

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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2016 First Quarter

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Agriculture and Natural Resources

“Seeking Solutions” Regional Ag Conference Conducted January 12

Mark Brown, County Extension Agent - Ag and Natural Resources

South Plains producers are dealing with a great deal of financial uncertainty due to low commodity prices relative to the cost of inputs. In addition, they face challenges in dealing with labor laws and management as well as agricultural laws and regulations that affect Texas Land Owners.

In response, a regional conference was planned and conducted at Cagle Steaks & BBQ in Lubbock on January 12. The conference was titled: “Seeking Solutions - Managing Economic Risks.” The morning session included: market updates, information on labor laws, ag laws and regulations, and new weed control technologies. In the afternoon, participants attended their top 2 choices of three concurrent sessions regarding: Corn/Sorghum, Cotton, and Wheat/Beef Cattle. Sixteen speakers gave presentations to 75 participants from 19 counties.

Based on evaluation responses from 38 participants (51% response rate), 76% of respondents anticipated economic benefit from information gleaned at the conference. These respondents managed a total of 34,890 dryland acres and 24,583 irrigated acres.

Issues Addressed: Ag Profitability, New Herbicide Technology, Impact of Federal, State, and Local Policy on Agriculture.



“Peacock” by
 Marisa Pesina, Trinity 4-H

Hub of the Plains Ag Conference Held in Lubbock

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

The annual Hub of the Plains Ag Conference was held February 2 at KoKo Palace in Lubbock (35 participants). The 2016 program was planned with guidance from the Lubbock County Ag Committee; and emphasized economic issues and decisions, new weed control technologies, and information on corn and sorghum production as a compliment to cotton production in Lubbock County.

*Issues Addressed: Agricultural Profitability,
New Herbicide Technology and Drift Management Education,
Resistant Weed Management within Communities.*

Lubbock County Agricultural Increment Estimates Completed

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

Each year, Extension agents in each county office complete an annual Agricultural Increment Report that provides an estimate of gross farm level receipts from agricultural related commodities produced in that county. The Lubbock County staff completed this report with the assistance of the Lubbock County Ag Committee and various agri-business representatives. Lubbock County's gross farm receipts were estimated at 207.7 million dollars for 2015.

In spite of this estimate being the highest gross income in five years, many producers suffered economic losses in 2015 due to high input prices, herbicide resistant weeds, a new sorghum pest (the sugarcane aphid), and weather-related factors beyond their control.

*Issues Addressed: Ag Literacy/Educating the
Public about Agriculture.*

Lubbock Master Gardeners Interns

Vikram Baliga, County Extension Agent - Horticulture

The Lubbock Master Gardener Association is going strong with its 2016 Master Gardener Intern class. These 17 interns are members of the community who are passionate about gardening, water conservation, education, and being a part of a great organization! They will soon complete 50 hours of classroom time and are currently working to finish 50 hours of volunteer service time within the next year. Once those criteria are met, the interns will be certified and will officially be members of the Lubbock



chapter of the Texas Master Gardener association. If you're interested in taking part in the 2017 LMG intern class which will start in January of 2017, please call 806-775-1740 or e-mail Vikram Baliga at Vikram.baliga@ag.tamu.edu with your phone number and e-mail address and you will be added to the contact list for next year's class!

*Issues Addressed: Ag Literacy/
Education the Public about Agriculture*

Commercial Turf and Ornamental Workshop

Vikram Baliga, County Extension Agent - Horticulture
Mark Brown, County Extension Agent - Ag and Natural Resources

On January 28th, 2016, 48 area landscapers, lawn care professionals, and homeowners joined Texas A&M AgriLife Extension at the Lubbock County AgriLife Research and Extension Center to take part in the 2016 Commercial Turf and Ornamental Workshop. Attendees learned about horticulture and landscape-related topics including proper turfgrass management, urban integrated pest management, effective pesticide use, plant disease management, and herbicide spray drift minimization. Experts from Texas Tech University, Texas A&M AgriLife Research, and Texas A&M AgriLife Extension were on hand to give presentations and answer questions for the public. 5 Pesticide Applicator CEUs were offered at this annual program. Stay tuned throughout the year for information about the 2017 Turf and Ornamental Workshop. It's a great opportunity to pick up CEUs, spend some time with other industry professionals, and hear from some great speakers!

