

Extension At A Glance - Lubbock County

Texas A&M AgriLife Extension Service-Lubbock County • (806) 775-1740 • Fax (806) 775-1758 • <http://lubbock.agrilife.org/>
 Physical Address: 916 Main, Suite 201 • Lubbock, TX 79401 • Mailing Address: P.O. Box 10536 • Lubbock, TX 79408

Agriculture & Natural Resources / 4-H and Youth Development / Family and Consumer Sciences / Community Development

MISSION

**Improving the lives of people, businesses, and communities across Texas and beyond
 through high-quality, relevant education.**

Volume 22

2015 Second Quarter

Issue II

In This Issue:

Lubbock County Stored Grain Workshop
 Lubbock County Farmer/Landowner Workshop
 Educational Efforts In Weed Resistance Management
 2015 Texas Livestock Ambassadors
 Xeriscaping in the South Plains
 Strawberry Harvest Festival
 2015 Wolforth Water Conservation Exposition
 Lubbock County 4-H Soils Judging Team Wins State
 Contest
 2015-16 State Validation
 Texas 4-H Foundation Awards Scholarships
 State 4-H Roundup - A Success in Lubbock
 4-H Enrollment - Just Around the Corner
 Building Strong Families Conference
 Better Living for Texans
 Do Well, Be Well with diabetes
 Senior Nutrition Programs
 Texas Extension Education Association
 Food Protection Management
 Budgeting/Financial Management

Agriculture and Natural Resources

Lubbock County Stored Grain Workshop Held April 24

Mark Brown, County Extension Agent - Ag and Natural Resources

Each year, Lubbock County Extension Staff partner with Great Plains Chemicals to conduct a Stored Grain Workshop for professionals who work in the Grain Storage and Seed segments of the ag industry. The purpose of the meeting is to provide participants with the latest research findings, and developing technologies concerning storage and protection of grain products. The 2015 workshop was held on April 24 with 45 participants who received continuing education units (CEU's) required by Texas Dept of Agriculture.

Information was shared with this group about upcoming technologies for weed resistance management, and spray drift minimization.

*Issues Addressed: Public Education/Awareness about Agriculture;
 Pesticide Education*

Lubbock County Farmer/Landowner Workshop

Mark Brown, County Extension Agent - Ag and Natural Resources

On April 29, Lubbock County Extension Staff were invited to participate in a small acreage landowner workshop that was conducted by USDA Natural Resources Conservation Service (NRCS) in partnership with 'Minority Landowner' Magazine to discuss conservation technical and financial assistance available through USDA. the meeting was held



Cactus Car by Mary Kathryn Paxton

a the South Plains Food Bank Orchard. Construction of a high tunnel (a low-cost, passive climate control greenhouse) was demonstrated. Extension Agent, Mark Brown, gave a presentation on High Tunnel Production and Marketing Alternatives for Growers.

*Issues Addressed: Public Education/Awareness about Agriculture;
Nutrition and Health*

Educational Efforts In Weed Resistance Management

Mark Brown, County Extension Agent - Ag and Natural Resources

Lubbock County cotton producers have been blessed with abundant rainfall in 2015. Due to the heavy rainfall, the cotton crop is later than normal and weed pressure from Roundup-resistant careless weeds has been intense for the second year in a row. Producers were provided information on resistance management strategies during winter production meetings. In-season educational efforts have included:



- weed control demonstration near Slaton
- weekly radio reports
- information at various agribusiness locations
- advertisement of an Extension-sponsored video series titled New Technologies in Weed Management. This series is found at: <http://agrilifeextension.tamu.edu/solutions/new-technologies-in-weed-management/>

In addition to current weed control strategies, information is being provided regarding new technologies that should be available to producers in 2016 to help them win the war on weed resistance.

*Issues Addressed: Public Education/Awareness about Agriculture;
Pesticide Education*

2015 Texas Livestock Ambassadors

Robert Scott, County Extension Agent - Ag and Natural Resources

Eighteen 4-H'ers from a pool of fifty-five were selected to participant in this years Texas Livestock Ambassador program. The program will be held on the Texas Tech Campus in July. One of the eighteen finalists were from Lubbock 4-H.

The four-day short course is in an intense introduction of animal science principles delivered by university professors and staff, Texas AgriLife Extension faculty and industry representatives. Upon completing the short course, the students must contribute 40 hours to youth livestock projects and Texas animal agriculture.

