

Extension At A Glance - Lubbock County

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

MISSION

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

Volume 24

2017 Third Quarter

Issue III

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Agriculture and Natural Resources

Extension rolls out a new program called **Path to the Plate**

Robert Scott, County Extension Agent - Ag and Natural Resources

Goal:

- The goal of the Path to the Plate program is for all Texans to make informed decisions related to the food they eat based on truthful, relevant and accurate information.

Objectives:

- To provide comprehensive educational program related to agriculture and health for consumers so they make informed decisions related to the food they eat.
- To deliver correct, research-based information in order to dispel myths, promote truths and educate the uninformed in regards to agriculture and health.
- To develop Path to the Plate champions from within Texas A&M AgriLife Extension.
- To develop resources and learning modules to support the Path to the Plate program.
- To develop a youth component which teaches the connection between food and health.

Path to the Plate Champions and/or Agent:

- Utilize program area committees to develop and implement local Path to the Plate educational programs for youth and adults.
- Work with Regional program Leader to develop program plan to address Path to the Plate needs at the local, district, and regional levels.



The Great Pumpkins by
Jackson Caddel,
Frenship 4-H Club

- Seek additional professional development in regards to Path to the Plate topics and issues to improve expertise and ability to educate others.
- Serve as the Path to the Plate expert, liaison and trainer for local, district, regional and statewide programming efforts.
- Assist in development and vision for future Path to the Plate training and educational events.
- Communicate the impact of Path to the Plate to program coordinators, Regional Program Leaders, stakeholders, and others.
- Seek new and innovative ways to implement Path to the Plate at the local, district, regional, and state levels.

Like Facebook Page “Lubbock County Path to the Plate”

Farm, Ranch Estate Planning Workshop was held October 23 in Lubbock

Robert Scott, County Extension Agent - Ag and Natural Resources
Ronda Alexander, County Extension Agent - 4-H
Vikram Baliga, County Extension Agent - Horticulture
Kay Davis, County Extension Agent - Family and Community Health
Katelyn Kesheimer, Extension Agent - Integrated Pest Management

The Texas A&M AgriLife Extension Service hosted a Farm and Ranch Estate Planning Workshop from 1:30 p.m. - 4 p.m. October 23 at the Texas A&M AgriLife Research and Extension Center, 1102 E. FM 1294, Lubbock.

This was a straightforward program was meant to answer the hard questions many of us don't like to consider; but should. These topics included the five steps to a successful transition plan, what happens if you die without a will, estate planning, business succession planning, business entity selection and when and how to use trusts.

Individual registration was \$15 due upon arrival. Those planning to attend reserved their spot by calling the AgriLife Extension office in Lubbock County at 806-775-1740 or emailed rj-scott@tamu.edu.

The workshop speakers featured Tiffany Dowell Lashmet, AgriLife Extension agricultural law specialist at Amarillo. She was joined by Spenser Piercy and Amber Miller of Crenshaw, Dupree & Milam, LLP of Lubbock.

All three speakers are well-versed in West Texas agriculture and personal financial planning. This workshop should go a long way toward laying the groundwork for a successful estate plan.

Ag Awareness Efforts at the South Plains Fair

Ronda Alexander, County Extension Agent - 4-H and Youth Development
Robert Scott, County Extension Agent - Ag and Natural Resources



Lubbock County 4-H Clubs had another successful year in the brand new “Children’s Barnyard” building at the south Plains Fair. The new facility was made possible through grant funding from the CH Foundation and the Talkington Foundation, as well as support from the South Plains Fair. The barnyard was manned daily by 4-H Club members for the

following 4-H groups: Teen Council, Shallowater, Wildcat, Cooper, Frenship, Trinity New Deal, Red Raider and Sharp Academy. A total of 267 4-H’ers and parents manned the exhibit supplying 616 volunteer hours. Animal exhibits this year included: ducks, chickens, ducklings, chicks, a llama, exotic sheep, a miniature pony, rabbits and of course the favorite petting animals goats and sheep. Other Ag Awareness exhibits included the “Commodity Carnival” manned by Texas 4-H Youth Livestock Ambassadors, Ag banners provided by Texas Farm bureau and a Beekeeping exhibit set up and manned by the Caprock Bee Keeper’s Association. Decorative straw hay bales were also provided by the Kendrick Family. Approximately 80,000-90,000 South Plains residents were reached through this years exhibit.

Issue addressed: Agricultural Education and Awareness

4-H and Youth Development

4-H Enrollment Time

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

The 4-H year runs from September 1 through August 31; so its official we are up and going strong! 4-H’ers and volunteers must re-enroll every year to maintain active membership. Membership is now completed online through 4-H Connect. There is a link on the County Extension website (see 4-H Enrollment - Connect). 4-H’ers age 9 years old or in the 3rd grade through 12th grade may enroll. There is a \$20 enrollment fee through December; after this date, the fee is \$25 per member. Clovers (youth ages 5-8) may also enroll, however no enrollment fee is required. Through 4-H, there are many opportunities for youth to get involved. If you have questions, please give us a call.

