

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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Issue II

Agriculture and Natural Resources

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Vector Management Workshop

Robert Scott, County Extension Agent - Ag and Natural Resources
 Katelyn Kesheimer, Extension Agent - Integrated Pest Management

On May 8th a Vector Management Workshop was held to educate municipalities as well as homeowners how to control and monitor mosquitos. Attendees learned about Mosquito Identification and Biology taught by Sonja L. Swiger, PhD, Texas A&M AgriLife Extension, Mosquito-Borne Diseases taught by Ed Wozniak, DVM, PhD, MPH, Department of State Health Services.

Integrated Mosquito Management taught by Katelyn Kesheimer, PhD, Texas A&M AgriLife Extension, Pesticide Chemistry taught by Larry Heller, Technical Sales Representative, ADAPCO and TDA provided Laws & Regulations updates. The program was free to the public and had 31 in attendance.

Issues Addressed: New Herbicide Technology

Lubbock County Stored Grain Workshop held April 27, 2018

Katelyn Kesheimer, Extension Agent - Integrated Pest Management

Each year, Lubbock County Extension partners with Great Plains Chemicals & Fumigation to conduct a Stored Grain Workshop for professionals who work in the Grain Storage and Seed segments of the agricultural 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. Topics include weed control around storage facilities, preparing for agricultural inspections, protecting stored grain from insect pests, and fumonisin in corn. Participants received



Avery Schilling,
 Trinity 4-H

continuing education units for pesticide applicator licensing through Texas Department of Agriculture and the Structural Pest Control Board.

Issues Addressed: Agricultural Profitability, New Herbicide Technology, and Impact of Federal, State and Local policy on Agriculture.

Private Pesticide Applicator Training

Katelyn Kesheimer, Extension Agent - Integrated Pest Management

In addition to providing continuing education units (CEUs) for license re-certification, AgriLife Extension has the responsibility of training pesticide applicators who need a license to produce an agricultural commodity. During the second quarter of 2018, 10 received this training through the Lubbock County office.

Issues Addressed: Herbicide Technology

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 auxin herbicides. These free, one-hour trainings have been held in Lubbock County starting in January 2018. In the second quarter of 2018, 11 received this training and are now certified to apply the new auxin-based products.

Issues Addressed: New Herbicide Technology



Like "Lubbock County Path to the Plate" on Facebook.

<https://www.facebook.com/groups/323642711404922/>



PATH TO THE PLATE

4-H and Youth 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 eight recipients receive scholarships.



Congratulations to the 2018 Texas 4-H Foundation Scholarship recipients:

Hayden Crawford - \$20,000 Houston Livestock Show
Shae Lynn Suttle - \$20,000 Houston Livestock Show

In March, Hayden Crawford was also presented the District 2 TEEA Scholarship for \$1,500.

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

State 4-H Roundup

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

This year Lubbock County was proud to take 29 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, Educational Presentation, Meat Judging, Archery, Share the Fun, Discover Science, and Public Speaking. If you didn't know 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 2018-19 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.

4-H Clovers

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

Don't forget that we also have opportunities for youth K-2nd grade to participate in 4-H as 4-H Clovers. Our first Clover meeting for 2018-19 will be held on Wednesday, September 5 at 5:30 p.m.

To participate, youth must be registered on 4-H Connect as Clovers. They do not have a cost to enroll, but must still go through the system.

Issue Addressed: 4-H Work

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 2018 conference. The speakers committee is working on the marketing brochure, which should be ready by August.

The 2018 Conference will be held on Thursday, **October 25, 2018** at the Broadway Church of Christ. Thirty-seven attended planning meetings last quarter.

Issue Addressed: Parenting



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 300 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.



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

Collaborative efforts included attending Parenting Coalition; Building Strong Families, SPAG AAoA; South Plains Senior Hunger Action Committee; CHCL Diabetes classes; WorkForce; SYSCO Foods; and Catholic Charities.

Better Living for Texans certified senior citizen centers received nutritional programs monthly reaching 399 contacts plus 180 home delivery meal recipients in Slaton. Individuals were reminded of healthy eating with lessons on "Planning Healthy Meals for One or Two", "Ways to Reduce Food Waste" and "Easter Time Means Egg Time." 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 "Protein for Senior Adults," "Food Safety and Selection at Farmer's Markets," and

"Eating Foods Away From Home." Senior Centers are Mae Simmons, Maggie Trejo, Copper Rawlings, Lubbock on 19th St., Homestead and Slaton and 60 Slaton home delivered meal recipients.

Other programs included 140 at Matthews Alternative High School, Maggie Trejo Summer Food Service Nutrition programs- 74, and Worksource Budgeting and Food Handlers, and SPAG - 38.

Recruitment and interpretation programs at Texas Tech, and Patterson Library had 55 and the Senior Forum had 198. A nutrition program was given to 6 SYSCO Foods employees.

Contacts from these programs were 1,051.

