

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 23

2016 Fourth Quarter

Issue IV

In This Issue:

2016 Ag In the Bag
 High Plains Ag Conference
 TALL Tour of the South Plains
 Lubbock County Staff coordinates “Cotton Harvest Series” with Fox 34 “Look Around Lubbock”
 4-H Clovers
 4-H Christmas Community Service
 Teen Council Community Service
 Gold Star and Leader Recipients
 District 2 Livestock Ambassadors
 Showmanship/Feeding Clinic
 Building Strong Families Conference
 Better Living for Texans
 Do Well, Be Well with diabetes™
 Texas Extension Education Association
 Financial Management
 Food Protection Management/Food Safety

Agriculture and Natural Resources

2016 Ag In the Bag

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

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.

The 2016 Ag in the Bag Event was conducted at the Texas Tech Livestock Arena during October 11-13. A total of 1408 students and teachers participated in this event.



Bison by Joseph Fritz,
 Wildcat 4-H

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. 19 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 - two integrated pest management, on laws and regulations and two general - were offered.

Topics and presenters included:

- Preview of New cotton Varieties and Traits, Dr. Seth Byrd, Assistant Professor and Extension Cotton Specialist
- Brush and Weed Management, Dr. Tim Steffens, Assistant Professor West Texas A&M University and Extension Range Specialist
- Pesticide Laws & Regulation, Steve Boston, TDA Pesticide Inspector
- Corn Herbicide Trial Results, Dr. Jourdan Bell, Assistant Professor and Extension Agronomist
- Drift Prevention, Dr. Wayne Keeling, Systems Agronomy/Weed Science project leader
- Disease Management on the South Plains, Dr. Jason Woodward, Associate Department Head, Associate Professor, Extension Plant Pathologist and State Peanut Specialist

TALL Tour of the South Plains

Mark Brown, County Extension Agent - Ag and Natural Resources

The Texas Agricultural Lifetime Leadership (TALL) program is a statewide Extension leadership program that creates a cadre of leaders to help ensure effective understanding and encourage positive action on key issues, theories, policies, and economics that will advance the agricultural industry. The TALL XV class is comprised of 25 agricultural leaders from across Texas. Participants from the South Plains include:

Brett Bamert- Muleshoe, Vice President of Bamert Seed Company

Jennifer Blackburn- Shallowater, External Affairs Director for the National Sorghum Producers and United Sorghum Checkoff Program.

Clifton Castle - Lubbock, Manager & Sales Consultant for Kunafin

Sarah Cortese -Lubbock, Director of Communications for Capital Farm Credit

Grant Groene- Lubbock, Technical Product Manager for DuPont Pioneer responsible for the High Plains, South Plains and Coastal Plains of the U.S.

Lacey Hoelting- Lubbock, Executive Director of the Bayer Museum of Agriculture

Scott Irlbeck- Lubbock, Owner and operator of Irlbeck farms

This class toured the South Plains area on October 25-26, 2017. During their time in Lubbock, Co. Extension Agent, Mark Brown, provided an overview of South Plains Agriculture. The group was also honored with a reception at the Bayer Museum of Agriculture that was attended by several Lubbock County Extension Staff.

Issue Addressed: Public Education & Agricultural Awareness

Lubbock County Staff Coordinates "Cotton Harvest Series" with Fox 34 "Look Around Lubbock"

Mark Brown, County Extension Agent - Ag and Natural Resources

The Lubbock County Extension Staff had the opportunity to coordinate with Fox 34 news reporter, Tierra Neubaum, to schedule a 4-day series of stories and live shots on Nov 1-4 regarding the 2016 cotton harvest and processing. Nov 1- Aired harvest story from the field with Lubbock County Ag Committee member, Steven Brosch at Slaton. Nov 2 - Extension Agent Mark Brown discussed 2016 South Plains Cotton production estimates and estimated economic value. Lubbock Cotton Growers Gin manager, Jerry Butts, discussed the cotton ginning process. Nov 3 - USDA Cotton Classing office manager, Danny Martinez discussed cotton classification



and 2016 average lint quality. Nov 4 – Eric Wanjura, from Farmer’s Co-op Compress, discussed cotton bale identification, storage and transport to textile mills all over the world. Positive feedback from several Lubbock residents was received. They reported that they enjoyed the series, and learned much about the cotton industry. Thanks to Fox 34 for airing these stories.

Issue Addressed: Public Education & Agricultural Awareness.



Teen Council Community Service

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

4-H Teen Council members were also involved in Community Service activities. On Sunday, December 11, 13 members and parents wrapped gifts for residents of the Lubbock State Supported Living Center. This has been an annual event for the past 10+ years. Fourteen Teen Council members also braved the weather to serve as Salvation Army Bell-Ringers at the 19th Market Street on December 17.



Gold Star and Leader Recipients

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

On Monday, November 21, four 4-H’ers and one volunteer leader were honored at the 59th Annual Gold Star Banquet at the Texas Tech Alumni Pavillion. Gold Star recipients recognized this year were: Andi McMillin, Shallowater 4-H; Carolyn Benitez, Frenship 4-H; Marisa Pesina, Trinity 4-H; and Mary Kathryn Paxton, Trinity 4-H. Also recognized as a Distinguished Leader recipient was Donna Smith, Frenship 4-H Club Leader.

4-H and Youth Development

4-H Clovers

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

Not only are 4-H Clover participants learning about 4-H projects, they are also giving back through community service. In December, Clovers made 100 snowflake Christmas ornaments out of pipe cleaners, which were donated to the residents of the Bender Terrace Nursing Home. At our January meeting, clovers will learn about the 4-H photography project and they will again participate in a community service - making valentine cards for Meals on Wheels recipients. The 4-H clover project meets monthly to learn about on-going 4-H projects, and is open to K-2nd grade youth.



