

Brazos County Walk Across Texas 2020



Welcome to Week 1 Walk Across Texas in Review

February 20, 2020
Making physical activity your 2020 vision

Week one is a memory now! We are moving right along. With 40,605.89 total miles reported, we are well on our way. Hooray to 241 teams taking this year's challenge! All teams have reported miles to howdyhealth.org. Yay teams!

TEXAS A&M
AGRI LIFE
EXTENSION



Important Dates—at-a-Glance

WAT dates—February 8- April 3, 2020

~~Week 1: February 8-14, 2020~~

Week 2: February 15-21, 2020 ← You are here!

Week 3: February 22-28, 2020

WALK ACROSS TEXAS MIDWAY BOOT CAMP-March 5, 2020

Week 4: February 29-March 6, 2020

Week 5: March 7-13, 2020

Week 6: March 14-20, 2020

Week 7: March 21-27, 2020

Week 8: March 28-April 3, 2020

Last day to enter miles and wrap up survey—April 7, 2020

- ♥ Team members please report your miles daily or at least by Saturday by 12:00 noon for newsletter purposes. From this point forward.
- ♥ Snapshots of teams in action, upcoming fitness events, or success stories are needed. Email to Flora Williams at fewilliams@ag.tamu.edu.
- ♥ Weekly e-blast will arrive on or before Thursday of each week.

Welcome Leagues Commissioners

- | | |
|--|---|
| ♥ Aliyah Mccray~TAMU- Main Campus | ♥ Mike Lopez~URPN 370 - Health System Planners 2020 |
| ♥ Alyssa Locklear~Alyssa's Learning Community | ♥ Monica Holder~DOR |
| ♥ Anna Taggart~Texas A&M Division of Student Affairs | ♥ Sara Mendez~Brazos County Employee Teams |
| ♥ Betty Gibson~TTI | ♥ Sheri Meyer~Texas A&M University System Offices. |
| ♥ Brittany Hensley~Hotard Hustlers | |
| ♥ Dorithie Thomas~AgriLife Employee Wellness | |
| ♥ Katelyn Stout~TAMU Remote | |
| ♥ Kayla Titus~MYCON General Contractors, Inc. | |
| ♥ Kristen McGaw~BVCOG | |
| ♥ Lindsey Dauer~CHI St. Joseph Health | |
| ♥ Mary Capraro~Aggie STEM | |
| ♥ Meagan Huerta~Bryan ISD Technology | |
| ♥ Megan Chernosky~Texas A&M Foundation | |



Thank you for coordinating a league!

Meet the 2020 Team Captains...

Aaron Baker
Aislin Southerlend
Alicia Meza
Aliyah Mccray
Allison Lacey
Alondra Loreda
Amy Epps Martin
Amy White
ANA-LISA LIOTTA
Anastasia Papin
Andrea Jakubec
Andrea Pfeifer
Andrea Reinertson
Angela Wells
Angie Alaniz
Anita Pitt
Ashley Contreras
Ashley Ochoa
Ashton Vasquez
Ashton Vasquez
Barbara Childress
Beatriz Velez
Betty Gibson
Betty Meier
Beverly Benson
Bonita Magby
Brandon Carlson
Bree Wright
Brenda Anderson
Brian Hux
Brittany Hensley
Bruce Neville
Cailey Parkinson
Candice Lott
Carissa Wilhelm
Carissa Wilhelm
Carla Krystyniak
Carol Court
Caylan Bartley
Cee Ellis
Charles Kieth
Charles Wendt

