

**KEY TIPS TO
 REMEMBER:**

- Go native or choose plants that need less water.
- Group plants according to their water needs.
- Maintain healthy soils.
- Be selective when adding turf areas.
- Water wisely.
- Use mulch.
- Provide regular maintenance.

**INSIDE
 THIS ISSUE:**

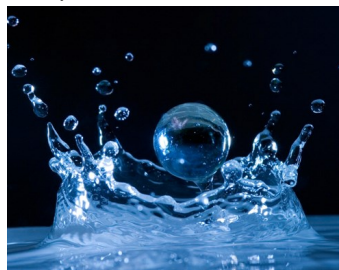
- 4-H Helps Edge-wood ISD Students “Take a Stand” 2
- 2014 San Antonio Livestock Show & Rodeo Offerings 2
- Spring Teacher Training at Region 20 3
- Children’s Vegetable Garden Program Takes Root 3
- Meet the Staff - Rosemary Fuentes 4
- A Message from the County Director 4

The Link Between AgriLife Extension’s Water Programs And San Antonio’s Water Conservation Efforts

Through a combination of education, financial incentives and reasonable regulations to achieve long-term water savings, people in San Antonio and Bexar County are very aware of the need to conserve water. AgriLife Extension’s statewide Texas Water Star Program was developed with the goal of increasing resources and knowledge about conserving in urban landscapes through education and training of professional landscape irrigators. Recently in Bexar County, green industry professionals, including nursery owners, landscapers, professional irrigators, and groundskeepers, received expert instruction at two different Texas Water Star Programs.

For the first – the Earth-Kind Landscaping School held Feb. 14 – more than 40 green industry

and other professionals of urban water resources received class instruction on plant selection and landscaping using Texas Superstar plants; tree selection and



Texans use over 1.37 trillion gallons of water annually in the municipal environment.

placement for energy and water conservation; reducing yard waste and reusing landscaping materials; irrigation efficiency and drip irrigation; and an irrigation audit and evaluation demonstration.

The second Texas Water Star Program was a day-long Spring Grounds Maintenance Conference on March 28. Another 40 green industry professionals attended this program, which addressed turfgrass selection and use, turfgrass “cultural” practices, water use, the benefits of soil and water testing, and proper irrigation, including rules and regulations, scheduling, coupons and rebates, and system maintenance.

According to Jared Beaver, AgriLife Extension Program Coordinator for Water and Natural Resources, the Texas Water Star Program is being implemented in the seven urban counties in Texas, including Bexar, Dallas, El Paso, Fort Bend, Harris, Tarrant, and Travis.

Second Water Forum to be in Austin

The Texas Water Journal, an online, peer-reviewed journal about Texas water issues, will moderate a second Texas Water Journal Forum on water conservation on April 22 in Austin to celebrate Earth Day. The journal is published in cooperation with Texas Water Resources Insti-

tute, part of Texas A&M AgriLife Research, the Texas A&M AgriLife Extension Service, and the College of Agriculture and Life Sciences at Texas A&M University.

The free forum will be held from 6:00-7:30 p.m. in Room JBG 2.218 of Jackson Geological

Sciences Building at the University of Texas. It will provide discussions from water conservation scientists and experts on a variety of current water conservation issues.

To read the journal, go to www.texaswaterjournal.org.

4-H Helps Edgewood ISD Students “Take a Stand”



Bullying isn't cool. No self-respecting kid would do it.

About 6,000 youth from elementary, middle, and high schools in the Edgewood ISD are involved in Take A Stand, an anti-bullying program in cooperation with AgriLife Extension and the county's 4-H Program.

Experts say bullying during school years can create a pattern that remains in the victims for the rest of their lives. Statistics show those bullied at school are subject to both short- and long-term effects,

which can include depression, truancy, loss of self-esteem, anxiety, physical illness, and lasting emotional problems.

“The Take a Stand program has a teacher training component and curriculum with anti-bullying-oriented activities,” said Desiree Rucker, Prairie View A&M Cooperative Extension Program agent for 4-H in Bexar County.

Approximately 40 counselors and Communities in Schools professionals were trained in

October of last year and provided their own copy of the curriculum by grade level. The 10-week program curriculum has lessons and activities that focus on the importance of mutual respect and acceptance and address how to stop bullying.

Eight volunteers with Edgewood District Veterans have been instrumental in assisting the trained counselors with implementing the program in the district.

“The agriculture industry in Texas has more than a \$100 billion annual impact on the state's economy.”

— Texas Department of Agriculture

2014 San Antonio Livestock Show & Rodeo Offerings

From Feb. 6-24, more than 167,000 people from Texas and beyond visited the H-E-B Little Buckaroo Farms pavilion during the San Antonio Stock Show and Rodeo. The 30,000-square-foot pavilion is presented annually by H-E-B and the Texas A&M AgriLife Extension Service in cooperation with various partners and participating organizations.

Among the attendees this year were more than 12,000 chil-

dren -- kindergarten through third grade -- from elementary schools from throughout Bexar County, who participated in various School Tours. Another 2,500-plus youth were part of additional School Tours conducted by neighboring counties.

Kids' activities included collecting half-peck baskets of plastic fruits and vegetables, farm and orchard displays, an herb-planting activity, farm animals, a beekeeping exhibit, and a cow-milking station.

According to Lupe Landeros, Bexar County Extension Director with Texas A&M AgriLife Extension, Master Gardener volunteers from Bexar and surrounding counties and AgriLife Extension personnel, along with various partners and participants, spend thousands of hours each year planning, designing, constructing and staffing this pavilion.

