

TEXAS A&M AGRI LIFE EXTENSION

HERE'S WHAT'S NEW:

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WELCOME...

to the first edition of our quarterly newsletter! Our goal is to provide you with an overview of what's been happening the last few months in the Angelina County Extension program and give some in-depth information on what's coming up. We hope you enjoy this first edition and feel free to send us some feedback!

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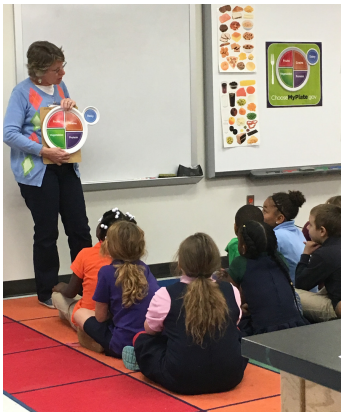
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GARDEN/NUTRITION PROGRAM FOSTERS LEARNING AND HEALTHY APPETITES AT LOCAL SCHOOLS

by Joel Redus, CEA-Family & Community Health



Master Gardener intern Linda Bates teaching about MyPlate



Students "graded" a variety of vegetables using all 5 senses. Many discovered new vegetables they enjoy.

The Learn, Grow, Eat, & Go! program (LGEG) is an interdisciplinary program combining academic achievement, gardening, nutrient-dense food experiences, and school & family engagement. Four new Master Gardeners have been sharing their time and talents to implement LGEG for seven 2nd grade classes at Dunbar Primary School in Lufkin. In addition to overseeing the planning, cleaning, planting, and maintenance of the gardens, Master Gardeners conducted a variety of hands on learning experiences and exposure to healthy foods.

Agents and volunteers have also been implementing LGEG with ten 5th grade classes and two 3rd grade classes this spring at Bonner Elementary in Hudson. The Hudson High School Culinary Arts students have begun assisting with vegetable cooking demos and tastings at Bonner and have done a tremendous job!

4-H COMPETITIONS

by Ryan Merrel, CEA-4-H & Youth Development



D5 4-H Food Extravaganza



D5 4-H Shooting Sports Teams



1st place Senior Buying, Special Interest - D5 Fashion Show



1st place Senior Choreographed Routine D5 Roundup

Angelina County 4-H had great participation at the District 5 (D5) 4-H Food and Nutrition Extravaganza at SFA in Nacogdoches. We had great participation! Seniors going to State Round Up in June include Rozalinn Runnels in Dairy, Taylor Castillo in Grains, and two senior Food Challenge Teams with Kimberlin Arnold, Emily LaRoe, Grayson Sims, and Samantha Loper, Brianna Puntch, Taylor Castillo, Austin Smith, and Blake Minschew.

In April, at D5 4-H Roundup, Grayson Sims earned his place at State Round Up with his educational presentation about the Essentials of Kayaking. Elizabeth Dorsey wowed the judges with her Choreographed Routine. Brianna Puntch won 1st in Senior Buying, Special Interest with her amazing outfit in the Fashion show. Photography contestants were Charlie Arnold, Addison Arnold, Harley Ledford, and Blayre Brent. They represented Angelina County well, all placing in the top 5 of their categories!

History repeats itself as the Angelina County 4-H Rifle Teams mopped up the competition at the District Rifle Match earning their place among the top shooters to compete at the State Rifle match in June. Congratulations to Chloe Murray, Taylor Brazil, Garrett Thomas, and Garrett Croley for 1st Place Senior Team. Grayson Campbell, Summer Key, James Rhiddlehoover, and Jalyn Spohn took home 3rd place Senior team. The intermediate and junior teams are not something to mess with either as Austin Belchner, Ian Hancock, Dakota Summers, and Cole Corley won 1st place Intermediate team. Barrett Duren, Preston Jelinek, Reagan Rhiddlehoover, and Baylee Ward took the 2nd place intermediate team. Lastly, Cason Cryer, Owen Duren, Anna Hancock, and Wyatt Ridings won 1st place junior team. We want to give a big shout out to our wonderful coaches for doing such a fantastic job with the young people and for representing our county so well!