Charlotte Hold
Charlotte Salas
Cheryl Williams
Cheryl Wright
Chris Coon
Christen Robinson
Christie Taylor
Christina Howard
Christopher Ramirez
Corey Stone
Corie Smith
Courtney Cox
Courtney Landry
Courtney Redman
Craig Coates
Cristina Vela
Cynthia Hurt
Dana Black
Daniel Collins
Danielle Manry
David Woodlief
Deborah Elbrich
Delanie Scamardo
Denise Kersten
Denise Rossi
Derrick Osizugbo
Diana Gaytan
Diana Hoffman
Diana Khali Shaw
Dianne Dusold
Dylan Murray
Elizabeth Pierson
Elizabeth Gino
Elizabeth Hiney
Elizabeth Morris
Emily Gunderson
Emily Patterson
Erica Ritter
Erik Medina
Erin Kibler
Flora Williams
Gargi Singh

GeNae Welch
Giles Medearis
Griselda Coleman
Guichun Yao
Hannah Ayala
Hannah Hayes
Ivy Nguyen
Jacquelin Alexander
Jaelyn Wicks
Jake Mason
Jane McKenzie
Janina Siebert
Janisah Amirah Saripada
Jasmine Flores
Jennifer Hancock
Jennifer Winslow
Jenny Pierce
Jessica Abshire
Jessica Beck-Guerrero
Jessica Busto
Jill Lanham
Jill Lee
JIM STEELE
Jonathan Motsinger
Josh Ninke
Juan Morales
Kala McCain
Karen Giles
Karen Hodges
Karina Wilson
Katelyn Stout
Katharine Cupps
Kathy Bounds
Kati Stoddard
Katie Breland
Katy Ellison
Kayla Titus
Kaylyn Clements
Kay Myers
Keith Hancock
(Continued on next page)



Meet the 2020 Team Captains...cont'd

Keith Watson
Kelly Blume
Kelly Cox
Kelly Heslip
Kendall Kannmacher
Kerstin Landrock
Kim Everett
Krista Salazar
Kristi Hanle
Kristi Holstead
Kristin Ebner
Kristin Maass
Kristina Ballard
Kristina Waller
Kyle Mohan
LaTia Peavy
Laura Greer
Laura Heard
Lauren Dowling
Leah Kocian
Leanna Martin
Leigh Cherry
Leslie Casarez
Leslie Martinek
Linda Saenz
Lindsey Dauer
Lisa Neill
Lisa Whittlesey
Liz Summers
Logan Carter
Madison Strong
Madison Thomas
Maria Guzman
Marilyn Frenzel
Marimar Miguel
Marina Brandman
Marissa Perez
Mark Haven
Mark Matusek
Mary Morgan
Mary Parrish

Matthew Johnson
Matthew Sanchez
Maureen Frank
Megan Buck
Megan Chernosky
Megan Culpepper
Megan Enard
Megan Higginbotham
Merri Tilton
Mia Conrad
Michael Lozano
Michelle Coffman
Michelle Lawing
Michelle Young
Mikayla Bethea
Mike Lopez
Miriah Freed
Molly Hitchcock
Monica Holder
Nancy Christian
Nasya Jones
Nathan Glavy
Nick Heiar
Nick Malik
Nick Piwonka
Patricia Smith
Patty Riley
Paulette Hoelscher
Prisilla Berndt
Randee Heuberger
Reagan Gray
Reagan Gray
Ree Kenerley
Rob Dixon
Robert Steele
Robin Parr
Rose Mesecher
Rosemary Schoenfeld
Ruth Heath
Ryder Patterson
Sallie Wytaske

Sara Mendez
Sarah Franke
Sarah Gordon
Shaelyn Ballard
Shari Chambers
Sharon Harris
Shauner McDonald
Shawna Rendon
Sheila Jones
Sheri Meyer
Sherrice King
Sina Campbell
Stacy Schneider
Stacie Grange
Stephanie Colman
Stephanie Walker
Stephanie Wendt
Stephen Searcy
Stephen Smith
Summer Wilson
Susan Milstein
Sylvia Kraeft
Tammi Warford
Tammie Burlin
Tammy Hardin
Tara Hunter
Taylor Wilson
Ted Steinhauser
Terica Reynolds
Theresa Edwards
Therese Corte
Thom Lemmons
Tia Olarinde
TJ Robie
Tressie Truett
Trudy Bennett
Valerie Vetrone
Wendy Kreider
Yolanda Bunsie
Yvonne Pownall
Zane Biggs



