

Extension At A Glance - Lubbock County

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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.

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Agriculture and Natural Resources

2015 Ag In the Bag

Mark Brown, County Extension Agent - Ag and Natural Resources
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All Texas and U.S. residents rely upon the U.S. agricultural system for a safe and abundant food supply. Although less than 2% of Texas residents live on a farm or ranch, 1 of every 7 Texas jobs is directly related to Agriculture. It is also important to recognize that today's Youth will have future involvement in the Democratic process that will impact U.S. Agricultural Policy.

The "Ag In The Bag" youth agricultural awareness fair, that originated from the Lubbock Chamber Ag Committee, is a truly collaborative event that now functions independent of chamber oversight. This effort targets 4th Grade students in Lubbock and surrounding communities. Partners in this effort include: South Plains Electric Cooperative, Capital Farm Credit, Ag Texas Farm Credit, Texas Tech University, Texas A&M AgriLife Extension, Texas Department of Agriculture, Natural Resources Conservation Service, Texas Farm Bureau, SW Dairy Farmers, Plains Cotton Growers, Texas Corn Producers, Texas Sorghum Producers, Texas Peanut Producers, Bayer Crop Science, High Plains Underground Water Conservation District, and numerous other financial sponsors.



Lubbock County 4-H'ers recognized at the 58th Annual Gold Star Banquet: Caleb Dansby, Shallowater 4-H Club and Joshua Smith, Frenship 4-H Club. Not pictured is Marisa Luera, Frenship 4-H Club member, who is a student at Texas A&M University and was unable to attend the Banquet.

Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in Extension sponsored meetings are encouraged to contact the County Extension Office at 775-1740 to determine how reasonable accommodations can be made.

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

The 2015 Ag in the Bag Event was conducted at the Texas Tech Livestock Arena during October 13-15. A total of 1317 students and teachers participated in this event.

Educational sessions included the topics of: soil and water conservation, the Ogallala Aquifer, Texas Agriculture, food science, meat science, sheep and goats, cotton, corn, peanuts, sorghum, and dairy products.

This annual event continues to reach young people across the South Plains to educate them about the importance of Agriculture in our daily lives and in the South Plains economy.

Issue Addressed: Public Education & Agricultural Awareness.

High Plains Ag Conference

Robert Scott, County Extension Agent - Ag and Natural Resources

The annual High Plains Ag Conference was held Dec. 11 from 8:30 a.m.-3 p.m. at the Texas A&M AgriLife Research and Extension Center, 1102 E FM 1294, Lubbock.

This program covered a wide spectrum of topics of interest to our regional agricultural producers.

Five continuing education units - one integrated pest management, on laws and regulations and three general - were offered.

Topics and presenters included:

- New Technologies in Resistant Weed Management - Dr. Peter Dotray, AgriLife Extension weed specialist, Lubbock
- Evaluation of Transgenic Cotton Varieties - Dr. Mark Kelly, AgriLife Extension cotton program specialist, Lubbock
- Sugarcane Aphid Management - Dr. Pat Porter, AgriLife Extension entomologist, Lubbock
- Pesticide Laws and Regulations - Steve Boston, Texas Department of Agriculture pesticide inspector, Lubbock
- 2016 AgriLife Extension Program Updates for Lubbock County - Robert Scott and Mark Brown, County Agents and Vikram Baliga, county horticulturist.
- Industry Update - Angie Martin, Texas Corn Producers, Lubbock
- Corn Sorghum Management - Dr. Jourdan Bell, AgriLife Extension agronomist, Amarillo.

