

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 401 • Lubbock, TX 79401 • Mailing Address: P.O. Box 10536 • Lubbock, TX 79408

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.

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Agriculture and Natural Resources

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
 Christina Reid, County Extension Agent - Horticulture
 Nancy Trevino-Schafer, County Extension Agent - Urban Youth Development



Lubbock County 4-H Clubs had another successful year in the brand new "Children's Barnyard" building at the South Plains Fair. The barnyard was manned daily by 4-H Club members from the following 4-H groups: Teen Council, Shallowater, Wildcat, Cooper, Frenship, Trinity New Deal, Red Raider and Sharp Academy. A total of 320 4-H'ers

and parents manned the exhibit supplying 700 volunteer hours. Animal exhibits this year included: ducks, chickens, ducklings, chicks, a llama, a mama sheep and twins, a miniature hereford, hatching chicks, rabbits and of course the favorite petting 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, a Beekeeping exhibit set up manned by the Caprock Bee Keeper's Association and Path to Plate Posters on Poultry and Beef. 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



Jalyn Levens
 Shallowater 4-H

Lubbock Master Gardeners

Christina Reid, County Extension Agent - Horticulture



Lubbock Fall Arts & Craft Festival

On September 8, 2018 Lubbock Master Gardeners hosted an information booth at the Lubbock Fall Arts and Crafts Festival event held at the Lubbock Garden and Arts Center off University Avenue. Lubbock Master Gardeners handed out an assortment of horticultural information. The Lubbock Master Gardener Association provided information, and rain gauges were provided by the City of Lubbock. Plants grown by the Lubbock Master Gardeners were available to patrons of the event for a donation to help fundraise for the LMGA scholarship fund.



Scholarship Recipient Announced

As part of the September 2018 general monthly meeting, Lubbock Master Gardeners were formally introduced to the first recipient of the LMGA scholarship, Ms. McKenna Keele. The scholarship fund strives to help support new botanists and horticulturists in Lubbock County further their education.



Lubbock Downtown Farmers Market

On Saturday, September 22, 2018, Lubbock Master Gardeners hosted an information booth at the Lubbock Downtown Farmers Market on 19th Street and Buddy Holly Avenue. Lubbock Master Gardeners distributed information on multiple topics including Texas Superstars, water conservation, and school gardens as well as fielding questions from the farmers market patrons. The Lubbock Downtown Farmers Market runs every Saturday from June 2nd through October 13th 9:00 a.m. to 1:00 p.m.

New Horticulture Agent

Christina Reid joined the Texas A&M AgriLife Extension Service-Lubbock County as Horticulture Agent on September 17, 2018. She is a Texas Tech University graduate with a Bachelor of Science in Landscape Architecture and a minor in Horticulture. Christina will also serve as the Lubbock Master Gardener Adviser.



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 October; 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

2018 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 2017-18 4-H year. Congratulations to the following Lubbock County 4-H'ers for being recognized as Gold Star Recipients: Wildcat 4-H Club Members: Alyssa Elmore, Frenship 4-H Club Member - Ashton Smith and Cooper 4-H Club member - Brady Mandrell. Jennifer McCleskey, Wildcat 4-H Club parent volunteer was also recognized as the 2018 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 19.

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 5th 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 7 and December 6. Clovers entered 83 items in the South Plains Fair youth division. Projects were made at our Summer Clover Day Camp and at our September Meetings.

2017-18 4-H Year in Review

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

For the 2017-18 4-H year, we experienced a continued growth in our traditional 4-H program. 450 youth were enrolled in 8 4-H clubs which included: Cooper, Frenship, New Deal, Red Raider, Sharp Academy, Shallowater, Trinity and Wildcat. Special interest and curriculum enrichment programs reached 3,078, Lubbock County youth. These programs included: Hatching in the Classroom, Ag in the Bag, Distracted Driving - Shallowater and New Deal, and Summer Community Center Series programs.

Welcome new Urban Youth Development Agent to Lubbock County

Nancy Trevino-Schafer is the new Lubbock County Extension Agent for Urban Youth Development. She recently graduated from Texas Tech University (TTU) with her doctorate in Human Development and Family Studies (HDFS) and a minor in Cross-Cultural Studies. She has also earned her Master's and Bachelor's degrees from TTU and an Associate's degree from South Plains College.

She has specialized in positive youth development, program evaluation and curriculum development, and prevention education. Nancy has served the community through her work with youth in a wide variety of roles including as a Cub Scout and Girl Scout leader, community and parent educator, and partnering with local schools and community groups for special programming. She has also been a youth advocate working with the PTA, the Lubbock ISD SHAC, and in her research with foster youth. Nancy calls Lubbock home and resides with her husband, two teenage children, and her dog.