Team Placings by Leagues-Adult

AGRILIFE EMPLOYEE WELLNESS

The Original Holy Walkamolies	511.23
Hike Across The Universe	417.3
Perennial Posse	329.44
Avocardio	324.87
Loch'd, Docked and Ready to Walk	287.2
Making Strides	286.29
Between a Walk and Hard Pace	258.65
Groovy Grape Steppers	225.18
Blood, Sweat, & Beers	217.18
Rice Roadrunners	217.12
Rice Racers	210.01
BAEN Movers and Groovers	192.71
Vexed Fossils	190.66
Dallas Center Turf Team	188.56
Sole Survivors	187.78
Blazin' 8	187.59
Better Living for Texans	174.43
Walkin' till the Cows Come Home	165.16
Not So Fast But Furious	157.82
Show Time	145.29
Poultry Science	142
Are We There Yet...duh?	139.63
Mind over Miles	137.81
Twinkle Toes	134.38
Oak Wilt Annihilators	130.5
Gel Runners	126.83
Miracle	116.6
Witness the Fitness	112.64
Ben E. Fits Off His Rockers	111.2
Rice Rice Baby	108.65
TPDDL Plant Detectives	106.23
Yeehawlin' Buns	100.12
SowBloomGrow	79.6
GIFT WATaTeam	78.63
TVMDL Client Servies	42.9
5 Sisters and a Mister	17.52
Total	6559.71

ALYSSA'S LEARNING COMMUNITY

The Number Juan's	38.91
Twinkle Toes	17
Twinkle Toes	5
TheLunchClub	3
Total	63.91

BRAZOS COUNTY EMPLOYEE TEAMS

Turn Down for WAT!	261.34
Tater Trots	164.17
Walkie Talkies	140.9
One More Lap	133.5
Gone With the Win	132.8
Brazos Walking Warriors	88.84
Total	921.55

BRYAN ISD TECHNOLOGY

TNT Blast	119.51
Reading Ramblers	75.69
Techno Speed Walkers	24.52
Texas RoadRunners	7.8
Total	227.52

BVCOG

CATs (COGers Across Texas)	260.53
WIC Bandits 4 Boobies	145.76
The Young and the Rest of Us	138.27
WIC Wellness Revolutionaires	122.91
X	104.53
Holy Walkamolies	97.78
7 Groovy Chicks & An Old Dude	83.73
Honey Bees	24.51
Madisonville	24.17
Chicks with Kicks	18
Fantastic8	7
Total	1027.19

CHI ST. JOSEPH HEALTH

Texas Top Steppers	407.92
Winning Walkers	383.03
Walking Wonders	372.28
Texas Trail Drivers	369.6
Buns on the Run	284.65
JETCOBRA	202.47
Walk-er Texas Ranger	202.33
Take a Hike	202.15
If You Wink at Me I'll Wenckebach	200.59
Tai Chi Wonders 2	190.35
Walk it Out	169.59
Walk-A-Mole	152.56
Between A Walk and A Hard Place	135.64
Tai Chi Wonders 1	89.45
CCU Nightwalkers	53.65
Walking on Air	8
Total	3424.26

HOTARD HUSTLERS

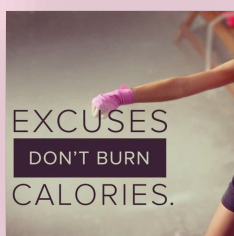
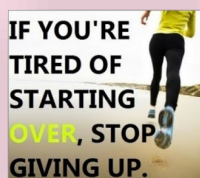
Right TAP Shoe	254.65
Left TAP Shoe	188.27
Total	442.92

MYCON GENERAL CONTRACTORS, INC.