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

2017 4-H Gold Stars

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

At our County 4-H Achievement Banquet in August, we recognized approximately 200 youth and adults for the 2016-17 4-H year. Congratulations to the following Lubbock County 4-H'ers for being recognized as Gold Star Recipients: Wildcat 4-H Club Members: Hayden Crawford, Shae Lynn Suttle and Travis McGougan and Cooper 4-H Club member Jeremy Schwertner. Gary and Kristy Henniger, Cooper 4-H Club parent volunteers were also recognized as the 2017 Lubbock County-South Plains 4-H Distinguished Leader. Each of these recipients will be recognized at the District 4-H Gold Star Banquet on November 20.

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

4-H Clover Project

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

This is the 4th year for our 4-H Clover Project series. For the Clover meetings, we meet monthly for a one hour project meeting related to on-going 4-H projects. The clover meetings focus on exploring 4-H opportunities just for clovers and gives them information about the opportunities available when they become a 4-H'er. Clover meeting dates for the remainder of the year are November 8 and December 6. For October, our meeting included making Monster-themed snacks.

One Day 4-H

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

On October 7, 65 Lubbock County 4-H'ers and parents were involved in a variety of community service activities supporting the Statewide "One Day 4-H" community service project. Our activities this year included volunteering at the South Plains Food Bank Farm where we tied up blackberry vines and weeded the wind tunnels.



Food and Nutrition

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

The 4-H Food and Nutrition Project has seen many changes over the years. We have grown and expanded to include not only food show, but nutrition quiz bowl, and food challenge. This years activities included touring Café Ventures catering operation, a hands-on food preparation workshop, 23 youth competing in the county food show, 48 youth-making up 11 teams in the County Food Challenge contest and 13 clovers making monster snack treats. Our Nutrition Quiz Bowl teams are also practicing for the District Competition on November 11.



Family and Consumer Sciences

Better Living for Texans

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

Kay Davis, CEA-FCS

- Better Living for Texans qualified senior citizens centers are receiving a monthly nutrition program. This past quarter programs included: "Sorting Food Facts and Myths: Do Food Labels as "Natural" Deliver on Expectations," "Is this Food Still Safe to Eat?," and "Would your Kitchen Pass a Food Safety Inspection?" The program was delivered to 459 BLT senior citizens and 180 home delivery clients by Kay Davis.



- Maggie Trejo and Mae Simmons Community Centers Youth Food Service Camp Programs received nutrition Education twice a month in July and August reaching 69 youth in 2 programs by Kay Davis.

In July, August and September the Texas Tech University Dietetic Internship program provided us with one dietetic intern to complete their Community Rotation for this year. Intern Jacquelyn Valle spent 32 hours in September teaching adult classes at Catholic Charities, Emory Senior Apartments, Walker/MASH House and senior centers. Each intern is asked to write nutrition articles for Senior adults to be published at a later date. Jacquelyn judged Adult Level Canning as well as served as food judge in the adult category at the South Plains Fair this fall.

Agent Davis presented a program on Senior Citizens My Plate and Nutrition for “Power in the Community” for SPAG ACOA and the Fresh Start Lesson #1 for SPCAA Head Start parents and the West Texas Professional Home Day Care Association.

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

Clients of Catholic Charities, Family Guidance Center, Hill Crest Manor, and Managed Care Center for Addictions 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 Session 4: Celebrating Small bites. Each session contained a recipe with food demonstration and tasting. These lessons will be evaluated as a BLT series.

In The Know about Nutrition Education programs were offered at Courtyard at King’s Dominion Senior Residence, Hill Crest Manor Sr. Apartments, Maggie Trejo Senior Center, and Foster Grand Parent Volunteers. ●July topic: Is This Food Still Safe to Eat? Frequently asked Questions,

- August topic: Storing Food Facts and Myths: Do Foods Labeled a “Natural” Deliver on Your Expectations?
- September topic: Would Your Kitchen Pass a Food Safety Inspection?

Summer Food Service Kids Camps continued in July and early August at Copper Rawlings Community Center, Hope Community Shalom, Mae Simmons Community Center and Maggie Trejo Super Center.

The nutrition topics were: July: Dairy and Vegetables and August: Food Safety/Handwashing and Protein foods. Most programs included a food demonstration and tasting. The day campers all received My Plate handouts, work

sheets, coloring sheets, jump ropes, recipes and bookmarks relating to the topics presented.

A program on Health snacks with a food demonstration and tasting in July for Grandparents as parenting partners at Cumberland Presbyterian Church was presented.

Better Living for Texans brochures, Nutrition literature for older adults, 2017 Recipe Calendars and other handouts were given to participants at a Senior Health Care Conference in September.

