

# 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.**

Vol. 25, Issue IV

2018 Fourth Quarter

Feb. 2019

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### Agriculture and Natural Resources

#### 2018 Ag In the Bag

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

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 4<sup>th</sup> 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 2018 Ag in the Bag Event was conducted at the Texas Tech Livestock Arena during October 9-11. A total of 1194 students and teachers participated in this event.



Photograph by McKenna Zwonitzer, Wildcat 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. 7 from 8:30 a.m.-3 p.m. at the Texas A&M AgriLife Research and Extension Center, 1102 E FM 1294, Lubbock.

Twenty-two producers attended the conference and received five CEUs. The Lubbock Ag Committee helped plan this conference with row crop producers in mind. Topics included:

- “Management of Cotton Bollworm/Corn Earworm and Resistance to Bt” Dr. Pat Porter
- “Weed Resistance and Management,” Dr. Pete Dotray, Pesticide Laws & Regulations, Debbie Slocum, Assistant Regional Director TDA
- Corn Producers Industry Update, Angie Martin
- “Corn Herbicide Trials Results,” Jourdan Bell
- “Cover crops and nutrients: challenges in a semi-arid region,” Dr. Katie Lewis

Twenty participants returned a customer satisfaction survey.

### Lubbock Master Gardener Program

Christina Reid, County Extension Agent - Horticulture



- On Saturday, October 6, 2018 Lubbock Master Gardener Lilla Jones presented “Gardening for Birds and Pollinators” as part of the South Plains Wildlife Rehabilitation Center’s fall open house event at 3308 96<sup>th</sup> Street in Lubbock. Native and waterwise plants, wildlife habitat in urban settings, and low chemical use were all topics highlighted in the presentation.
- On Saturday, October 6, 2018, Lubbock Master Gardeners, Christina Reid, CEA Horticulture, and the Randall County Master Gardeners attended a tour of Casa La Entereza, the Playa Classroom and met with Ogallala Commons board members at 1555 FM 168 in Nazareth TX to learn about in

home/gardening/in greenhouse water conservation techniques. The Playa Classroom gave attendees a hands-on approach to our local water systems and how they are currently changing.

*Issue Addressed: Water Conservation and Management*

- On Saturday, October 13, 2018 at Covenant Presbyterian Church, 4600 48<sup>th</sup> Street in Lubbock, Lubbock Master Gardener, Arla Loter, presented Composting-Recipe for Success. Topics included how to get started, what to and what not to add to your compost pile, beneficial temperatures and sharing “black gold.”
- On Saturday, October 27, 2018 the Lubbock Master Gardeners hosted an information booth at Grape Day hosted by Llano Estacado Winery at 3426 E. FM 1585 in Lubbock. Lubbock Master Gardeners distributed information on multiple topics including Texas Superstars, water conservation, and school gardens as well as fielding questions from the Grape Day patrons.
- Throughout the month of October 2018, Lubbock Master Gardeners assisted Rush Elementary, 4702 15<sup>th</sup> St in Lubbock, administration and students with best garden practices, proper harvesting techniques, sunflower stem research, and plant roots.
- Throughout the month of October 2018, Lubbock Master Gardeners assisted John Wilson Boys and Girls Club, 3221 59<sup>th</sup> Street in Lubbock, administration and youth with best gardening practices, gardening planing, plant reproduction systems, and spring gardening.
- Saturday, November 3, 2019, Lubbock Master Gardeners hosted an information booth and assisted with harvesting activities at the Heart of Lubbock Community Garden, 2324 21<sup>st</sup> Street, Lubbock. Information on multiple topics including fall gardens, correct plant varieties for the South Plains, and the Lubbock County master Gardener Association was distributed.
- Saturday, November 17, 2019, Lubbock Garden and Arts Center, 4215 University Avenue, Lubbock. Master Gardener, Dennis Howard, gave a presentation on Raised Bed Vegetable Gardens. Topics included proper soil health and drainage, water saving irrigation techniques, mulching techniques, and covering in severe weather.

**Lubbock Safety & Preparedness Fair**

Christina Reid, County Extension Agent - Horticulture

On Saturday, October 27, 2018, Christina Reid, Lubbock County CEA Horticulture and Russ Wallace, Vegetable Specialist Texas A&M AgriLife Research, hosted an information booth open to the public at the Church of Jesus Christ of Latter-day Saints, 7014 Frankford Avenue in Lubbock. Information about water conservation, fall vegetable gardening, and emergency preparedness were distributed to the approximately 3,000 attendees.