4-H Christmas Community Service

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

For the fourth year, instead of having a county-wide Christmas Party, Lubbock County 4-H’ers have participated in a community service project benefitting the Salvation Army. 4-H’ers and parents have served as “elves” assisting with the Salvation Army’s Angel Tree project. Participants have “shopped” for angel tree recipients making sure that they received plenty of items on their Christmas List.

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. 17 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 24, 2016 at the Lubbock First United Methodist Church with approximately 375 attending. In addition there were 14 committee members, 5 volunteers, 10 presenters and 14 exhibit tables. A total of 249 registered that turned in lunch tickets.



Requests were submitted to several businesses, civic clubs and agencies resulting in \$1,000. in grants, donations and sponsorships, along with paid participant fees.

In 2016, there were :

Total lunch tickets collected – 249;

Total attendees/participants returning conference surveys- 31.

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: “Food to Help Fight Pain,” “Trim the Trimming of Thanksgiving,” and “Healthier Holidays.” These were presented to 6 BLT Senior centers with approximately 588 participants. These programs were also presented to the SPAG AAoA Senior Center Bookkeepers and Directors at their quarterly meeting.



2015-2016 BLT results of 181 evaluations from 4-lesson series taught by Mary Alice Roberts, BLT EA. Pre-, post-, and follow-up surveys were also used for the annual report with 80.7% being female and a majority being from a variety of ethnic backgrounds and nearly 40% had some college. 70% received food stamps. 35% had used the Food Bank in the last 30 days. Those reporting intent to use meal planning strategies increased to 43.7%. 87.8% reported using sanitation recommendations. After the programs the results showed a increase in those who intended to adopt the practices to 90.0%. 37.4% of the respondents were physically active and after the class, 47.2% indicated they exercised. 90.3% rated Extension programs as excellent. 91.5% would recommend BLT programs.

TTU dietetic interns will begin new rotations in January 2017 and go through December 2017.

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

Clients of Catholic Charities, Habitat for Humanity, Lubbock ISD Head Start at Wolffarth Elementary, and Managed Care Center for Addiction, were introduced to Better Living for Texans (BLT) 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 October, November and December.

Courtyard at King’s Dominion, Homestead Senior Residence, Copper Rawlings, Mae Simmons and Maggie Trejo Senior Centers received Nutrition Education programming in October, November and December. The topics were: In the Know about Nutrition- Foods to Help Fight Pain, Trim the Trimmings of Thanksgiving and Healthier Holidays.

Better Living for Texans brochures and other handouts were given to participants that stopped by My Plate Nutrition display table at the Building Strong Families Conference in October, and a Health Fair in November at West Wind Elementary a Frenship ISD school.

In December I did two programs on Hand washing and Food Safety. The first program was at Region 17 Education Center for the Pre K teachers PPL study group, the second program was held at Buckner Children's Home for Senior high school students graduating and leaving the CPS system.

I attended the Texas Tech University Dietetic Intern Preceptor Graduation Dinner in October, for five of the interns that completed the thirty two hours required for Community rotation in our office this year.

In December I attended the Texas Hunger Initiative Nutrition and Locally-Grown Food Incentives Panhandle/South Plains Coalition information meeting held in Lubbock. A National model for healthy food incentives benefitting families, farmers and local economies was explained to participants.

Total contacts for October-433, November-754, and December-188

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.

In Oct-Dec, one 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 2016.

A total of 10 participants began the classes. It was not possible to obtain final surveys to confirm if participants were beginning to manage their diabetes.

Over 400 participated in Wisdom, Power and Control diabetes classes with TTHSC and 75-100 participate in a monthly support group during 2016. The annual report for Health and Wellness is on the Lubbock County Extension website.

One Breast Cancer awareness program was held at SYSCO Foods with 15 women attending. Several signed up for company sponsored mammograms.

Texas Extension Education Association

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

The Lunch Bunch TEEA Club in Lubbock County met in October to plan programs for 2016-2017 and to get reports from the State Meeting.



Programs in 2016-2017 will include:

1. Nutrition Myths and Facts
2. Adult Bullying
3. Who Get's Grandma's Yellow Pie Plate
4. Navigating Pinterest
5. Dementia and Care Giving

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

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 collaborated to offer financial management classes for Work Force Solutions clients in the Lubbock Work Force during 2016. In the 4th quarter, one class on budgeting/financial management was scheduled and 6 attended. Classes will be scheduled for Cameron Court, a low income apartment complex, in 2017 and will continue every other month at Work Force for their clients.

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 O157: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 from 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. Two 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 had 8 and the Nov-Dec class in Plainview had 9. Seven passed the test. One Food Handlers class was taught at WorkForce Solutions in the fourth quarter of 2016 with 7 attending. More Food Handler classes may be needed in 2017 due to new State laws requiring the class and are scheduled every other month at Work Force for their clientele.

Lubbock County Extension Staff
P.O. Box 10536, Lubbock, TX 79408
916 Main, Suite 201, Lubbock TX 79401
(806) 775-1740 Fax: (806) 775-1758



C. Mark Brown, CEA-Ag

Ronda D. Alexander, CEA-4-H

Robert Scott, CEA-Ag

E. Kay Davis, CEA-FCS

Vikram Baliga, CEA-Horticulture

Katelyn Kesheimer, EA-IPM Lubbock & Crosby

Counties

Commercial products and trade names are mentioned for information purposes only. No guarantee or endorsement by the Texas 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 A&M AgriLife Extension Service - (806) 775-1740, as soon as possible to advise us of the auxiliary aid