

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.**

Volume 23

2016 Second Quarter

Issue II

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Agriculture and Natural Resources

Lubbock County Stored Grain Workshop Held April 22

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

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 technologies concerning storage and protection of stored grain products. The 2016 workshop was held on April 22. Participants received continuing education units for pesticide applicator licensing through Texas Department of Agriculture and Structural Pest Control Board. Topics included weed control and resistant weed management, information on the newly introduced sugarcane aphid, and fumigation management.

Issues Addressed: Agricultural profitability, New herbicide technology, and Impact of Federal, State, and Local policy on Agriculture.

Mark Your Calendars for these Upcoming Events in 2016

August 4 Regional Cotton fiber Quality Conference, Texas A&M AgriLife Research and Extension Center at Lubbock. 8am (No registration fee, but RSVP to the County Extension Office by August 1 at 806-775-1740 to confirm lunch accommodations).



Little Miss Daisy
by
David Kendrick,
Shallowater 4-H
Club

4-H and Youth Development

National Land Judging Contest Results

Mark Brown, County Extension Agent - Ag and Natural Resources

The Lubbock County Senior team that competed in the National Land Judging Contest in Oklahoma City consisted of: Caleb Dansby, Jeremy Schwertner, Nolan Ragan, and Jay Underwood. The team placed 10th in the 4-H Division. There were 35 states represented at this 2016 National Contest. We are very proud of these Lubbock County 4-H members. They were coached by Kirby Huffman and Mark Brown.

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

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 Wildcat 4-H Club members Hagan Wright of Wolfforth and Kyla Sorrells of Idalou and Joshua Smith of the Frenship 4-H Club; all receiving \$18,000 Houston Livestock Show Scholarships. It is never too early to start planning for scholarships. An information meeting and training will be held in the fall to answer all your questions.

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 21 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, Meat Judging, Share the Fun - Choreographed Routine, Nutrition Quiz Bowl, 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 2016-17 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. 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.

Ag to YOUth

Ronda Alexander, County Extension Agent - 4-H and Youth
 Mark Brown, County Extension Agent - Ag and Natural Resources
 Robert Scott, County Extension Agent - Ag and Natural Resources
 Vikram Baliga, County Extension Agent - Horticulture
 Katelyn Kowles, Extension Agent - IPM
 E. Kay Davis, County Extension Agent - Family & Consumer Sciences

Hardwick Elementary school was site for this year's annual "Ag to YOUth" Ag Awareness presentations by the Lubbock County Extension Staff. Approximately 400 students from Kindergarten through 5th grade rotated through the six sessions which included: Food and Nutrition, Wheat, Water, Entomology, Llamas and Goats and Hatching Chicks. We even received coverage of this years program in the Lubbock Avalanche Journal. The "Ag to YOUth" program is an annual ag awareness event conducted in different schools in Lubbock County by Lubbock County Extension Staff.

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 2016 conference. The speakers committee is working on the marketing brochure, which should be ready by August.



The 2016 Conference will be held on Thursday, **October 27, 2016** at the Overton Hotel.

Issue Addressed: Parenting

Child Care Workers Conference

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

A Child Care worker's Conference on Inclusion of Special needs children in pre-school and after-school activities was held Saturday, April 16, 2016 from 9-4. The speaker was Rebecca Dunn. Fifty-three Child Care workers received 6 clock hours training credit.

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 300 hours of nutrition education for limited income families, and will have a minimum of 300 direct educational contacts and graduate 100 adults from a 3-4 lesson series. On average, a full-time Extension Assistant should conduct a minimum of twelve to twenty-four (12-24) educational programs per month.



Mary Alice Roberts, BLT Extension Assistant, reported:

Better Living for Texans (BLT) 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. These lessons will be evaluated as a BLT series. Class was taught in April, May and June with food demonstrations.

Better Living for Texans marketing brochures and 2016 Nutrition Calendars were distributed at the My Plate Nutrition display table for the Lubbock RSVP “Compass for Wellness and Aging Well!”, conference in April. Over 220 people attended the one day conference. Another marketing event was held at a Child Care professionals Training day. Matthews High School and Harwell Elementary hosted a Health Fair where My Plate display and brochures were distributed. Three classes on My Plate food groups were presented to students in April, at Cathleen Thomas Elementary Slaton, Texas with food demonstrations. Courtyard at King’s Dominion a Senior Residence, and Maggie Trejo Super center received a Nutrition Education program in April. The topic was: In the Know about Nutrition- Eye Health for Older Adults.