**Ted Phea Boys and Girls Club Program**

Christina Reid, County Extension Agent - Horticulture

On Monday, December 17, 2018 Christina Reid, CEA Horticulture, presented a soil basics program from JMG's *Learn, Grow, Eat & Go* to 23 youth attending Tea Phea Boys & Girls Club, 1801 E. 24<sup>th</sup> Street, Lubbock. Children participated in a hands-on soil particles demonstration, identified soil types found on site, and were able to comprehend pros and cons of each particle.

*Issue Addressed: Ag Literacy/educating the Public about Agriculture*

**Mahon Library Story Time Program**

Christina Reid, County Extension Agent - Horticulture

On Monday, December 17, 2018, Christina Reid, CEA Horticulture, presented JMG's *Literature in the Garden* story book *Tops and Bottoms* by Janet Stevens to 6 youth and 9 adults at Mahon Public Library, 1306 9<sup>th</sup> Street, Lubbock. Infants to preschool aged children and their parents, were introduced to the idea of gardening, how vegetables grow, and that a portion of our food comes from gardening.

*Issue Addressed: Ag Literacy/educating the Public about Agriculture*

**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 135 Christmas sacks, which were donated to Meals on Wheels recipients. At our January meeting, clovers learned about the 4-H photography project; a contest that they can enter photos they have taken. In February, our Clovers will be learning about the 4-H Clothing and



Textiles project. 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 sixth 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 have continued their Community Service activities. On Sunday, December 16, 15 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. Eleven Teen Council members also braved the weather to serve as Salvation Army Bell-Ringers at the 19<sup>th</sup> Market Street on December 16. Three members also assisted with Christmas at the Farm at the Bayer Ag Museum on December 16.



**Gold Star and Leader Recipients**

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

On Monday, November 19, three 4-H'ers and one volunteer leader were honored at the 61<sup>st</sup> Annual Gold Star Banquet at the Eberly Brooks Events Center. Gold Star recipients recognized this year were: Wildcat 4-H Member: Alyssa Elmore, Cooper 4-H member Brady Mandrell and Frenship 4-H Club Member Ashton Smith. Also recognized as a Distinguished Leader was Jennifer McCleskey, Idalou 4-H Club Leader.



**4-H Family and Consumer Sciences Projects**

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

For the 2017-18 4-H year, participation in nutrition, clothing and consumer projects totaled 186 at the local, county and district levels. Competition for these projects included: Food Show, Food Challenge, Fashion Story board, Duds to Dazzle and Consumer Decision Making.

Through these projects youth learned about nutrition and health, money management, textiles, comparison shopping, and laundry care.

**District 2 Livestock Ambassadors Showmanship/Feeding Clinic**

Robert Scott, County Extension Agent - Agriculture Development

District 2 Livestock Ambassadors presented a Showmanship/Feeding Clinic from 3:00-5:00pm on December 15<sup>th</sup> at the Texas Tech Arena in Lubbock. Ambassadors taught 70 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.



**Life Skills Development**

Nancy Trevino-Schafer, County Extension Agent - Urban Youth Development

Research from the Urban Institute has found support that at-risk teens who have a caring adult in their lives will benefit from that supportive relationship beyond their teen years into adulthood with higher educational attainment, greater housing stability, and lower rates of teen pregnancy or parenting. To help at-risk youth in the Lubbock area, Nancy, the new County Extension Agent - Urban Youth Development, has begun working with small groups of students at local middle schools. These youth meet weekly for life skills development training using an evidenced-based yet fun and interactive curriculum. Some of the topics covered have been self-control, goal setting, college and career readiness, communication, and anger management. *Issues Addressed: Character Development, College Readiness, How to Handle Stress and Pressure*

**PAL Presentations**

Nancy Trevino-Schafer, County Extension Agent - Urban Youth Development

According to the Texas Department of Family and Protective Services (DFPS), there are an estimated 3,500 youth age 16 or older in substitute care, more commonly known as foster care. To prepare these youth with the skills and resources they need to successfully transition to young adulthood, DFPS implemented the Preparation for Adult Living (PAL) education. During this quarter, roughly 20 youth in foster care participated in PAL presentations and skill development workshops on topics such as healthy relationships, self-esteem, college and career readiness, communication skills, coping and stress management, anger management, health and hygiene, and sexual responsibility. PAL classes this quarter were presented through a partnership between Texas A&M AgriLife Extension in Lubbock County and Buckner Children & Family Services. *Issues Addressed: Teen safety, Character Development, College & Career Readiness, Healthy Lifestyles, Communication Skills, and How to Handle Stress & Pressure, Suicide Prevention*