Michael Scott's MYCON College Station Celebrity Rabies Awareness Fun Run Pro Am Race For the Cure	261.52
MYtoCONDria – The Powerhouse of Texas	242.55
Walker Texas Rangers	224.79
Total	728.86

TAMU REMOTE

IBT Roadrunners	161.87
IBT - Not Fast, Just Furious	73.28
Awesome Screening Squad	50.9
Total	286.05



Team Placings by Leagues-Adult

TAMU- MAIN CAMPUS

RegiSTRIDES The Proclaimers	1159.35
Liar, Liar, Legs of Fire	385.74
Road Rage Scholars	362.01
Buns on the Run	361.26
DOR Skywalkers	341.5
CVM Dog Tired	341.14
Libraries' Cirque Du Sore Legs	329.85
LAAHlygaggers	322.86
People Enjoying Activity...Periodically	315.9
2 Hot 2 Trot - Tokyo Drift	302.04
Nye's Home Fries	268.49
RegiSTRIDES Student Services Stomp-ers	245.27
Fit For Duty	235.1
DOR FAR and beyond	219.97
DoIT Again	215.9
RegiSTRIDES With Cherrys on Top	210.41
We Thought They Said Rum	207.46
PPRI Scrambled legs	205.25
Bright On Track	205.03
RegiSTRIDES Burning Thighs	200.06
Mays Transformational Walkers	199.11
CVM Heart and Sole	198.34
RegiSTRIDES The Young and the Breathless	197.35
Quads of Fury	197.32
Agony of De Feet - CLLA	192.47
RegiSTRIDES Run Like the Winded	192.3
We Thought They Said 'Rum'	191.17
16 Feet With Sole	186.05
Legs Miserables	180.25
Walking Wonders	179.69
Kickin' Asphalt	176.4
EAST Steppers	174.97
Not Fast, Just Furious	173.65
DOR We thought they said Rum	154.72
RHACOMModores	154.55
RRAAREQers	154.55
Are we there yet?	152.07
Bookin' It!	150.59
Administepers	150.48
DORitos Locos	148.57

RegiSTRIDES Degree Jog-it	146.71
Maroon03	146.55
aMAYSing Steppers	144.41
Neville's Lo ngbottoms	133.97
Naptime at the Finish Line	133.43
Holy Walkamolies	132.42
Spevtaculars	123.87
DOR we there yet?	122.51
Hearts & Soles	120.53
Cirque Du Sore-Legs	120.14
Old Town Road Walkers	119.24
DOR R.eally E.nthused B.ut S.hort of breath	111.7
The Walking Bad	110.1
PPRI-Chafing the Dream	107.43
Francis Hall Highsteppers	104.7
DOR - Chasing Pavements	101.75
Thought you said 'Extra fries not exercise'	100.59
3rd floor annexers	94.2
DOR Dashing Divas	92.97
All EAHR's 2020	92.79
CommqWATs	82.84
Sea Legs for Days	77.33
Holy Walkamolies	75.47
NoneOfUsAreTexansExcept-ForCrashAndAllison	67.23
Red Hot Chili Steppers	63.95
DOR Student Athletes	60.57
The HROE Stompers	54.9
OREcking Crew	54.75
Research that Moves	40.3
Rise of the LIBR Skywalkers	39.12
Lazy Lobsters	34.98
Freud Would've Ubered	34.91
Gotta Love Benefits	28.82
DOR Step Happy	26.3
DOR RAcers	24.45
Numb Locks (DoIT)	23.95
Texas Two Steppers	23
TEAM BIMS	11.89
The Good Ags	7.05
GOGAPS	3
Total	13,134.01