Alternative Crops Workshop

Mark Brown, County Extension Agent - Ag and Natural Resources
Katelyn Kowles, Extension Agent - Integrated Pest Management

The Alternative Crops Workshop was conducted on March 22 in Lorenzo with the assistance of Crosby County Ag Agent, Caitlin Jackson. The goal of the workshop was to give information about crops other than cotton, such as grain sorghum, corn, and forage. Speakers included Mark Brown, Caitlin Jackson, Dr. Katelyn Kowles, and Texas A&M agronomist Dr. Calvin Trostle. The primary topics of discussion included:

- Interpreting soil test results and nitrogen requirements for corn and grain sorghum
- Preparing for the sugarcane aphid on the high plains in grain sorghum
- Corn and sorghum production resources and weed control options
- Hybrid selection in corn, grain sorghum and forage

Great Partnerships

Vikram Baliga, County Extension Agent - Horticulture

In Lubbock County, AgriLife Extension Horticulture relies heavily on our outstanding area friends and partners to be effective in home landscape and garden as well as urban water conservation education. We would like to sincerely thank the High Plains Underground Water Conservation District for always being willing to be a part of our programs and including us in theirs, the Science Spectrum & Omni Theater for allowing us to set up a water conservation exhibit as a part of Butterflies Alive, which will be around until June 12, the City of Wolfforth for being an excellent partner and host for the South Plains Water Expo, and so many others for their contributions. We couldn't do what we do without your support and we appreciate you more than we can say!

Stay connected with Lubbock Horticulture

Vikram Baliga, County Extension Agent - Horticulture

Horticulture is a pursuit that changes from season to season and as often as the South Plains Weather. Stay in touch with Lubbock County AgriLife Horticulture to get relevant, timely information to help you achieve your horticultural goals! Below are some of the great ways you can stay connected and up-to-date:

Facebook- Lubbock County AgriLife Extension-Horticulture; Lubbock Master Gardeners

Instagram- @lbkhorticulture

Radio- AM 790- KFYO, Thursdays at 7:10 AM; AM 950-KJTV, Lubbock Master Gardener Radio, Fridays 1:30-2:30 pm

4-H and Youth Development

4-H Program Assistant/Intern

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

The Lubbock County Extension Staff is pleased to welcome Peyton Warren to our office. Peyton started on March 14 as the new 4-H Program Assistant/Intern. Peyton is currently a sophomore at Texas Tech University, majoring in Family Consumer Sciences.

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

Clover 4-H'ers

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

This past year, we started a regular monthly meeting just for Clover 4-H members. Clovers are youth in Kindergarten through 2nd grade who are enrolled in the 4-H program. Clovers do not pay an enrollment fee, but are

able to participate in 4-H projects and activities. Clovers do not compete in county competitions, however they are able to participate in events such as tours, workshops, regular monthly club meetings, the monthly clover meeting and some competitive-type activities. For example, two Clovers participated in the County Fashion Show. They selected an outfit for the buying category, participated in an interview with senior 4-H members where they answered questions, and then modeled in the County 4-H Fashion Show. If you know of K-2nd youth who may be interested in the Clover program, please have them call Ronda at 775-1740 to learn how to get involved.

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

4-H Veterinary Science Project

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

Another new 4-H program that we have offered this past year is the veterinary science program. 4-H'ers must be 12 years old to participate in the monthly meetings. At each meeting, we cover lessons from the Veterinary Science Curriculum. We have also toured and visited local veterinarians to watch them perform surgeries and procedures on animals. This program is conducted in a 3-5 year series, with 4-H'ers required to complete 100 lessons from the Veterinary Science Curriculum, and complete observation of 500 skill hours observing a veterinarian conducting procedures. Upon completion of these requirements, 4-H'ers may then take the Veterinary Technician test to become a certified Vet Tech, once they have passed the test. There is a \$10 yearly fee for the project series, as well as completed 4-H membership on 4-H connect. Please contact Ronda if you would like more information or have questions.

2016 Major Livestock Show Summary

Robert Scott, County Extension Agent - Ag and Natural Resources

61 Animals made the sale.

Pigs - 3 Breed or Reserve Breed Champions

Heifers - 4 Breed or Division Champions

Lambs - 1 Grand Champion

Steers - 2 Reserve Breed Champions

Scholarships - Three \$10,000 scholarship for a total of \$30,000.00

Family and Consumer Sciences

Building Strong Families Conference

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



The 2015 BSF Conference with approximately 450 participants was evaluated at the January BSF meeting. Results were also included in the annual report, located on the website.

The Building Strong Families Board meets monthly to plan the 2016 conference. The speakers committee has met and is working to identify and schedule speakers.

Issue Addressed: Parenting

Upcoming Event

The 2016 Conference will be held on Thursday, October 27, 2016 at a location to be determined.

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 will contribute 300 hours of nutrition education for limited income families, will have a minimum of 300 direct educational contacts and will graduate 100 adults from a 4-lesson series. On average, a full-time Extension Assistant should conduct a minimum of twelve to twenty-four (12-24) educational programs per month.