**STEM Day Camp**

Nancy Trevino-Schafer, County Extension Agent - Urban Youth Development

In recent years, there has been a push for girls to be more engaged in Science, Technology, Engineering, and Math (STEM) in preparation for job opportunities in STEM fields which have predominately been held by men. On Friday, November 16, the county extension office hosted 22 girls from Dunbar College Preparatory Academy for a STEM Day Camp. The girls participated in exciting, hands-on nutrition and spa science experiments. *Issues Addressed: Healthy Lifestyles-Nutrition, Character Development-Good habits*

## 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 25, 2018 at the Broadway Church of Christ with approximately 225 attending. In addition there were 19 committee members, 10+ volunteers, 10 presenters, a parent and student panel, and 19 exhibit tables.



Grant funds were received from Betenbough Homes, The Community Foundation of West Texas which, along with paid participant fees of \$12/per person covers the cost of the conference and speaker fees.

In 2018, there were: Total lunch tickets collected – 225. 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

Better Living for Texans qualified senior citizens centers are receiving a monthly nutrition program. This past quarter programs included: In The Know About Nutrition: “Healthy Halloween Treats & Eats,” “Beat the Bulge This Holiday,” and “Combat those Holiday Cravings.” These were presented to 6 BLT Senior centers with approximately 382 participants, plus 180 home delivery. These programs were also presented to the SPAG AAoA Senior Center Bookkeepers and Directors at their quarterly meeting.

2017-2018 BLT results of 144 pre surveys, 57 post surveys and 84 follow up (all 3) evaluations from 4-lesson series. Pre-, post-, and follow-up surveys were also used for the annual report with 49.3% being female and a majority being from a variety of ethnic backgrounds and nearly 38.7% had some college. 79.1% received food stamps. 20.9% had used the Food Bank in the last 30 days. Those reporting intent to use meal planning strategies increased to 66.10%. 97.9% reported using sanitation recommendations. 50% of the respondents were physically active and after the class, 57.6% indicated they exercised. 90.8% rated Extension programs as good to excellent. 92% would recommend BLT programs and 84.9% were likely to attend other programs.

TTU dietetic interns will begin new rotations in January 2019 and go through December 2019. Four completed rotations in Extension in 2018.

Clients of Catholic Charities, 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 for fiscal year 2018-2019. Classes were offered in October, November and December.

Three-Hundred Eighty two (382) seniors at Mae Simmons, Maggie Trejo, Slaton, Homestead Senior Residence, Copper Rawlings, and 19<sup>th</sup> Street Senior Center received Nutrition Education programming in October, November and December. The topics were: “Healthy Halloween Treats & Eats,” “Beat the Bulge This Holiday,” and “Combat those Holiday Cravings.”

Better Living for Texans brochures and 2019 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 Broadway Church of Christ in Lubbock, with 225 attending the conference.

The “Fresh Start to a Healthier You” 4-lesson series was taught to 7 at Wolffarth/McWhorter Elementary. Head Start parents and to 142 at Managed Care Walker and MASH Units of Managed Care Center for Addictions.

*Issue Addressed: Nutrition, Health & Wellness*

### 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 helping with all of the classes in 2018 with 11 in the October class.

*Issue Addressed: Nutrition & Health*

**Maintain No Gain**

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

Maintain No Gain is a 6-7 Week program to help participants gain no more than 2 pounds between Thanksgiving and the first of January. This was presented at Catholic Charities with 8 attending. This leads into Step up to Scale Down, a weight loss program in January.

*Issue Addressed: Nutrition, Health & Wellness*

**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 2018-2019 and to get reports from the State Meeting.



Programs in 2018-2019 will include:

1. Parenting All Over Again
2. Living Well Aware: Get the Stress Out
3. Do Ra Mi! Cha, Cha, Cha! Enriching Lives through Music & Dance!
4. Hobo Quilts
5. Country Roads Take Me Home

The club usually meets at the Forrest Heights Methodist Church at 11:30a.m. on the first Tuesday of each month. For more information, call 775-1740 for schedule changes.

*Issue Addressed: Nutrition and Health, CRED*

**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. One re-test event was held in Lubbock for 3 in December. All 3 passed.

One Food Handlers class was taught at Oakwood Methodist Day Care with 12 attending and WorkForce Solutions in the fourth quarter of 2018 with 3 attending. More Food Handler classes are needed in 2019 due to 2016 State laws requiring the class and are scheduled approximately every quarter at Work Force for their clientele.

*Issue Addressed: Food Safety, Job Skills*

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