

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 25

2018 First Quarter

Issue I

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Agriculture and Natural Resources

Private Pesticide Applicator Trainings

Katelyn Kesheimer, Extension Agent - Integrated Pest Management

In addition to providing continuing education units (CEUs) for license recertification, AgriLife Extension has the responsibility of training pesticide applicators who need a license to produce an agricultural commodity. During the first quarter of 2018, 15 have received this training through the Lubbock County office.

Lubbock County Agricultural Increment Estimates Completed

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 \$178 million dollars for 2017.

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



Hayden Crawford
 Frenship 4-H Club

Auxin Herbicide Training

Katelyn Kesheimer, Extension Agent - Integrated Pest Management

Auxin Certification Training is now mandated by the US Environmental Protection Agency (EPA) for all individuals who will be applying three newly formulated dicamba products. These free, one-hour trainings have been held in Lubbock County starting in January 2018. In the first quarter of 2018, 82 have received this training and are now certified to apply the new dicamba products.

4-H and Youth Development

Distracted Driving

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

On February 28 and March 1, New Deal and Shallowater High School students had a hands-on opportunity to learn about the dangers of distracted driving. Students had a variety of learning experiences which included a general session on distracted driving presented by Mike Guidney, TAMU Passenger Safety Program Specialist, and rotated through sessions which included passenger safety quiz bowl, a hands-on driving simulator and viewing virtual reality goggles depicting a car crash. Approximately 609 high school students were reached through this program.

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

County 4-H Photography Contest

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

This year, 44 4-H'ers submitted 350 photography entries for judging. Entries included all levels: Clover, Junior Intermediate and Senior. You will have the opportunity to see some of these photos throughout the next year as they are included in each edition of Extension At A Glance. Photos are currently on exhibit at the County Extension Office through the first week of May. We hope you will have an opportunity to come by and view them.

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

4-H Public Speaking

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

Nineteen (19) Lubbock County 4-H'ers are developing the life-long skill of speaking in front of others through their participation in educational presentations, share-the-fun and public speaking. They will also compete at District 4-H Roundup in April and May.

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

4-H Clothing Project Highlights

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

This year Lubbock County 4-H'ers had many opportunities to expand their clothing and textiles knowledge. Activities included a pajama pants workshop, a vest workshop, a tour to JoAnn's Fabrics and Texas Tech to learn about wool judging, the Duds to Dazzle team competition, Fashion Show and Fashion Storyboard. 4-H'ers also donated and put together 45 hygiene kits which were donated to Grace Campus. Approximately 55 4-H'ers were involved in these activities.

2018 Major Livestock Show Summary

Robert Scott, County Extension Agent - Ag and Natural Resources

One Hundred eight (108) 4-H Projects were exhibited at the County stock show and 156 animals were exhibited at Texas major shows.

- Heifers - 5 Champion and Reserve Champions
- Sheep - 1 Grand Champion/1 Reserve Grand champion
- Steers - 2 Breed or Reserve Champions - 1 Grand Champion
- Pigs - 2 Breed or Reserve Breed Champion
- Horse - 1 Champion Jr. Youth Horse Challenge
- Meats - 1 Champion Individual
- Science Fair - 1 Reserve Champion
- Scholarships - Two \$10,000 scholarships

Livestock Judging/Wool Judging

We have 33 Livestock judges and 12 Wool judges. Participating in the projects.

Family and Consumer Sciences

Building Strong Families Conference

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



The 2017 BSF Conference with approximately 350 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 2018 conference. The speakers committee has met and is working to identify and schedule speakers.

Issue Addressed: Parenting

The 2018 Conference will be held on Thursday, October 25, 2018 at a location to be determined.

Better Living for Texans

E. Kay Davis, County Extension Agent - Family & Community Health
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 present nutrition education for limited income families and will graduate 300 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.



One Hundred Fifty-Four seniors at 6 Senior Centers plus 60 home delivered meals are receiving monthly nutritional programs at BLT qualified centers by the County Extension Agent FCH or BLT Extension Assistant. First Quarter topics included: "Processed Food: What's OK and What to Avoid," "Omega 3's: The Basics," and "Preparing For the Unexpected: What to Do When Disaster Strikes."

Programs for this next quarter are: "Easter Time Means Egg Time," "Fourteen Ways Consumers Can Reduce Food Waste," and "Planning Healthy Meals for One or Two - A checklist" Texas Tech Dietetic intern, Jackson Scharf presented a nutrition program on March 8.

- One Food Safety, Nutrition and food preparation class for 184 LISD Special Needs Paraprofessionals and teachers was held at Evans Middle School for teacher's in-service training on February 5th
- Agent assisted the BLT EA with a Catholic Charities Learn to Cook Fresh Start to a Healthier You lesson for 12 on February 26.
- One Food Handler's class for three WorkForce clients was held January 26.
- The Hunger Initiative Food Access for Seniors Team met on March 7 with Farmer's Market representatives with 15 present.
- One WorkForce client class on Basic Budgeting was held March 23 with 2 in attendance.
- Agent continues as a member of the SPAG Area Agency on Aging advisory committee.

