306**
- **FCS Program Contacts – 1546**
- **4-H Training Clinics - 7**
- **News Releases - 12**
- **TV Interviews - 9**
- **Adjunct Faculty Agreement - 1**
- **Web Contacts - 1400**
- **Site Visits - 480**
- **Phone Calls - 1440**

2012 General ANR Contacts for Maverick County Output Summary – Maverick County

Relevance

During 2012 the County Extension Agent performed duties to determine the conditions of the rangeland and crop land, assessing the negative degree of drought. At the middle of the summer the rupture of the main irrigation canal that flows out of the Rio Grande negatively impacted most of the crop farmers of Quemado all the way to El Indio. The County Extension Agent was present to assist local officials and other government personnel; this incident was also reported to Extension AgriLife administrators. Fortunately pecan orchards farmers this year reported a good production of pecans, with very little pest incidence, and we also had a good production of Coastal Bermuda Grass and forage Sorghum hay bales either square or round.

The County Extension Agent started an Agricultural Demonstration and Applied Research Project testing the effectiveness of the Sendero herbicide on mesquite and hizache. The application of the chemical was on April observing immediate effects after one week, and the culmination of the project will be on April of 2013. This project is conducted at the Black Ranch of the Hasslocher family, and is located on Hwy 57 right before the Zavala County line.

This year the County Extension Agent and the Ag teachers validated 18 steers, 81 goats, 57 lambs, and 98 hogs for the 2013 Maverick County Junior Livestock Show, a little bit unusual because we usually have more labs than goats. The County Extension Agent and the Club Managers conducted All Species Clinics to educate the 4-H kids on showmanship practices, and animal health care. Maverick County 4-H participated at the 2012 Major Livestock Sows of San Antonio, Houston, Austin, and San Angelo. The County Extension Agent along with the adults assisted the participants by hauling some animals to the stock shows, and we provided an economical support.

Small acreage owners in Maverick County are asking for assistance concerning water well projects, horticulture, brush control along fences and the open range. The County Extension Agent have been helping this small acreage owners community that is growing extremely fast, because big ranchers like Carlos Klutz are selling hundreds of small 20 and 10 acres lots.

Currently Maverick County is on the feral hog Grant Program, and the County Extension Agent is evaluating the damage caused by this animals. The Extension Office will provide informative on line presentations to enhance the criteria of this invasive pest, and the most appropriate methods to eradicate the feral hogs of Maverick County.

Agriculture and Natural Resources

Response

The response is been positive even though the drought conditions are extreme D3 in Maverick County, the ranchers are looking for alternative solutions like water wells, brush control, and the use of native grasses. Maverick County Pecan growers belong to one of the largest organic-raised Pecan producer region in the Nation, and they maintain the commitment of staying that way, with the support of the Extension Office and other governmental agencies.

Another positive response is the cooperation of the management of the Black Ranch to introduce the Agricultural Demonstration and Applied Research Project that will conclude in April of 2013 with a Field Day to demonstrate the effectiveness of Sendero Herbicides to the ranchers of the region. The County Extension Agent also assisted the ranch manager to design a 40 acres center pivot irrigation system, and to obtain financial assistance through NRCS to cover part of the project expenses.

The Maverick County 4-H is been as usual vary active on animal projects and all of the species are validated, even though the economic situation is been quite difficult the 4-H members responded positively. The County Extension Agent along with the 4-H Adults are working the way obtain funds for this coming livestock shows season. We expect another great season hopefully with great prices and a lot of fun for the 4-H kids.

Results

The Maverick County Extension Agent is committed to assist the farmers and ranchers of the area; this creates a positive and encouraging result to continue working toward a better future. Some areas of Ag and Natural Resources absorb more time than other, like the 4-H animal projects but at the same time the CEA is attending 4-H projects is also helping the farmers and rancher of the county.

Future Plans

The County Extension Agent will introduce more agricultural demonstration projects, focusing on small acreage owners, and agricultural farms. On the 4-H side the Extension Office will encourage the parents to start a 4-H Horse Club, or a 4-H Dog Club

Agriculture and Natural Resources



Other Significant Program Summary AgriLIFE Extension Services Presentation

Relevance

This presentation was developed by the Maverick County Extension Agent Oscar Galindo upon request of South West Texas Junior College Biology Professor Doctor Raj. The intention of this presentation was to inform college students concerning the services of Texas AgriLIFE Extension.