TEXAS A&M DIVISION OF STUDENT AFFAIRS

Walk This Way!	782.76
Train Recs	552.33
ODSL Exercise? I Thought You Said Extra Fries!	363.97
Multicultural Services	291.05
Kiss My Assessment	277.39
RECOrd Setters	270.72
ResLife Walker Texas Rangers	254.88
ODSL The Good Pace	252.33
Tyrannosaurus Rec	224
Vampires on the Run	183.42
StuAct Walkie Talkies	183.06
ODSL Reber Fever	144.89
Red Hot Chili Steppers	135.07
Between a Walk and a Hard Place!	110.33
Not Fast, Just Furious	104.69
We've got Sole	94.21
The Young and the Breathless	89.11
Total	4314.21

TEXAS A&M FOUNDATION

Let's Get Fiscal	208.02
Blister Sisters & Misters	172.32
Red Hot Chili Steppers	165.89
Money Walks	144.83
Inspired, but Tired	36.5
Total	7276.56

TEXAS A&M UNIVERSITY SYSTEM OFFICES

Walking Robins	404.86
RELLIS-School of Walk	266.83
Walking With Auditude	194.2
Sole Beneficiaries	164.79
If the Shoe Doesn't Fit, We Must Quit	155.6
The Motley Crew	132.37
See ya later, aggregator	118.71
Total	1437.36



Team Placings by Leagues-Adult and Top 23

TTI

If You Ain't First, You're Last	332.91
Dynamic Walking WINgineers	267.88
Walkin' on Sunshine	231.78
The Slackers	227.24
These Glutes are made for Walkin'	160.4

WALK IT LIKE IT'S HOT	101.96
Running Hot!	38.57
All Alone	34.78
Total	1395.52

URPN 370 - HEALTH SYSTEM

PLANNERS 2020

Run Like the Winded	173.02
WAT! it do Ags	159.14
WAT! IN TARNATION	144.45
Team Bonus Points	133.74
WATs UP	102.23
The WATchmen	94.38
Wii Not Fit	88.59
shake and bake	85.2
WAT Runners!	82.5
WAT Pacers	72.05
AggiesWalkingAcrossTexas	46.34
Total	1181.64

LEAGUE OF THEIR OWN

Cecum and Destroy	381.59
Feet for Miles	339.73
Search Dog Walkers	317.1
Sole Sisters	267.25
Dumbbells and Donuts	245.28
Scrambled Legs	241.96
The Young & The Breathless	230.7
She's Got Legs	226.2
Agony of De Feet	212.03
MiSsIng Space CADets	197.24
TIGER TRACKS	187.9
Corner Coasters	168.1
WTF (Where's the Finish)	151.58
LRC BAD KNEES SENIORS	146
CONTinual Motion	138.64
Walking Warriors	132.97
Rapid Thigh Movement (RTM)	126.17
Double the Fun Strollers	101.44
Geosciences	97.27
Walk Across KBTexas	95.94
TAMU-GRADS	94.97

Walkers without Borders	73.24
Recreational Hazards	65.51
TAMU MUP 2020	46.61
Running from Chemistry	43.73
CSTR Team 1	13.5
Total	4329.15

THIS WEEK'S TOP 23 TEAMS IN YEAR 23

1	RegiSTRIDES The Proclaimers	
	TAMU- Main Campus	1159.35

2	Walk This Way!	
	Texas A&M Division of Student Affairs	782.76

3	Train Recs	
	Texas A&M Division of Student Affairs	552.33

4	The Original Holy Walkamolies	
	AgriLife Employee Wellness	511.23

5	Hike Across The Universe	
	AgriLife Employee Wellness	417.3

6	Texas Top Steppers	
	CHI St. Joseph Health	407.92

7	Walking Robins	
	Texas A&M University System Offices	404.86

8	Liar, Liar, Legs of Fire	
	TAMU- Main Campus	385.74

9	Winning Walkers	
	CHI St. Joseph Health	383.03

10	Cecum and Destroy	381.59
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11	Walking Wonders	
	CHI St. Joseph Health	372.28