4-H and Youth Development

Hatching in the Classroom

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

While it is hard to imagine with all of the snow on the ground right now, before we know it Spring will be here. This means that we will be conducting the "Hatching in the Classroom" project for Lubbock County teachers. This past year, we were fortunate to obtain a grant from the Texas 4-H Foundation for the purchase of 4 new incubators to further support this project. Through these efforts, 15 teachers conducted the "Hatching in the Classroom" project, reaching a total of 556 youth, representing 10 different Lubbock County schools from grades Pre-K - 8th. Through this project teachers are able to provide a hands-on learning experience for their students, enabling them to experience the life cycle first-hand. Due to previous support (including the Texas 4-H Foundation Grant), we are able to provide the teachers the use of an incubator, curriculum and fertilized eggs (also donated by a local 4-H farm family), free of charge. We currently have 9 incubators available for check-out. In order to keep the program growing, all eggs/chicks that hatch are then returned to the farm to keep them growing and going for next year's season. 100% of teachers reported that their students increased their knowledge of the life cycle of the chicken, with one teacher noting that every student in her classroom made 100 on the life cycle chick assessment. Please contact the County Extension Office if you are interested or know of teachers who are interested in participating in this project. We currently have 9 classrooms signed up to start in March.

4-H'ers Give Back to Community

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

This past December our Lubbock County 4-H'ers were very busy serving our community through their community service activities. As a county group, we participated in three different service experiences benefitting the Salvation Army and the Lubbock State Supported Living Center. On December 6, 4-H Teen Council members volunteered in wrapping presents at the Lubbock State Supported Living Center; on December 12, 4-H'ers representing the 7 different 4-H clubs volunteered for the Salvation Army, serving as "Elves" for the Angel Tree project; and then on December 16, Teen Council members again volunteered for the Salvation Army serving as "Bell Ringers" at the 19th United Market Street location.

These three activities involved approximately 85 youth and adults, and reached many in need this holiday season.



Angel Tree Project Community Service



Teen Council Members Wrapping Presents



Teen Council Bell Ringers

Pullman Car Project

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

In October, the Frenship 4-H Club led a challenge to support the refurbishing of the “Pullman Car” which has been donated for display to the Bayer Crop Ag Museum by the Underwood Family. Both the Frenship and Cooper 4-H Club’s made donations to support this project which had such a major affect upon South Plains Agriculture during the 1950’s. There is still a large need of funds to support the moving and refurbishing of the Pullman Car. Anyone interested in further supporting this effort should contact the Lubbock Heritage Society.



District 2 Livestock Ambassadors Showmanship/Feeding Clinic

Robert Scott, County Extension Agent - Agriculture Development

District 2 Livestock Ambassadors presented a Showmanship/Feeding Clinic from 10 a.m.-noon Dec. 19 at the Texas Tech Arena in Lubbock. Ambassadors taught 4-H and FFA exhibitors about Steer, Swine, Lamb and Goat projects. The Texas 4-H Livestock Ambassador program consists of high school-aged 4-H members who receive in-depth instruction and are selected to represent the agricultural industry in Texas. Ambassadors are required to commit at least 40 hours of service annually and in most cases, the service consists of helping novice 4-H families with their livestock projects.

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 Building Strong Families conference. The conference was held October 22, 2015 at the Overton Hotel with approximately 411 attending. In addition there were 20 committee members, 5 volunteers, 3 presenters and 16 exhibit tables. A total of 455 registered.



Requests were submitted to several businesses, civic clubs and agencies resulting in \$1,750. in grants, donations and sponsorships, along with paid participant fees.

In 2015, there were :

Total lunch tickets collected – 411;

Total attendees/participants returning conference surveys- 20.

Region 17 Education Service Center assisted with post-surveys and results are in the annual summary available at <http://lubbock.agrilife.org>.

Issue Addressed: Parenting

Better Living for Texans

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

Better Living for Texans qualified senior citizens centers are receiving a monthly nutrition program. This past quarter programs included: In The Know About Nutrition: "Prebiotics and Probiotics," "Nutrition For Seniors," and "Exercise for Seniors." These were presented to 4 BLT Senior centers with approximately 291 participants. These programs were also presented to the SPAG AAoA Senior Center Bookkeepers and Directors at their quarterly meeting.