Even though there was only one competitor from Angelina County, that one competitor made his presence known at the District 5 4-H Shotgun Games this month. Our very own Blain Overby competed in the Senior 1 division and took home 3rd in Trap, 1st in Skeet, 2nd in 5-stand, 1st in Sporting Clays, and 2nd place in the tower match. Way to go Blain and thank you for representing our 4-H members so well. Congratulations on your win!

NEW MASTER GARDENER & MASTER WELLNESS VOLUNTEERS

by Joel Redus, CEA - Family & Community Health

Our office hosted training for two "master" level volunteer groups to extend our outreach of relevant, evidenced based education. In the Master Wellness Volunteer (MWV) program, six individuals completed 40 hours of training in a variety of health-related topics, including food safety, nutrition, MyPlate, energy balance, health literacy, medication management, food waste, and healthy eating on a budget. Four new Master Gardener Volunteers have received a combination of 70 hours of classroom and practicum learning and will give back 70 hours of service this year. After initial training, Master Volunteers are committed to provide service hours related to AgriLife Extension's educational outreach in the community.



WE LOVE
OUR VOLUNTEERS



WALK ACROSS TEXAS PHYSICAL ACTIVITY CHALLENGE

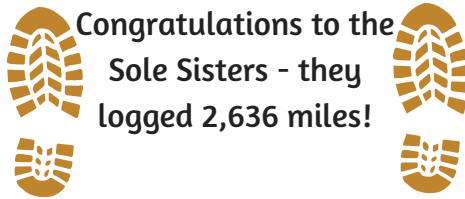
by Joel Redus, CEA - Family & Community Health



106 walkers logged a total of 20,282 miles throughout 8-week program. By comparison, earth's equator is 24,901 miles.

Congrats to All Teams!

1. Sole Sisters, Captain Dana Massey – 2,636 miles
2. Front Liners, Captain Deanna Branson – 2,363 miles
3. Mixed Bag of Nuts, Captain Randy Ware – 2,140 miles
4. Girlz Gone Walkin, Captain Wendy McFadden – 2,009 miles
5. The Spirit Walkers, Captain Allen Rush – 1,636 miles
6. King Forest Walkers, Captain Janet Clarke – 1,451 miles
7. Sole Survivors, Captain Christine Powell – 1,327 miles
8. The Faith Walkers, Captain Geno Carrier – 1,138 miles
9. The Light Walkers, Captain Jonatan Alaniz – 1,029 miles
10. Impact Lufkin 1, Captain Pam Gilchrist – 1,025 miles
11. Are We There Yet?, Captain Mela Hernandez – 976 miles
12. Extension Flexing, Captain Joel Redus – 892 miles
13. Chafing the Dream, Captain Callie Wallace – 834 miles
14. Sole Survivors, Captain Annete Sandoval – 677 miles



Meeting Needs for Food Safety Education

by Joel Redus, CEA - Family & Community Health

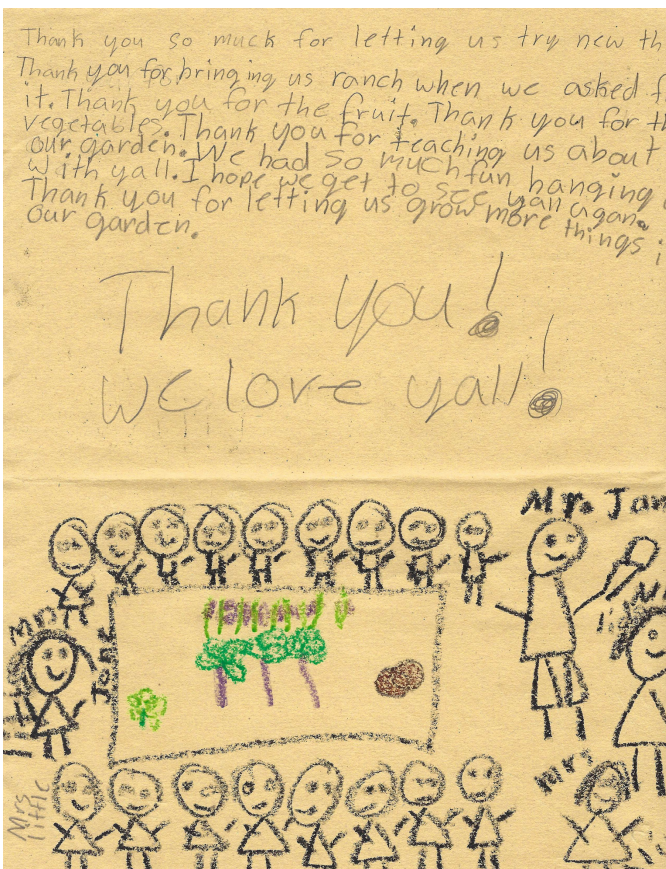
Statistics indicate that foodborne illness continues to be a health issue in the United States. Each year, 1 in 6 Americans will become sick, 128,000 will become hospitalized, and 3,000 will die due to a foodborne illness.