Response

The County Extension Agent used a computer with a projector to instruct the audience, by navigating through the AgriLIFE Extension pages. The audience was able to understand the vast services of Extension on agriculture, horticulture, animal science, and many more. The County Extension Agent was able to explain how all of those resources are available to the community, and how the Extension Offices rely on volunteerism to deliver effectively all this educational opportunities.

The student remained very active throughout the presentation they asked many questions, most of them related to agriculture services. They were also interested in agricultural careers and job opportunities with Texas A&M, some students even expressed interest in becoming volunteers with the Maverick County Extension Office.

Agriculture and Natural Resources

Results

Dr. Raj was very satisfied with the presentation as well as all the students, and we made plans for future presentations. The participants completed a satisfactory survey at the end of the presentation, and they also made positive comments of the presentation, as well as some other subject of interests to cover in future presentations.

Future Plans

The County Extension Agent and Dr. Raj have plans for future presentations at the South West Texas Junior College in different subjects of animal science and agriculture.



2012 General FCS Contacts for Maverick County Output Summary – Maverick County

Relevance

The Maverick County Extension Office is composed of one County Extension Agent, one Family Consumer Sciences Agent, and a secretary. The Family Consumer Science Agent is focused in activities more related to family social issues, and is a very active person in the community providing presentations in different sectors of Maverick County, for example Family Budgeting, and Nutrition just to mention some. The Family Consumer Science Agent has been involved in some 4-H activities assisting the County Extension Agent, and also participating in some District 12 activities of 4-H.

Response

The response of the community concerning the activities of the Family Consumer Sciences Agent is very positive. The different community centers of Maverick County are requesting a wide variety of presentations; also the Eagle Pass ISD is taking advantage of these services with great enthusiasm. The Maverick County Extension Agent supports and appreciates all the plans, work and efforts that elevate the prestige of the Maverick County Extension Office.

Results

The number of contacts of the Family Consumer Science program, reflect the success of the activities in Maverick County. The County Extension Agent will continue supporting and assisting the activities of the Family Consumer Sciences Agent.

Future Plans

The Maverick County Extension Agent and the Family Consumer Sciences Agent are developing strategies to enhance the quality of services in the Maverick County community.

Family and Consumer Sciences

2012 Maverick County

Live It! Real Life Nutrition for Teens

Nutrition and Exercise Program

Monica Aguirre, Maverick County FCS-CEP Agent

Meeting Needs, Changing Lives

Relevance: The Maverick County Family & Consumer Sciences (FCS) committee has identified obesity and diet related diseases as a top priority for programming in this county. Overweight and obesity rates among Texas adults, age 18 and over, follow: (1) 65.9% of adults were overweight, with a Body Mass Index of 25 or greater, and 31.0% of adults were obese, with a Body Mass Index of 30 or greater. Adolescent overweight and obesity rates for Texans in grades 9 through 12 follow:(2) 15.6% were overweight, (\geq 85th and < 95th percentiles for BMI by age and sex) and 13.6% were obese (\geq 95th percentile for BMI by age and sex). Finally, overweight and obesity rates among Texas children, age two to less than five (3) follow: 16.8% were overweight,(85th to <95th percentile BMI-for-Age) and 15.3% were obese (\geq 95th percentile BMI-for-Age). Diet related diseases include coronary heart disease, hypertension and stroke, type 2 diabetes, and certain types of cancer (4,5). Poor health and diet related illness have a devastating impact on households. The annual cost associated with excess weight in Texas is approximately \$15.6 billion in 2010 and could increase to \$39 billion by the year 2040.(6) Families in Maverick County experience economic limitations, as noted in the US Census Bureau.(7)

Maverick County Poverty - 2010 (Census Bureau)	
Percent of Population in Poverty:	39.9%
Percent of Population under 18 in Poverty:	53.2%

Response:

- *Live it! Real Live Nutrition for Teens*, is a nine lesson program that provides technical and educational information to limited resources families and individuals to help them understand the importance of nutrition and diet. Additionally, the program, which was conducted for 620 participants throughout the series in June and July, heightens awareness of the relationship between high calorie food consumption and lack of exercise to health status.
- Exercise/Zumba classes were offered in conjunction with the *Live it* Series for children and their parents to promote fitness and exercise along with healthy eating habits.
- A *Ciclovía* was also conducted as the inauguration of the Border Bi-national Health Week. A *Ciclovía* is a term which translates from Spanish into English as "bike path" and is now used worldwide to describe either a permanently designated bicycle route or a temporary event or the closing of the street to automobiles for use by others. The purpose of this endeavor is to promote lifestyle behavior changes through sustained physical activity and to create an environment which is supportive of a community's need for ongoing recreational activity.
- Marketing efforts included radio interviews, newspaper ads, flyers, and outreach to community partners.
- Programs were planned and coordinated with community partners that are members of the HOPE-K Tri-national health Council. HOPE-K THC is a community group formed in the 1960s and composed of health professionals, social workers, promotoras, epidemiologists, public health officials, and civic leaders. The HOPE-K THC serves communities from Eagle Pass, Texas, Piedras Negras, Mexico and the Kickapoo Nation. Its mission is to improve health along the Eagle Pass-Piedras Negras border, by identifying and addressing health problems and promoting community advocacy. Collaborators assisted in advertising, and securing locations, materials and participants to programs. In addition Mart and HEB donated food and

Family and Consumer Sciences

equipment for the series valued at \$160.00 Eagle Pass ISD and South Texas Rural Health Services donated their facilities as well as additional food for recipes and assisted with logistical support.

- Retrospective evaluations were completed for the nutrition and exercise classes.

Results: Number of Participants: 45; Percentages based on 31 respondents to the survey.

100% of respondents were mostly or completely satisfied with the activity.

Demographic data for series through June & July 2012



	White	Hispanic	American Indian	Asian	Female	Male
	12	455	146	7	361	259



Anticipated Changes & Economic Impact:

- 77% of respondents plan to take actions or make changes based on the information from this activity. Changes include increasing home cooked meals, increase fruit and vegetable consumption, increase exercise time and increase exercise frequency and more food variation in their diet.
- 40% of respondents think what they learned from this Extension activity will help them make more money or reduce their expenses in the future. This would total an average savings of \$6264.00 per year in grocery bills by cooking more at home and eating less fast food.
- Demographics of Participants: 65% female, 35% male, 0% Black, 31% Hispanic, 0% White, 65% Other (Kickapoo), 4% multiracial, 85% younger than 12 years of age, 4% 13-15 years old, 12% 16-18 years old and 0% 19 years of age or older.
- Interpretation efforts include compiling a commissioner's report on a monthly basis and reporting participation and results to partners in the community, to include local agencies and participants. These include the Eagle Pass Independent School District, Wesley Nurses, Methodist Ministries and South Texas Rural Health Services.
- **Future Plans:** Nutrition and exercise programming will continue to be offered in Maverick County in June and July 2013, and *Ciclovias* will be offered in October as part of the Border Bi-national Health Week. Monthly mini *Ciclovias* have been coordinated with the City of Eagle Pass and Maverick County at the Maverick County Lake.

Family and Consumer Sciences

- **Public Value:** According to the Centers for Disease Control (CDC), obesity is associated with increased health-care costs, reduced quality of life, and increased risk for premature death. Obesity and diet related diseases are of major concern, especially since they occur at high rates among Hispanic populations, which coincidentally make up 95.2% of the population in Maverick County.(7) Nutrition and fitness programs offer our community knowledge and the opportunity to participate in physical fitness activities, which in turn empower them to improve their quality of life and may also positively impact household budgets through lower healthcare costs.