Mary Alice Roberts, BLT Extension Assistant, reported:

Residents of Hillcrest Manor Apartments participated in four classes of Eat Smart, Live Strong in April. Saint Christopher's Episcopal Church was the host for two Adult Daycare programs; In the Know About Nutrition-Easter Time Means Egg Time in April and 14 Ways Consumers Can Reduce Food Waste in May. These same programs were offered at Mae Simmons Senior Center, King's Dominion Sr. Apartments, and Foster Grand Parent Volunteers. In June, King's Dominion Sr. Apartments, Nutrition program was, Planning Healthy Meals for One or Two-a Checklist.

In April, 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. Agent, Kay Davis and BLT-EA Mary Alice Roberts, taught the final lesson in the series. Ms. Garcia has been accepted for a Dietetic Internship at Baylor Medical School Dallas in the fall and New Leadership will be hired by Catholic Charities.

Clients at Managed Care Center for Addiction were offered, A Fresh Start to a Healthier You! four session series in both May and June. Family Guidance Center also received three sessions of the series in June. These classes have a pre-survey, post survey and a 30 day follow up survey to be evaluated.

Matthews Alternative High School in Lubbock held a Health and Resource Fair in April. A Better Living for Texans table consisted of My Plate food models showing healthy portions verses junk food. Harwell Elementary hosted the annual Spring Fling Health Fair in May. The exhibit for the fair was My Plate, with a display table showing three nutritious kid friendly meals. Bookmarks, wrist bands and other materials encouraging the

consumption of fruits and vegetables were given out to all participants.

In May the Thirty-Eight Annual US Foods Food and Nutrition Seminar held at Texas Tech University attended by the BLT-EA and CEA-FCH. A one-shot Nutrition program was presented at Slaton ISD Early Head Start-Head Start parent meeting in May.

Lubbock Community Center Food Service Summer Youth Camps kicked off in June with Copper Rawlings, Mae Simmons and Maggie Trejo all participating. The Campers will be receiving nutrition programs twice a month with a food demonstration and tasting.

Texas Tech Dietetic Intern, Arturo Jaime, completed his 32 hours of community rotation in June in our office. The Better Living for Texans program was explained to him and the role of a Nutrition Educator in Lubbock County. Arturo chose to write an article on Protein for Senior Adults to be published this summer. Mr. Jaime taught two food safety lessons to youth at Copper Rawlings and Mae Simmons Community Center Summer Camps in Lubbock. Arturo also taught three sessions with food demonstrations from A Fresh Start to A Healthier You! These classes were at Family Guidance Center and Managed Care for Addictions.

On June 1, 2018, Mary Alice Roberts announced her retirement from Texas A&M AgriLife Extension Service effective July 31, 2018.

Total contacts for April = 365; May = 400; and June = 557.
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 nutrition, serving sizes, carb counting program was presented in collaboration with the Community Health Center of Lubbock, as well as a diabetes cooking demonstration with recipe tasting for 14.

Kay Davis, CEA-FCS also serves on the Food Access for Seniors Task Force of the Texas Hunger Initiative.

Plans are underway for new classes to be held with CHCL on Coping to Control dealing with the emotional aspects of diabetes.

Issue Addressed: Nutrition and Health

Step Up to Scale Down/Maintain No Gain

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. Maintain No Gain is aimed at helping participants gain no more than 5 pounds between Thanksgiving and New Years. These classes are available in the Fall and Spring.

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: A Good Nights Rest, and Hearing Loss and a tour of the Texas Tech University Southwest Collections. 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* member news paper from Texas Extension Education Association. Five also attended the District 2 Meeting at the Bayer Museum of Agriculture.



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 Food 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 for of all persons handling food.



Food Protection Management (FPM) class was held in May in Lubbock with 4 attending and June with 5 attending. One took the online test. There was an 70% pass rate. Collaborating with Kay Davis, Lubbock CEA-FCS, was Deana Sageser, Hale CEA-FCS.

Other FPM classes will be held in Plainview on July 25 & 26th and in Lubbock on October 11-12.

Food Handlers classes were held at the following locations:

- April 6 - WorkForce - 2 attended
- May 17 - County Extension Office - 2 attended
- June 22 - WorkForce - 2 attended
- June 23 - County Extension Office - 11 attended

Issue Addressed: Nutrition and Health

CONGRATULATIONS AND BEST WISHES to Mary Alice Roberts, BLT-EA on her retirement July 31, 2018!

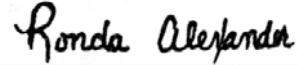
Mary Alice Roberts Farewell Statement:

To All,
the decision has been made and it's now official that I will be retiring as of July 31, 2018. I have enjoyed my time as an Extension Assistant -Better Living for Texans Nutrition Educator in Lubbock County.

Thank you all for giving me the opportunity to be a part of Texas A&M AgriLife Extension Service for almost ten years.

Thank you again,
Mary Alice Roberts

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Ronda D. Alexander, CEA-4-H

Open Position, CEA-Ag Lubbock/Hale
Robert Scott, CEA-Ag
Open Position, CEA-Horticulture
E. Kay Davis, CEA-FCS
Katelyn Kesheimer, EA-IPM Lubbock/Crosby

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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.