In July, August and September, Extension Assistant Roberts, attended the Texas Hunger Initiative Senior Hunger Action Team (South Plains Hunger Solutions) meetings to gain information on the problems facing senior adults in Lubbock County. Double up Food Bucks was introduced at Lubbock Farmers Markets in August.

This is a program for SNAP eligible participants to purchase fresh fruits and vegetables with the Lone Star EBT card. Double up Food Bucks brochures to participants were distributed in all classes in August.

Total contacts: July 697; August 722; September 346

Issue Addressed: Healthy Pregnancy-Infant Mortality; Early Brain Development, Obesity-Childhood; Walking Paths

Texas Extension Education Association

E. Kay Davis, County Extension Agent - Family & Community Health

The Lunch Bunch TEEA Club in Lubbock County met recently to plan programs for 2017-18 and to get reports from the State Meeting in Horseshoe Bay. Programs will include:

“Hearing Loss - Causes, Affects, and Options for Help

Who Do You Think You Are? and

A Good Night’s Rest Is Best”.

Issue Addressed: Obesity-Childhood; Walking Paths, Aging Issues-Food Insecurity; Financial Insecurity, Safety-Personal; Crime Prevention; Property Protection



Worksite/Community Health Wellness**Food Protection Management**

E. Kay Davis, County Extension Agent - Family & Community Health

Two Food Protection Management Certification classes were offered during this quarter in Hale County and Lubbock County. The Hale County CEA-FCH Agent, Deana Sageser and Lubbock CEA-FCH Agent, team teach these classes. This course is truly a help for food establishments in meeting legal requirements and developing strategies to insure safe food service. Fourteen people tested for certification. One Food Handlers training was held for WorkForce Solutions clients to fulfill the new state law with 6 attending. This enables these persons to obtain jobs in food service. One Budgeting class was also held at WorkForce for 1 client.

**Diabetes Education**

Agent, Kay Davis continues to collaborate with the Community Health Center of Lubbock to provide diabetes education as well as with the UMC Community. Health Workers and RN's with their outreach with the new Extension diabetes curriculum "Wisdom, Power, and Control." This group also has an active diabetes support group meeting at the Dream Center. This curriculum won the Diversity in Programming Award at the Southern Region and National Levels of the National Service Epsilon Sigma Phi Extension Fraternity. Agent Davis and one of the teammates from across Texas traveled to the ESP Conference in Wilmington, NC in October to accept the award. Agent Davis also participated in a Health Fair at LCU with 397 attending promoting diabetes classes and has identified RN's willing to be trained to teach the Spanish version "Si, Yo Peudo Controlar mi Diabetes."

Parenting

The Partners For Parenting Coalition met in August to Learn about Double Up Bucks for Food Stamp Clients at Farmer's Markets.

The Building Strong Families 22nd Annual Conference was held on October 26 and planning meetings continue.

Agent Davis is on the Texas Hunger Initiative Senior Hunger Action Team and participated in the CHCL needs assessment and is on the Nutrition Committee for the Mayor's Fit Lubbock Initiative and participated in the kick off event at Roscoe Wilson Elementary.

Davis assisted with the 4-H Food Project Leader Training and attended the Lubbock Emergency Preparedness Committee meeting and the Texas Extension Association of FCS meeting in Round Rock.

A new title for County Extension Agents - Family and Consumer Sciences has been announced. Effective in October, CEA-FCS will be County Extension Agents - Family and Community Health (CEA-FCH).

Issue Addressed: Obesity-Childhood; Walking Paths, Aging Issues-Food Insecurity; Financial Insecurity, Safety-Personal; Crime Prevention; Property Protection; Economic Development

Upcoming Events

High Plains Ag Conference

Robert Scott, County Extension Agent - Ag and Natural Resources

This year's High Plains Ag Conference will be held December 8, 2017 at the Texas AgriLife Research and Extension Center in Lubbock. The program will offer a wide range of topics. Topics such as: weed resistance, corn production, cotton production and Laws and Regulations will be addressed. Five Texas Department of Agriculture continuing education units will be offered.

Issue addressed: Agricultural Education and Awareness

District 2 Livestock Ambassador**Steer, Swine, Lamb and Goat Showmanship Clinic**

Robert Scott, County Extension Agent - Ag and Natural Resources

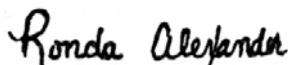
District 2 Livestock Ambassador Steer, Swine, Lamb and Goat Showmanship Clinic will be held on December 16, 2017 from 10:00 a.m. - 12:00 p.m. at the Texas Tech Arena, Lubbock, TX. Bring your steers, heifers, swine, lambs, and goats. Admission is free to 4-H and FFA exhibitors.

For more information contact Robert Scott at 806-775-1740

Dinner Tonight

A "Dinner Tonight" Cooking School will be held by agents in counties around Lubbock at the Ollie Liner Center in Plainview on November 14.

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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.