References

1. CDC Behavioral Risk Factor Surveillance System: Prevalence and Trend Data – Overweight and Obesity, U.S. Obesity Trends, Trends by State 2010. Available online at <http://www.cdc.gov/brfss/>
2. CDC, Division of Adolescent and School Health. The 2009 Youth Risk Behavior Survey. Available online at <http://www.cdc.gov/HealthyYouth/yrbs/index.htm>
3. CDC, Division of Nutrition, Physical Activity, and Obesity. 2010 Pediatric Nutrition Surveillance System. Available online at http://www.cdc.gov/pednss/pednss_tables/tables_health_indicators.htm
4. National Heart, Lung, and Blood Institute. Clinical guideline on the identification, evaluation, and treatment of overweight and obesity in adults: the evidence report. Bethesda, MD: U.S. Department of Health and Human Services, National Institutes of Health, National Heart, Lung, and Blood Institute; 1998. Available at http://www.nhlbi.nih.gov/guidelines/obesity/ob_gdlns.htm.
5. U.S. Department of Health and Human Services. The Surgeon General's call to action to prevent and decrease obesity. Rockville, MD: U.S. Department of Health and Human Services, U.S. Public Health Service, Office of the Surgeon General; 2001. Available at <http://www.surgeongeneral.gov/topics/obesity/calltoaction/CalltoAction.pdf>.
6. Texas Department of State Health Services. <http://www.dshs.state.tx.us/obesity/>
7. The County Information Program, Texas Association of Counties. <http://www.txcip.org/tac/census/profile.php?FIPS=48323>

2012 Maverick County

Monica Aguirre, Maverick County FCS-CEP Agent

Money Management - Sustaining Families & Economic Vitality

Meeting Needs, Changing Lives

Plan: OUTPUT/Money Management - Sustaining Families & Economic Vitality

Target audience includes individuals and families with multifaceted issues that include declining workforce preparedness, job loss, lack of resources, and increased poverty. The focus of the program is to gain the ability to manage one's money. Job, loss or having your family income decrease is traumatic. It is not just the loss of income, but also affects one's sense of security and way of life.

- Unemployment rate in Maverick County is 14.4%
- 44% of households in Maverick County are living below the poverty line.

By: Program series conducted by Monica Aguirre, Maverick County FCS-CEP Agent. Hosting agencies and volunteers assisted with logistics by securing location and announcing the series via newspaper , flyers and phone calls.

Response: The Money Management program is a lecture series offered to adults at the Parent and Community Education Center and at the Eagle Pass ISD Parent Education Program for teen mothers and/or pregnant teens.

Demographic information of lecture series participants:

Family and Consumer Sciences

Series Module:

- Budgeting Basics
- Managing Your Money
- Looking for a Bank
- Different Types of Checking Accounts
- Opening a Checking Account
- Writing Checks
- Making Deposits
- Balancing Your Checkbook
- Budgeting Trivia Challenge



Results:

White	Hispanic	American Indian	Asian	Female	Male	Youth	Adults	
1	260	19	1	204	77	200	81	
								

Two hundred and eighty, Individuals and families actively participated in the Money Management series. At least 50% of the individuals and families who participated in the Money Management Program are now developing a budget and have reported saving \$50.00 more a month than they previously did before attending the program. These individuals can now manage and survive on their existing income. Young adults, teen mothers and recent immigrants gained knowledge of the US economy, financing practices and obtained budgeting skills to successfully manage their financial resources in this declining economy. Additionally, individuals learned how to access community resources such as social services agencies, food pantries and church groups.

Family and Consumer Sciences

2012 Maverick County

Monica Aguirre, Maverick County FCS-CEP Agent

Global Food and Hunger-Nutrition Health & Wellness

Meeting Needs, Changing Lives

Plan: OUTPUT/ Global Food and Hunger-Nutrition Health & Wellness

This program provides technical and educational information to limited resources families and individuals to help them understand the importance of nutrition and diet. Additionally, it heightens awareness of the relationship between high calorie food consumption and lack of exercise to health status. Research based information was provided to expand participants' knowledge and to empower them to make better choices for their overall well being. The prevalence of obesity in more than 60% of the adult population has tripled in children and adolescents. Among children and adolescents, 15% are overweight and more than 70% have disease that are associated with obesity such as hypertension and elevated cholesterol levels. In Texas, obesity related diseases including diabetes, hypertension, cancer and heart disease are found in higher rates among various members of racial-ethnic minorities (e.g., African American and Hispanic American).

By: Program series conducted by Monica Aguirre, Maverick County FCS-CEP Agent. Hosting agencies and volunteers assisted with logistics by securing location, purchasing food for recipes valued at \$100.00 and announcing the series via newspaper , flyers and phone calls.

Response: Nutrition program, Live it! Real Live Nutrition for teens is a lecture series offered to adults at the Parent & Community Education Center and at the Eagle Pass ISD Parent Education Program for teen mothers and/or pregnant teens.