2014-2015 BLT results of 99 evaluations from 3-lesson series taught by Mary Alice Roberts, BLT EA. Pre-, post-, and follow-up surveys were also used for the annual report with 88.9% being female and a majority being from a variety of ethnic backgrounds and nearly 40% had some college.

52% received food stamps.

Before the programs, 81.4% reported running out of food before the end of the month. Those reporting intent to practice shopping strategies increased 18.8%.

88.8% reported using sanitation recommendations. After the programs the results showed an increase in those who intended to adopt the practices to 92.6%.

59.6% of the respondents had never been to Texas AgriLife Extension programs suggesting that BLT in Lubbock County is reaching new audiences.

74.1% rated Extension programs as excellent.

This quarter 2 Texas Tech University Dietetic Interns completed their Community nutrition rotation in our office. Interns will begin new rotations in January 2016 and go through December 2016.

Mary Alice Roberts, BLT Extension Assistant reports on the following programs:

Better Living for Texans (BLT) new lesson series A Fresh Start to a Healthier You! was introduced to clients of Catholic Charities, Managed Care Center for Men and Walker House for Women, LISD McWhorter and Wolffarth Elementary Head Start, and Habitat for Humanity. These lessons will be evaluated as a BLT series.

Courtyard At King's Dominion a Senior Residence, Mae Simmons Senior Center, and Maggie Trejo Super center for Seniors received a Nutrition Education program in October. The topic was: In the Know About Nutrition-Prebiotics and Probiotics The Dynamic Duo. In November

and December the Nutrition Education program topics at Courtyard At King's Dominion were: In the Know About Nutrition- Nutrition for Seniors and Physical Activity for Seniors.

Better Living for Texans marketing brochures and 2016 Nutrition Calendars were distributed by myself and Renda Nelson, BLT RPM for Districts 1,2,&3, at the My Plate Nutrition display table at the Building Strong Families: Tools For Success Parenting Conference in October. Over 410 people attended the one day conference.

Texas Tech University Dietetic Intern student, Courtney Lowe worked 40 hours the first week of November in our office for her Community Rotation. Courtney prepared and co-taught BLT classes with food demonstrations, gave Senior Center presentations, shopped for BLT groceries and wrote several Nutrition articles appropriate for senior citizens.

In October I attended Together at the Table Texas Hunger and Poverty Summit held at Baylor University. This conference was three days packed with information from the local, state and national level, breakout sessions and working lunches all to end hunger and poverty. The North Region Family and Consumer Sciences Conference was also held in October in Lubbock, and included BLT Assistants. The theme was Creating a Culture of Wellness. Topics included : physical wellness, intellectual wellness, emotional wellness and mental wellness.

Food Safety for the Holidays was the topic discussed on FOX Radio program West Texas Ag Life with Eddie Griffith in November, reaching 55,000 listeners.

Total contacts for October -181, November-99, and December 55,107.

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.



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.

Three combined 8-week Do Well, Be Well/Cooking Well With Diabetes were begun with the Community Health Center of Lubbock sponsoring all of these classes in 2015.

Total of 18 participants began the classes and the potential lifeline health care impact for their remaining years of life resulting from improved management of diabetes is estimated to be \$1,230.55. It was not possible to obtain final surveys to confirm if participants were beginning to manage their diabetes.

Texas Extension Education Association

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

The Lunch Bunch TEEA Club in Lubbock County met recently to plan programs for 2015-2016 and to get reports from the State Meeting.



Programs in 2015-2016 will include:

1. Don't Let Blue Get To You
2. Eating What You Grow
3. P to the Power of 4
4. Emergency Preparedness/Evacuation
5. Low Calorie Desserts
6. Preserving memories
7. Moving From Knowledge to Practice.