Under the Texas Department of State Health Services (DSHS) jurisdiction, every food service worker is required to receive basic food safety education and become certified as a food handler. Furthermore, each food establishment is required to have at least one certified food manager, which requires more in-depth training and knowledge. When legislative changes made it unfeasible for the Angelina County and Cities Health District to provide these certifications, our office looked to help meet the need of the nearly 500 food establishments in Angelina County. We began offering Food Handlers Certification training last year and are pleased to now be able to provide Food Managers Certification training also. These classes are a great option for those wanting a face-to-face (as opposed to online) class, without having to travel outside the county.

July 9-10 - Food Manager 2-Day Certification Training and Exam. Cost is \$125 and advance registration is required.

July 11 - Food Handlers Class 9:30 to 11:30. Arrive early to register/pay at door. \$20, check or money order only.

For more information on any of the above programs, contact Joel Redus, CEA for Family & Community Health, at 936-634-6414 x1 or joel.redus@ag.tamu.edu. Or visit <https://angelina.agrilife.org/>.



Thank you note from students participating in Learn, Grow, Eat, Go! program

EAST TEXAS FRUIT & VEGETABLE CONFERENCE

by Cary Sims, CEA - Ag & Natural Resources



Professor and Extension Vegetable Specialist, Dr. Joe Masabni, teaches home gardeners about options for successful gardens.

Fruit and vegetable production is a significant activity in our region.

Both commercial producers and home gardeners are actively interested in increasing production while minimizing costs and inputs. This year attendance was at 99 registered participants. The morning sessions were general sessions for everyone and the afternoon had breakout session tailored to different levels of production. Commercial producers learned about commercial tomato and watermelon production practices while home owners learned about more fundamental issues such as seed saving and building a raised bed.

A new area this year was an emphasis on orchard management to include proper planting and weed control. State specialists were invited to discuss the difficulties in establishing and managing orchards for long term productivity.

4-H LEARNING OPPORTUNITIES

by Ryan Merrel, CEA - 4-H & Youth Development

We had quite a few learning opportunities over the last few months. Weston Reynolds helped start a Leadership series for 4-H members. We had three monthly meetings where 4-H members learned to build self-confidence, identify what makes a good speech, and practice public speaking, and parliamentary procedure.

We had multiple livestock workshops including poultry, rabbits, and hogs. These were planned and facilitated by the Angelina County Fair Ambassadors. We want to give a big shout out to Diboll Ag Shop for hosting the hog workshop, Mr. Wade Gartman for his knowledge, and to Logan Piekert for teaching us about showmanship and what to expect at the show.

A huge thanks to some of our County Fair Ambassadors for helping out at the workshops. Rabbit Ambassadors Chloe Murray, Morgan Mayo, and Emily Hodges did a great job working with new rabbit exhibitors! Poultry Ambassadors Kimberlin Arnold and Mathew Wigley for helping put on the poultry workshop.



Hog Workshop!



Rabbit Workshop!



FOOD SAFETY EDUCATION

by Joel Redus, CEA - Family & Community Health

This year, Food Handlers Certification classes have been provided at Huntington ISD, Central ISD, and The Mosaic Center, as well as classes open to the public at the Extension office.

VOLUNTEER MASTER GARDENER AWARDS BANQUET

by Cary Sims, CEA - Ag & Natural Resources



Congressman Louis Ghomert recognized Angelina County Volunteer Master Gardeners in closing remarks at annual banquet

Each year our office recognizes the work and success of our largest “Master Volunteer” corps, the Master Gardeners. We currently have 31 volunteers that must re-certify themselves each year by supporting educational efforts with Angelina County Extension program and continuing their own education in horticultural sciences.