Three hundred fifty-four seniors are receiving monthly nutritional programs at BLT qualified centers by the County Extension Agent FCS or BLT Extension Assistant. First Quarter topics included: "What's Your New Year's Resolution," "Spring Cleaning Your Pantry Pests," and "Fiber is Fabulous."

An exhibit on Hidden Sugars was presented at the Teen Summit Conference in January.

Mary Alice Roberts, BLT Extension Assistant, reported: Clients of Catholic Charities, Managed Care Center for Men and Walker House for women, and Habitat for Humanity were introduced to Better Living for Texans

(BLT) new lesson series, A Fresh Start to a Healthier You! The four lessons are: Session 1: Creating Safe and Healthier Meals, Session 2: Balancing Your Day, Session 3: Saving More Money at the Grocery Store, Session 4: Celebrating Small Bites. These lessons will be evaluated as a BLT series. Classes were offered in January, February and March.

Courtyard at King's Dominion a Senior Residence, 19th Street Senior Center, and Foster Grand Parents received Nutrition Education programming in January, February and March. The topics were: In the Know about Nutrition-What's Your New Year's Resolution, Fiber is Fabulous and Spring Cleaning Your Pantry.

Better Living for Texans My Plate brochures and other handouts were given to participants at the My Plate Nutrition display table at the 16th Annual Teen Summit Conference in January, with 402 teens and adults attended the one day conference.

Community in Schools invited me in late January to start an after school Nutrition program for 1st thru 5th graders at Cathelene Thomas Elementary in Slaton, TX. I meet once a week with the students from January until mid -May, teaching basic nutrition, food safety, being active and doing food demonstration.

Texas Tech University Dietetic Intern student, Alex Faubion worked 32 hours the second week of February in our office for her Community Rotation. Alex prepared and taught BLT classes with food demonstrations, did a Senior Center presentation and wrote several Nutrition articles appropriate for senior citizens.

In January I attended From the Ground Up Connecting Agriculture & Health in Waco, Texas. This conference was one day packed with information on: Food Insecurity in Texas, Topics in Agriculture News, Use of Antibiotics in Animals, Safety & GMO's, Organic vs Non Organic Foods, Sustainability in Agriculture, USDA Dietary Guideline Update, and What's for Dinner? Texas A&M AgriLife Extension Dinner Tonight Program.

Total contacts for January -579, February-130 and March-155

Issue Addressed: Obesity-Childhood; Walking Paths and Aging Issues - Food Insecurity; Financial Insecurity

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.



Do Well, Be Well with Diabetes™ and Cooking Well with Diabetes™ are combined into an 8-week series in Lubbock County partnering with the Community Health Center of Lubbock. The 2015 Annual Report is available on the website. For the first quarter of 2016, 5 attended a class on carb counting, meal planning and label reading at the new Community Health Center of Lubbock and the FCS Agent assisted with calculating the Nutrition information for recipes used by CHCL.

Call the County Extension Office at 775-1740 for information.

Issue Addressed: Obesity-Childhood; Walking Paths

Senior Nutrition Programs

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

Each month, county extension agents present pertinent nutrition information for six of the nutrition sites serving senior adults in Lubbock County. Four senior centers are BLT sites and two are non-BLT sites. During the first quarter of 2015, approximately 354 BLT and 98 Non-BLT individuals were reminded monthly of healthy eating related to "What's Your New Year's Resolution," "Spring Cleaning Your Pantry Pests," and "Fiber is Fabulous." 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. Approximately 60 homebound received the information with their Meals on Wheels delivery in Slaton monthly.

Programs for this next quarter are: "Eye Health for Older Adults," "Food-Drug Interactions," and "Get the Motivation for Hydration."

Issue Addressed: Aging Issues - Food Insecurity; Financial Insecurity

Food Protection Management/Food Handlers

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

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

One two-day class scheduled in Plainview in March was cancelled.

Hale and Lubbock counties plan to team teach classes May 4-6; June 22-24; and October 5-7. Cottage Food Industry and Food Handler's classes will also be offered April 29, May 13, June 15, July 14 and August 9.



Issue Addressed: Safety - Personal; Crime Prevention; Property Protection

Texas Extension Education Association

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

This association works with Texas A&M AgriLife Extension Service to strengthen and enrich families through educational programs, leadership development and community service. The objectives include: strengthen, develop, coordinate, and extend adult researched-based education, to improve the quality of life for families and communities in cooperation with the Texas A&M AgriLife Extension Service; promote family strengths and leadership development, serve as a medium for the expression of charitable and education interests, and award 4-H and TEEA adult scholarships on a nondiscriminatory basis to worthy applicants; offer a means by which members in cooperation with Texas A&M AgriLife Extension Service may interpret and provide programs of local, county, district, regional, state, national and international importance in preservation of the American home and the promotion of better international understanding; function exclusively for charitable, educational, and scientific purposes. Receiving the D2TEEA Aubrey Russell Scholarship is Kyla Sorrells, Idalou 4-H.