Xeriscaping in the South Plains

Vikram Baliga, County Extension Agent - Horticulture
Robert Scott, County Extension Agent - Ag and Natural Resources

As part of a regional educational effort in water conservative landscaping, the Lubbock County AgriLife Extension Office hosted the 'Xeriscaping in the South Plains' workshop in April of 2015. Held on the same day as a similar program in Canyon, TX, this workshop focused on ways the average homeowner could be more effective and more conservative in their home and landscaping projects. Former Texas A&M AgriLife Extension Water Conservation specialist Billy Kniffen made the trip from his home and ranch in Menard, TX to speak about the theory and practice of xeriscaping, plant selection, and rainwater harvesting. 38 people were present at the program and were a great, interactive group. The workshop fell in line and was a great addition to the high quality water conservation education done in Lubbock County!

Issues Addressed: Water Education

Strawberry Harvest Festival

Vikram Baliga, County Extension Agent - Horticulture

In collaboration with the Lubbock Downtown Farmers Market and Texas A&M AgriLife Research, the Lubbock County AgriLife Extension office took part in the 2015 Strawberry Harvest Festival. This event was held on May 2nd at the Lubbock Downtown Farmers Market (LDFM) and attracted nearly 1500 people. Market shoppers were available to hear about strawberry and high-tunnel research being conducted in Lubbock by AgriLife Research, purchase locally grown strawberries, speak with the Lubbock Master Gardener Association, and get a great preview on the vendors and producers who sell at the LDFM on a regular basis. This special event, which will hopefully become an annual occurrence, was designed to educate the public about specialty and alternate crops, non-traditional agricultural techniques, and to expose producers and growers to a potential niche market. The Strawberry Festival was very well received, a lot of fun, and a great learning experience for everyone involved!

Issue Addressed: Water Education, Ag Awareness

2015 Wolfforth Water Conservation Exposition

Vikram Baliga, County Extension Agent - Horticulture

The 2nd annual Wolfforth Water conservation Expo was held at Frenship High School on May 9, 2015. Nearly 300 people were present to learn about water conservation topics ranging from plant selection, to turf management, to rainwater harvesting, and everything in between. This annual event was also a great partnership between a number of local organizations. The Texas A&M AgriLife

Extension Service, High Plains Underground Water Conservation District, City of Wolfforth, Lubbock County, Frenship Independent School District, City of Lubbock, Lubbock for Kids, Lubbock Master Gardeners, National Weather Service, Texas Department of Agriculture, and a wide variety of industry sponsors and exhibitors all came together to make the 2015 Water Expo a success. Look for information and details about next year's event in upcoming months!

Issue Addressed: Water Education

Mark Your Calendars for these Upcoming Events in 2015

- July 25 Sheep & Goat project workshop 10-12pm
- Aug 3 4-H Sportfishing Campout 4pm-9pm
- Aug 22 4-H Sheep & Goat Jackpots
- Aug 29 District 2 Sheep & Goat Clinic
- Oct _____ South Plains Vet Symposium
- Dec 11 High Plains Ag Conference 9am - 3pm
- TBD Backyard Poultry Program

4-H and Youth Development

Lubbock County 4-H Soils Judging Team Wins State Contest

Mark Brown, County Extension Agent - Ag and Natural Resources

Congratulation to the 2015 Lubbock County Senior Soils Judging Team who participated in the Soils Judging Contest at State 4-H Roundup in College Station. They placed 1st in competition, thus qualifying to represent Texas in the National Land Judging Contest in Oklahoma City next May. Members of the team include: Caleb Dansby, Jeremy Schwertner, Nolan Ragan, and Jay Underwood.



Issue Addressed: Soil Conservation; 4-H Work, programs and leadership development

2015-16 State Validation

Robert Scott, County Extension Agent - Ag and Natural Resources

Lubbock County validated 186 Steers and 33 heifers for the 2016 Show Season.

Texas 4-H Foundation Awards Scholarships

Ronda Alexander, County Extension Agent - 4-H and Youth

In June at State 4-H Roundup, the Texas 4-H Foundation awarded over \$2.3 million to approximately 225 Texas 4-H'ers. Lubbock County was proud to have five recipients receive scholarships. These recipients were Frenship 4-H Club members Marisa Luera - \$10,000 Richard Wallreth Foundation Scholarship, Sterling Scott - \$10,000 Ft Worth Stock Show Syndicate Scholarship and Clint Davis, \$2,500 Steve Jones Memorial Scholarship and \$500 Davidson Family Foundation Scholarship. Wildcat 4-H'er Angela Holland received an \$18,000 Houston Livestock Show Scholarship and Jake McMillin from Shallowater 4-H received a \$20,000 San Antonio Livestock Show Scholarship.

Issue Addressed: 4-H Work, programs and leadership development

State 4-H Roundup - A Success in Lubbock

Ronda Alexander, County Extension Agent - 4-H and Youth

This year Lubbock County was proud to take 19 4-H'ers back to College Station for the annual State 4-H Roundup. Participants competed in the following competitions: Duds to Dazzle, Rifle, Fashion Show, Livestock Judging, Soil Judging, Consumer Decision-Making, Horse Judging, Vet Skill-A-Thon, Educational Presentation-Ag and Natural Resources, Meat Judging, Healthy Lifestyles and serving on State 4-H Council. If you didn't know there were these competitions available through 4-H, give us a call to find out more.