Demographic information of participants for series offered at two sites

White	Asian	Hispanic	Female	Male	Youth	Adults	
7	1	105	107	6	68	45	
							

Family and Consumer Sciences



Series Module:

- N-Rich Your Plate
- Building Your Plate
- Navigating MyPlate.gov
- Label lingo
- Making Healthy Eating a Habit
- Uncovering the Dietary Guidelines
- Creating a Personal Nutrition Action Plan
- Body Image
- Quick & Easy Healthy Eating

Results: Onehundred and thirteen participants were provided education about nutrition and the use of MyPlate in meal buying and meal preparation.

Participants were informed about diet related diseases and the connection between diet and exercise. In addition, participants became educated on the importance of increasing the consumption of fruits and vegetables. Survey feedback from by participants of the nutrition series was positive; therefore, hosting agencies have requested to have the program duplicated twice per year in their locations in order to cover a broader audience. Forty percent of the participants reported higher energy levels, weight loss and better understanding of meal combinations.

2012 Maverick County

Monica Aguirre, Maverick County FCS-CEP Agent

Parenting – Strengthening Families

Meeting Needs, Changing Lives

Plan: OUTPUT/Parenting-Strengthening Families

The Strengthening Families Program is a six module parenting education series designed for parents of school-aged children. This research-based educational program was developed to help parents strengthen their relationship and equip them with the skills needed to effectively raise their children. Researchers have identified several factors that are common to strong families, including effective parent and child communication, problem-solving skills, and a sense of purpose. Successful families frequently consider their strengths and weaknesses and take steps to improve their home and family environment.

Between 2006 and 2010, 33% of households in Maverick County were comprised of single parent families. That percentage accounts for 5,888 families in Maverick County.(1) The poverty rate of children under 18 has been estimated at 53.2%. (2)

By: Program series conducted by Monica Aguirre, Maverick County FCS-CEP Agent. Hosting agencies and volunteers assisted with logistics by securing location and announcing the series via newspapers, flyers and phone calls.

Response: The Parenting-Strengthening Families program is a lecture series offered to parents of students enrolled at the Eagle Pass ISD, Discipline Alternative Education Program (DAEP).

- Parenting-Strengthening Families is a parenting curriculum that uses interactive methodologies to reach parents via PowerPoint presentations and discussions.
- Parents of children enrolled at the Eagle Pass ISD, Discipline Alternative Education Program (DAEP) were presented with materials including handouts to help facilitate successful parenting programs that will prove to be effective for parenting.

Family and Consumer Sciences

Demographic information of lecture series participants:

White	Hispanic	American Indian	Asian	Female	Male	Youth	Adults	
0	91	0	0	69	22	0	91	

Series Module:

- Developmental Expectations and Stress Management
- Goals, Objectives, and Rewards
- High Risk Kids and Communication
- Communication II, Problem Solving, and Giving Directions
- Limit Setting
- Implementing the Behavior Plan and Maintaining Good Behavior

Results: Ninety one individuals have participated in the Parenting-Strengthening Families series thus far. At the request of Eagle Pass Independent School District, the series will be repeated in 2013 twice per semester at the same location.

- Parenting programs increase participants' knowledge, skills and abilities, which are essential to a child's development.

Parents who are consistent, respectful, involved and serve as positive role models increase their children's potential for success and help prevent delinquent behavior during the adolescent and teen years. The fines for students at the Discipline Alternative Education Center (DAEP) range from \$250.00 to \$2000.00, depending on the offense they committed. There are approximately 45 students enrolled at the center at any one time. Reducing or eliminating delinquent behavior can have a significant impact on the families and legal system.

- Parent written testimonials include: "I am learning more techniques to teach my son, "Information about effective communication and limit setting has been very helpful to improve my son's behavior".

References:

1. County Health Ranking and Road Maps. <http://www.countyhealthrankings.org/node/2819/82>
2. The County Information Program, Texas Association of Counties. <http://www.txcip.org/tac/census/profile.php?FIPS=48323>

4-H and Youth Development

2012 General 4-H Contacts for Maverick County Output Summary – Maverick County

Relevance

The 4-H is an important tool in a community to maintain the youth active and healthy; creating activities that will increase skills and knowledge is the main goal of the Maverick County Extension Office. This year the County Extension Agent and some adult leaders were very active promoting the 4-H. One of the main objectives was to inform the community about the different 4-H activities besides animal projects, because 4-H can offer archery, shooting sports, food show, photography, fashion Show, golf, and many more.

