

# HEALTHY TEXAS YOUTH AMBASSADORS NEWSLETTER



January 2024

## ***What is the Healthy Texas Youth Ambassadors Program?***

The Healthy Texas Youth Ambassadors Program is for teens that are motivated, excited, and ready to make a change in their community! This program is designed for high school age youth who have a passion for health and wellness. These youth are trained at the state level to become youth health experts who can motivate others to make a change in their lifestyle to improve their health. More importantly, these ambassadors assist local county extension agents with program efforts, project activities, and much more!

### **2023 HTYA Summer Summit**

Healthy Texas Youth Ambassadors started their year by attending the 2023 HTYA Super Summit, in College Station this summer. Ambassadors furthered their knowledge of health and wellness, increased their leadership capabilities, and met 4-H members from around the state. Starr County 4-H is proud to have 20 Ambassadors for the 2023-24 year! Congratulations: Justice Gutierrez, Lia Gutierrez, LJ Rocha, Eliana Mendoza, Jay Peña, Ava Brown, Dianely Reyes, Arturo Alvidre III, Kaylon Ramon, Sophia Martinez, Adan Cantu, Andres Cantu, Aubrey Benitez, Enelee Villarreal, Diego G. Guerra, Sabina Quiroz, Eyvanna Quiroz, Andrea Munoz, Omar Mendoza, & Mario Garza Jr.



### **National Night Out- RGC & Roma**

National Night Out enhances the relationship between community and law enforcement while bringing back a true sense of community. Furthermore, it provides a great opportunity to bring police and the community together under positive circumstances. The following Ambassadors did a great job assisting our law enforcement officers: Sophia Martinez, LJ Rocha, Omar Mendoza, Lia Gutierrez, Justice Gutierrez, and Kayon Ramon.





# HEALTHY TEXAS YOUTH AMBASSADORS 2023 HIGHLIGHTS



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## Vannie E. Cook Jr. Children's Cancer & Hematology Trunk or Treat

Ambassador Diego Geronimo Guerra did an amazing job representing Starr County 4-H while volunteering at this special event. Thank you for putting a smile on so many faces!



## 2023 Starr County 4-H Food Challenge

Ambassador Mario Garza Jr. assisted County Extension Agent at this year's contest. Mario kept inventory of all foods available to participants throughout the event.



## 2023 Blanket Drive

Ambassadors Diego Guerra, Aubrey Benitez, Ava Brown, & LJ Rocha assisted with their 4-H Club Blanket Drive and provided "Tips to Have a Healthy Holiday Season" during their Vaquero 4-H Club Meeting.



## HTYA LAB

Ambassador Diego G. Guerra attended HTYA LAB Experience at Texas A&M University, College Station. This 3-Day event focused on LEADERSHIP, ADVOCACY & BEYOND. Diego participated in workshops promoting leadership skills.



## RGC Public Library's Story Book Christmas

Ambassadors Lia Gutierrez, Aubrey Benitez, Omar Mendoza, Diego Guerra, & Justice Gutierrez did a great job volunteering with Christmas crafts, games & passing refreshments at the Library's event!



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