The club usually meets at the Forrest Heights Methodist Church at noon on the first Tuesday of each month. For more information, call 775-1740 for schedule changes

Issue Addressed: Nutrition and Health, CRED

Senior Citizens

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

Two other Senior Citizens Centers (Homestead in Lubbock and Slaton Senior Center in Slaton) do not qualify as a BLT audience but received the same nutrition education programs of In The Know About Nutrition: "Prebiotics and Probiotics," "Nutrition For Seniors," and "Exercise for Seniors."

One Hundred Forty-four (144) seniors attended the center when the lessons were presented. One Hundred Eighty (180) seniors receiving home delivered meals from the Slaton center also received the lesson handouts.

Issue Addressed: Nutrition and Health

Financial Management

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

In America, a set of values about opportunity and prosperity has long enjoyed widespread public support derived from the tenets of our Constitution as well as our view that in the US one can enjoy prosperity with individual responsibility in a free enterprise system and that opportunity is available to all willing to work hard. These assumptions may have been true a few decades ago, but it is out of reach for more than three million Texans living in poverty as well as millions more families with one or more working adults who live on incomes above poverty level but still too small to adequately support their basic needs. Ninety-nine percent of women will be financially responsible for themselves or their families at some point in their lives, but less than half (47%) have a retirement plan. Women live longer but have less income on average. They also invest more conservatively than men and get lower rates of return. Personal bankruptcies among those 25 and younger have increased and college graduates face challenges in paying down debt which makes it harder to save. Financial management was listed as a major issue for the elderly as well as younger populations in the recent Lubbock County Texas Community Futures Forum for 2016-2020 Lubbock County program efforts.

The Lubbock CEA-FCS and Terry County CEA-FCS collaborated to offer financial management classes for Work Force Solutions clients in the Lubbock Work Force the second and third quarters of 2015. Two classes on budgeting/financial management were scheduled at Madison Park low income housing complex but were moved to Cameron Court low income housing complex due to remodeling issues. The first class conflicted with Halloween Harvest Festivals at local schools and the second class was cancelled due to remodeling at Cameron Court similar to Madison Park. After these issues are resolved, the coordinator plans to reschedule these class offerings.

Food Protection Management/Food Safety

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

Each year, an estimated 1 in 6 people become ill from the food they eat. Common symptoms of foodborne disease include nausea, vomiting, diarrhea, abdominal cramping, fever, and headache. While some people may view this as a mere case of "food poisoning" foodborne illness has serious health and economic consequences. In fact, foodborne illnesses from five pathogens alone (Campylobacter, Salmonella, Listeria monocytogenes, E. coli 0157:H7, and E. coli non-O157:H7 STEC) cost more than \$6.9 billion in medical expenses, lost productivity,

and even death. All of us are at risk for foodborne illness, but older adults, pregnant women, young children, individuals with chronic disease, and those with a compromised immune system are at an increased risk. Because nearly half of our food dollars are spent on foods eaten away from home, it is imperative that employees who work in retail food service handle food safely. Many people are also returning to growing their own produce and preserving it. There is a growing renewed interest in food preservation and food safety knowledge and safe canning equipment is a need.

To meet the need for quality food safety education in Texas retail food establishments, the Food Protection Management (FPM) program was developed. Our two-day certified food manager program prepares food service workers to sit for the state Certified Food Manager exam ServeSafe. Our 2-hour food handler program, which is accredited by the Department of State Health Services, trains front-line food service workers on the basic principles of food safety. Both programs are conducted at the county level by Extension agents. Four Food Protection Management 2-day classes were scheduled with the Hale County FCS Agent, Deana Sageser in Hale and Lubbock Counties. The October class in Lubbock did not have enough registrations to hold the class and was canceled. Three Food Handlers classes were taught at WorkForce Solutions with Terry County Agent, Mary Collier, in the second and third quarters of 2015. More Food Handler classes may be needed in 2016 due to new State laws requiring the class.

A new pressure canner tester was purchased in mid-summer and seven gauges were tested by appointment in August and September

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