Issue Addressed: 4-H Work, programs and leadership development

4-H Enrollment - Just Around the Corner

Ronda Alexander, County Extension Agent - 4-H and Youth

On August 15, we will begin the new enrollment for 4-H members for the 2015-16 4-H year. There is now a \$20 membership fee per year required for each 4-H'er who enrolls. The enrollment process is handled on-line through 4-H Connect. There is a link to this enrollment location on the Lubbock County Extension website. Membership has changed this year with regard to grade in school. Official membership enrollment is now based solely on grade level: Junior 3-5th grade, Intermediate 6-8th grade and Senior 9-12th grade. There are many activities youth may participate in through 4-H. If you have questions or family

members who may be interested, please give Ronda a call. Upon enrollment, members will be sent information about the local 4-H clubs, as well as receiving the 4-H newsletter as it is published throughout the year. We look forward to having your family involved!

Issue Addressed: 4-H Work, programs and leadership development.

Family and Consumer Sciences

Building Strong Families Conference

E. Kay Davis, County Extension Agent - Family & Consumer Sciences

The Building Strong Families Board meets monthly to plan the 2013 conference. The speakers committee is working on the marketing brochure, which should be ready by August.

The 2014 Conference will be held on Thursday, **October 22, 2015** at the Overton Hotel.



Issue Addressed: Parenting

Better Living for Texans

E. Kay Davis, County Extension Agent - Family & Consumer Sciences
Mary Alice Roberts, BLT Extension Assistant

Participants of the Better Living for Texans (BLT) programs will acquire knowledge related to dietary quality, the importance of physical activity, food resource management, and food safety. Lubbock County participates in BLT at the Gold level (with a Full-time Extension Assistant). The county contributes 520 hours of nutrition education for limited income families, 312 supervision hours, and will have a minimum of 300 direct educational contacts and graduate 100 adults from a 3-lesson series. On average, a full-time Extension Assistant should conduct a minimum of twelve to twenty-four (12-24) educational programs per month.



Mary Alice Roberts, BLT Extension Assistant, reported:

Better Living for Texans (BLT) three lesson series Back to Basics was taught for clients of Catholic Charities, Managed Care Center for Men, Walker House for Women, Habitat for Humanity as well as Buckner Children's Home of Lubbock, Life Skills class. These lessons will be evaluated as a BLT series.

One time classes on Nutrition Topics were offered at Lubbock State Supported Living Center, and Department of Assistive and Rehabilitation.

Mae Simmons, Maggie Trejo, Copper Rawlings, King's Dominion and Emory Sr. Apartments all received Nutrition Education programs once a month this quarter. The topic in April was: Eat Smart to Lower Cancer Risk-Cancer Facts for People Over 50, May topic was: EAT SMART to Low Cancer Risk-Eat More Whole Grains and June topic was: EAT SMART to Lower Cancer Risk-Fruits & Vegetables the COLOR of Health.

Better Living for Texans marketing brochures were distributed at a My Plate Nutrition display at My Father's House Volunteer Luncheon, RSVP Spring Forum, Burkhart Employee Lunch, Harwell Spring Fling, Parenting Coalition Meeting, Region 17 training for LGEG.

In April and June we had a total of three Texas Tech University Dietetic Interns completing 32 hours each for their Community Rotation. Each one taught lessons from the Better Living for Texans Series as well as other classes.

Cool Down this Summer with Fruits and Vegetables was the topic discussed on FOX Radio program West Texas Ag Life with Eddie Griffis in June, reaching 55,000 listeners.

Total contacts for April, May and June is 1,749.

Kay Davis, CEA-FCS, reports on the following programs:

Other collaborative efforts included attending Parenting Coalition; Parenting Cottage; and Building Strong Families.

Better Living for Texans qualified senior citizen centers received nutritional programs monthly reaching 244 contacts. Individuals were reminded of healthy eating with lessons on Cancer Facts, Whole Grains and Fruits and Vegetables. In addition to demonstrations or "object lesson" presentations, seniors received a printed reference sheet for further study. Following the presentations, seniors always take the opportunity to discuss practical strategies for improving their health with nutrition. Programs for this next quarter are related to Boosting Your Mind, Vitamin D, and Almonds.

Other programs included Harwell Elementary Health Fair, and Shallowater ISD K-5th Grade Ag to Youth, Jr. League Healthy Kids Camp, Mae Simmons, Maggie Trejo &

Copper Rawlings Summer Food Service Nutrition programs and Worksource Food Safety and Budgeting.

Contacts from these programs were 1,182.