12	Texas Trail Drivers	
	CHI St. Joseph Health	369.6

13	ODSL Exercise? I Thought You Said Extra Fries!	
	Texas A&M Division of Student Affairs	363.97

14	Road Rage Scholars	
	TAMU- Main Campus	362.01

15	Buns on the Run	
	TAMU- Main Campus	361.26

16	DOR Skywalkers	
	TAMU- Main Campus	341.5

17	CVM Dog Tired	
	TAMU- Main Campus	341.14

18	Feet for Miles	339.73
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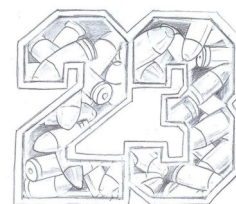
19	If You Ain't First, You're Last	
	TTI	332.91

20	Libraries' Cirque Du Sore Legs	
	TAMU- Main Campus	329.85

21	Perennial Posse	
	AgriLife Employee Wellness	329.44

22	Avocardio	
	AgriLife Employee Wellness	324.87

23	LAAHlygaggers	
	TAMU- Main Campus	322.86



Come amp it up with us!



Let's Amp it Up!

[https://](https://www.signupgenius.com/go/20F0545A8AA22A2FB6-walk1)

www.signupgenius.com/go/20F0545A8AA22A2FB6-walk1



WALK ACROSS TEXAS 2020 MIDWAY EVENT

Grab your team and come do a group workout at TruFit with professional trainers. Earn some extra miles and a chance to win door prizes.

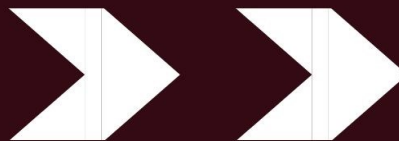
March 5, 2020

6 PM to 7 PM

**2412 South Texas Ave
College Station**

Register by March 2

TRU  **FIT**



For more information contact
Flora Williams at
979-823-0129 or
fewilliams@ag.tamu.edu

Sign up to join us at TruFit for the Walk Across Texas Midway Amp it Up Event

You have options:

Kickboxing, Cycling/spin class, bootcamp, or Zumba or Yoga

Click here:

<https://www.signupgenius.com/go/20F0545A8AA22A2FB6-walk1>

Attention please!
Attention please!

Mileage for the newsletter will be based on mileage as of Saturday of each week since physical activity can be entered daily.

Pardon the change.
Get to steppin'!

Cooking Demonstration Alert!!

Facebook Live!!

Tune in to the Walk Across Texas Brazos Valley Facebook page on February 28 at noon.

Flora will cook an instant pot dish from the Dinner Tonight Cookbook!

Visit

**<https://dinnertonight.tamu.edu/>
for delicious nutritious recipes and tips.**

Let's go youth league teams!

Southwood4H	221.91	(10 youth)
Southwood4HAdult	67.48	(5 parents)
St Joseph's 4-H Club	0	(10 youth)
FloMa's Grands	116	(7 youth)
Panthers	0	(16 youth)
Tigers Class	0	(18 youth)
The Jags	0	(18 youth)



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Go ahead! Click the link for a quick tasty Grilled Cajun Fish Taco recipe.

<https://dinnertonight.tamu.edu/recipe/cajun-grilled-fish-tacos/>

*******Reminder*******

Convert your favorite physical activities completed to miles walked equivalents. Here's a chart and a link to help
https://extension.umd.edu/sites/extension.umd.edu/files/_images/programs/walkmd/Exercise%20Equiv.Chart3_.pdf