Response

The 4-H participated at the 4th of July parade, and we also placed 4-H banners throughout town. We were also part of the 2012 Back to School Fair of the Eagle Pass ISD, and the 4-H participated with a promotional booth at the CICLOVIA Health Fair of Maverick County. To encourage the 4-H kids the Extension Office and Adult Leaders conducted an Award's Event in the summer, to congratulate the 4-H kids that acquired a 1st, 2nd, or 3rd place in any 4-H competition. The 4-H Club Managers also contributed in this 4-H promotional endeavor to increase the enrollment process in Maverick County, especially in the summer when is the critical time to maintain and add the 4-H numbers.

Results

At this time the Maverick County 4-H is formed of four 4-H Clubs; the Eagle Pass 4-H Club, the Quemado 4-H Club, the Riverside 4-H Club, the Southside Exhibitors 4-H Club, and the Maverick County 4-H Council which formed of 4-H members of all the 4-H Clubs. The current youth members are 233, and 12 Adult Leaders registered in 4-H Connect but we have many more parents involved in the 4-H. The Maverick County 4-H this year participated at the District 12 Food Show / Challenge, at the District 12 Fashion Show, the District 12 Story Board, District 12 Photography, and District 12 Record Book. All of these events were conducted at the county level in order to advance to district, the Adult Leader and the County Extension Agent were very active to accomplish successfully all the County 4-H events.

Future Plans

The County Extension Agent will continue working with the Adult Leaders to fulfill the needs of the 4-H in Maverick County. At this time we are working to start a new Shooting Sports Club, and we hope to get it going next year.

4-H and Youth Development



4-H and Youth Development

2012 Maverick County 4-H Food Challenge Outcome Plan

Relevance

The importance of healthy nutrition habits in our youth should be a priority in any family values. With all the unhealthy food of today fast living, our kids must learn the nutritional values of all the food items in the refrigerator of the kitchen. We need to teach them how the human body functions, and how the different ingredients of a meal prepared at home provide our body the necessary energy, and nutrients to function.

This year the Maverick County 4-H Food Show and Challenge was highly promoted since the beginning of the 2012-2013 school year in September, it was announced in the Maverick County 4-H Newsletter of August, September, and October. The adults that usually participate in this event were very active, and they approached the Extension Office several occasions to plan and discuss the new rules and guidelines of the 2012 Maverick County 4-H Food Show Challenge.

Response

The Photo and Food Clinic was on Saturday, September 22, 2012 from 9:00 AM to 3:00 PM the Food Clinic was from 9:00 AM until 12 Noon, with a short break afterward was the Photo Clinic. This training was provided by the County Extension Agent, and the Family and Consumer Sciences Agent. The Food Clinic included the rules and regulations of the District 12 4-H Food Show Challenge and 4-H State Food Show Challenge Contest, which were the same for the 2012 Maverick County 4-H Food Show Challenge. This event covered how to prepare the recipe for the plate to show in the event, we instructed the participants they needed to include the exact measures of the plate ingredients, and the cooking process including temperatures. We also trained the 4-H kids about the basic skills in nutrition in order to answer the questions of the Judge during the event, and we addressed the importance of nutritional knowledge to live a better life.

We utilized the My Plate picture to instruct the participants of the 4-H Food Show new categories; Protein, Fruits & Vegetables, Grains, and Dairy, we also mentioned that the Theme for this year 4-H State Food Show will be HEALTHY HOLIDAYS. We address the importance of recognizing what food ingredients fall in each category, what is the nutritional value, as well as what additional health supplements might contain. During this training we also provided the date of the 2012 Maverick County 4-H Food Show Challenge, this date was scheduled for Saturday, October 27th at 2:00 PM, and we informed the date of the District 12 4-H Food Show Challenge on December 8, 2012 in Laredo, Texas at the Zaffariny Elementary School. After the training the participants completed an evaluation post survey, and we also accepted verbal comments in order to improve the training. Before the date of the 2012 Maverick County 4-H Food Show Challenge on October 27th the participants registered for the event at the Maverick County Extension Office, and the County Extension Agent provided the last details of the event.

