

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

2017 Ag In the Bag

Ronda Alexander, County Extension Agent - 4-H and Youth Development
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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 2017 Ag in the Bag Event was conducted at the Texas Tech Livestock Arena during October 10-12. A total of 1326 students and teachers participated in this event.



"Window of Work" by
Intermediate 4-H'er
David Kendrick of
Shallowater 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. 8 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 to 47 producers.

Topics and presenters included:

- Sorghum, Wheat and Nitrogen Update, Dr. Calvin Trostle, AgriLife Extension Agronomist, Lubbock
- Cotton Production Considerations: Review of 2017 and Preview of 2018, Dr. Seth Byrd, AgriLife Extension Cotton Specialist, Lubbock
- Pesticide Laws and Regulations, Steve Boston, Texas Department of Agriculture Pesticide Inspector, Lubbock

- Lunchtime 2018 Updates: Dr. Katelyn Kesheimer, AgriLife Extension Integrated Pest Management agent, Lubbock and Scott: and Angie Martin, Texas Corn Producers Industry Relations, Lubbock
- Corn Herbicide Trial Results, Dr. Jourdan Bell, AgriLife Extension Agronomist, Amarillo.
- Nematode and Disease Management on the South Plains, Dr. Jason Woodward, AgriLife Extension Plant Pathologist and State Peanut Specialist, Lubbock

FSMA Produce Safety Rule Training

Vikram Baliga, County Extension Agent - Horticulture

The Food Safety Modernization Act (FSMA) is a 2011 federal law passed to improve the growing, harvest, manufacturing, processing, and distribution of foodstuffs in the United States. Over the next several years, the FSMA Produce Safety Rule will go into effect for fruit and vegetable producers throughout the nation. On December 5, 2017, Lubbock County AgriLife Extension in partnership with Extension Specialist Juan Anciso and the Texas Department of Agriculture hosted a Produce Safety Rule training for local producers. The 25 producers in attendance were trained in growing season, harvest, and postharvest safety and sanitation procedures. They also learned about new regulations and requirements associated with the Produce Safety Rule, and determined whether they may be exempt from the Rule. The training was a successful overview of farm and food safety and equipped local producers with the tools they need to be compliant with new laws and regulations. Future trainings are planned over the next few years to help train new producers and maximize compliance with the law.

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 decorated 150 Christmas stockings, which were donated to Meals on Wheels recipients. At our January meeting, clovers will learn about the 4-H photography project and they will again participate in a community service - making valentine bookmarks 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 fifth year, 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.

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, 19 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. Fifteen Teen Council members also braved the weather to serve as Salvation Army Bell-Ringers at the 19th Market Street on December 16.



Gold Star and Leader Recipients

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

On Monday, November 20, four 4-H'ers and two volunteer leaders were honored at the 60th Annual Gold Star Banquet at the Eberly Brooks Events Center. Gold Star recipients recognized this year were: Wildcat 4-H Members:

ShaeLynn Suttle, Travis McGougan; and Frenship 4-H Club Members: Jeremy Schwertner and Hayden Crawford. Also recognized as Distinguished Leader recipients were Gary and Kristy Henniger, Cooper 4-H Club Leaders.

Vet Science Project

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

Our Vet Science group is growing and active! For January, we toured the South Plains Veterinary Clinic in Slaton. This group is available to 4-H'ers who want to complete their certification to becoming a certified Vet Tech. Students must complete 100 lessons (which we work on at our monthly meetings) and 500 skill hours with a Veterinarian (which they schedule on their own). Once these tasks are completed they can take the test to become a certified Vet Tech.



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. 16 at the Texas Tech Arena in Lubbock. Ambassadors taught 75 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 & Community Health

The Building Strong Families Board meets monthly to plan the Building Strong Families conference. The conference was held October 26, 2017 at the Museum at Texas Tech with approximately 350 attending. In addition there were 21 committee members, 10+ volunteers, 12 presenters and 21 exhibit tables.



Region 17 Education Service Center assisted with grant funds which, along with paid participant fees of \$10/per person covers the cost of the conference and speaker fees.