Exercise Equivalents

Activity	Actual Miles/ Minutes	Recorded Miles
Walking, stroll (2 mph)	30 minutes =	1 mile
Walking, typical pace (3 mph)	30 minutes =	1.5 miles
Walking, brisk (4 mph)	30 minutes =	2 miles
Running (5.5 mph)	1 mile =	1 mile
Cycling/Biking (13 mph)	7 miles =	1 mile
Spinning	30 minutes =	2 miles
Aerobics (moderate intensity)	30 minutes =	1 mile
Stairmaster (moderate intensity)	15 minutes =	1 mile
Roller Blading	3 miles =	1 mile
Swimming (30 yards/min)	1 mile =	1 mile
Gardening, digging	30 minutes =	2.5 miles
Gardening, push mowing	30 minutes =	2.25 miles
Gardening, raking	30 minutes =	1 mile
Gardening, planting	30 minutes =	1.5 miles
Dancing, moderate to rapid	20 minutes =	1 mile
Any activity/exercise that makes you breathe hard and sweat.	20 minutes =	1 mile
Any activity/exercise that makes you breathe very hard and perspire heavily.	15 minutes =	1 mile

Converting minutes of physical activity to miles "walked:"

Exercise Equivalent:

Walking, stroll (2 mph) for 30 minutes = 1 mile "walked"

You walk at a walking stroll for 45 minutes and want to convert that activity to miles:

$$\frac{30 \text{ min.}}{1 \text{ mile}} = \frac{45 \text{ min.}}{X \text{ miles}} = \frac{30 X}{1 \times 45} = (X = 45 \div 30) = 1.5 \text{ miles "walked"}$$

Converting minutes of physical activity to miles "walked:"

Exercise Equivalent:

Cycling/Biking (13 mph) for 7 miles = 1 mile "walked"

You bike for 5 miles and want to convert that activity to miles:

$$\frac{7 \text{ miles biked}}{1 \text{ mile "walked"}} = \frac{5 \text{ miles biked}}{X \text{ miles "walked"}} = \frac{7X}{5} = (X = 5 \div 7) = .72 \text{ miles "walked"}$$

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Make sure to redeem prizes won at Kick-off Event. Thank you sponsors!



Camp Gladiator
College Station



Support the Taskforce. Purchase a WAT T-shirt.

2020 Walk Across Texas! t-shirts are available for purchase at the Brazos County Health District/Department.

Short-sleeve only: S - XL \$10.00 2X - 3X- \$12.00

For t-shirt purchases, contact Sara Mendez at SMendez@brazoscountytexas.gov or

979-361-5730. *1/2 price 2019 shirts are available

REMINDERS

⇒ Like us and post a comment on our facebook page: [Walk Across Texas - Brazos Valley](https://www.facebook.com/walk.across.texas.bv/) <https://www.facebook.com/walk.across.texas.bv/>

⇒ We are at 311 likes right now.

Need help fixing your team's information on howdyhealth.org?

Log into your howdyhealth.org account. Go to your dashboard. Click on the CONTACT tab. Submit a ticket to the helpdesk.

Walk Across Texas Taskforce Members

Walk Across Texas Taskforce Members

Chair

Lindsey Dauer-CHI St. Joseph Health

Treasurer:

Sara Mendez-Brazos County Health District

FCH County Extension Agent/Advisor:

Flora Williams-Texas A&M AgriLife Extension

Advisors:

Alice Kirk-Texas A&M AgriLife Extension

Michael Lopez-Texas A&M AgriLife Extension

Brian Faries- Texas A&M AgriLife Extension

Members:

Diana Gaytan-Brazos County Health District

Dorithie Thomas-Texas A&M AgriLife

Jessica Palacios-Texas A&M University System

JJ Macias-Texas A&M University System

Judy Kurtz-Texas A&M AgriLife Extension

Kelley Melcher-Blue Cross Blue Shield

Lesley Ward- City of Bryan

Leslie Martinek-CHI St. Joseph

Mary Parrish- Brazos County Health District

Pat Pierson-Texas A&M AgriLife Master Wellness

Volunteer

Sheri Meyer-Texas A&M University System

For more information contact: Flora Williams at fewilliams@ag.tamu.edu

Brazos County Office of Texas A&M AgriLife Extension Service or at 979-823-0129 HAPPY TRAILS!

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin. The Texas A&M University System, U.S. Department of Agriculture and the County Commissioners Courts of Texas Cooperating.