Results

The 2012 Maverick County 4-H Food Show Challenge was conducted on Saturday, October 27th at 2:00 PM at the Maverick County Junior Livestock meeting room, the Judge of the event was Mrs. Tan she is nutrition

4-H and Youth Development

teacher at the CC Winn High school. The CEA, the FCS Agent along with some adults prepared the meeting room for the event, some adults even brought some additional desserts for the occasion. The participants brought their plates already prepared from home according to the rules of the 4-H State Food Show Challenge, because this year we had only Food Show contestants. The Maverick County Extension Office used the same Score Card, Personal Information Form and Entry Form of the 2013 4-H State Food Show, to familiarize with future events the contestants that would advance to District 12 4-H Food Show Challenge, and even 4-H State Food Show Challenge. The participants meet and waited at the MCJLS meeting room until the Judge called in the contestants individually. The Judge evaluated their plate and asked different questions about their plate and some other nutrition questions.

Future Plans

The Maverick County Extension Agent 4-H Coordinator will continue promoting and supporting the Maverick County 4-H Food Show Challenge, along with some other nutritional presentations in the schools of Maverick County. In May of 2013 the CEA will provide a series of presentations at the CC Winn High School on Canning procedures, at home and at the industrial level.



4-H and Youth Development

2012 Leaders 4 Life Outcome Plan

Relevance

One of the most important factors of 4-H is the development of leadership skills in our youth. We need to remember that today's youth will be the leaders of the future, familiarizing and training the kids in Parliamentary Procedures will eventually end in well-educated politicians and citizens.

This type of knowledge will not only be beneficial in a future political career, but in any other executive position that might require experience on how to conduct a meeting professionally. The Maverick County Extension Office is committed to support and provide trainings, during the 4-H Club meetings, also to program advanced classes with experienced presenters.

Response

In Maverick County we have four 4-H Clubs; the Eagle Pass 4-H Club, the Quemado 4-H Club, the Riverside 4-H Club, and the Southside 4-H Exhibitors Club. The Maverick County 4-H Council is composed of 4-H members of all the 4-H Clubs, and is responsible for many of the major decisions of the Maverick County 4-H. All the 4-H Clubs have a meeting once a month and these meetings are usually the first and second week of the month.

The Maverick County 4-H Council meetings are the end of the month usually the last Thursday, and this meetings are always after the 4-H Club Managers meetings. The Club managers and the Council coordinate agenda items, to cover in the 4-H Council meeting either to approve or disapprove by voting. All the 4-H kids involved in any of the 4-H Club Boards demand appropriate parliamentary trainings, on how to conduct meetings responsibly and professionally.

Results

This year the County Extension Agent provided basic trainings on Parliamentary Procedures during the 4-H Club meetings of August and September, to refresh the skills of 4-H Board members. All the 4-H Clubs have elections at the beginning of the school year, and the new 4-H Club Boards require additional training to precede with their duties in the 4-H Clubs. The County Extension Agent provided handouts during the meetings and covered basic Parliamentary practices to conduct a meeting effectively, and more important to keep the audience in order and quiet.

Each 4-H Club have; President, Vice-President, Secretary, Treasure, Historian, Parliamentarian, Representative Delegate, and 3 Delegates. The Maverick County 4-H Council has the same positions; they conduct a separate meeting, and their Representative Delegate can attend District 12 Election Convention, as well as the President. This year the Council President and the Representative Delegate attended the District 12 Election Convention in Kingsville, Texas during the summer. The also completed the LAB camp in Kingsville, Texas right before the Election Convention.

4-H and Youth Development

This year on Thursday, October 25th 2012, Marcel Valdez County Extension Agent of Zavala County, provided training on Parliamentary Procedures at the Quemado Community House. Marcel is an experienced Agent in this subject and he conducts this training with high quality standards, the audience was engaged having fun, and learning at the same time. The results were very optimistic the adults and the 4-H kids that attended the training were satisfied; also Marcel provided a quick post satisfaction survey at the end of the presentation.