Volunteer Master Gardeners are required to provide a minimum of 20 hours of Extension volunteer work and 12 hours of continuing education. In 2017, our group provided 1,384 hours of volunteer work to the residents of Angelina County. This is the equivalent of a full-time position.

Their efforts are primarily twofold: providing opportunities for adults to further their understanding of gardening and landscaping; and working with three local schools to help kids learn where vegetables come from.

Some other areas that these volunteers work with are with youth at the Women’s Shelter, a youth scholarship, and demonstration beds at the Farmers Market. All their projects are funded by a spring and fall plant sale.

VOLUNTEER LED DIABETES CLASS SERIES A HUGE HIT!

by Joel Redus, CEA - Family & Community Health

One of our newly-trained Master Wellness Volunteers is Ann Watson, Registered Nurse and Public Health Educator with the Angelina County and Cities Health District. Ann has long been a valuable partner on several projects, and she completed the MWV training in order to deliver AgriLife Extension’s evidenced-based resources to new audiences. Ann organized and led a 3-part series called, “Healthy Living with Diabetes” at the Diboll Family Education Center. Thanks to donations from Margie Harrell of the Diboll Housing Authority, a free lunch was provided at each class. Using AgriLife Extension’s diabetes curricula, Ann discussed the essentials of type 2 diabetes management including monitoring blood sugar, relationship between food and diabetes, medication, physical activity, and avoiding complications. Registered Dietitian Nutritionist and Family and Community Health Agent, Joel Redus, provided detailed information on nutrition and meal planning. MWV Minerva Gonzalez provided Spanish translation as needed. A diverse audience of 37 people participated!



According to the
Center for Disease Control

2013 data for Angelina County

37.5% (23,408) of adults are obese, the highest ranking of Texas counties.

prevalence of diagnosed diabetes is 12.9% of the adult population (8,079), well above state and national averages

27.6% of adults are reported to engage in NO leisure time physical activity

2018 ANGELINA COUNTY FAIR

by Ryan Merrel, CEA - 4-H & Youth Development

The Angelina County Fair was April 18-22, 2018. The County Youth Board partnered with the Angelina County Fair Ambassadors to offer educational tours to Brookhollow Elementary school students. These 4-H and FFA members led 3rd, 4th, and 5th graders through the fair teaching them about the different types of animals and other projects that are shown at the fair. With a little help from Riley Jenkins the kids even got to try roping a dummy calf. The petting zoo and hatching chicken eggs rounded out their learning experience.



School tours at the 2018 Angelina County Fair



Award of Excellence to two deserving volunteer leaders, Jonanna Arnold and Misty Dorsey



Two of the four Angelina Youth Development Foundation scholarship winners. Emily LaRoe and Kimberlin Arnold. Not pictured are Grayson Campbell and Jennings Sanders

WRAPPING UP A GREAT 4-H YEAR

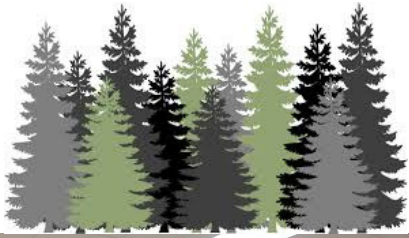
by Ryan Merrel, CEA - 4-H & Youth Development

After such a great 4-H year, filled with so many success stories, we had the opportunity to say “Thank You” to the many volunteers that make this program so awesome. The Leaders Appreciation Banquet is our opportunity to showcase their amazing talent. This year the County 4-H Council chose JonAnna Arnold of 4-H Horse Club, and Misty Dorsey, of Lone Star 4-H Club as the winners of the Award of Excellence. We will also have the chance to show them off again at the District 4-H Gold Star Banquet in October. We also honored some senior 4-H members with the highly coveted Angelina Youth Development Foundation Scholarships. Receiving these scholarships were Emily LaRoe, Kimberlin Arnold, Jennings Sanders, and Grayson Campbell. Jennings was awarded the Jerry Johnson Memorial Scholarship as well. Great job Seniors and thank you to our volunteers for making this such a great year!