Other exhibits and activities at this year's event included cooking demonstrations and food tastings, the Bexar County Master Gardener booth (where the rodeo tomato and ornamental plants were sold to help fund association scholarships), and exhibits on drip irrigation and rainwater harvesting.

Entering the chicken coop



Learning to prepare easy and nutritious dishes by local chefs

Spring Teacher Training at Region 20



More than 100 teachers from schools throughout Bexar County participated in the Spring Teacher Training at the Region 20 Education Service Center. The training was provided by AgriLife Extension and its volunteer horticulture

Teachers were introduced to various Extension programs. organization, Bexar County Master Gardeners. “The training introduces primarily elementary and middle public school teachers, plus homeschoolers and private school teachers, as well as some high school teachers, to youth gardening,” said Natalie Cervantes, AgriLife Extension Youth Gardens Coordinator. “We show teachers how to implement their own youth gardening program and

use that as a supplemental educational experience for the students.”

Training included presentations and hands-on demonstrations that addressed a variety of topics ranging from water conservation to entomology, pest management, nutrition, food safety, organic vs. conventional gardening, and more.

“Gardening is a way to learn about earth science and math. Whenever possible, training instruction is designed to complement TEKS guidelines,” said Cervantes.

“Gardening helps youth to develop a respect for nature and the outdoors, and to learn patience, teamwork and personal responsibility.”

*- Natalie Cervantes
Youth Gardens
Coordinator*

Children’s Vegetable Garden Program Takes Root

The Texas A&M AgriLife Extension Service for Bexar County and the San Antonio Botanical Garden have begun another season of fun and education through their joint Children’s Vegetable Garden Program, coordinators said. The garden is on the grounds of the San Antonio Botanical Garden and is open to children 8-13 from Bexar and surrounding counties.

“We have about 55 kids participating in the spring program this year,” said David Rodriguez, AgriLife Extension Agent for Horticulture in Bexar County and the program’s administrator. “Children are assigned their own garden plot where they prepare soil, plant, weed, nurture, grow, and harvest their own vegetables under the guidance of several Bexar County Master Gardener volunteers.”

The Junior Master Gardener curriculum is used, which reflects many of the state-mandated Texas Essential Knowledge and Skills requirements for public schools.”

Meet the Staff: Rosemary Fuentes

Rosemary Fuentes is the new Health and Wellness Program Specialist for Bexar County. She is responsible for development, implementation, and administration of a multidisciplinary weight management program targeting economically disadvantaged elementary school children and their families.

The goals of her programming include teaching Bexar County residents to make better food choices, serve appropriate portion sizes, get regular exercise, and modify wellness behaviors for long-term results. She will also oversee a family-based lifestyle intervention program targeting childhood obesity.

Fuentes has a master’s degree in Public Health from the Texas A&M Health Science Center’s School of Rural Public Health and a bachelor’s in Recreation Administration from Texas State University.



**Leadership Advisory
Board
of
Bexar County**

OFFICERS

Jackie Van De Walle
President

Barret Kolle
Vice President

Glenn Faulk
Secretary

MEMBERS

Mike De La Garza

Jill DeYoung

Charles E. English

Cyndi Taylor Krier

Richard Ojeda

Judge Laura Parker

Thea Platz

Cindy Taylor

A Message from the County Extension Director

One of the most rewarding aspects of our county's AgriLife Extension programming and activities is how it positively affects the lives of young people. As you will see in this issue, we are helping develop our youth by introducing them to important issues such as the importance of agriculture and protecting natural resources, proper nutrition and even how to grow their own food. We are also involved in many efforts that promote good character traits, such as leadership, teamwork, citizenship, social responsibility, and the importance of respecting and accepting others.

- Lupe Landeros

Calendar of Events

APRIL

- 21, 28 4-H Dog Training Class
- 22,29 4-H Dog Agility Class
- 23, 30 Master Gardener Volunteer Class
- 29 Dancing for Better Health Senior Fitness Event

MAY

- 3 Grow, Eat, & Go Class
- 7, 14 Master Gardener Volunteer Class
- 10 4-H Project Show
- Grow, Eat & Go Class
- 16 Financial Literacy Train-the-Trainer Workshop
- 20 Backyard Gardening Series: Home Composting Workshop
- 21, 28 Master Gardener Volunteer Class

JUNE

- 16-20 Youth Entomology Camp
- 23-26 Youth Entomology Camp

For more information about these and other events, please call 210-467-6575 or visit our website: <http://bexar-tx.tamu.edu>.



CONTACT US

Texas A&M AgriLife Extension Service
Bexar County Office
3355 Cherry Ridge St., Suite 212
San Antonio, TX 78230
TEL: 210-467-6575
FAX: 210-930-1753

E-mail: bexar-tx@tamu.edu
Web: <http://bexar-tx.tamu.edu>

In Cooperation With....

BEXAR COUNTY COMMISSIONERS' COURT
Nelson W. Wolff, County Judge

Sergio "Chico" Rodriguez
Commissioner, Pct. 1

Paul Elizondo
Commissioner, Pct. 2

Kevin Wolff
Commissioner, Pct. 3

Tommy Adkisson
Commissioner, Pct. 4

Editorial Team

Paul Schattenberg, Editor
Communications Specialist

Lupe Landeros
County Extension Director

Carrie Huntzinger
Office Supervisor