Programs for 2016 include: "Don't Let Blue Get to You," "Eating What You Grow," "P to the Power of 4," on presentation skills, "Emergency Evacuation," and "Low Cal Desserts."

Tours will be determined throughout the year but may include touring the South Plains Food Bank and the Lavender Farm in Dickens. The group attended the District 2 TEEA meeting in Brownfield in March. Members receive the bi-monthly Family Network Newsletter in efforts to advertise programs.

Financial Management

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

E. Kay Davis is collaborating with the Lubbock Work Force Solutions to offer 3 Financial Management and Budgeting classes to WorkForce Solutions clients. Terry County Extension Agent-FCS, Mary Collier assisted with 2 classes. One person attended the March 22 class. Approximately 10 others were not present due to receiving jobs or interviews. Two more classes will be held next Quarter - April 21 and May 19th.

Issue Addressed: Aging Issues - Food Insecurity; Financial Insecurity

Step Up to Scale Down

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

SYSCO Foods was the location for a worksite wellness series called Step Up to Scale Down. Seven completed the 12 week series.

Issue Addressed: Obesity-Childhood; Walking Paths

Other

National Volunteer Week

April 10-16, 2016

Ronda Alexander, County Extension Agent - 4-H and Youth Development
 Mark Brown, County Extension Agent - Ag and Natural Resources
 Vikram Baliga, County Extension Agent - Horticulture
 Kay Davis, County Extension Agent - Family and Consumer Sciences
 Robert Scott, County Extension Agent - Ag and Natural Resources

Volunteers are an integral part of Texas A&M AgriLife Extensions Service. They are utilized in all facets of our programs! From 4-H contests to 4-H Club meetings, committees providing direction to our programming efforts, and agriculture result demonstrators, just to name a few!

In 2015, approximately 1,376 volunteers contributed 20,716 volunteer hours in Lubbock County. The value of this service at \$23.07/hr was \$477,918.12 given back to you - the residents of Lubbock County.

Hat's off to each of you who volunteer to "make the best, better."

**2016 Texas Community Futures Forum
 Issues Identified**

The TCFE issues for 2016 were identified at a forum on March 3, 2015. These issues were selected by Lubbock County Residents and key leaders for the Lubbock County Extension Agents to address in 2016. They are as follows:

Agriculture and Natural Resources

1. Education about Utilization of Total Water Resources
2. Water Conservation and Management
3. Agricultural Profitability
4. New Herbicide Technology and Drift Management Education
5. Impact of Federal, State and Local Policy on Agriculture
6. Resistant Weed Management Within Communities
7. Ag Literacy/educating the Public about Agriculture
8. Feasibility/impact of Traditional and Alternate Energy Sources

Family and Consumer Sciences

1. Teen Safety - Sexuality & Pregnancy Prevention; Drug Abuse
2. Child & Teenagers - Injury & Fatalities; Smoke & CO2 Detectors
3. Parenting Issues - Money Management; Parenting Classes
4. Teacher/Community Involvement - Child Abuse Awareness/Reporting
5. Health Pregnancy - Infant Mortality; Early Brain Development
6. Obesity - Childhood; Walking Paths
7. Aging Issues - Food Insecurity; Financial Insecurity
8. Safety - Personal; Crime Prevention; Property Protection
9. Child Abuse Awareness

4-H Youth and Development

1. Character Development: Good Moral Choices, Sex Education, Responsibility, Manners, Time Management, Good Habits
2. College Readiness: Career Investigation, Planning for College or Vocational Education, and Transition to Independent Living
3. How to Handle Stress and Pressure, and Suicide Prevention
4. Internet Safety: Sexting, and Social Media Limits

5. Teaching Inclusion and Acceptance: Avoid Bullying, Cyber Bullying, and Opportunities for Inclusion
6. Healthy Lifestyles: Nutrition & Exercise, Drug Prevention/Intervention, and Adolescent Education on Health Hygiene
7. Communication Skills: Anger Management, and Stress Relief

Community Resource Economic Development (CRED)

1. Economic Development
2. Drinking Water Availability
3. Transportation -Roads Within City and Bike Trails
4. Water Conservation - Home and Yard Management

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Katelyn Kowles, EA-IPM Lubbock/Crosby

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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 AgriLife Extension Service - (806) 775-1740, as soon as possible to advise us of the auxiliary aid or service that you will require.