Issue Addressed: Nutrition and Health

Do Well, Be Well with diabetes™

E. Kay Davis, County Extension Agent - Family & Consumer Sciences

Diabetes occurs when the body does not make enough insulin, or the insulin it makes does not work properly. While diabetes is not curable, it is manageable. Skills are needed to effectively manage diabetes, but education is not always available. Burdens of diabetes mismanagement are disproportionately borne by those with little or no insurance coverage, lower literacy, poor or no English skills, lower educational and income levels, and poor access to transportation.



Through the use of Do Well, Be Well and Cooking Well with Diabetes, program participants will improve their blood glucose management, thereby reducing their risks for complications and to attain their highest possible level of wellness. The Cooking Well with Diabetes program provides the practical application of the knowledge and skills gained in the Do Well, Be Well With Diabetes.

A combined Do Well, Be Well/Cooking Well With Diabetes series is being presented in collaboration with the Community Health Center of Lubbock. Several 8-week series have been or in the process of being taught by AgriLife Extension Agent, Kay Davis, and a CHCL educator trained by Agent Davis reaching 28 contacts this quarter at Mae Simmons Community Center, Arnett Benson Community Health. Call the County Extension Office at 775-1680 for information.

Plans are underway for new classes to be held at 916 Main for Lubbock County Employees.

Issue Addressed: Nutrition and Health

Senior Nutrition Programs

E. Kay Davis, County Extension Agent - Family & Consumer Sciences

Each month, county extension agents present pertinent nutrition information for two of the non-BLT nutrition sites serving Senior Adults in Lubbock Co. During the second quarter of 2015, 142 individuals were reminded of healthy eating and exercise. In addition to demonstrations or “object lesson” presentations, seniors received a printed reference sheet for further study. Following the

presentations, seniors always take the opportunity to discuss practical strategies for improving their health with nutrition. These two sites are Homestead and Slaton Senior Centers plus 180 home delivered meals at Slaton. Program topics for the quarter were: Cancer Facts, Whole Grains and Fruits and Vegetables. Programs for this next quarter are related to Boosting Your Mind, Vitamin D and Almonds.

Issue Addressed: Nutrition and Health

Texas Extension Education Association

E. Kay Davis, County Extension Agent - Family & Consumer Sciences

The Texas Extension Education members meet the first Tuesday each month from September - June.

Programs for the 2nd quarter were: Diversity, iPad 101 and State Meeting planning. No meeting is held in July. Members received the bi-monthly *Family Network* Newsletter in efforts to advertise programs as well as the *Texas Extra* from Texas Extension Education Association.



Food Protection Management

E. Kay Davis, County Extension Agent - Family & Consumer Sciences

The Food Protection Management program offered through Texas AgriLife Extension is being offered by Agents: Kay Davis and Deana Sageser as well as other FCS Agents in the South Plains district. This program is offered to promote the service of safe food and assist food service managers to legally practice their trade. Also available are Food Handlers and Cottage Food Classes.



A Food Handlers class was held in April for 12 at WorkSource Solutions, and FPM class was held in June for 3 in Lubbock and 3 in Plainview. Two more Food Handlers classes will be held in August and September for WorkSource. Collaborating with Kay Davis, Lubbock CEA-FCS, is Mary Collier, Terry CEA-FCS.

Hale and Lubbock counties plan to team teach a class in Lubbock on **October 28 & 29 with the test on October 30th**.

Issue Addressed: Nutrition and Health

Budgeting/Financial Management

E. Kay Davis, County Extension Agent - Family & Consumer Sciences

A basics of Financial Management class was held for WorkSource Solutions on June 17 for 12 individual clients of WorkSource Solutions. Banking and checking accounts, budgeting and managing credit was covered in the four hour class. Two more classes will be held in August and September. Collaborating with Kay Davis, Lubbock CEA-FCS, is Mary Collier, Terry CEA-FCS.

A program on Fraud Alert was also presented to 6 at the Abernathy Lions Club.

Issue Addressed: Family Financial Management

Lubbock County Extension Staff
P.O. Box 10536, Lubbock, TX 79408
916 Main, Suite 201, Lubbock TX 79401
(806) 775-1680 Fax: (806) 775-1658



C. Mark Brown, CEA-Ag

Ronda D. Alexander, CEA-4-H

Robert Scott, CEA-Ag

Vikram Baliga, CEA-Horticulture

E. Kay Davis, CEA-FCS

Commercial products and trade names are mentioned for information purposes only. No guarantee or endorsement by the Texas A&M AgriLife Extension Service is intended or implied.

We will seek to provide reasonable accommodations for all persons with disabilities for any of our meetings. We request that you contact Texas AgriLife Extension Service - (806) 775-1740, as soon as possible to advise us of the auxiliary aid or service that you will require.