I PLEDGE
MY HEAD
to clearer *thinking*
MY HEART to greater *loyalty*
MY HANDS TO LARGER *SERVICE*
MY HEALTH
to better *living*
FOR MY CLUB & MY
MY COMMUNITY WORLD.
MY COUNTRY

FOREST PEST SEMINAR

by Cary Sims, CEA - Ag & Natural Resources



Participants in the Forest Pest Seminar listen to Kent Evans give an update from the Longleaf Initiative at the 2018 Forest Pest Seminar.

One of our annual events that reaches a niche audience is the annual Forest Pest Seminar. Targeting forestry professionals and forest landowners, this annual event reached 65 paying participants. Participants can receive up to 20 CEUs towards certifications and licenses that they may have. From Extension, they receive 5 CEUs towards their state pesticide license. There are also 5 CEUs from state and national forester professional associations. Finally, from the Texas Forest Landowners Association, they can receive 5 Pro-Logger Credits.

Topics are generally pest, pesticide or related in nature. Each even numbered year when the Texas legislature is out of session, we ask our state Representative and state Senator to provide an update on legal issues being faced by the forestry industry and landowners.

looking ahead

- **June 8, 15, 22 - Cooking Well With Diabetes Classes** - Angelina County Extension office
- **June 13 - Morning Pasture Discussion Meeting** - held monthly at IHOP, in Lufkin, from 7 - 8 am. No fee. 1 CEU.
- **June 12 - 15 - State 4-H Roundup** - College Station. We have several competitors and scholarship winners participating.
- **June 15 - 4-H Recordbooks** due to Angelina County Extension office / Also begin 4-H Camp sign-up
- **June 18 - Irrigation Strategies for the Landscape** - 6:30 p.m. - 8 p.m. Angelina County Extension office. Cost is \$10
Water can be considered the number one “nutrient” that plants need to survive and thrive. At this evening seminar, we’ll look at strategies and technologies that will make your landscape perform well without creating a huge water bill. From lawn irrigation to flower beds to vegetable gardens, we’ll look at the materials available locally that will allow you to conserve water while meeting the plants needs.
- **June 19 - Home Fruit Production** - 12 noon - 1 p.m. Angelina County Extension office. No fee.
There are a variety of introduced and native fruits that we can grow successfully in our own backyards. Yes, there are the traditional fruits such as peaches, plums and pears - each with their own challenges. But have you considered the native plants such as blackberries, pawpaws, mayhaws and muscadine? Even more exotic is citrus, pomegranates, gumi berry and others. With careful planting and proper site selection, you can harvest some kind of fruit all thru the growing season and add to your landscape. Bring a sack lunch if you wish.
- **June 19 - Master Gardener monthly meeting** - Angelina County Extension office. 1 p.m.
- **June 21-22 - 4-H Leadership Lab**
- **June 25 - D5 4-H Recordbook Judging** - Nacogdoches, Tx
- **June 28 - 30 -East Region Horse Show** - Athens, Tx
- **July 9-10 - Food Manager Certification** - Angelina County Extension office
- **July 11 - Food Handlers Certification** - Angelina County Extension office
- **July 11 - Morning Pasture Discussion Meeting** - held monthly at IHOP from 7 - 8 am. No fee. 1 CEU
- **July 16 - Sustainable Storm Water Design** - 6:30 p.m. - 8 p.m. Angelina County Extension office. No fee.
Discussion about different applications of green infrastructure that will handle excessive rainfall. Rain Gardens, Bio-swales, and other structures will be discussed, followed by a hands-on exercise showing how to adequately size components of a rain garden.
- **July 17 - Pollinators** - 12 noon - 1 p.m. Angelina County Extension office. No fee. Program features Dawn Stover. Dawn is a Research Associate with the Mast Arboretum at Stephen F. Austin State University in Nacogdoches. She brings a wealth of knowledge about all kinds of pollinators, much more than honeybees and butterflies. Bring a sack lunch if you wish.
- **July 17 - Master Gardener monthly meeting** - Angelina County Extension office. 1 p.m.
- **July 30 - August 2 - County 4-H Camp**