Future Plans

The County Extension Agent 4-H Coordinator of Maverick County will continue with the commitment of training our youth on Parliamentary Procedures. Every year 4-H Council and 4-H Club Boards change the members, continues trainings must be provided to develop this important skills.

2012 4-H Photography Output Plan Maverick County 2012 Photography and Fashion Show

Relevance

Photography and Fashion Show are some of the non-animals activities in which Maverick County participate every year at District 12. These activities develop the knowledge and skills of our youth, and improve the extracurricular record of the kids for future educational purposes. Adults play a key role to accomplish these activities, and the County Extension Agents support the events in order to obtain successful results.

Response

The County Extension Office promoted the event in the February and March Newsletters, also during the 4-H Club meetings the event was mentioned to encourage more participation, and to answer questions regarding this matter. Also an Adult Leaders meeting was held a month before the show to plan, and organize all the aspects of the event, including dates, rules, and guidelines.

Results

The Maverick County 2012 Photography and Fashion Show was conducted at the MCJLS meeting room, on Saturday, March 17, 2012 at 10:00 A.M. The entries of the Fashion Show and the Photography Show were admitted until March 15th, two days before the event. The Photography Judge used the Standard Score Sheet; the photos had to be mounted on a board properly, with the contestant information form on the back. The Fashion Show Judge evaluated the contestants individually, she used the Standard Score Sheet, and each interview lasted at least 5 minutes. The finalist of both shows obtained award ribbons with a participation certificate, and first place contestants were invited to District 12 Photography and Fashion Show.

4-H and Youth Development

Future Plans

The County Extension Agent included the Photography and Fashion Show for 2013 plans, and this event will continue to be part of the Maverick County 4-H activities.



4-H and Youth Development

2012 Youth Water Education – Maverick County Output Plan

Relevance

One of the objectives of the Maverick County Extension Office is to educate the 4-H members on the importance of clean water in our community, educate the 4-H kids about the different water hazards, and water conservation. More important understand the long process of water treatments, and the process to get the water from the county water source to the houses we live in.

Response

The County Extension Agent provided informative Water Safety Booklets and covered important aspects of water issues, during the 4-H Club meetings of February and March. Some 4-H Club Managers also conducted some activities related to water safety, and water management.

Results

There is four 4-H Clubs in Maverick County, and the clubs always work coordinated with the County Extension Agent. The Youth Water Education Plan was implemented in coordination with the Adult Leaders and the 4-H Club Managers depending on their methods of leading the meetings, but focused on delivering the desired information on water education. The 4-H kids remained involved and engaged during the lectures, and the 4-H Club Managers added some extra hands-on activities to improve the learning process.

Future Plans

The County Extension Agent included the Water Education Plan for 2013, and it will be implemented to the 4-H kids of Maverick County. The County Extension Agent will provide water educational presentation at the Eagle Pass ISD.

Community Economic Development

**2012 General Community Economic Development
 Output Summary – Maverick County**

Relevance

Maverick County is a developing community that is growing fast, as it now there are 4 new hotels constructions, at least 3 outlet malls, and many other new projects. Some of the oil companies are getting closer to Maverick County, and we can see the positive economic impact undergoing in Maverick County. Not only the city of Eagle Pass is growing, but the rural areas are developing in infrastructure now that the oil companies are closer to Maverick County. Some big ranchers are selling hundreds small lot of 20 or 10 acres, and this small acreage owner are building welding shops, mechanic truck shops, truck stops, small taco stands, trailer house parking lots, and some are building their houses. Obviously the majority of these small lot owners are focused on ranching activities.

Response

The Maverick County Extension Agent contacted the Zavala County Community Development Agent to determine the proper process to approach this issue. The most common demands of these small lot owners are; how to make water wells and how deep the water is, how to obtain electricity in their property and how much it will cost, and they are asking for pavement roads, some are willing to pay part of the expenses.

Results

The communities of Maverick County that possess rural properties are aware of the Extension Office, and the services that we offer. As a result some small lot owners contacted the Maverick County Extension Office to ask for advice concerning some of these issues. The most common questions are; how to get water in their properties, also electrical services.

Future Plans

The Maverick County Extension Agent will rely on the support of the Zavala County Community Development Agent to attend the necessities of the Maverick County rural community.

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