Mary Alice Roberts, BLT Extension Assistant, reported:

- Residents of Hillcrest Manor Apartments participated in two classes of Eat Smart, Live Strong in January.

- Saint Christopher's Episcopal Church was the host for two Adult Daycare programs; In the Know About Nutrition-"Making the Most of Microwave Ovens" in January and "What's the deal with Sugar" in February.
- Residents of Managed Care Center for Addiction were offered two one time programs on "Sugar Shockers," "Drink More Water" and "Whole Grains, energize your day."
- Two Career Day/Health Fairs were held at Westwind Elementary and Lubbock Cooper High School in late January. The theme for each fair was Nutrition-My Plate, with a display table showing three nutritious meals. Bookmarks, wrist bands and other materials encouraging the consumption of fruits and vegetables were given out to participants.
- In February, Clients of Catholic Charities were introduced to the lesson series, A Fresh Start to a Healthier You! Texas Tech Senior Nutrition major and volunteer, Alexandria Garcia, taught the first two sessions of the series. The final lesson in the series was assisted by Kay Davis. Alexandria has been accepted for a Dietetic Internship at Baylor Medical School in the fall.
- Texas Tech Dietetic Intern, Jackson Scharf, completed his 32 hours of community rotation in March, in our office. The Better Living for Texas program and role as a Nutrition Educator in Lubbock County were both explained to him. Jackson chose to write an article for In the Know About Nutrition for our Senior Community population to be published this Spring. The theme was "Easter Time Means Egg Time."
- In March, the National Nutrition Certification Program from Extension Utah State University, Food Sense (valid for three years) and two online Food Safety Webinars offered by Fight Bacteria were completed.

Total contacts for January =611, February=-28 and March =4

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 & 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, 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 2017 Annual Report is available on the website.

“Wisdom, Power and Control” is also a diabetes curriculum by Texas A&M AgriLife Extension. The 7-week series being conducted by Community Health workers at UMC. Over 500 participated in 2017.

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

Issue Addressed: Obesity-Childhood; Walking Paths

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 ServSafe online test was proctored in the first quarter. One two-day class scheduled in Plainview in March with 6 present.

Hale and Lubbock counties plan to team teach classes May 3-4; July 25-26; and October 10-11. Cottage Food Industry and Food Handler’s classes will also be offered in the next quarter. One class was held for 3 at WorkForce in February. The next class will be held at WorkForce on April 6 and June 22.

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

Texas Extension Education Association

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

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.

Programs for 2018 include: “Plan to Control Your Aging Years,” “Who Do You Think You Are? (Genealogy), “Good Nights Rest,” and “Hearing Loss.”

Tours will be determined throughout the year but may include touring the Southwest Collections. Three attended the District 2 TEEA meeting in Lubbock in March. Adelle Alley and Pat Byard received awards for membership. Members receive the bi-monthly Family Network Newsletter in efforts to advertise programs. The 2018 District Spring Conference will be held in Lubbock at the Bayer Ag Museum.

Financial Management

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

E. Kay Davis is collaborating with the Lubbock Work Force Solutions to offer Financial Management and Budgeting classes to Work Force Solutions clients. Two attended the class on March 31st. The next class will be held next Quarter on May 23rd.

Issue Addressed: Aging Issues - Food Insecurity; Financial Insecurity

Master Wellness Volunteer Class

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

One Master Wellness Volunteer class was offered in January. One student is completing requirements. Three or more others have signed up for training in the next quarter of 2018.

Issue Addressed: Safety - Obesity-childhood; Walking Paths & Aging Issues - Food Insecurity; Financial Insecurity

Other

**National Volunteer Week
April 15-21, 2018**

Ronda Alexander, County Extension Agent - 4-H and Youth Development
E. Kay Davis, County Extension Agent - Family and Community Health
Robert Scott, County Extension Agent - Ag and Natural Resources
Katelyn Kesheimer, EA-IPM, Lubbock & Crosby Counties

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; volunteers extend the outreach efforts of the Extension Service.

In 2017, approximately 1,352 volunteers contributed 13,430 volunteer hours in Lubbock County. The value of this service at \$23.56/hr was \$316,420 given back to you - the residents of Lubbock County.

We couldn't do it without your help!

NEWSLETTER OPT-OUT

If you no longer wish to receive this newsletter, please contact our office to be removed from the list.

If you have anyone that would like to be added to the newsletter, also contact our office, 806-775-1740.

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Open Position, CEA-Horticulture

Open Position, CEA- Urban Youth Development

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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.