The “Together at the Table Texas Hunger and Poverty Summit” was held at First Methodist Church Lubbock, TX. This conference was one day packed with information from the local, state and national level, breakout sessions focused on working to end hunger and poverty. The three day US FOODS Food and Nutrition Seminar that was held in May at Texas Tech and attended by staff. Topics that were related to BLT programs were: Strategies for Prevention of Childhood Obesity, Strategies to Overcome Food Insecurity, GMOs and Organic Foods, Fats and oils

for Cooking and Diabetes Awareness. Afterschool classes were concluded at Cathleen Thomas Elementary where My Plate Nutrition was taught for students enrolled in the Communities in School Program. YWCA Head Start parents met the Legacy Center for a nutrition program in May. AG Awareness day was held Hardwick Elementary in May for 422 students. In May, the Nutrition Education program topic at Courtyard at King’s Dominion and Homestead Senior Apartments was: In the Know about Nutrition- Food and Drug Interactions.

Courtyard at King’s Dominion a Senior Residence, Mae Simmons Senior Center and Maggie Trejo Super center received a Nutrition Education program in June. The topic was: In the Know about Nutrition- Get the Motivation for Hydration. Summer food service Kids camps kicked off in June, at Mae Simmons, Maggie Trejo, Copper Rawlings Community Centers, as well as Hope Community Shalom Church. The Dream Center Church and Jr. League of Lubbock hosted Camp healthy Kids the second week of June. My Plate Food groups were the topics along with food demonstrations, tasting and worksheets for all of the camps. A program on Healthy Snacks was presented to the group called Grandparents as Parenting Partners. Cereal Trail mix was the food demonstration. Texas Tech University Dietetic Intern student, Brianna Bush worked 40 hours the last week of June in our office for her Community Rotation. Brianna prepared and co-taught a BLT class with food demonstration at Catholic Charities. Brianna participated in the My Plate lesson at two of Kids summer camps and wrote three Nutrition articles appropriate for senior citizens. The Housing Authority of Slaton, Texas hosted a Community Health Fair in June where a My Plate display was set up. My plate brochures and 2016 Recipe Calendars were given out at the event.

Total contacts for April -881, May-699, and June-1009.

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

Other collaborative efforts included attending Parenting Coalition; Building Strong Families, SPAA AAoA; SP Food Bank Vista Diabetes Task Force.

Better Living for Texans certified senior citizen centers received nutritional programs monthly reaching 441 contacts. Individuals were reminded of healthy eating with lessons on Eye Health; Food and Drug Interactions, and Hydration. 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 Summer Food Safety, Feed Your

Brain, and Break Free from Osteoporosis. Senior Centers are Mae Simmons, Maggie Trejo, Copper Rawlings, Lubbock on 19th St., Homestead and Slaton and 60 Slaton home delivered meals.

Other programs included Harwell Elementary Health Fair, and Hardwick Elementary K-5th Grade Ag to Youth, Jr. League Healthy Kids Camp, Mae Simmons, Maggie Trejo & Copper Rawlings Summer Food Service Nutrition programs, Worksource Budgeting, YWCA Head Start Parents Nutrition Program.

Contacts from these programs were 1,014.

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 are in the process of being taught by a CHCL educator, and AgriLife Extension Agent, Kay Davis, reached 17 contacts this quarter at CHCL with Carb Counting, menu planning and label reading. Call the County Extension Office at 775-1740 for information.

Davis is also on the SP Food Bank Vista Diabetes Task Force.

The Diabetes curriculum Wisdom, Power and Control was presented to 7 community health workers from UMC who are teaching this to UMC clientele.

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

Issue Addressed: Nutrition and Health

Step Up to Scale Down

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

Step Up To Scale Down is a 12 week series on healthy eating and weight loss. This series was conducted for 6 at SYSCO Foods in January-April.

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: Disaster Preparedness; Eat what you Grow, Tour of Thistle Dew Lavender Farm in Dickens. 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 is the Food Handlers class, which is required by September 1 for of all persons handling food.



A Food Handlers class was held June 11 for 39 at 916 Main and an FPM class was held in June for 7 in Plainview. Another Food Handlers classes will be held on August 13, 2016, 916 Main. Collaborating with Kay Davis, Lubbock CEA-FCS, is Deana Sageser, Hale CEA-FCS.

Hale and Lubbock counties plan to team teach a FPM class in Lubbock on **October 5-6 with the test on October 7th.**

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 April 21, May 19 and June 16 with 2 clients of WorkSource Solutions. Banking and checking accounts, budgeting and managing credit was covered in the two hour class. Collaborating with Kay Davis, Lubbock CEA-FCS, is Mary Collier, Terry CEA-FCS.

Issue Addressed: Family Financial Management

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