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: "Protein for Seniors," "Food Safety and Selection at Farmers Markets," and "10 Tips on Eating Out." The program was delivered to 444 BLT senior citizens by Kay Davis. One-Hundred Eighty home delivery clients also received the flyers.
- Maggie Trejo, Mae Simmons and Copper Rawlings Community Centers Youth Food Service Camp Programs received nutrition Education twice a month in July and August reaching 114 youth in 5 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 Catherine Arcaro spent 32 hours in September teaching adult classes at Walker/MASH House and senior centers. Each intern is asked to write nutrition articles for Senior adults to be published at a later date.

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

Clients of 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, Maggie Trejo Senior Center, and Foster Grand Parent Volunteers.

●July topic: Protein for Seniors Frequently asked Questions,

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

The nutrition topics were: July: Fruit and Vegetables with most programs including 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 Healthy snacks with a food demonstration and tasting in July for Grandparents as parenting partners at Cumberland Presbyterian Church was presented.

In July, 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.

Total contacts: July 250

Mary Alice Roberts retired on July 31, 2018.

Agent Davis assumed the BLT programs at Managed Care Center for Addiction in August and September and had 144 attending with 17 graduates in the "A Fresh Start to a Healthier You" curriculum series, and also completed the classes for the Summer Youth Food Service Camps in August.

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 2018-19 and to get reports from the State Meeting in Abilene. Programs will include: "Living Well Aware: Get the Stress Out" "Do Ra Mi! Cha, Cha, Cha! Enriching Lives Through Music and Dance," "Hobo Quilts," and "Country Roads Take Me Home Driving Education".

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



Worksite/Community Health and Wellness

Food Protection Management

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

One Food Protection Management Certification class was offered during this quarter in Hale 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. Three people tested for certification. One Food Handlers training was held for WorkForce Solutions clients to fulfill the state law with 2 attending. Two Food Handlers classes were held for the public with 13 attending. One Food Handler class was held for 133 at SPCAA Head Start for employees. This enables these persons to obtain jobs in food service.

Maintain No Gain

A free 7 week Maintain No Gain class will be offered at Catholic Charities from 2-3pm on November 13, 20, 27, Dec 4, 11, 18 and Jan 8th. Register by calling Anna Sullivan at Catholic Charities at 806-765-8475. Gift cards and other prizes will be offered for goals reached.

Diabetes Education

Agent, Kay Davis continues to collaborate with the Community Health Center of Lubbock to provide diabetes education. A new diabetes program was introduced to CHCL health workers on "Coping to Control" and was implemented in September to 10 attendees.

Parenting

The Partners For Parenting Coalition meeting in August was cancelled due to lack of a speaker.

The Building Strong Families 23rd Annual Conference was held on October 25 and planning meetings continue.

Davis assisted with the 4-H Food Project Leader Training and attended the Lubbock Emergency Preparedness Committee meeting.

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

Happy Retirement to Mary Alice Roberts, Better Living for Texans Extension Assistant who retired on July 31, 2018 after serving in Lubbock County for 10 years!

Upcoming Events

**Get Your Garden Out of the Ground
Raised Bed Vegetable Gardens**
Sponsored by Lubbock Master Gardeners

Get your garden out of the ground! Learn all about raised bed vegetable gardening from Dennis Howard, Certified Master Gardener and Vegetable Specialist. This event will be held Saturday, Nov. 17 from 10 a.m. to 12 p.m. at the Lubbock Garden and Arts Center, 4215 University, Lubbock, TX 79413.

Fee: \$10 collected at the door
Master Gardeners will earn 2 CEUs

High Plains Ag Conference

Robert Scott, County Extension Agent - Ag and Natural Resources

This year's High Plains Ag Conference will be held December 7, 2018 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

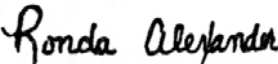
**District 2 Livestock Ambassador
Steer, Swine, Lamb and Goat Showmanship Clinic**

Robert Scott, County Extension Agent - Ag and Natural Resources

The District 2 Livestock Ambassador Steer, Swine, Lamb and Goat Showmanship Clinic will be held on December 15, 2018 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

Lubbock County Extension Staff
P.O. Box 10536, Lubbock, TX 79408
916 Main, Suite 401, Lubbock TX 79401
(806) 775-1740 Fax: (806) 775-1758


Ronda Alexander, CEA-4-H

Robert Scott, CEA-Ag
E. Kay Davis, CEA-FCH
Christina Reid, CEA-Horticulture
Nancy Trevino-Schafer, CEA-Urban Youth Development
Open, EA-IPM Lubbock & Crosby Counties
Open, CEA-Ag
Open, EA-BLT

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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.