In 2017, there were: Total lunch tickets collected – 290. 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 & Community Health
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: “Ten Fall Produce Picks to Add to Your Plate,” “Tis’ the Season to be Healthy,” and “Keeping Healthy and Safe During the Holidays.” These were presented to 6 BLT Senior centers with approximately 744 participants. These programs were also presented to the SPAG AAoA Senior Center Bookkeepers and Directors at their quarterly meeting.

2016-2017 BLT results of 247 evaluations from 4-lesson series were taught by Mary Alice Roberts, BLT EA. Pre-, post-, and follow-up surveys were also used for the annual report with 73.3% being female and a majority being from a variety of ethnic backgrounds and nearly 38.3% had some college. 71.9% received food stamps. 28.9% had used the Food Bank in the last 30 days. Those reporting intent to use meal planning strategies increased to 74.7%. 98.7% reported using sanitation recommendations. 49.1% of the respondents were physically active and after the class, 50.3% indicated they exercised. 99% rated Extension programs as good to excellent. 90.8% would recommend BLT programs and 85.2% were likely to attend other programs.

TTU dietetic interns will begin new rotations in January 2018 and go through December 2018. Two completed rotations in Extension in 2017.

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

Clients of Catholic Charities, Habitat for Humanity, Lubbock ISD Head Start at McWhorter 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.

Foster Grand Parent Volunteers, Hillcrest Manor Senior Apartments, Courtyard at King’s Dominion, Homestead Senior Residence, Copper Rawlings, and 19th Street Senior Center received Nutrition Education programming in October, November and December. The topics were: “Ten Fall Produce Picks to Add to Your Plate,” “Tis’ the Season to be Healthy,” and “Keeping Healthy and Safe During the Holidays.”

Better Living for Texans brochures and 2018 Nutrition and Fitness Calendars were given to participants that stopped by My Plate Nutrition display table at the Building Strong Families Conference in October, held at the TTU Museum.

In October a presentation was given on BLT at the College of Human Science at TTU for students interested in careers in community nutrition.

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

In October and November I attended the Texas Hunger/South Plains Hunger Solutions meetings held at South Plains Food Bank in Lubbock. A National model for healthy food incentives benefitting families, farmers and local economies was explained to participants. A strategic planning process for action teams was laid out for 2018, to address Child Hunger, Horticulture and Food Insecurity for Seniors.

Total contacts for October-320, November-216, and December-175.

Do Well, Be Well with diabetes™

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

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.

From Oct-Dec, 8-week Do Well, Be Well/Cooking Well With Diabetes classes were held with the Community Health Center of Lubbock sponsoring and teaching all of the classes in 2017.

Six Hundred Fifty-Six (656) participated in Wisdom, Power and Control diabetes classes with TTHSC and 75-100 participate in a monthly support group during 2017. The annual report for Health and Wellness will be on the Lubbock County Extension website.

Work Site Wellness awareness programs are planned at SYSCO Foods in 2018.

Texas Extension Education Association

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

The Lunch Bunch TEEA Club in Lubbock County met in October to plan programs for 2017-2018 and to get reports from the State Meeting.



Programs in 2017-2018 will include:

1. Hearing Loss
2. Plan to Control Your Aging Years
3. Who Do You Think You Are
4. A Good Night's Rest

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 & Community Health

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 2017. In the 4th quarter, one class on budgeting/financial management was scheduled but was cancelled. Classes will be scheduled and in 2018 will continue about once per quarter at Work Force for their clients.

Food Protection Management/Food Safety

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

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. One Food Protection Management 2-day class was scheduled with the Hale County FCS Agent, Deana Sageser in Hale and Lubbock Counties in October. The October class in Lubbock had 5 participants. Three were re-testing. One passed the test.

Two Food Handlers classes were taught at WorkForce Solutions in the fourth quarter of 2017 with 5 attending. More Food Handler classes are needed in 2018 due to 2016 State laws requiring the class and are scheduled approximately every month at Work Force for their clientele.

Overall Extension

Farm and Ranch Estate Planning Workshop

Robert Scott, County Extension Agent - Ag and Natural Resources

Thirty-five attendees learned 5 steps to a successful Transition Plan, what happens if you die without a will, Estate Planning and when and how to use Trusts. Participants completed an evaluation as well as a Customer Satisfaction Survey.

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